

NH Becoming an Outdoors-Woman FALL 2023 WEEKEND

SEPTEMBER 8-10, 2023 • GENEVA POINT

FRIDAY, SEPTEMBER 8

SESSION 1 1:30 p.m.-4:30 p.m.

INTRODUCTION TO FIREARMS & FIREARM SAFETY: Get an introduction to the basic types of firearms, bullets and trajectories, firearm safety, the how-to's of selecting firearms, and their handling. Does not include actual shooting. **E**

INTRODUCTION TO RIFLE*: Learn gun handling, safety, how to shoot a rifle, and how a rifle differs from other firearms. Live-firing opportunities; all firearms will be provided. **E**

BASIC CAMPING SKILLS: Learn the basic camping skills needed for a range of camping styles from glamping to family vacation to more remote options : what equipment to bring, how to plan a trip, and how to pack. You'll have the opportunity to set up a campsite, including a tarp and several different styles of tents. **E**

INTRODUCTION TO ARCHERY*: Participants will learn archery techniques for target shooting and hunting, safety, the history of archery, how the equipment has changed over time, and the different kinds of bows on the market today. The range will be set up with many opportunities to shoot a Genesis compound bow and a recurve bow. **M**

FIELD DRESSING BIG GAME*: Proper care of game in the field (cleaning the animal by removing organs to keep meat clean) is a very important part of hunting ethics. This is often a difficult thing to learn on your own. This class will practice the procedure for field dressing a white-tailed deer. Big game have been procured through F&G and are previously frozen for educational use in this class. Students should be prepared for hands-on practice of field-dressing. **E M**

BASIC FISHING 101 WITH WORMS: Gain the skills and learn about the equipment necessary to begin freshwater fishing. In this class you will learn about various species of fish in N.H., how to select equipment, knot tying, and how to cast. Then you will use your new skills as you spend the second half of class fishing on the water, learning how to target, and land fish. Be prepared to wade in the water. **E**

INTRODUCTION TO HIKING*: Learn what is needed to safely hike in the woods and on trail - then test your skills on a moderate incline 3.5 mile hike (approx. 1000 ft. elevation gain). This class covers equipment basics, proper clothing, trail etiquette, where to go and safety. Hiking boots required. **S**

WILDERNESS FIRST AID: If you're out in the back country, wilderness first aid skills are very important. Led by our expert instructors, learn how to prepare for dealing with emergency situations when help is not close by. **E**

INTRODUCTION TO FLY-TYING: Learn why a particular fly is used, the basic equipment and materials necessary to tie flies, common patterns and what they imitate, insect anatomy, and how to tie several patterns. All equipment and materials will be provided. **E**

RATING SYSTEM: Courses are marked according to the physical energy needed to complete the class. Classes marked easy require little physical exertion, moderate will need some physical ability, and strenuous will require a lot of physical exertion. Please sign up for courses appropriate for your ability. **E = Easy M = Moderate S = Strenuous**

*= Off-site class (transportation provided)

SATURDAY, SEPTEMBER 9

SESSION 2 8:30 a.m.-11:30 a.m.

BASIC MAP & COMPASS: Learn how to use a compass in the field, use and read a topographic map, and use the map and compass together. By combining these two abilities, everyone will develop the skills needed to blaze their own trails and find their way home to tell about it. Hiking shoes or sturdy sneakers required. **E M**

INTRODUCTION TO SHOTGUN*: Participants will be taught safety in handling a shotgun, gauge differences, dominant eye, range shooting vs. hunting, and steel vs. lead shot. Includes hands-on stationary pattern and trap shooting opportunities. All firearm operators will be directly supervised by an instructor and ranges are always safety-first. **E M**

INTRODUCTION TO REVOLVER*: Learn about the different kinds of handguns used in target shooting and hunting with opportunity for hands-on experience. This class will alleviate some of your concerns about handguns by demonstrating proper handling and shooting techniques. All firearm operators will be directly supervised by an instructor and ranges are always safety-first. **E**

INTRODUCTION TO KAYAKING: Learn basic kayaking skills and safety on the water. Topics include entry and exits, preparing for an outing, and paddling dynamics. All equipment will be provided. Dress to get wet. **E M**

OUTDOOR SKILLS & SURVIVAL: Participants will learn how to plan and what to bring for outdoor trips. Learn what to do if you are lost at night; how to: handle injuries, build a fire, find basic shelter, signal for help, recognize signs of and prevent hypothermia; plus basic search and rescue techniques. **E M**

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INTRODUCTION TO FLY-FISHING (PART 1): This is an all-day class and will run in two parts during Sessions 2 and 3. Participants will learn equipment basics, how to balance their gear, casting techniques, and knot tying. Also covered will be aquatic ecology, insect stages and popular fly patterns. Part 1 will be mostly on land classroom, Part 2 will be in the water practicing casting and technique. **E M**

INTRODUCTION TO KAYAK FISHING (PART 1): - you will learn how to rig your kayak for fishing, what tackle and equipment are needed, as well as fish habits and habitats. Part 1 will be on land covering classroom topics, Part 2 will be on the water practicing casting and technique in the boats. Some kayaking experience required. **E M**

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OUTDOOR COOKING: Cooking outdoors over an open fire is challenging and fun – you'll learn to build a fire, cook directly over the hot coals using a Dutch oven and reflector oven. You will also be able to try several different stoves. Recipes will be shared and everyone will get a chance to prepare and sample a variety of dishes – even desserts! This is a hands-on course. **E**

INTRODUCTION TO TURKEY HUNTING*: Have you ever wanted to turkey hunt? Come learn the specifics of hunting for turkey, their ecology, techniques for successfully locating and setting up for a turkey hunt, how to read wildlife sign, and what to do after your harvest. **E**

SATURDAY, SEPTEMBER 9

SESSION 3 • 1:30 p.m.–4:30 p.m.

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FIELD DRESSING FISH AND SMALL GAME: Learn the basics of field dressing, and properly caring for and cooking small game and fish. Demonstrations and hands-on care for fish, small mammals, and upland birds. You'll tackle some easy recipes and actually clean and cook some fish and game. **E M**

INTRODUCTION TO FLY-FISHING (PART 2): This is an all-day class and will run in two parts during Sessions 2 and 3. Participants will learn equipment basics, how to balance their gear, casting techniques, and knot tying. Also covered will be aquatic ecology, insect stages and popular fly patterns. Part 2 will be in the water practicing casting and technique. **E M**

INTRODUCTION TO KAYAK FISHING (PART 2): - You will put the skills learned in the morning to use on the water – casting from a kayak, targeting and landing fish. For those with some kayaking and fishing experience. all equipment provided. Dress to get wet! **E M**

EXPLORING WILDLIFE HABITATS*: Trek through local woodlands with a wildlife habitat biologist. Learn to interpret the landscape and identify a variety of habitats. Along the way, look for wildlife sign and clues about past uses of land that helped to create the habitat we see today. Dress for a walk in the woods - hiking shoes or sturdy sneakers required. **E M**

FISHING 102 WITH ARTIFICIAL BAITS: Learn how to choose and use lures to entice big fish found in New Hampshire freshwater lakes and ponds. Familiarize yourself with spinner baits, spoons, poppers, and more. Craft your own lure, and learn to fish the lures from the shore of Lake Winnepesaukee. Be prepared to wade in the water. **E M**

INTRODUCTION TO DEER HUNTING*: Are you interested in deer hunting but not sure where to start? Get an overview of stand hunting vs. ground stalking, learn how to read deer sign and understand their habits and movements, learn how and when to track your deer and how to get it out of the woods. This class will also cover general types of firearms/bows, practical clothing, and hunting rules. **E M**

SUNDAY, SEPTEMBER 10

SESSION 4 • 9:30 a.m.–12:30 p.m.

INTRODUCTION TO HIKING*: Learn what is needed to safely hike in the woods and on trail - then test your skills on a moderate incline 3.5 mile hike (approx. 1000 ft. elevation gain). This class covers equipment basics, proper clothing, trail etiquette, where to go and safety. Hiking boots required. **S**

INTRODUCTION TO BOW HUNTING*: The challenge and experience of bow hunting is the fastest-growing hunting activity in New Hampshire. Learn about reading wildlife sign, plus various hunting techniques, such as tree stands or stalking. Hands-on activities will include following a mock blood-trail and use of scents. You'll also learn about the ethics of bow hunting and the equipment you will need. **E M**

WILDLIFE VIEWING* - This class will go through different types of wildlife viewing tools and techniques, where to find wildlife sign, and how to safely and ethically view wildlife if you find them! From game cameras, to binoculars and window watching come learn what wildlife is around and how to set up to see them. **E**

WILDERNESS BACKPACKING: Learn what equipment you will need to be comfortable while backpacking on an overnight trip – backpacks, tents, portable stoves, etc. – and how much to carry. Learn how to plan a route for your ability, choose a campsite, back-country safety, and regulations. **E**

AMAZING INSECTS: BUTTERFLIES, BACKSWIMMERS & EVERYTHING INBETWEEN: Are you curious about insects and butterflies? Did the fly-fishing introduction get you interested in aquatic insects? Do you want to know more about the life-cycle, migration and ecological impact of monarchs? Join us to explore, collect and observe insects where they live. Learn basic identification and natural history of monarchs, dragonflies, caddisflies, mayflies and much more. **E M**

INTRODUCTION TO MUZZLELOADER*: Learn about the traditions, seasons, and challenges of muzzleloading firearms. This type of firearm is sparking much interest in the hunting community. Learn the difference between flintlock, caplock and the new modern inline. Some attention will be given to the types of ignition, powder and projectiles. Participants will load, fire, and clean the firearm. All firearm operators will be directly supervised by an instructor and ranges are always safety-first. **M**

NATURE PHOTOGRAPHY: Beginner and intermediate photographers – learn the skills you need to take better outdoor photos. We'll cover equipment, composition, exposure, lens selection, etc. We'll be in the classroom briefly, then "in the field" to take pictures and have some fun! Participants must bring their own camera and have a good understanding of their camera's specific controls. **E M**

WATERSHED & LAKE ECOLOGY: Learn what makes a watershed so important to the lakes we love and explore with us via kayak to discover underwater ecosystems and the fish and wildlife habitat they provide. Learn about the effect of seasons on a lake, search for birds, bugs, and other wildlife, explore the bay and shoreline of nearby islands, and learn techniques for observing wildlife. Some kayaking experience required. Dress to get wet! **M**

CANOEING - First time canoeing or want to brush up on skills? This class will be a lot of fun on the water! We will cover boating safety, properly fitting a PFD, different paddling strokes, how to steer and canoeing dynamics. Dress to get wet! **M S**

FURBEARERS FOREVER*: Interested in New Hampshire's furbearers? Learn how to identify pelts, tracks, and sign, as well as proper harvesting methods, including trapping — an often misunderstood activity. Furbearers are a natural renewable resource and overpopulation can lead to a variety of problems, from property damage to negative impacts on human and furbearer health. Best management practices for trapping will be demonstrated. **E**