

becoming an



Outdoors- Woman



*Tennessee Wildlife
Resources Agency*

**June 12-14, 2009
Clyde M. York 4-H Center
Crossville, Tennessee**

Sponsored by the Tennessee Wildlife Resources Agency

Becoming an Outdoors-Woman 2009

Becoming an Outdoors-Woman is a workshop primarily aimed at women, but is an opportunity for anyone 18 years or older to learn outdoor skills usually associated with hunting and fishing, but useful for many outdoor pursuits.

This workshop is for you, if...

- *you have never tried these activities, but have hoped for an opportunity to learn.*
- *you are a beginner who hopes to improve your skills.*
- *you know how to do some of these activities, but would like to try your hand at some new ones.*
- *you are just looking for the camaraderie of like-minded individuals.*

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WORKSHOP SCHEDULE

FRIDAY, JUNE 12

1-2 p.m. Check In and Registration
2-2:30 p.m. Welcome and Overview
Donald Hosse, Program Coordinator

2:30-6 p.m. SESSION I

A. Introduction to Firearms and Firearms Safety

This course will cover the basic types of firearms, firearms safety, and the basics of selecting and purchasing firearms. Participants will then spend time shooting handguns and rifles at the range. Proper cleaning and storage of firearms will also be discussed.

B. Successful Fishing Skills

Instructors will offer hands-on instruction from choosing equipment to landing the fish. Fish filleting techniques will also be taught. Equipment for the session will be available, but participants are encouraged to bring their own.

C. Boat Trailer Basics

Students will learn the fundamentals of safely trailering a boat. Topics include: attaching a trailer to your vehicle, backing a trailer, launching a boat into the water, retrieving a boat from the water, basic trailer and boat maintenance, and boat ramp courtesy.

D. Basic Archery

Participants will learn the proper methods of fitting, selecting and using archery equipment for both field/target archery and bowhunting. An outdoor range and a possible interactive range will be set up for students to practice their shooting skills and techniques.

E. Wild Edible Foray

You won't rival the wild edible skills of Euell Gibbons after this workshop but you will be able to quench your thirst without liquids and consume hemlock without dying. Join Pandey English, TWRA biologist and professional naturalist for over 20 years, for a wild edibles foray through the fields of the Cumberland Plateau.

F. Boating Safety Education

Students will receive information on knowing your boat, getting underway, operating safely, legal requirements, boating emergencies and enjoying water

sports. After the course is taught, an exam will be offered. Upon passing the exam, students will receive certification that they have complied with the state boater education law. Students must purchase a **Type 600 Boating Safety Exam Permit** from a license agent prior to the course and present the receipt before the exam is given.

G. All-terrain Vehicle Operation

Learn the proper and safe way to ride all-terrain vehicles with as little environmental impact as possible. Instructors will help you navigate through an off-road course that simulates likely outdoor terrain.

H Outdoor Perils For Pets And People

We all enjoy the outdoors but there are some perils in the outdoors of which we should be mindful. In this session, students will learn how to identify the plants, insects, reptiles and other things that can cause outdoor experiences to be less than pleasant, along with measures to deal with them in the event of contact.

6:45 p.m. Dinner

7:30-8:45 p.m. Announcements/Get Acquainted/
Special Program

9 p.m. Free Time - Take a stroll, socialize,
read a book or just relax

SATURDAY MORNING, JUNE 13

7:30 a.m. Breakfast

8:15-11:30 a.m. SESSION II

I. Introduction to Firearms and Firearms Safety
(Repeat of Class A)

J. Advanced Fishing Techniques

Selecting, matching and using fishing tackle. Locating fish, fishing from the shore and in a boat. Fishing ethics and your personal commitment. Fishing safety and caring for your catch.

K. Nature Photography Basics

This class emphasizes photo composition, including techniques useful for both film and digital cameras. The class also discusses photography gear. We will follow up the classroom session with an outdoor photo session. Please bring your cameras, manuals and other photo gear.

L. Dutch Oven Cooking

Learn the basics of primitive campfire cooking from a professional outfitter cook. From the proper techniques for campfire construction to the simple ingredients needed, students will gain new ideas for backcountry cooking. The participants will take an active part in preparing and tasting these delicious dishes.

M. Backyard Habitat

If your favorite backyard critters include birds, bats, or butterflies, this is the class for you. Learn the common species of birds and butterflies that inhabit your backyard, and the plants and flowers that attract them. Participants will have the opportunity to construct their own bluebird box. Learn what types of seed attract certain bird species and how to make your own suet. The ecological importance of bats to our environment will also be covered.

N. Basic Canoeing

Students will learn the different types of paddles and canoes and how to use them. The class will include instruction in safety techniques important to canoeing. Participants will dip their paddles in the water of the lake at the 4-H Center for actual on-water experiences.

O. Map and Compass

Participants will learn how to navigate the woods using a map and compass. Besides its usefulness for hunting and other outdoor activities, this skill is becoming a popular recreational activity in its own right.

P. All-terrain Vehicle Operation

(Repeat of Class G)

12:00 Noon LUNCH

SATURDAY AFTERNOON, JUNE 13

1:30 - 5 p.m. SESSION III

Q. Map and Compass

(Repeat of Class O)

R. Cajun Cooking

Learn the secret spices and ingredients needed for a variety of Louisiana favorites. Some of the recipes will include red beans and rice, wild game gumbo and deep

fried turkey. The participants will take an active part in preparing and tasting these fabulous dishes.

S. Basic Canoeing

(Repeat of Class N)

T. Beginning Flyfishing

Learn the basics of casting and fly presentation, types of flies, selection of equipment, and basic knowledge and understanding of flyfishing. Participants are encouraged to bring their own equipment, but equipment will be provided.

U. Introduction to Deer Hunting

This course will greatly increase your chances of viewing or bagging Tennessee's most sought after big game animal. Some of the topics covered will be equipment and techniques for stand and still hunting, and overcoming the problems associated with getting closer to deer. Information presented in the course will make your deer hunting or deer viewing experiences more enjoyable, more productive and more informative.

V. Backyard Habitat

(Repeat of Class M)

W. Basic Shotgun

Participants will have an opportunity to practice shotgun techniques, with an emphasis on hunting and shooting sports. **Class A, hunter education, or significant shooting experience is a prerequisite.**

X. Introduction to Hiking/Camping/Backpacking

Learn the ins and outs of hiking, camping, and backpacking. Topics include clothing needs and boots, basics of camping gear, cooking for the campsite, the difference between camping and backpacking, and critters and plants to avoid. We'll also cover the philosophy of Leave No Trace ethics, and make suggestions for places to hike and camp in the area.

6-6:30 p.m. Social Time

6:45 p.m. Dinner

7:30-9 p.m. Special Program

SUNDAY, JUNE 14

7:30 a.m. Breakfast

8:30-12 p.m. SESSION IV

Y. Introduction to Muzzleloading

Participants will learn how to load and shoot a muzzle-loader. Types of powder and projectiles used will be discussed and an opportunity to put these new skills to use on the firing range will be offered as you learn to use these fascinating firearms. **Class A of Session I, hunter education, or significant shooting experience is a prerequisite.**

Z. Introduction to Turkey Hunting

This class will cover wild turkey biology, habits, and food sources. Participants will have the opportunity to learn and practice calling techniques, as well as learning about equipment, camouflage, and clothing to improve their chances of seeing one of these magnificent birds.

AA. Dutch Oven Cooking

(Repeat of Class L)

BB. Beginning Flyfishing

(Repeat of Class T)

CC. Birdwatching

Learn the basic steps in becoming an adept birder. Plan to hike in the area to learn bird spotting techniques and learn birds by their calls. Bring binoculars, pad and pencil, and a bird book (if you have one). **This class will start at 6:30 a.m.** A light breakfast will be provided.

DD. Advanced Land Navigation

Participants will learn advanced techniques of navigation and then try their skills in the field. The session will incorporate the use of GPS units in addition to a map and compass. You will need to have attended the Map and Compass class or at least have a general understanding of orienteering. Participants are encouraged to bring their own GPS unit. If you are unable to bring one, one will be provided.

EE. Stream Ecology

Students will learn about water quality and its importance by collecting fish, salamanders, aquatic insects, and plant material on a nearby stream. Physical and chemical parameters of the stream, lake, and surrounding area will be measured. Please be prepared to get your feet wet.

FF. Basic Archery

(Repeat of Class D)

GG. Introduction to Hiking/Camping/Backpacking

(Repeat of Class X)

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REGISTRATION

Becoming an Outdoors-Woman – June 12-14, 2009

WR-0788
(VAR)

Only one person may register per form. Please photocopy for additional registrations. If you cannot attend but would like to be placed on the BOW mailing list, please fill out and mail in the form below.

Name _____ Email _____

Address _____ City _____

State _____ ZIP _____ Phone () _____ () _____
Day Evening

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for any action or injury that may result by participating.

Signature _____

Concurrent Sessions: Please indicate your first (1), second (2), and third (3) choice in each of the four sessions.

Session I

- ___ A. Intro to Firearms/Safety
- ___ B. Successful Fishing Skills
- ___ C. Boat Trailer Basics
- ___ D. Basic Archery
- ___ E. Wild Edible Foray
- ___ F. Boating Safety Education
- ___ G. ATV Operation
- ___ H. Outdoor Perils For Pets...

Session II

- ___ I. Intro to Firearms/Safety
- ___ J. Advanced Fishing
- ___ K. Nature Photography Basics
- ___ L. Dutch Oven Cooking
- ___ M. Backyard Habitat
- ___ N. Basic Canoeing
- ___ O. Map and Compass
- ___ P. ATV Operation

Session III

- ___ Q. Map and Compass
- ___ R. Cajun Cooking
- ___ S. Basic Canoeing
- ___ T. Beginning Flyfishing
- ___ U. Intro to Deer Hunting
- ___ V. Backyard Habitat
- ___ W. Basic Shotgun
- ___ X. Intro to Hiking/Camping...

Session IV

- ___ Y. Intro to Muzzleloading
- ___ Z. Intro to Turkey Hunting
- ___ AA. Dutch Oven Cooking
- ___ BB. Beginning Flyfishing
- ___ CC. Birdwatching
- ___ DD. Advanced Land Navigation
- ___ EE. Stream Ecology
- ___ FF. Basic Archery
- ___ GG. Intro to Hiking/Camping...

Workshop Fee: \$175 – Includes lodging, meals, t-shirt, and a 2009/10 Tennessee Hunting and Fishing License (see reverse side).

Please circle your t-shirt size:

S M L XL XXL

\$_____ Total enclosed

Make checks payable to: **Becoming an Outdoors-Woman/TWRA**

- Registration is taken on a first-come, first-served basis.
- Upon receipt of your registration and payment, you will be sent a confirmation with a map to the Clyde York 4-H Center and a list of appropriate clothing. Demonstration equipment will be provided by the instructors.
- The 200-acre Clyde York 4-H Center at Crossville includes a basic barracks-style facility with shared baths.
- Cancellation deadline is June 1. Cancellations before June 1 will receive a refund, less \$30 for processing. Registrants who do not attend and do not cancel by June 1 will be assessed the full program fee.
- If any special needs are required (dietary, accommodations), please give two weeks notice. *Special needs:* _____

CREDIT CARD INFORMATION

To charge your purchase to VISA, MasterCard or Discover card you must complete the information below.

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Send enrollment form and fee to:

Becoming an Outdoors-Woman Workshop
c/o Tennessee Wildlife Resources Agency
P. O. Box 40747
Nashville, TN 37204
ATTN: Donald Hosse

ENROLLMENT LIMIT 100.

REGISTER NOW!

WORKSHOP SPACE IS LIMITED!

