



A program of the Manitoba Wildlife Federation

May 8 - 10, 2009

Looking for an excuse to spend the day outside? Interested in learning outdoor skills?
If you are 18 or older, we have the perfect opportunity for you.

Becoming an Outdoors-Woman is a workshop designed especially for women.
Whether you have never tried these activities, whether you are a beginner hoping to improve your skills,
or whether you are looking for the camaraderie of like-minded individuals,
Becoming an Outdoors-Woman is for you!

*“The instructors were very enthusiastic, knowledgeable, **and** patient.”*

“It’s been a super weekend - I’ve learned so much.”

“Wonderful experience.”

Learn the Basics -

- ❖ hunting and fishing
- ❖ firearm safety and shooting skills
- ❖ wilderness survival, orienteering and birding
and much more!!!!



Manitoba
Wildlife Federation

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WORKSHOP SCHEDULE

Manitoba
Wildlife Federation

FRIDAY, MAY 8, 2009

10:00 - 11:15 am — Check-In & Registration

11:45 am — Welcome / Overview / Lunch

Session I - 1:15 - 4:30 pm

A. Archery & Bowhunting

The basics of archery and bowhunting including equipment and accessories, camouflage, scents, clothing, footwear, safety and ethics will be discussed. Participants will try various types of bows both on the range and on a 3-D course.

B. Shotgunning

Participants will be taught basic firearm safety and safe handling techniques as well as how to load and unload various types of shotguns. There will be ample opportunity for each participant to shoot at clay targets under the supervision of the instructor.

This class combined with Hunter Education (1) and (2) and home study will allow you to complete the test for your Manitoba Hunter Education Certification.

C. Rifle

Instruction on basic firearm safety, safe handling techniques and range safety will be covered before venturing out to refine your rifle shooting techniques and sharpen your marksmanship skills. A variety of rifles will be on hand for participants to use on the range under the guidance of our instructors.

This class combined with Hunter Education (1) and (2) and home study will allow you to complete the test for your Manitoba Hunter Education Certification.

D. Survival Skills

Learn the skills necessary for surviving a night(s) outdoors including shelter building, fire making, water collection and woods awareness.

E. Outdoor Mechanics

Fundamental tips on how to safely operate and maintain fuel powered equipment. Learn the basics about two-cycle fuel mixes and the safe operation of a chainsaw. Discover how to keep that four-cycle generator engine at the cottage or fishing/hunting camp running like new. Your hands-on participation will teach you how easy it is to maintain and run this equipment. You will be amazed at what you can do on your own!

F. Going Fishin'

Get ready for fishing season. Learn how to tie knots, how to cast and what rods, reels and lures/bait are needed for various situations. Find out what you need in that tackle box, and what you can do without.

G. Get Your Bearings

Learn to navigate in the outdoors using a map and compass. This skill is useful for hiking, backpacking, hunting, bird watching and other outdoor activities, and is becoming a popular recreational activity in its own right (orienteering). A short exercise will allow you to try your skills and build confidence in a team situation.

H. Pat's Potpourri

Learn how to start a fire with flint and steel, learn what makes good tinder, what wood burns and splits well, and how to make your own fire starters. In keeping with the tradition started by workshop creator, Pat Graham, the balance of the workshop will be filled with a potpourri of hands-on activities!

5:30 pm - Dinner

6:30 pm - Free Time/Socializing/Evening Activities
(to be posted)

8:30 pm – Snack

Note: Hunter Education

All first time hunters are required to complete a hunter education course. Your responsibility as a hunter is much more than firearm safety. Learn what every hunter must know before venturing out - respecting the rights of others, hunting as a wildlife management tool, respecting wildlife, sharpening skills, and personal safety and ethics. To qualify to complete the test for your Hunter Safety Certification, select U. Hunter Education (1), FF Hunter Education (2) and either a Rifle or a Shotgunning workshop. You will also be required to review the student manual which is available online at www.mwf.mb.ca prior to the workshop. There is a charge of \$35 for the testing/certification.

Note: Going Fishin' and Fly Fishing workshops will be conducted on dry land.

SATURDAY, MAY 9, 2009

7:45 - 8:30 am — Breakfast

Session II - 8:45 am - 12:00 noon

I. Archery & Bowhunting

Repeat of Workshop A.

J. Shotgunning

Repeat of Workshop B.

K. Rifle

Repeat of Workshop C.

L. Survival Skills

Repeat of Workshop D.

M. Get Your Bearings

Repeat of Workshop G.

N. Fly Fishing

Develop the skills needed to enjoy this relaxing pastime. Focus is on casting, working the line, tying knots, and how to select flies and equipment.

O. Birding Basics

Learn how to identify Manitoba birds through bird watching and listening to calls. Also learn how to attract certain birds into your backyard through landscaping and feeding. Bring binoculars if you have them, or share ours.

P. Cooking Outdoors

Whether you use a camp stove, or an open fire, pots and pans or a dutch oven, your camp meals can be superb! Learn proper preparation and cooking tips for wild game while preparing several easy tasty dishes. Come hungry!

12:00 - 1:00 pm — Lunch

Appropriate clothing and sturdy footwear are required for all workshops. Hats, long sleeved shirts, pants and hiking boots or some type of athletic shoes offer protection from the elements, the environment, and bugs. Casual clothing is also suitable for meals and evening activities.

As temperatures in early May can be quite cool, be sure to bring a **jacket** (and clothing that can be layered,) gloves, hat and rain gear.

You are required to bring your own **bedding** and **towels** in addition to your **toiletries**.

A complete list of things to bring will be mailed with your workshop selection confirmation.

Session III - 1:15 - 4:30 pm

Q. Going Fishin'

Repeat of Workshop F.

R. Cooking Outdoors

Repeat of Workshop P.

S. Archery & Bowhunting

Repeat of Workshop A.

T. Survival Skills

Repeat of Workshop D.

U. Hunter Education (1)

Venture out on a simulated hunt experiencing situations and scenarios that you may encounter on an actual hunt. Learn about regulations, how to identify game in the field, how to obtain permission from landowners, and what to do once you get your animal. Also suitable for the novice hunter who may already have hunter education certification.

This class combined with Hunter Education (2) and either a Shotgunning or Rifle workshop and home study will allow you to complete the test for your Manitoba Hunter Education Certification.

V. Photography

Get the most out of your outdoor, nature and wildlife shots. The class will focus on composition and techniques rather than equipment and is designed for beginners. Bring your digital camera.

W. Muzzleloaders

Hunting with muzzleloaders is growing steadily in popularity. Participants will have an opportunity to learn how to safely handle, load and shoot a muzzleloader.

X. GPS

Take your map & compass skills and bring them into 21st Century technology using a Global Positioning System. Your car may even have a GPS, but do you know how to use it?

** PREREQUISITE - Workshop G. or M. or 2008 Get Your Bearings*

Y. Fly Tying

Discover the delicate art of fly tying. Learn how to create artificial flies for your fly fishing adventures.

Z. Advanced Shotgunning

Now that you have the basics of shotgunning, learn how to break clays thrown from a variety of angles that simulate waterfowl and game bird hunting scenarios. This is a challenging workshop for those with previous shotgunning experience who want to sharpen their skills and refine their shooting techniques for waterfowl hunting or sporting clays.

** PREREQUISITE - Previous shotgun experience or Workshop B. or J. Shotgunning*

5:30 pm - Dinner

6:30 pm - Free Time/Socializing/Evening Activities
(to be posted)

8:30 pm — Evening Snack

9:00 pm — Raffle Draws

SUNDAY, MAY 10, 2009

7:45 - 8:30 am — Breakfast

Session IV - 8:45 am - 12:00 noon

AA. Shotgunning

Repeat of Workshop B.

BB. Photography

Repeat of Workshop V.

CC. Pat's Potpourri

Repeat of Workshop H.

DD. Outdoor Mechanics

Repeat of Workshop E.

EE. Birding Basics

Repeat of Workshop O.

FF. Hunter Education (2)

Review of firearm safety and discussions on being an ethical, conservation-minded hunter will be conducted prior to completing the Hunter Education test.

**PREREQUISITE - U. Hunter Education (1), a Shotgunning or Rifle workshop, and completed home study.*

GG. Knotty Girls of BOW

Feeling a little knotty? Want to tie one on? Why not try this workshop? Imagine what you can twist up, tie up, knot up . . .

HH. Taking Kids Outdoors

Make outdoor adventures with your children or grandchildren a safe and enjoyable experience for everyone. Learn activities that will help keep kids aged 4 and up interested in the outdoors. This hands-on workshop is full of activities from track making to nature tag and will include some nature themed rainy day activities as well. Be prepared to play the morning away!

II. Introduction to Whitetail Hunting

How to prepare for the hunt, where and how to set up a tree stand, tree stand safety, scouting, tracking, equipment and clothing selection will be covered. Learn how to use game calls and how to "rattle" to attract deer to your stand.

12:00 noon — Lunch, Draws & Farewells

Circle Square Ranch is located 21 mi. S.E. of Austin on several hundred acres of rolling, treed countryside. Buildings resemble a "wild west town". All **accommodations are dormitories with bunk beds**. As well, a number of heated "**covered wagons**" accommodating up to 8 people are available. (A heavier weight cold weather sleeping bag is recommended.) No individual accommodations are available, and dormitories may not be suitable for light sleepers. If you wish to stay in wagons and/or room with a particular person, please indicate so on the registration form.

Meals are served family style and no alternative selections are available. If you have restrictive or special dietary needs, you may bring your own food/ dietary supplements. A fridge and microwave are available.

Due to facility limitations, we cannot accommodate individuals with **food or environmental allergies**.

Coffee, tea, and a limited selection of cold beverages will be provided with meals, midmorning and mid-afternoon breaks, and in the evening. You may wish to bring a supply of a favourite or preferred beverage and/or snacks. Call the Manitoba Wildlife Federation at 204-633-5967 should you have any questions.

Registration Information: REGISTER EARLY and indicate your 1st, 2nd, and 3rd workshop choice for each session. All workshops have limited class size. Every effort will be made to accommodate as many of your first choice selections in each session as possible. However, if this is not possible, the coordinator will call you to discuss your workshop selections before accepting your registration.

Workshop Registration Fee of \$225 includes instruction, supplies and equipment in all workshops (except where noted), seven meals, mid-morning and mid-afternoon beverages, and two nights accommodations.

A complimentary supporting Manitoba Wildlife Federation membership with bi-monthly subscription to the Outdoor Edge magazine is also included.

Should you not be able to arrive until after dinner on Friday evening, the Workshop Registration Fee is reduced to \$190. Single Workshops are available at \$50 each and includes lunch. (Call the Manitoba Wildlife Federation for pricing on other options, individual meals or lodging).

Registration Deadline is April 17th, 2009.

Cancellations after April 17th will be assessed a \$40 processing fee which will be deducted from your refund. Except in the case of medical or family emergency, registrants who do not attend and who do not cancel by April 24th will not be entitled to a refund. You may send a substitute.

Receipt of your registration will be acknowledged by phone or email **only if requested** on the registration form.

Confirmation of workshops you are registered for, a list of things to bring, map, etc. will be mailed to you after April 20th. Sorry, no changes to workshop selection can be made after this date.

Some Financial Assistance is available. Send your written request describing briefly 1) why you want to attend 2) how you will use what you learn during the workshop 3) the circumstances in which you find it difficult to pay your way in full along with your payment of \$115 and completed registration form to Darlene Garnham at the MWF, marked **PERSONAL & CONFIDENTIAL**. All requests remain confidential.