



Outdoors- Woman



*Sponsored by
New Jersey Department of Environmental Protection
Division of Fish & Wildlife*

*April 29 - May 1, 2005
at New Jersey School of Conservation
Branchville, NJ*



"Becoming An Outdoors-Woman"

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- NJ Outdoor Woman's League
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NJ Becoming an Outdoors-Woman 2005

"Becoming an Outdoors-Woman" is a workshop directed toward women, yet is an opportunity for anyone 18 years or older to learn new outdoor skills, improve existing skills and enhance their appreciation of the outdoors. This workshop is designed for those who have never tried these activities and hope for an opportunity to learn; are beginners who hope to improve their skills; have some outdoor experience and would like to expand their abilities; and are excited to meet other outdoor enthusiasts.

Registrations are taken on a first come-first served basis. However, if you have previously taken this workshop, and this workshop fills up, first-time participants will receive preference.

If the registration form is missing or you would like more information, please check our website at www.njfishandwildlife.com. If you have questions after carefully reading this brochure, call 908-735-6826.

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Workshop Schedule

Friday, April 29, 2005

11:30 - 12:30 p.m.	Check-in and registration
12:30 - 1:30 p.m.	Lunch
2:00 - 5:30 p.m.	Session I
6:00 - 7:00 p.m.	Dinner
7:30 - 9:00	Evening activity

Saturday, April 30, 2005

4:30 a.m.	Sunrise hike
6:30 - 7:30 a.m.	Early birding (optional)
7:30 - 8:15 a.m.	Breakfast
8:30 - 12:00 noon	Session II
12:30 - 1:30 p.m.	Lunch
2:00 - 5:30 p.m.	Session III
6:00 - 7:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening activity
8:30 p.m.	Campfire reflections

Sunday, May 1, 2005

6:30 - 7:30 a.m.	Early birding (optional)
7:30 - 8:15 a.m.	Breakfast
8:30 - 12:00 noon	Session IV
12:30 - 1:00 p.m.	Lunch
1:00 - 1:30 p.m.	Closing and Evaluation

Course Descriptions

A. Beginning Spin Casting will be taught by Carole Skwarek, Resource Interpretive Specialist. This course will cover equipment use and selection, use of bait and lures, knot tying, ethics, and fish biology. Everything the novice angler needs to know to get started! Class will fish on picturesque Lake Wapalanne. All equipment will be provided. However, you can bring your own if you have it.

B. Fly Fishing Techniques with veteran BOW instructors Richard Kress, Rosemarie Hight and an expert staff, will provide the first-time fly fisher with a hands-on experience. Rosemarie and Richard will discuss equipment selection and use, teach the proper way to tie knots and demonstrate various casting techniques. Participants will try their hand at wetting a fly from the banks of Lake Wapalanne! Equipment provided.

C. On-Stream Fly Fishing with Richard, Rosemarie and staff (see Fly Fishing Techniques) will find participants taking a fly fishing outing to one of New Jersey's premier trout streams. Learn how to present a fly, match the hatch and identify where that lunker trout is lurking. **Fly Fishing Techniques is a pre-requisite for taking this course.** Bring hip boots or waders if you can. Limited pairs will be available. **Hats and eye protection are a must!**

D. Fly Tying will be taught by Richard Kress (described in Fly Fishing Techniques) and will begin with an introduction to equipment and materials used in fly tying, types of flies and tying techniques. Participants will then tie their own flies.

E. Stream Ecology and Entomology - Participants will go searching for aquatic critters, discuss how geology affects water quality, discover where fish and the aquatic insects that attract them are likely to be found, and much more. Be prepared to get wet, old sneakers or rubber boots are advised. This course is HANDS ON!

F. Canoeing - Participants will learn the major types of boats, basic paddling strokes and boat control, as well as safety on the water. There will be an opportunity to try out new skills on the lake. Be prepared to get wet!

G. Kayaking will be taught by Helen Tuers of Campmor, Inc., and her daughter Kathryn, a USGS hydrologist. Participants will learn about the different types of kayaks, basic paddling strokes and boat control, as well as safety on the water. There will be lots of opportunity to try new skills on Lake Wapalanne.

H. **Basic Camping** will be taught by Mark Gonzales and Theresa Belletiere. You'll learn skills tailored to campground or "car camping" situations, including tent, sleeping bag and stove selection, use, and maintenance, as well as how to choose and set up a comfortable, safe, low-impact campsite. Equipment will be provided, but participants are encouraged to bring their own tents and any other camping equipment they already own.

I. **Intro to Backpacking** Can't imagine how to carry everything you need to live independently in the wilderness on your back and actually enjoy it? Mark Gonzales and Theresa Belletiere will demonstrate techniques for camping utilizing the backpack. Topics include boots, clothing, fitting your pack, what to bring and how to pack. Then you will set up a campsite and learn how to best be comfortable, fed and rested for another day on the trail.

Those with appropriate tent, pad and bag will have the option of sleeping outside (close to your cabins). No tent? Perhaps someone will share, so bring a pad and bag if you want to sleep-out.

Also bring any gear/equipment you would like analyzed for backpacking. This includes boots, clothes, pack, sleeping bag and pad, tent, stove, cookware, flashlights, waterbottles and anything else you would consider carrying in your pack. Remember some straps and stuff sacks. Please, no daypacks or heavy cotton clothing.

J. **Outdoor Photography** will be taught by Roberta C. Scott. This workshop is geared to the beginning student, but anyone interested in nature photography is welcome. Roberta will discuss lenses, film, composition, and hints on how to use natural light to create special effects. Participants must bring their own cameras (preferably a 35mm camera that can be adjusted manually). Be prepared for a casual walk while observing and capturing the beauty of nature.

K. **Outdoor Survival Skills.** Staying alive in the woods requires one to remain calm and make the best possible use of what is available in the area to obtain the basic necessities of life. Although the emphasis is on basic survival concepts shelter building, starting a fire, finding drinking water, and foraging for food are among some of the subjects that may be covered.

L. **Basic Orienteering** will be taught by Liz Jackson, Division Public Information Specialist. Students will learn how to use a map and compass as a navigation tool, practice setting bearings on an orienteering compass and then strike out on a cross-country trip.

M. **Birding 101** will be taught by birding enthusiasts and NJ Audubon naturalists Carol and John Knapp. Participants will be introduced to the world of birding by learning about binoculars and equipment used to enhance their knowledge and enjoyment while even in the field. You will also learn how to identify birds through size, song, behavior and habitat. Participants will hike using binoculars, spotting scopes and field guides to view spectacular spring bird migration and practice what you learned earlier. Binoculars and field guides will be available but you are encouraged to bring your own if possible.

N. **Interesting and Edible Plants** with Karen Matthews will focus on the identification and use of local plants including herbs, trees, and shrubs. Culinary and medicinal uses as well as how plants are environmental indicators will be covered. Most of the class will be spent outdoors. Bring your field guides and a notebook for your notes if you wish.

O. **Reading Wildlife Sign** will be taught by wildlife biologist Susan Martka. Participants will learn to identify tracks, and to become aware of other signs of wildlife activity, such as feeding, nesting, and calling. Participants will scout for signs of wildlife activity in the woodlands around Fairview Lake and learn the life history of some of New Jersey's inhabitants.

P. **Talkin' Turkey** will be taught by wildlife biologist Joe Leskie. Learn about the habits and habitats of New Jersey's largest bird, the eastern wild turkey. Whether you hunt with a gun or camera, this class will teach you how to get close to this magnificent bird. Thrill to the early-morning sights and sounds of turkeys in the woods. Appropriate clothing, equipment, safety and various calling devices will be discussed. Turkey-finding strategies, reading sign and calling techniques will be practiced.

Q. **Basic Firearms Shooting** will be taught by Carol Colao, Communications Operator for Northern Region Law Enforcement Office and Hunter Education Instructor with the NJDF&W. Participants will be introduced to firearms in a manner that is safety oriented, builds confidence and ensures fun. Participants will shoot .22 caliber handguns, .22 caliber rifles and 20 gauge shotguns. All equipment will be provided.

R. **Archery** will be taught by Kim Tinnes, Division Wildlife Control Agent and Hunter Education Instructor, and Donna Carroll, also a Hunter Education Instructor. Participants will learn about archery equipment including selection and use of bows, arrows and accessories, emphasizing those suitable for bowhunting. Also covered will be safety and shooting techniques. Plenty of time will be devoted to participants shooting with the equipment provided.

S. **Hiking** will cover the types of clothing and equipment needed for day hiking, safety issues, planning, where to go, and trail etiquette. Participants will go on a hike through surrounding woodlands.

T. **Action Socialization Experience:** An **A.S.E.** is a problem-solving situation that stimulates immediate participation in the activity. These experiences encourage small groups to cooperatively decide on a solution to a carefully designed problem and then carry out their plan of action as quickly and efficiently as possible. Students have approximately 15 minutes at each station. As a result, the students realize that through communication and cooperation they are able to solve numerous challenges.

U. **Climbing Wall:** The climbing wall is a 20-foot high wooden structure with blocks for hand and foot holds. A belay rope is attached to the student and is taken in by the instructor as the climber ascends so that there is little risk to the climber. Success on the wall is measured by the climber's motivation to do his or her best, not in terms of the height the climber achieves.

V. **Beyond Your Backyard Gas Grill** will be taught by NJ Outdoor Women's League members Bonnie Herrington, Mary Messeroll and Mary Ruth Muehlbauer. Participants will learn alternate ways to cook outdoors. Learn cooking/baking methods using various types of cooking equipment; use/care of this equipment; "Leave No Trace" principles and natural fire starting. You will get to eat what you cook.

W. **First Aid for Outdoors-Women** with American Red Cross Instructor Doug Houskeeper. Doug will show participants what the prepared outdoors-woman should keep in her pack to be ready for wilderness emergencies. While the emphasis on outdoor safety is prevention, sometimes first-aid is necessary. Learn how to identify, treat and handle outdoor injuries and health-related emergencies.

X. **Bear Essentials** - Learn all about New Jersey's largest mammal, the black bear. Division biologists will discuss black bear biology, research techniques, and how to co-habitate with bears. Learn how Dunkin' Donuts aid black bear research, use radio telemetry to track bears, and scout for bear sign in the woods.

Y. **Wildlife Ecology:** This session concentrates on the inherent values of wildlife in today's culture and the critical interface that exists between wildlife and human populations. The importance of wildlife species to the survival of human populations in both the past and present is stressed. Important ecological processes carried out by wildlife species are covered as well as an examination of specific human/wildlife interactions. Activities in this session include: an exploration hike to observe native wildlife in their natural habitats; a food pyramid and web simulation; and a habitat search for wildlife signs.

Z. **Wild Game Cooking** will be taught by Jim Sciascia of the NJ Division of Fish and Wildlife. Have you ever wondered how to prepare venison, filet a fish or clean and roast a pheasant? In this course you will prepare and cook all types of wild game.

AA. **Deer Hunting** will be taught by Rosemarie Hight, an avid sportswoman, NJ Outdoor Women's League member and Wildlife Conservation Corp Volunteer. In this course students will learn how to scout for deer sign, discuss habitat, locate prime hunting locations, explore different hunting techniques, talk about NJ hunting laws, and more.

BB. **Primitive Living Skills** - Learn how to create friction fire, finding food in the wild, setting up a primitive camp, and making useful tools. Each participant will build a bow drill and make a fire. Bring a pocketknife if you have one.

CC. **Pet First Aid**- with American Red Cross Instructor Doug Houskeeper. Do you hike or bring your pet to outdoor activities? Doug will show participants a program that meets the needs of the pet owner and an injured or ill animal in the areas of personal safety, good judgement and life saving skills that can be applied to outdoor situations involving either people or animals.

DD. **Working with Sporting Dogs** will demonstrate how dogs are used in the field to assist the hunter. The dog handlers will demonstrate working with various dog breeds used for hunting purposes. Whether you are interested in hunting with a dog, participating in field trials, or just spending time afield with your dog, you will find this course interesting.



**utdoors-
Woman**

*NJ Div. of Fish & Wildlife
26 Route 173 West
Hampton, NJ 08827*

REGISTRATION INFORMATION

Workshop Fee is \$200: Fee includes: instruction in all sessions, program materials, use of all equipment, all meals and lodging. **NOTE:** If we receive a check which is returned for insufficient funds you will be charged a \$30 fee (the same fee the bank charges us!) and will not be considered registered until the fee is paid in full.

Limited \$100.00 scholarships are available for qualified first-time participants: Applicants for scholarships must demonstrate a need by filling out the application and writing a 200 word or less essay describing their need and why they would like to attend the workshop. The essay should be mailed along with your registration and a check for \$100. If you do not receive a scholarship, you will be notified and given the opportunity to pay the full fee.

Facilities: The New Jersey School of Conservation is located on a 240-acre campus within the 15,000-acre Stokes State Forest in Sussex County, the most northwestern county in the state. Founded in 1949, it was originally a Civilian Conservation Corps camp. East of the School is the main ridge of the Kittatinny mountains, along with stretches of the Appalachian Trail. To the west are the Delaware River and the Pocono Mountains. The campus surrounds 12-acre Lake Wapalanne. It has sleeping facilities for up to 280 and family-style dining in two dining halls for up to 300. Meals are prepared on-site by highly trained kitchen staff. The campus also includes a barrier-free residence lodge. A fully equipped infirmary staffed by a Registered Nurse who lives on-site handles medical needs. Two boat docks with rowboats and canoes, an archery range, extensive hiking trails, a renovated cabin built in 1860, a carriage house built in 1813, an observatory, and a library are special features of the campus.

Registration Deadline is April 8, 2005. Please mail in pages 6 and 7 of the registration packet and a check for the registration fee made payable to the NJ Division of Fish and Wildlife.

Cancellation: Deadline for cancellation is **April 15, 2005**. If you cancel before April 15 you will receive a \$150.00 refund. There is a \$50.00 non-refundable registration fee. After that date, no refunds will be given. Registrants who do not attend and who do not cancel by April 15 will be responsible for the full program fee. You may send a substitute, if you cannot attend.

Questions? Please e-mail or call Linda Buono at linda.buono@dep.state.nj.us or (908) 735-6826.

Upon receipt of your registration and payment you will be sent a confirmation e-mail followed by a letter with directions and a map to the NJ School of Conservation, along with a list of appropriate clothing and footwear.

NOTE: All necessary equipment will be provided for each class. However, if you have your own equipment and would like to use it please feel free to bring it with you.

If you have any dietary requirements or special needs that require assistance, please indicate your need on the registration form. NJ School of Conservation will do its best to accommodate your needs.

Keep this portion of the form for important information.

***PLEASE MAIL IN PAGES 6 AND 7 OF THIS
REGISTRATION PACKET.***

THANK YOU AND SEE YOU AT THE WORKSHOP.

For Division Use Only

Registration Form - Due by April 8, 2005

NJ Becoming an Outdoors-Woman • April 29-May 1, 2005

Please photocopy form for additional registrations.

Participant #	_____	
Amt. Paid: \$	_____	
Carpool:	yes	no
Scholarship:	yes	no
Sponsored by:	_____	
backpack:	yes	no
veggie meal:	yes	no

Name: _____ Age: _____

Address: _____

City, State, Zip: _____

Phone: Day () _____ Evening () _____ E-mail: _____

Workshop Sessions: Choose 3 courses for each session with #1 being your **first choice**. You will only receive **ONE** choice per session. We will try to provide you with your first choices; however, classes are filled on a first come, first serve basis.

- | | | | |
|---|--|--|--|
| Session I | Session II | Session III | Session IV |
| <input type="checkbox"/> Basic Orienteering | <input type="checkbox"/> Archery | <input type="checkbox"/> Archery | <input type="checkbox"/> A.S.E. |
| <input type="checkbox"/> Bear Essentials | <input type="checkbox"/> A.S.E. | <input type="checkbox"/> Basic Firearms | <input type="checkbox"/> Birding 101 |
| <input type="checkbox"/> Beginning Spin Casting | <input type="checkbox"/> Basic Camping | <input type="checkbox"/> Climbing Wall | <input type="checkbox"/> Canoeing |
| <input type="checkbox"/> Beyond your Backyard Grill | <input type="checkbox"/> Basic Firearms | <input type="checkbox"/> Intro to Backpacking | <input type="checkbox"/> Deer Hunting |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Birding 101 | <input type="checkbox"/> Kayaking | <input type="checkbox"/> First Aid |
| <input type="checkbox"/> Climbing Wall | <input type="checkbox"/> Fly Fishing Techniques | <input type="checkbox"/> On-stream Fly Fishing | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Fly Tying | <input type="checkbox"/> Kayaking | <input type="checkbox"/> Pet First Aid | <input type="checkbox"/> Interesting & Edible Plants |
| <input type="checkbox"/> Outdoor Photography | <input type="checkbox"/> Primitive Living Skills | <input type="checkbox"/> Talkin' Turkey | <input type="checkbox"/> Outdoor Survival Skills |
| <input type="checkbox"/> Outdoor Survival Skills | <input type="checkbox"/> Stream Ecology | <input type="checkbox"/> Wild Game Cooking | <input type="checkbox"/> Primitive Living Skills |
| <input type="checkbox"/> Reading Wildlife Sign | <input type="checkbox"/> Wildlife Ecology | <input type="checkbox"/> Wildlife Ecology | <input type="checkbox"/> Reading Wildlife Sign |
| | | <input type="checkbox"/> Working with Dogs | |

Have you previously participated in this workshop? Yes No If Yes, what year? _____

Registrations are taken on a first come-first served basis. However, if you have previously taken this workshop, and this workshop fills up, first-time participants will receive preference.

Do you currently possess any of the following licenses? (Please Circle) Hunting Fishing Both

***Backpacking Participants:**

I will be bringing my own backpack: Yes No

Special needs required: _____

Check this box if you prefer vegetarian meals.

T-shirt size: guaranteed only if registration is received by April 5.

Med Lg XL XXL

Some participants have expressed an interest in carpooling. Indicate here if you would like to carpool. Yes No

Scholarship Requests Only

**I am enclosing an essay for scholarship consideration.
The information below is strictly optional. It is used only to help determine scholarship eligibility and need.

Employer _____	Salary Range
	0 - 20,000 <input type="checkbox"/>
Job Title _____	20,000 - 40,000 <input type="checkbox"/>
	40,000 - above <input type="checkbox"/>
Marital Status _____	

Complete and send registration form and \$200.00 fee to: Becoming an Outdoors-Woman, NJ Div. of Fish & Wildlife, 26 Route 173 West, Hampton, NJ 08827

Emergency Information

(this will be held confidential and used only in the event of an emergency)

Your Medical Insurance Company: _____

Are you pregnant? Yes No

Who should we notify in the event of an emergency? _____

Phone# of that person. _____

Do you have any special needs that we will need to know about in advance to accomodate you during the workshop?

Do you have any medical conditions, allergies, etc. that we should be aware of or that may affect medical treatment?

I am a medical doctor, nurse, or EMT and would be willing to help in the event of a medical emergency. Yes No

Waiver

I understand that all possible precautions are taken to ensure that programs and activities at the New Jersey School of Conservation are conducted by mature and qualified personnel in a safe and responsible manner. However, I further understand and agree that the Division of Fish and Wildlife and New Jersey School of Conservation and its staff cannot be held liable for any accident that might occur.

I also agree to neither possess nor use any alcohol or drugs while on New Jersey School of Conservation property.

Signature

Questions? Please e-mail or call Linda Buono at linda.buono@dep.state.nj.us or (908) 735-6826.

Complete and send registration form and \$200.00 fee to: Becoming an Outdoors-Woman, NJ Div. of Fish & Wildlife, 26 Route 173 West, Hampton, NJ 08827