

## **“Becoming an Outdoors-Woman”**

**Below is a list of classes that may be offered at our workshops.**

***Appalachian Plants: Palatable or Prohibited?*** - This class will focus on proper identification and sustainable harvesting of edible Appalachian plants. Participants will learn about rare, threatened and endangered look-alike plants of common edibles, as well as conservation concerns of edible wild plant harvesting.

***Archery & Basic Bow Hunting*** – This class teaches bow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and bow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment, try various bows and shoot arrows at targets.

***Backpacking*** - This class will prepare participants for an extended trek into the woods or wilderness. Learn about selecting, packing and wearing a backpack; choosing a campsite; selecting clothing, food and gear; staying safe; and the “Leave No Trace” principles of wilderness travel.

***Backyard Chickens*** - Have you ever thought of owning chickens? Not sure if it is for you? Discover what it takes to raise and care for backyard chickens. Learn about different breeds, housing requirements and natural remedies to keep them healthy!

***Backyard Wildlife & Wildflower Gardening*** - After viewing a slide program about backyard wildlife, participants will learn how to design a backyard habitat of their own, including a butterfly/hummingbird garden. Students will also be given an opportunity to construct a bluebird or bat house to take home.

***Basic Firearm Safety*** - This class will cover the basics of firearms safety, types of firearms and ammunition and an introduction to selecting and purchasing firearms. Cleaning and safe storage will also be covered. **This course is a prerequisite for anyone who has not had a state-approved hunter education course and who wishes to register for a shooting course.**

***Basic Fishing*** This class will introduce participants to basic fishing skills and the types of equipment available, including rods and reels. Participants will learn how to rig a fishing rod and tie basic fishing knots. Casting practice and fishing tips will be the focus for the instructional period of the course. The remaining time will be spent fishing. **Participants will need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it with them when fishing.**

***Basic Tree Care*** - Learn how to properly plant and prune your trees to promote health and successful growth for years to come. Topics included in the class are basic biology; how to select, plant and care for young trees; proper pruning techniques; and maintenance of older trees. Participants will have hands-on experience planting a tree and using hand tools to conduct proper pruning.

***Basket Weaving*** Check out our class and learn to weave a traditional Appalachian egg basket. This informative class will touch on the use of natural materials and dyes while leaving the participant with a greater appreciation of Appalachia and the traditions that keep it strong.

***Beekeeping*** - This class will cover beginning backyard beekeeping. Participants will learn about basic honey bee biology, seasonal beekeeping activities, pest problems and diseases and, of course, harvesting honey. This course will provide you with indepth information on the equipment needed to get started, how to use it and what to look for inside the hive. Be sure to stick around for honey tasting! **NO LIVE BEES WILL BE IN ATTENDANCE!**

**Bird Watching** - Learn how to identify common birds in a variety of habitats. Want to know how to select/use binoculars and other equipment? You'll get hands on experience in the field in this very popular course.

**Blacksmithing** - This introductory hands-on course will cover the fundamentals of blacksmithing for beginners. Participants will also get to complete their own project as part of the experience. Cotton long-sleeved shirt, long pants and closed-toe shoes with socks are required.

**Camping Skills** - Everything you have ever wanted to learn about camping and more! Participants will learn about the latest camping equipment and how to use it. Course will cover camp set up and equipment operation, including tents and stoves and the "Leave No Trace" camping ethic.

**Canoe & Water Safety** - Participants will be introduced to canoe basics, including paddling, etiquette and safety. You will learn how to get into and out of a canoe safely, what to do if the canoe tips over and how to manage a swamped canoe. Bow and stern paddling experiences will be part of the practice time on the water.

**Chainsaw Use** - Never used a chainsaw before, but always wanted to try? Well here's your chance for some hands-on experience. Topics covered include personal protective equipment, chainsaw safety and maintenance, chainsaw reactive forces, pre-planning the fell, safe felling techniques and chainsaw operation field experience. All equipment provided.

**Crossbow** - Course will teach crossbow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and crossbow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment and shoot bolts/arrows at targets.

**Fitness** - This class is a trail running/fitness scavenger hunt and will include the basics of running form, safety, gear selection and injury prevention. During this scavenger hunt, participants will run and complete fitness task along the trail.

**Fly Tying** - This class teaches the basics in the art of fly tying. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to try their hand at tying several of their own flies.

**Gardening for Pollinators** - Pollinators around the world, and in Maryland, are on the decline. Learn how to create pollinator-friendly habitat in almost any backyard. This class will focus on plants and habitat practices that help attract pollinators, as well as ways to identify common pollinators. Participants will also get to build their own mason bee house to attract these tiny, yet important, pollinators.

**Gearing Up for Hunting** - This class will introduce you to the basics of small game, white-tailed deer and waterfowl hunting. Participants will learn about the different techniques and gear needed for each type of hunting opportunity and how to best prepare for your outdoor hunting adventure.

**Geocaching** - This fun high-tech adventure will teach you the basics of using a handheld GPS unit while searching for hidden clues. Working in small teams, you will learn how to mark waypoints and find your way to and from your destination, all while in search of hidden treasures.

**Greening Your Home** - Do you reduce, reuse and recycle? Every home can benefit by cutting back and becoming more efficient. Learn easy, affordable steps to making your home a greener place for your family and the environment.

**Growing Up Wild** - Learn ways to connect young children to the outdoors with the award-winning Growing Up Wild program. Throughout the session, we'll go over crafts, activities and ideas on how to make nature fun and engaging for children, aged 3-7. All participants will receive a Growing Up Wild guide.

**Growing Vegetables** - This hands on class will show you how and when to plant, how to care for your garden during the growing season and how to harvest your fresh produce.

**Handgun Skills** - Participants will be introduced to basic handgun handling, safety, nomenclature and marksmanship. Class will participate in a live-firing exercise emphasizing skills and etiquette. Handguns, ammunition and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

**Hiking** - Join this class for a discussion on the elements of preparation for a hike. The instructor will provide tips on getting the most out of your hikes. Length of walk is variable depending on time and trail availability. A portion of this class will be spent hiking camp trails. Proper footwear is recommended.

**Hiking with Your Dog** - Discover how to make hiking with your dog more enjoyable. We will discuss the necessary equipment to have and what to do before you head out on the trail. Experience different scenarios of what you could encounter and learn first aid basics. A therapy dog will be part of the class, however, **participants are asked to leave their dogs at home.**

**Hunter Education Certification** - Get your hunter safety certification! You will participate in an interactive lecture covering hunter ethics, basic firearm safety and handling and tree stand safety. You must pass the written exam, as well as the field exercises, which will include firearms handling and live firing. Upon successful completion, you will be issued a Certificate of Competency in Firearms and Hunter Safety, which allows you to purchase a hunting license. Upon successful completion, participants may participate in shooting courses. This class will be four hours long and will end at 5:30 pm. **Participants will need to complete the online hunter safety course and bring the voucher to the workshop.**

**In Pursuit of White-tails** - Course will cover basic white-tailed deer biology, behavior and habitat, in relation to hunting. You will learn what equipment you'll need to get started in this challenging sport. You'll also learn scouting techniques, methods of hunting, tactics and how to trail and recover your deer. This course will include class time and field activity. You will have an opportunity to look at and try some of the equipment.

**Intro to Fly Fishing** - Participants will be taught basic fly fishing terminology and will receive fly casting instruction. You will learn about fish habitat, regulations, and ethics pertaining to fly fishing, as well as how to select and purchase equipment. You will be shown how to attach leaders and flies to lines using a variety of knots, learn to distinguish between wet and dry flies and practice your casting techniques on land.

**Journaling** - You won't know how powerful journal writing can be until you try. Beginners and veterans alike can bring new depths of personal understanding and self-acceptance to their journals. What a wonderful way to begin your journey, by experiencing your BOW weekend through the pages of a journal.

**Kayaking** - This class will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able to kayak on the lake and practice strokes they have learned.

**Leather Craft 101** - This class will introduce you to the basics of creating small leather projects. You'll get experience cutting leather, using various leather tools, using leather dyes and tooling leather. All participants will get to complete several small leather items from a list of projects, including an archery arm guard, leather bracelet and fly wallet (to hold fishing flies).

**Let's Go Fishing - Participation in Basic Fishing is a prerequisite for this course.** This class will allow participants to fish on their own for approximately 1 ½ hours. This class is for participants who have completed the BOW Basic Fishing class. Once fishing is over, you will return to the camp with your "catch" and will learn how to handle, clean and cook your fish. Several different cooking methods will be demonstrated and several different species of fish will be available for tasting. **Participants will need to**

**purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it in their possession while fishing.**

**Let's Talk Turkey** - This class is a fascinating introduction to the world of the wild turkey, which has an interesting history in Maryland. Participants will uncover a few of the secrets of how turkeys manage to outsmart humans so often! Basic turkey hunting techniques, including calling, scouting, equipment needs and safety will be covered.

**Map & Compass** - As a beginner level course, participants will learn how to read topographic maps, how to use a base-plate compass and how to combine these two tools to find their way in a natural area. Course will also include an introduction to orienteering.

**Mountain Biking** - Participants will learn the parts of the bike, riding skills and techniques, how to change a flat tire and riding safety. Environmental concerns, pedaling, steering over obstacles, uphill and downhill techniques, as well as riding ethics, will be discussed. Bicycles and helmets will be furnished, but participants are encouraged to bring their own equipment if they have it. Come prepared to ride.

**Muzzleloader Skills** - Muzzleloaders were the first firearm technology and remain popular among traditional hunters and shooting enthusiasts. This course will introduce participants to many generations of muzzleloader technology, from the traditional flintlock to the modern day in-line rifle. An emphasis will be put on the safety, loading, shooting and cleaning of various models of muzzleloaders. This will truly be a "flash and bang" opportunity that you won't want to miss. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

**Outdoor Cooking** - Participants will learn basic outdoor cooking techniques including using a Dutch oven. Sample delicious creations and get inspired about how good things can taste in the outdoors. Recipes will be provided in this popular course.

**Outdoor Photography** - Want to learn how to take better photos? This course will cover action, wildlife, landscape and close-up photography techniques. **Bring your own digital camera;** please no disposable cameras or cell phones. Students should be familiar with their camera and are welcome to bring photographs for the instructor to critique.

**Advanced Outdoor Photography** - Learn about more advanced photography techniques, beyond the basics. **Bring your own digital camera;** please no disposable cameras or cell phones. Participants should be familiar with their camera and are welcome to bring photographs for the instructor to critique. **Outdoor Photography is a prerequisite for this course (must have taken within the past five years).**

**Outdoor Survival Skills** - Participants will learn the knowledge, skill and attitude that surviving an outdoor emergency requires. This course will deal with the mental approach you need to take for survival, as well as the physical aspects: food, water, shelter and fire building.

**Plant ID** - This class will introduce the fundamentals of plant ID skills, including habitat requirements, basic plant part identification and medicinal uses. Participants will be taken on a nature walk to see local plants and learn about their medicinal and edible uses. After the hike, you can relax with a cup of herbal tea made from local plants. Proper footwear is recommended.

**Preserving the Harvest** - Ever wondered how to preserve fresh fruits and veggies? This class will cover the basics of home canning and preserving. Participants will have the opportunity to can some seasonal produce; learn about basic canning techniques, including the use of different types of canners; and learn fermentation, a simple method of food preservation.

**Reading the Woods** - Learn tracking skills and how to interpret signs left by wildlife in this hands on informative class. You will also learn to recognize essential components of wildlife habitats. Participants will observe and practice track identification, as well as plant identification on a hike around camp.

**Rifle Skills** - Participants will be introduced to basic rifle handling, safety, nomenclature and marksmanship. Students will participate in a live-firing exercise emphasizing skills and etiquette. .22 caliber rifles, ammunition and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

**Shotgun Skills** - Participants will be taught proper stance and gun mount and practice basic shooting techniques on clay targets, with an emphasis on safety and the use of a shotgun for marksmanship and hunting. Firearms and ammunition will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

**Small Game Hunting** - This class will introduce you to the exciting sport of small game hunting. Basic hunting techniques for a variety of game species, including rabbits, squirrels and upland birds, will be discussed. Basic biology, habitat requirements and behavior of game species will be covered.

**Tracks 'n Trails** - Have you ever wondered what or who left that track? This course will teach you how to identify common wildlife by their tracks. You will also learn about their general habits and habitats. Bring a camera, notebook and dress for being outside since we have to go where the tracks are.

**Trailer & Basic Maintenance** - Learn to drive a trailer attached to your vehicle; learn proper backing up procedures & how to properly maneuver a trailer into a parking spot, boat launch, etc. Also, learn the basics of trailer maintenance.

**Tree Identification** - Learn how to identify trees using field guides and keys in this fun and engaging course. The instructor will also cover basic tree physiology and growth.

**Tree Planting and Pruning** - Learn how to properly plant and prune your trees for the health and successful growth for years to come. Topics included in the class are basic biology, how to select, plant and care for young trees, proper pruning techniques and maintenance of older trees. Participants will have hands-on experience planting a tree and using hand tools to conduct proper pruning.

**Tree Stand Safety/Blind Safety** - One of the most popular pieces of equipment used by deer hunters is a tree stand. Tree stands can be dangerous if they are used incorrectly or carelessly. Hunting from a ground blind has also become a very popular hunting technique for deer and turkey hunters. This course is developed to give the novice, or experienced tree stand user, a more informed approach to the usage of tree stands, ground blinds and associated equipment.

**Woodcarving** - This class will introduce participants to the beautiful art of woodcarving. Each participant will carve a duck head, the first step to creating a decoy. All classroom tools and materials will be provided.