

becoming an



*Ohio
outdoors-
Woman*®

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**October 2 - October 4, 2015
Recreation Unlimited, Ashley, Ohio**



Sponsored by:
Division of Wildlife
and
Ohio Outdoors Woman Inc.



BECOMING AN OUTDOORS-WOMAN* 2015

Becoming an Outdoors-Woman is a workshop focused on learning outdoor skills -- skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years or older, and 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

If you're interested in taking a single discipline throughout the weekend or a variety of courses, look for the following icons next to the course title to help you:



Fishing



Adventure



Shooting



Cooking



Boating



Hunting



McGyver

Courses that don't have an icon can fit into any strand you decide to take or can be taken as extras to help you gain additional knowledge while you're here.

Friday, October 2, 2015

12:00 - 1:00 PM ••••• Check-in & Registration

1:00 - 1:30 PM •••• Welcome

1:30 - 5:00 PM •••• **SESSION I**



Firearms and Safety. Unsure about or fearful of guns? Put those thoughts and fears to rest with a session just for you. Learn about basic types of firearms, ammunition, and firearm safety. It will not include any actual shooting, but is recommended for anyone who has not had a hunter education course or significant shooting experience who wishes to register for the shooting courses.



Fishing for Fun. After a short session on equipment, find out why fishing is America's favorite pastime. Learn the basics so that you can participate in this enjoyable sport. Rods, tackle, bait, and a lake full of hungry fish are provided.



Field to Table. Proper care and handling of your deer after the harvest is essential knowledge for any outdoors woman. Learn tips and techniques for field dressing, skinning, butchering and packaging your deer in preparation for the dinner table. Processing your own deer will save you money and give you a sense of accomplishment with every bite of delicious venison.



Frog Gigging. Think frog gigging is just a southern thing? Surprisingly, Ohio has some of the best habitat for this stealthy night-time activity! Come learn the basics of frog gigging including: equipment, technique, cleaning, and meal preparation. The course will conclude with frying up a delicious shore lunch. Bring boots and an appetite to try new things!



Handgun Basics. This introduction will start with the basics of safety and marksmanship and finish with lots of range time. You'll be shooting low-powered .22 caliber handguns provided by our patient instructors. Keep your targets to brag about when you get home!



Alpine Tower. Come play, climb, and have a great deal of fun on Recreation Unlimited's 50-foot climbing tower. The tower experience provides a wealth of opportunities to have fun while enhancing self-esteem and confidence. It involves adventure, risk-taking and attempting the unusual, while encouraging individuals to test their limits. You will work on teamwork and individual skills that foster communication and trust. You will gain the confidence to try many outdoor activities that you have been putting off. You don't have to be trim or fit to try this activity!



Kayaking. Learn how to navigate through wild waters in this unique watercraft. Experts will teach you paddling basics and techniques to prepare you for a flat-water kayaking adventure. Plan on dressing to get wet.

6:00 PM •••••••• Dinner

7:00 - 8:30 PM ••••• Get Together/Meet the Group

8:00 - 9:30 PM ••••• Optional mini-sessions

9:30 PM •••••••• Food, Fire, and Fun

Saturday, October 3, 2015

7:00 - 8:00 AM ••••• Breakfast

8:00 - 11:30 AM •••• **SESSION II**



Basic Canoeing. Can you canoe? Of course you can and you will! Expert instructors from the Division of Watercraft will teach you all about equipment and techniques and have you on the water paddling like a pro in no time. We'll do our best to keep you dry, but dress as if you'll get wet! You'll either glide among the geese or swim with fish!



Intro to Muzzleloading. You will learn all about muzzleloaders and will discover how much fun these primitive guns can be. After you learn how these fascinating firearms work, you will load them up and fire away. You will become proficient and accurate with the help of our expert instructors in no time at all.



Metallic Cartridge Reloading. Join our experienced instructor to learn how to safely reload centerfire cartridges; and you will actually reload ammunition yourself. This course is for those who want to explore the advantages of safely reloading ammunition to save money and shoot more, and those who want to understand more about how cartridges work.



Fly Fishing Basics. You don't have to smoke a pipe and wear a funny hat to fly fish. Our instructors will show you how easy it is to select and use these graceful outfits and then you will be at the lake to practice on bass and bluegills. We will furnish all the equipment needed, but you can bring your own if you have it.



Outdoor Photography. They say a picture is worth a thousand words. Learn how to get the most out of your photo opportunities with this hands-on photo safari. Bring your favorite camera, digital or 35mm, and camera manual.



Backyards for Wildlife. Birds, butterflies, raccoons, and rabbits! For wild animals, home is where the habitat is. Learn how to make your backyard – regardless of the size – a haven for wildlife using landscape plantings, feeders, and nesting structures. Participants will each build a bird house to take home.



Intro to Archery. Learn how to select bows, arrows and other accessories to get the most out of your hidden talent. Expert instructors will join you on the range to help you shoot compound bows and crossbows. They will also help you celebrate your bull's-eyes!

12:00 PM ••••• Lunch

1:30 - 5:00 PM ••••• **SESSION III**



Basic Canoeing. (Same as Session II)



Alpine Tower. (Same as Session I)



Fly Fishing Basics. (Same as Session II)



Basic Shotgun. Hitting a moving target is not too hard when you learn to shoot properly. Develop your own style with the help of our experienced coaches. You'll be shooting our guns and ammunition. You will amaze yourself with your ability to bust fast moving clay targets in just a short period of time.



Handgun Basics. (Same as Session I)



Trail Food. Who says you need water in your food? Whether you are embarking on an all day hike or looking for a healthier way to snack, natural and healthy backpacking food is the way to go. From fruits and veggies to crunchy and chewy snack bars to jerky, learn how to dehydrate foods and experiment with new recipes. With the skills learned in this course, you will save money and never go hungry on the trail again! If you own a dehydrator, feel free to bring it to class.



Fly Tying. Most people think of fly tying as something that requires special artistic and dexterity skills. But it doesn't. Like cooking, crafts and other hobbies, if you can read instructions and grasp some basic concepts you can start to tie flies immediately. That is what this class is about. Fly fishing is Fun. Catching fish on flies you tied yourself is even more fun and is part of the total fly fishing experience. Tying flies also makes you a better angler, connecting you to the world of the trout and the foods that they eat. The observations made while fishing can be incorporated into creating your own new patterns or you can tie patterns you already have confidence in. Bottom line, it's fun.

5:00 - 6:00 ••••• Free Time

6:00 - 7:30 PM ••••• Dinner

7:30 - 10:30 PM ••••• Evening Social Events

Sunday, October 4, 2015

7:00 AM ••••• Breakfast

7:30 AM ••••• Optional Non-denominational
Worship

8:00 - 11:30 AM ••••• **SESSION IV**



Dutch Oven Cooking. There's nothing quite like a cozy campfire and the aroma of good food bubbling in a pot! Join our chef and help prepare some recipes as you learn the art of Dutch oven cooking. Come hungry to this one.



Intro to Archery. (Same as Session II)



continues



Basic Shotgun. (Same as Session III)



Kayaking. (Same as Session I)



Alpine Tower. (Same as Session I)



Walk On The Wild Side. Join our expert outdoor educators on an exploration to uncover nature's wonders. Discover wildflowers, plants, shrubs, animal tracks, and you will sample wild edibles on this wild walk.



Basic Rifle. After a short session to get you acquainted with rifles and safety, you'll be out on the range with our expert instructors. You will be provided .22 rifles, ammunition, and tips on shooting. Success is guaranteed and bull's-eyes will abound.

12:00 Noon ••••• Lunch and Closing



Special Class

1:00 - 2:00 PM Hunter Education Certification. For those wishing to leave with a certification card, this session must be completed. Remember, hunter education courses are also offered in all counties year round. You can also take the hunter education course through a home study option. Please call 1-800-WILDLIFE for more information on taking a hunter education class at a later date.



The Division of Wildlife and Ohio Outdoors Woman, Inc. wish to acknowledge the sponsorship of the following organizations for the Becoming an Outdoors-Woman program:

Archery Trade Association
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National Wildlife Federation
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Pope and Young Club

Rocky Boots
Safari Club International Foundation
Shakespeare Fishing Tackle
U.S. Fish and Wildlife Service
University of Wisconsin - Stevens Point
College of Natural Resources
UWSP Foundation Inc.
Planning Committee Members:

Matt Ortman, Division of Wildlife, Project Coordinator

Ohio Outdoors Woman Inc., Board Members:

Pam DeLille **Cindy Hinkle** **Judy Wells** **Casey Smith**
Melanie Hull **Brenda Moots** **Mary Cardwell** **Tina Frey**

Recreation Unlimited is a handicapped-accessible facility located at 7700 Piper Road, Ashley, Ohio. The telephone number at the camp is **(740) 548-7006**. A map will be provided with your confirmation materials. Becoming an Outdoors-Woman is an ongoing effort of the **Division of Wildlife** and **Ohio Outdoors Woman, Inc.** If you would like more information on the program, please contact **Matt Ortman**, Project Coordinator at **1-800-WILDLIFE**.