

## MARYLAND BECOMING AN OUTDOORS-WOMAN

**"Becoming an Outdoors-Woman"** is a workshop focused on the learning of outdoor skills. 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.
- are a beginner who hopes to improve your skills.
- know how to do some of these activities, but would like to try your hand at some new ones.
- are seeking the camaraderie of like-minded individuals.

Registration and general information is listed on the registration form. If you need additional information, contact Letha Grimes at 301-491-8150 or [letha.grimes@maryland.gov](mailto:letha.grimes@maryland.gov) or visit our website at [dnr.maryland.gov/wildlife/Pages/Education/bow.aspx](http://dnr.maryland.gov/wildlife/Pages/Education/bow.aspx)

## 2022 SUMMER WEEKEND SCHEDULE

**NOTE: I = INDOOR ACTIVITY, O = OUTDOOR ACTIVITY, I/O = PART INDOOR – PART OUTDOOR ACTIVITY**

### FRIDAY, AUGUST 12

10:00 AM – 11:30 AM	CHECK IN AND REGISTRATION
11:30 AM – 12:00 PM	WELCOME AND OVERVIEW
12:00 PM	LUNCH
1:30 PM – 5:00 PM	SESSION I
5:00 PM – 6:00 PM	FREE TIME
6:00 PM	PIG ROAST AND BBQ
7:00 PM – 7:30 PM	SOCIAL TIME
7:30 PM – 9:00 PM	EVENING PROGRAM



#### SESSION I

1:30PM – 5:00PM

##### A. Basic Firearms Safety and Handling (unlimited) - I

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 class is a prerequisite for anyone who has not had a state-approved hunter education class and who wishes to register for a shooting class.**

##### B. Basic Fishing (15) - O

This class will introduce participants to basic fishing skills and the types of equipment available, including rods and reels. Students 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 class. The remaining time will be spent fishing. **Participants need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it with them when fishing.**

##### C. Beekeeping for Beginners (15) - I

This class will cover beginning backyard beekeeping. Participants will learn about honeybee biology, seasonal beekeeping activities, pest problems and diseases and, of course, harvesting honey. This class will provide you with in-depth 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!

##### D. Fly Tying (6) - I

This class will teach participants 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.

##### E. Hiking (12) - O

This class will discuss basic elements of solo and group hiking, how to select a hike, preparing to go hiking, gear, safety, and tips for successful hiking. This outdoor class will be conducted at a state park where we will hike on trails with varied terrain. Please wear sturdy footwear and active wear suitable for the weather.

##### F. In Pursuit of Whitetails (10) - O

This class 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 class will include class time and field activity. You will have an opportunity to look at and try some of the equipment.

##### G. Kayaking (8) - O

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

##### H. Outdoor Survival Skills (12) – O

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

##### I. Soap Making (12) – I/O

In this class, you will be learning the basics of how to make your own soap from two methods: melt and pour (with pre made bases) and cold process, a traditional method from scratch using lye. You will have the opportunity to practice both methods. Please note that the traditional methods is not to be feared and can be fun and simple or as complex as you make it.

##### J. Track & Trails (10)

Have you ever wondered what or who left that track? Take this session to learn 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.

### SATURDAY, AUGUST 13

7:00 AM	BREAKFAST
8:00 AM – 11:30 AM	SESSION II
12:00 PM	LUNCH
1:30 PM – 5:00 PM	SESSION III
5:00 PM – 6:00 PM	FREE TIME
6:00 PM	DINNER
7:00 PM – 7:30 PM	SOCIAL TIME
7:30 PM – 9:00 PM	EVENING PROGRAM



#### SESSION II

8:00 AM – 11:30 AM

##### K. Bird Watching (12) – I/O

Learn how to identify common birds in a variety of habitats and how to select and use binoculars. Enjoy this hands-on experience in the fields and woods of camp.

#### **L. Blacksmithing (6) – O**

This introductory hands-on class will cover the fundamentals of blacksmithing. Participants will hammer and forge their own project during this session. Cotton long-sleeved shirt, long pants and closed shoes with socks are required.

#### **M. Chainsaw Skills – Part I (10) – O**

**This is a two-part class; you must take both Session II and III class.**

In this introductory, hands on training, you will learn all aspects of chainsaw use. Topics covered include selecting a chainsaw, personal protective equipment, chainsaw safety and maintenance, hazard assessment, and beginner chainsaw field experience bucking, limbing, and felling trees. Long pants and boots are required.

#### **N. Firearm Cleaning & Maintenance (12) - I**

This class will instruct participants in the basic care and cleaning of various types of firearms. The variety of cleaning equipment available for care and maintenance of your firearm, and the pros and cons of equipment types. Class discussion about cleaning area set up, and safety concerns. This class will also touch on post cleaning function checks of your firearms. Safety Glasses will be required for participants. Class is primarily presentation and discussion, with limited hands-on opportunities.

#### **O. Gearing Up for Hunting (10) - O**

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 and how to best prepare for your outdoor hunting adventure.

#### **P. Hiking with Your Dog (10) – O**

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 with your best friend. Experience different scenarios of what you could encounter and learn first aid basics. Jack (a therapy dog) will be part of the class, however, participants are asked to leave their dogs at home.

#### **Q. Introduction to Fly Fishing (10) -O**

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

#### **R. Map & Compass - Part I (12) - O**

**This is a two-part class; you must take both Session II and III class.**

Learn how to interpret and utilize topographic, planimetric and other commonly available types of maps and aerial photographs. Will include information on how mapping and coordinate systems work, map reading basics, exploration and use of common coordinate systems and discussion on critical map components such as scale, legend and map orientation.

#### **S. Muzzleloader Skills (10) - O**

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

#### **T. Outdoor Cooking (12) - O**

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 class.

#### **U. Shotgun Skills (12) – O**

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 class or a state-approved hunter education class is an absolute prerequisite for this class.**

#### **V. Wildflower ID for Beginners (10) – I/O**

Interested in knowing the names of the wonderful wildflowers you encounter in forest and field? In this class you will learn to actually “key-out” local plants using the popular Newcomb’s Wildflower Guide. If you already have a copy of this classic, user-friendly field guide, please bring it for easy note-taking. If not, loaner copies will be made available.

### **SESSION III**

**1:30 PM – 5:00 PM**

#### **W. Blacksmithing (6) - O**

This is a repeat of Class L in Session II.

#### **X. Canoeing and Water Safety (14) - O**

Participants will be introduced to canoe basics, strokes 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 your practice time on the water.

#### **Y. Chainsaw Skills – Part II (10) – O**

**Continuation of Class M.** Completion of Chainsaw Use Part I is required to take this class

#### **Z. Crossbow (10) - O**

This class 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.

#### **AA. Gardening for Pollinators (12) –I/O**

Pollinators around the world, and in Maryland, are on the decline. Learn how to create pollinator-friendly habitat in almost any backyard. This workshop 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.

#### **BB. Let’s Go Fishing (8) - O**

**Must have completed the Basic Fishing class within the last 3 years.** This class will allow participants to fish on their own for approximately 1-1/2 hours. Once fishing is over, you will learn how to handle, clean and cook fish. Several different cooking methods will be demonstrated and available for tasting. Fish will be available to take home. **Participants must purchase a Maryland Nontidal Sport Fishing license prior to workshop and have it in their possession while fishing.**

#### **CC. Map & Compass – Part II (12) - O**

**Continuation of class R.** - This class will teach basic function, use and theory of magnetic base plate compasses. As a part of this section, knowledge acquired in the morning mapping session will be combined with the magnetic compass to provide participants with a solid foundation to find their way in a natural area. Both sections of this class will also include an introduction to additional orienteering techniques and basics.

#### **DD. Outdoor Photography (12) – I/O**

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

#### **EE. Rifle Skills (12) - O**

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 class or a state-approved hunter education class is an absolute prerequisite for this class.**

#### FF. Tree Identification (10) – I/O

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



#### SUNDAY, AUGUST 14

7:00 AM	BREAKFAST
8:00 AM – 11:30 AM	SESSION IV
12:00 PM – 1:30 PM	LUNCH AND CLOSING REMARKS

#### SESSION IV

8:00 AM – 11:30 AM

#### GG. Archery and Basic Bow Hunting Skills (10) - O

Class will teach 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.

#### HH. Backyard Chickens (8) - O

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.

#### II. Camping Skills (12) - O

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

#### JJ. Forest Bathing (15) – O

The practice of forest bathing encourages you to slow down, quiet your mind and connect with nature. Awaken your senses and deepen your relationship with the natural world through sensory explorations that combine curiosity, connection and community. You will take a gentle stroll, taking time to be present, wander slowly and notice the unique gifts that nature is offering. Based on the Japanese practice of *Shinrin Yoku*, Forest Bathing has many proven health benefits and can promote an overall feeling of well-being.

#### KK. Handgun Skills (12) - O

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

#### LL. Hang Out with a Fungi (12) - O

Harvesting wild edible and medicinal mushrooms can be a fun pastime. This is a great class for beginners who may have an interest in foraging for wild mushrooms, which can be nutritious and delicious. We will spend the first hour or so learning about the what, where, when, why and how of mushroom foraging and then take a hike to find some of these magnificent fungi. (A camera, paper, pencil and a willingness to learn is recommended)

#### MM. Kayaking (8) – O

This is a repeat of Class G – Session I

#### NN. Let's Talk Turkey (12) – I/O

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.

#### OO. Square-foot Gardening (10) - O

Participants will learn how to maximize garden productivity in small spaces such as yards, balconies, and porches. This class will also include participants making their own square foot garden templates to take home, and hands-on experience in constructing different types of container gardens.

#### PP. Trapping (10) - O

If you have ever wondered about the role of trapping in our modern world or how to get started, this class is for you. You will learn the important ecological role that trapping plays and be introduced to the tools and techniques of the modern day trapper. The class will cover how to set traps for common furbearer (muskrat, beaver, and fox) on land and in the water.



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