

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 letha.grimes@maryland.gov or visit our website at dnr.maryland.gov/wildlife/Pages/Education/bow.aspx

2024 SUMMER WEEKEND SCHEDULE (AUGUST 9-11, 2024)

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

FRIDAY, AUGUST 9

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	BBQ DINNER
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! Live bees may be present.

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. 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.

F. 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.

G. 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.

H. 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.

I. 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.

J. 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.

K. 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 10

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

L. Beginners SUP (Stand Up Paddleboarding) (10) - O

This beginner SUP Stand Up Paddleboarding class begins with on-land instruction, teaching you how to properly stand on your board, effective paddle techniques, water safety, and how to launch the boards. You will then enjoy the serene and exhilarating experience of paddling on the water.

M. 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.

N. 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.

O. Cell Phone Photography (12) – I/O –

Want to take better photos with your phone? This class will cover both apple and android devices. You must bring your own (charged) cell phone; please no digital cameras (See Outdoor Photography for camera-based class). This class will cover basic rules of composition, storytelling, phone camera settings, editing, and sharing. The class will contain a classroom portion, and a hands-on photo assignment portion.

P. 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.

Q. Firearm Cleaning & Maintenance (8) - 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 provided. Class is primarily presentation and discussion, with limited hands-on opportunities.

R. Hiking with Your Dog (8) – 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.

S. 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.**

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 M in Session II.

X. Canoeing and Water Safety (12) - 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. 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.**

BB. Map and Compass – (10) – O

Join a Maryland Park Ranger and raft guide to learn the ins and outs of using a map and compass. In this class, you will hit the trails with the tools of the trade to put your new knowledge to the test as you navigate the forest around camp. This class will involve walking on uneven terrain, and standing for long periods.

CC. Natural Dyes – (10) - I

Make your own dyed bandana with natural dyes made with local non-native and invasive plants, while learning how to sustainably harvest materials! Learn all the skills needed to make your own dyes at home for various different textiles. Dyes included will be Norway spruce cone, dandelion, and Japanese barberry.

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.

GG. Visible Mending & Basic Gear Repair (10) -

Embark on a journey of sustainability with this session where your repairs become a part of your gears' unique journey. This hands-on session will guide you through the art of visible mending - transforming wear and tear into stylish statements. Discover the value of repairing over replacing as you learn which items and gear deserve a second life. Master the basic stitches that are the foundation of both mending and embroidery. By the end, you'll not only grasp the essential techniques, but also breathe new life into an item you bring. While we won't tackle complex equipment repairs, we will touch upon methods for re-waterproofing and patching common outdoor items. However, to keep the focus on fabric based mending, please refrain from bringing such items for repair. Bring a piece of fabric gear (pants, shirt, tote bag, fanny pack, backpack) to revitalize, and we'll supply the rest-



SUNDAY, AUGUST 11

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

HH. 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.

II. Backpacking (12) - O

Learn and discuss important topics to know before you hit the trails. How to measure for and fit a pack, finding the right gear for you (shoes, sleep systems, lights and shelter), cook on the trail, water collection, fire, permits, and what is necessity vs luxury on the trail.

JJ. Basket Weaving – (10)

Check out this 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.

KK. 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.

LL. 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.**

MM. Hang Out with a Fungi (12) - O

Foraging, harvesting, and cultivating mushrooms can be a fun pastime. This is a great class for beginners who may have an interest in foraging and cultivating mushrooms. The first part of the class will be spent learning about foraging for wild mushrooms, how to get started cultivating mushrooms, and then take a hike to find some wild mushrooms. (A camera, paper, pencil and a willingness to learn is recommended).

NN. Kayaking (8) – O

This is a repeat of Class G – Session I

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. Squirrel Hunting Basics w/Cooking Demo (12) – I/O

Learn how to take advantage of one of the most under-utilized and available game species on the land! Participants will learn the foundations of squirrel hunting with a wildlife biologist; where to find your quarry throughout the season, stalking skills, basic tree ID, and a brief processing/cooking demonstration.

QQ. 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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