



## **Becoming an Outdoors Woman Workshop**

**September 13-15, 2019  
Christian Youth Camp, Gosling Lake  
Happy Valley-Goose Bay**

The Becoming an Outdoors Woman (BOW) Workshop is for women 18 years of age or older who wish to learn new outdoor recreation skills or enhance their knowledge of fishing, hunting and other outdoor activities.

The workshop offers instruction in firearm use, outdoor survival, map and compass use, birding, photography, angling and more. Participants learn and improve outdoor skills under the guidance of experienced and enthusiastic instructors.

BOW will introduce participants to a variety of outdoor activities and provide the opportunity for continued skill development. Evening sessions will be inspirational, educational and fun, with a Saturday evening social program including live music and a raffle for fantastic prizes. All classes are offered at an introductory level. All equipment (except cameras) provided. Each participant will receive a confirmation letter, a list of what to bring, and directions to the camp prior to the workshop.

Registration is only accepted with accompanying payment. Registration is \$275.00 and includes two nights' accommodations (Friday and Saturday), seven meals, course instruction, and use of demonstration equipment and required materials. Financial assistance is available for students and single parents.

The workshop begins Friday, September 13, with registration starting at 11:00 a.m.

**For more information or to register, please contact Salmonier Nature Park:**

Phone: 229-7888, Fax: 229-7078, email: [fosnp2016@gmail.com](mailto:fosnp2016@gmail.com) or  
[salmoniernaturepark@gov.nl.ca](mailto:salmoniernaturepark@gov.nl.ca)

BOW is primarily sponsored by the Department of Fisheries and Land Resources, and Friends of Salmonier Nature Park. For more information or to register, please contact Salmonier Nature Park. Phone: 229-7888 Fax: 229-7078 Email: [fosnp2016@gmail.com](mailto:fosnp2016@gmail.com) or [salmoniernaturepark@gov.nl.ca](mailto:salmoniernaturepark@gov.nl.ca)

**Becoming an Outdoors Woman Workshop Courses  
Fall 2019 Registration**

**The program consist of four half-day sessions:**

<b>Session 1: Friday 1- 4:30 p.m.</b>	<b>Session 2: Saturday, 9 a.m. – 12 p.m.</b>
<b>Session 3: Saturday, 1 - 4:30 p.m.</b>	<b>Session 4: Sunday, 9 a.m. – 12 p.m.</b>

**Please choose from the following options:**

**Archery**

A comprehensive overview of the sport of archery intended to build a good foundation for shooting and safe use of archery equipment.

**Basic Camping**

How to select a campsite, pitch and take down a tent, build and use an open fire, decide where to put a latrine, use a camp stove safely, and bear-proof a campsite.

**Canoeing Basics**

Basic canoe safety, types and uses of canoes, and paddling strokes. Participants will go on an outing to practice new skills.

**Creating with wood: An afternoon with artist, activist and naturalist Billy Gauthier**

Sharpen your pocket knife and create a small object from wood while listening to the stories of Billy Gauthier.

**Fishing Basics**

Use a spinning reel, tie basic knots, cast, and retrieve, prepare simple live bait with worms, and see various artificial lures demonstrated.

**Fly Casting**

Equipment and clothing required for angling, good casting techniques, how to join lines, and when to use different types of flies.

**From Pond to Pan**

You've caught your fish – now, what to do with it? Hands-on instruction will show you how to work with knives, prepare your catch, and cook it.

**Hike with TA Loeffler**

Take a hike around Labrador with educator, adventurer, nature advocate and author Dr. TA Loeffler.

**Labrador Sushi**  
Join Doris Patey, outdoors woman and owner of JEMM catering to learn how to make Labrador sushi with smoked char and crab.

**Mushroom 101**  
Come out for an afternoon walk in the woods. Participants will learn about the many wild edible and medicinal plants and mushrooms growing in this region.

**Outdoor Preparedness and Survival Skills**  
Learn to cope in a survival situation using whatever materials are on hand. Put together a basic survival kit, make an emergency shelter, signal for help, and prevent hypothermia.

**Rifle Basics**  
Class will include gun safety and handling, and shooting using .22 calibre and larger rifles. Learn the importance of sight picture, breathing, and trigger pull in successful rifle shooting.

**Shotgun Basics**  
Class will include a safety and handling session, overview of shotgun types, and ammunition use. Learn to judge distances and basic shooting techniques, and shoot at clay targets.

**INFORMATION:**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening/Weekend Phone: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Please indicate your **top two choices**:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Email scanned registration forms to **fosnp2016@gmail.com**. Electronic payments may be sent to the same email, or mail completed form and fee, payable to: **Friends of Salmonier Nature Park, P.O. Box 190, Holyrood, NL, A0A 2R0.**

**Class size is limited.** No registrations accepted without payment.

About Happy Valley-Goose Bay camp – The camp itself can accommodate 32 participants in bunk style cabin accommodation. Cabins are equipped with washrooms but not showers. All meals and snacks will be provided on site. The opportunity may exist for those who truly want the wilderness experience to stay in traditional tents.

Please check the box if you wish to select a tenting experience.

**Waiver of Release of Liability  
“Becoming an Outdoors-Woman” Program**

I acknowledge and fully understand that as a participant in “Becoming an Outdoors-Woman” I will be engaging in a program that involves physical outdoor activity and specialized equipment. I fully understand that in such a setting accidents may happen and I hold blameless the organizers, equipment, property owners or others either taking part in the activity or instructing at the time.

In understanding that there is some risk to any activity of this type, I accept personal responsibility for any and all damages that result from accident, injury or disability however caused. In this understanding, I release, waive, discharge and covenant not to sue The Department of Fisheries and Land Resources, Government of Newfoundland and Labrador, its affiliated clubs, their respective administrators, directors, volunteers, and employees of the organization or other participants.

I take full responsibility for any demands placed upon me, losses or damages on account of injury caused or alleged to be caused in whole or in part by the negligence of anyone, including the organization, involved or otherwise.

I have read the above waiver and I voluntarily agree to the terms of this waiver by signing and dating this waiver. With my signature affixed hereto and dated, I accept full responsibility for taking part in this event and agree that The Department of Fisheries and Land Resources, Government of Newfoundland and Labrador, and those acting on their behalf and other participants will not be held liable.

**Permission to Use Photographs**

I grant to The Friends of Salmonier Nature Park/The Department of Fisheries and Land Resources - Wildlife Division, the right to take photographs of me in connection with the above-identified event. I authorize The Friends of Salmonier Nature Park/Department of Fisheries and Land Resources - Wildlife Division its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that The Friends of Salmonier Nature Park/ Department of Fisheries and Land Resources - Wildlife Division may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

**I have read and understand the above:**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For our Information**

**Emergency Contact:**

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

**If you have any medical conditions, allergies, special needs, dietary restrictions, etc., which our staff should be aware of, please explain:**

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**I am a medical doctor, nurse or first responder and am willing to assist if a medical emergency arises:**

\_\_\_\_\_ **YES**    \_\_\_\_\_ **NO**

**Roommates randomly assigned unless specific person(s) requested.**

I request: 1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

**Please sign below if you would like us to pass along your name and phone # to other participants interested in carpooling.** \_\_\_\_\_

The Department of Fisheries and Land Resources is committed to protecting personal information, which is being collected in accordance with section 61(c) of the Access to Information and Protection of Privacy Act, 2015 (ATIPPA, 2015) and will be used for the BOW program and It will not be used for any other purposes unless authorized under ATIPPA, 2015. For additional inquiries concerning ATIPPA, please email [HollyPhilpott@gov.nl.ca](mailto:HollyPhilpott@gov.nl.ca)