



Sponsored by
NJ Dept. of Environmental Protection
Division of Fish and Wildlife
In cooperation with
Division of Parks and Forestry
Wetlands Institute
NJ Audubon Society



September 10-12, 2010

On the beach at
The Golden Inn
Avalon, NJ

"Becoming an Outdoors-Woman"

Sustaining Sponsors

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- Leupold
- National Shooting Sports Foundation
- Pheasants Forever
- Pope & Young Club
- Rocky Mountain Elk Foundation
- Safari Club International
- University of Wisconsin-Stevens Point College of Natural Resources

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"Becoming an Outdoors-Woman" Coastal Workshop 2010

Becoming an Outdoors-Woman is a workshop directed toward women yet is an opportunity for anyone 18 years or older who wish to learn new outdoor skills, improve existing skills and enhance their appreciation of the outdoors. This workshop is designed for those who have never tried these activities and hope for an opportunity to learn; are beginners who hope to improve their skills; have some outdoor experience and would like to expand their abilities; and are excited to meet other outdoor enthusiasts.

Registrations are taken on a first come-first served basis. However, if you have previously taken this workshop, and this workshop fills up, first-time participants will receive preference. If the registration form is missing or you would like more information you may call the New Jersey Division of Fish and Wildlife (NJDFW), Cathy Blumig at (908) 637-4317.

Workshop Schedule

Friday, September 10, 2010

11:00 - 12:30 a.m. Registration (check-in is not until 3 PM)
11:45 a.m. Deep Sea Fishing session I leaves hotel
12:30 - 1:30 p.m. Lunch
2:00 - 5:30 p.m. Session I
6:00 - 7:00 p.m. Dinner
7:30 - 9:00 p.m. Free Time - Enjoy Avalon & Stone Harbor!

Saturday, September 11, 2010

6:30 - 8:00 a.m. Breakfast
7:00 a.m. Deep Sea Fishing session II leaves hotel
7:30 - 11:00 a.m. Surf Fishing (session II early start)
8:30 - 12:00 noon Session II
12:30 - 1:30 p.m. Lunch
2:00 - 5:30 p.m. Session III
6:00 - 7:00 p.m. Dinner
7:00 - 8:30 p.m. Evening program

Sunday, September 12, 2010

6:30 - 8:00 a.m. Breakfast
7:30 - 11:00 a.m. Surf Fishing (session IV early start)
8:30 - 12:00 noon Session IV
12:30 - 1:30 p.m. Lunch
1:30 - 2:00 p.m. Closing and Evaluation



Course Descriptions

A. Bay Fishing will offer the opportunity to go fishing in Delaware Bay with Jason Hearon and personnel of the NJDFW's Bureau of Shellfisheries aboard the Zephyrus. Participants will learn about the bait, rods and reels and other tackle that are used to fish Delaware Bay, as well as fishing strategies. All fishing equipment will be provided. You may bring your own if you like.

B. Saltwater Fly Fishing Basics Join members of the South Jersey Coastal Fly Anglers and learn the basics of saltwater fly fishing. Participants will receive an overview of fly fishing equipment, including flies and the types of bait the flies are meant to imitate, and learn a few essential knots. Most of the session will offer opportunities to practice casting and stripping techniques, and wetting a fly while fishing sand banks. Plan to get wet and a little muddy! All fishing equipment will be provided, however you may bring your own if you like. A hat and sunglasses are a must.

C. Fly Tying Basics Join members of the South Jersey Coastal Fly Anglers and learn how to tie at least 3 different and effective patterns of flies that you will get to take home. Participants will learn about fly tying equipment and the type of bait that the flies are meant to mimic. All equipment and materials provided.

D. Surf Fishing with Karen Leskie, Aquatic Education Specialist with the NJ Division of Fish and Wildlife. This class will provide participants with the basics of casting, using tackle, and selecting lures and bait. Participants will go fishing so plan to get wet! All equipment will be provided, however you may bring your own if you like. Hat and sunglasses are a must.

E. Crabbing & Clamming with Craig Tomlin, NJDFW's Bureau of Shellfisheries will offer participants a hands-on chance to catch some of nature's culinary delicacies. Instructors will cover hand-lining, dip-netting and trapping of crabs. Learn how to tread and rake for clams, use

different types of equipment, read shellfisheries charts, locate clam beds, and discuss regulations. Equipment provided. You will get wet **and muddy** so dress appropriately!

F. Deep Sea Fishing with Marita and Matt Riesz, aboard the *Miss Avalon* offers a half-day fishing trip out in the Atlantic with the possibility of going wreck fishing. Participants will learn how to use bait casting rods, discuss bait preferences, and discover what species of fish are offshore in early fall. This is a great time of year to go fishing! Equipment will be provided. Participants will carpool to this site. You will leave the hotel at 7:00 a.m. (morning session) and 11:45 p.m. (afternoon session) **SHARP**. Lunch will be provided for the afternoon sessions. **NOTE: There is an extra \$40.00 (cash only, payable at the boat) charge for this course. ALSO: Please bring \$5.00 on board to tip the mates.** You will be allowed to take your fish back to the hotel for storage in their freezer so bring a cooler.

G. Bay Kayaking with Michelle Urban of the Ocean County Park System will give participants an introduction to kayaking, including an overview of the different types of kayaks, paddling strokes and boat control, as well as safety on the water. Then head out to the waterways to try out paddling strokes. All boats are “sit-in” style boats - also referred to as touring kayaks- designed for open water paddling, and average between 14 and 16½ feet in length. One paddler per boat. Kayaks and related equipment will be provided. A terrific introduction to this popular paddle sport!

H. Coastal Ecology will be taught by Cathy Folio, Chair of Brookdale Community College's Environmental Science Dept. Participants will explore the barrier beach environment of Cape May including geologic formation, dune and beach ecosystems and plant/animal life and survival. Get to know your NJ beaches better. Plan to get wet! Participants will car pool to different locations close to the Golden Inn.

I. Beginner Birding with Lillian Armstrong, NJ Audubon Society Birding and Wildlife Trails Director, will show you that birding is fun and interesting. Participants will learn how to identify birds by size, shape, behavior and song, and how to use Field Guides to name that bird. You will learn about binoculars (needed to bird) and backyard bird feeding. This class is held primarily OUTSIDE to learn identification tips and hints while exploring some of the best birding spots on the east coast! Bring along field guides, binoculars, insect spray, sunglasses/hat and your sense of adventure.

J. Birding Field Trip Few places in the world are as celebrated for their birds and birding as Cape May. Birders

the world over descend on Cape May to explore its beaches and dunes, fields and forests and rich wetlands to observe an unrivaled diversity and abundance of bird species. Join Don Freiday, Director of Birding Programs at the world renown Cape May Bird Observatory, and international birding guide as he reveals some of the many bird treasures that can be found around Cape May. Don will explain why Cape May is “for the birds” and offer tips that can help you observe more birds whether you’re in Cape May or your own backyard. Suitable for new or more experienced birders. Dress for the weather, including long pants and comfortable walking shoes. A limited number of binoculars will be available, but please bring your own if you have them.

K. Kayak Fishing 101 will be led by avid kayak angler and proprietor of Sterling Harbor Bait & Tackle, Cathy Algard. Participants will discover the increasingly popular, affordable, healthy and environmentally-friendly sport of Kayak Fishing. Receive instruction on choosing and transporting your kayak, safety and rigging. Students also receive hands-on-water instruction in kayaks. This class requires that participants peddle kayaks for a ½ hour to the fishing area and then back to the launch site. Basic fishing skills are a plus for this course. Fishing equipment is provided; however you may bring your own. We will be using 7 foot light-medium Spin-Casting equipment for this course. Plan to get wet and possibly muddy. Participants should wear quick-dry shorts or pants, water shoes, polarized sunglasses, a lightweight wind/water proof jacket, hat, sunscreen, and a medium size dry bag. PFDs will be provided; however you may bring your own PFD if you’d like. Class size limited to four (4) participants to ensure individual attention.

L. Basic Firearms will be led by Nathan Figley of NJDFW. Participants will be introduced to firearms in a manner that is safety-oriented, builds confidence and ensures fun. Participants will shoot .22 caliber rifles, and 20 gauge shotguns. All equipment will be provided. Participants will carpool to the range.

M. Archery will be taught by Kim Tinnes, Wildlife Control Agent and Erin Peek, of the Bureau of Land Management, both of the NJDFW. Participants will learn about archery equipment including selection and use of bows, arrows and accessories. Also covered will be safety and shooting techniques. Participants will carpool to the archery range.

N. Estuary Ecotour Join The Wetlands Institute and Captain Ginny Powell aboard “*The Skimmer*” for an in-depth exploration of the estuary ecosystem within the Cape May peninsula. Participants will do a drag with a trawl net, use plankton seines and nets, explore the beaches, and scan the water and sky for birds, otters, turtles, etc. on this

exciting cruise through one of NJ's most dynamic ecosystems.

O. Falconry The lore of hunting with a wild predator is irresistible to a handful of falconers. Falconry is an ancient sport practiced by royalty almost from the beginning of time. Come and learn about it's attraction from a master falconer. Discover how hawk, dog and human work together to form a powerful team. Participants must provide their own transportation to the Wetlands Institute.

P. Basic Orienteering Do you get that lost feeling? Lose that feeling by learning the basics of orienteering using a map and compass. Join Kathleen Pearce of the Girl Scouts of Central and Southern New Jersey and learn how to use a map and compass as a navigational tool, and then follow an orienteering course in search of treasures around Avalon and Stone Harbor. A great introduction to this thinking woman's sport!

Q. The Joy of Dogs - Sporting Dogs & Hounds in the Outdoor World will be taught by Pola Galie, member of the English Setter Club of America. No one knows for sure when humans and canines teamed up as hunting companions, but from this age-old relationship has emerged diverse and beautiful dog breeds that have traversed field and stream with people for thousands of years. This class will be an opportunity to see how various dog breeds are used in the field in pursuit of game. Instructors will review basic training techniques, equipment and dog handling with as much hands-on opportunities as possible. A must for outdoorsy dog lovers!

R. Gardening for Wildlife. Wildlife habitat is disappearing at an alarming rate. Join Gretchen Ferrante and Sue Slotterback of the Nature Center of Cape May and learn how you can provide an oasis for wildlife in your backyard in any space - even a window box!

S. Woodworking for Wildlife will be taught by wildlife and woodworking enthusiast, David Blumig. Would you like to see a family of bluebirds using a nest box you built yourself? How about creating a nesting platform for American robins or Eastern phoebes? This class will be an opportunity to learn how woodworking can be used to benefit wildlife. Participants will learn how to construct different types of nesting structures that can be used to attract different species of wildlife. They will also learn where and how to place boxes, and how to maintain them,

as well as how to deter nest predators. Participants will build their own bluebird box to take home, and if time permits, a small nesting platform. All equipment will be provided, though bringing your own eye protection and hammers is recommended since these items may be more limited. A great way to help wildlife!

T. Discover Snorkeling will be taught by Tina Held of the Marine Academy of Technical and Environmental Science. Over 70% of the world lies just below the surface and the first step towards exploring the underwater world is to discover snorkeling. Come take your first steps with confidence and certified instruction to make the most of your glimpse of the watery world. You will learn the basics of equipment use and efficient swimming techniques to enable you to venture below the surface safely and enjoyably. Basic equipment will be provided, but please bring your own personal gear if available.

U. Gobble Away! with Biologist Joe Leskie of the NJDFW. This class will be an opportunity to learn about some of the modern-day equipment and techniques used to hunt the wily wild turkey, as well as discuss turkey habits and biology, hunting regulations and safety. Participants will also learn about the proper care and prep of the meat. Make this class your first step towards a truly Wild Thanksgiving feast!

V. Small Motor Boat Handling will be taught by Conservation Officers Chris Petrucelli and Craig James from the NJDFW, and will cover trailering procedures, launching, boarding, and outboard operation. Safety equipment will be discussed and demonstrated as well. Participants will practice backing trailers, launching boats, and starting motors.

W. Geocaching will be taught by Bill Hegerich of the Marine Academy of Technical and Environmental Science. Geocaching is a worldwide game of hiding and seeking treasure. Geocaches can be found in parks, along hiking trails, in the city, in caves, cliffs, and even underwater! A person can seek a geocache throughout the world, or hide one of their own, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS device can then try to locate the geocache. Participants will learn how to hide & seek a cache and basic GPS fundamentals as they explore local trails, hunting for hidden treasure! Bringing a handheld GPS unit is helpful but not necessary.

Registration Information

Registration Deadline - August 9, 2010

Workshop Fee is \$395: Fee includes: instruction in all sessions, program materials, use of all equipment, all meals and lodging. PLEASE NOTE: Registrations are taken on a first come-first served basis. However, if you have previously taken this workshop, and this workshop fills up, first-time participants will receive preference. This applies to individual classes as well.

Limited \$235.00 scholarships are available for qualified FIRST-TIME participants: All scholarship applications must be received by August 5th (4 days sooner than the general registration deadline). Applicants for scholarships must demonstrate a need by filling out the application and writing a 200 word or less essay describing their need and why they would like to attend the workshop. **The essay should be mailed along with your registration and a check for \$160.00** (in lieu of the full workshop fee). If you do not receive a scholarship, you will be notified and given the opportunity to pay the full fee.

Facilities: The Golden Inn is located on the beachfront. Meals, evening entertainment and some of the classes will be held at The Golden Inn. While couples are allowed to attend the workshop, shared accommodations can not be guaranteed. You are welcome to secure accommodations on your own; however, we can not offer a reduced workshop fee should you choose to do so. The Wetlands Institute, our co-sponsor, is located approximately 5 minutes from the Golden Inn. Some classes will meet there. **Participants must provide their own transportation when their classes meet at the Wetlands Institute unless otherwise noted.** Other classes are located elsewhere around Cape May. **We try to provide transportation to these, but in some cases carpooling will be necessary. Please note: participants may have to use toll roads to get to some locations.**

Meals: All meals are served buffet style. Dinner will feature a choice of a chicken or fish entree. If you have any dietary requirements or special needs that require assistance, please indicate your need on this registration form, and remind us two weeks prior to the workshop. The phone number is (908) 637-4317.

Cancellation: Deadline for cancellation is Friday, August 20th. If you cancel before August 20th you will receive a \$320.00 refund. There is a \$75.00 **non-refundable** registration fee. After August 20th, no refunds will be given unless there is a compelling reason like illness or injury. Registrants who do not attend and who do not cancel by August 20th will be responsible for the full program fee. You may send a substitute.

Hotel Check-in: You will not be able to check into your hotel room until after 3:00 p.m. on Friday, September 10, 2010. We're sorry for any inconvenience this might cause but please plan ahead to minimize this inconvenience. There are changing rooms available in the hotel lobby that can be used to change into appropriate clothing for your first session on Friday. You might want to pack a small bag or backpack with items you will need for Friday's session, or wear appropriate gear upon arrival.



Registration Form - Due by Aug. 9, 2010

NJ Becoming an Outdoors-Woman • Sept 10 - 12, 2010

Only one registrant per form. Please photocopy form for additional registrations.

Name _____ Age _____

Address _____

City/State/Zip _____

Phone: Day (____) _____ Evening (____) _____ E-mail _____

For Division Use Only

Participant #: _____

Amt. pd: _____

Check #: _____

Special meals: _____

Scholarship: yes ___ no ___

Sessions: I ___ II ___ III ___

IV ___ DSF: yes ___ no ___

Workshop Sessions: choose 4 courses for each session with #1 being your first choice, #2 second, etc. You will take only 1 course per session on a first come, first served basis. As courses fill, you will be given your 2nd, 3rd or 4th choice.

- | | | | |
|---|---|--|--|
| <p>Session I</p> <p><input type="checkbox"/> Gardening for Wildlife</p> <p><input type="checkbox"/> Bay Fishing</p> <p><input type="checkbox"/> Deep Sea Fishing</p> <p><input type="checkbox"/> Estuary Ecotour</p> <p><input type="checkbox"/> Joy of Dogs</p> <p><input type="checkbox"/> Crabbing & Clamming</p> <p><input type="checkbox"/> Archery</p> <p><input type="checkbox"/> Gobble Away</p> <p><input type="checkbox"/> Small Motor Boat</p> <p><input type="checkbox"/> Orienteering</p> | <p>Session II</p> <p><input type="checkbox"/> Basic Firearms</p> <p><input type="checkbox"/> Archery</p> <p><input type="checkbox"/> Surf Fishing</p> <p><input type="checkbox"/> Beginner Birding</p> <p><input type="checkbox"/> Saltwater Fly Fishing</p> <p><input type="checkbox"/> Deep Sea Fishing</p> <p><input type="checkbox"/> Bay Fishing</p> <p><input type="checkbox"/> Woodworking</p> <p><input type="checkbox"/> Geocaching</p> <p><input type="checkbox"/> Kayak Fishing</p> | <p>Session III</p> <p><input type="checkbox"/> Basic Firearms</p> <p><input type="checkbox"/> Crabbing & Clamming</p> <p><input type="checkbox"/> Small Motor Boat</p> <p><input type="checkbox"/> Snorkeling</p> <p><input type="checkbox"/> Beginner Birding</p> <p><input type="checkbox"/> Coastal Ecology</p> <p><input type="checkbox"/> Fly Tying Basics</p> <p><input type="checkbox"/> Woodworking</p> | <p>Session IV</p> <p><input type="checkbox"/> Bay Fishing</p> <p><input type="checkbox"/> Birding field trip</p> <p><input type="checkbox"/> Geocaching</p> <p><input type="checkbox"/> Falconry</p> <p><input type="checkbox"/> Kayak Fishing</p> <p><input type="checkbox"/> Snorkeling</p> <p><input type="checkbox"/> Surf Fishing</p> <p><input type="checkbox"/> Bay Kayaking</p> |
|---|---|--|--|

Roommate preference (check one): Morning glory (early riser) Night owl (late to bed) No preference

If possible, please room me with the following person: _____

Have you participated in this workshop before?
 Yes ___ No ___ If yes, which year? _____

Photographs may be taken during the courses to promote the BOW program. Please indicate if we have your permission to use your photograph for this purpose (check one).
 Yes ___ No ___

Scholarship Applicants Only

**I am enclosing an essay for scholarship consideration.

The information below is strictly optional and confidential. It is used only to help determine scholarship eligibility and need.

Are you employed? Yes ___ No ___

Marital Status: _____ Household Income

0 - 20,000

20,000 - 30,000

30,000 - 40,000

40,000 - above

We will provide contact information of other workshop participants who would like to carpool to the workshop to help reduce travel expenses. Would you like to participate in this optional service? Yes ___ No ___

T-shirt size: Sm. Med. Large
 XL XXL

Workshop fee: Enclose a check or money order for **\$395.00** made payable to NJ Division of Fish & Wildlife. **Registrations must be received by Aug. 9th. No late registrations will be accepted.** You will be sent directions to the Golden Inn along with a list of appropriate clothing and footwear via email (if you have email) about 3 weeks before the workshop. **Remember: If you are taking Deep Sea Fishing you must have \$45 cash to board the boat (proprietor does not accept checks).**

**Complete and send registration form and fee and the Emergency Information Sheet by August 9th to:
 "Becoming an Outdoors-Woman," 26 Route 173 West, Hampton, NJ 08827**

Emergency Information

(this information will be held confidential and only used in the event of an emergency).

Your Medical Insurance Company: _____

Who should we notify in the event of an emergency? _____

Phone number of that person during September 10-12, 2010: _____

Do you have any medical conditions, allergies, food requirements, etc. that we should know about or that may affect medical treatment? _____

Are you taking any medications? _____

Are you pregnant? _____

Do you wear eyeglasses or contacts? _____

Do you have any special needs, dietary or otherwise, that we will need to know about in advance to accommodate you during the workshop? _____

I am a medical doctor, nurse, paramedic, or EMT and would be willing to help in the event of a medical emergency. Yes _____ No _____

Waiver:

I understand that all possible precautions will be taken to insure that the activities that take place during this workshop will be conducted in a safe manner by qualified instructors. I also understand that because of the nature and location of this workshop there is potential for risk. I further understand and agree that I will not hold the Division of Fish and Wildlife, Division of Parks and Forestry, the Golden Inn, New Jersey Audubon, or the Wetlands Institute or their agents responsible for any accidents or liability which may occur.

Signature _____

**Complete the registration form and the Emergency Information Sheet
and send with your registration fee by August 9th to:**

“Becoming an Outdoors-Woman”

26 Route 173 West

Hampton, NJ 08827