



Sponsored by  
*New Jersey Department of Environmental Protection*  
***Division of Fish & Wildlife***  
in cooperation with the  
***NJ Audubon Society & Wetlands Institute***



***September 5-7, 2008***

*on the beach at*  
***The Grand Hotel***  
***Cape May, NJ***

***"Becoming An Outdoors-Woman"***

***International Sponsors***

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# NJ "Becoming an Outdoors-Woman" Coastal Workshop 2008

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.

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## Workshop Schedule

### Friday, September 5, 2008

|                         |   |
|-------------------------|---|
| 11:00 - 12:30 a.m.      | Registration (check-in is not until 3 PM) |
| 12:30 - 1:30 p.m.       | Lunch                                     |
| <b>2:00 - 5:30 p.m.</b> | <b>Session I</b>                          |
| 6:00 - 7:00 p.m.        | Dinner                                    |
| 7:30 - 9:00 p.m.        | Enjoy Cape May                            |

### Saturday, September 6, 2008

|                          |                                       |
|--------------------------|---------------------------------------|
| 6:00 a.m.                | Early fishing and early birding       |
| 7:00 - 8:00 a.m.         | Breakfast                             |
| 7:30 - 11:00 a.m.        | Surf Fishing (session II early start) |
| <b>8:30 - 12:00 noon</b> | <b>Session II</b>                     |
| 12:30 - 1:30 p.m.        | Lunch                                 |
| <b>2:00 - 5:30 p.m.</b>  | <b>Session III</b>                    |
| 6:00 - 7:00 p.m.         | Dinner                                |
| 7:00 - 8:30 p.m.         | Evening program                       |

### Sunday, September 7, 2008

|                          |                                       |
|--------------------------|---------------------------------------|
| 6:00 a.m.                | Early fishing and early birding       |
| 7:00 - 8:00 a.m.         | Breakfast                             |
| 7:30 - 11:00 a.m.        | Surf Fishing (session IV early start) |
| <b>8:30 - 12:00 noon</b> | <b>Session IV</b>                     |
| 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 Heaton and Jeff Normant and personnel of the New Jersey Division of Fish and Wildlife'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. Salt water 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 in the surf. Plan to get wet! All fishing equipment will be provided, however you may bring your own if you like. A hat and sunglasses are a must.

**C. 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.

**D. Crabbing & Clamming** with Craig Tomlin and Joe Nelson of the New Jersey Division of Fish and Wildlife'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!

**E. Deep Sea Fishing** with husband and wife team, Captain Jeff and Debbie Bucsek aboard the 75' Fiesta 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 be driven to this site. You will leave the hotel at 7:30 a.m. and 12:30 p.m. **SHARP.** Breakfast and lunch will be provided. **NOTE: There is an extra \$30.00 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.**

**F. 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. All boats are "sit-in" style boats - also referred to as touring kayaks- designed for open water paddling, and average between 14 and 16 ½ feet in length. Paddlers will be required to wear spray skirts which are worn around the paddler's waist and attach over the kayak cockpit, and will learn how to do a wet exit in the hotel swimming pool (prepare to get dunked!). Then head out to the waterways of Cape May to try out paddling strokes. One paddler per boat. Kayaks and related equipment will be provided. A terrific introduction to this popular paddle sport!

**G. Coastal Ecology** will be taught by environmental educators Cathy Folio and Carole Carney. 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 Grand Hotel.

**H. Birding - Beginning and More** Sue Canale, Natural Resource Educator, will show you that birding is fun and a lot more interesting than you might think. Participants will learn how to identify birds by size shape, behavior and song. You will also learn that those Field Guides to the birds are not as hard to use as they appear at first and they are

what you really need to name that bird. You will learn about binoculars (needed to bird) and backyard bird feeding. All of this is not covered in the classroom but mostly OUT AT THE BEACH - learning identification tips and hints while exploring some of the best birding spots on the east coast during the peak of fall migration! Bring along field guides, binoculars, insect spray, sunglasses/hat and your sense of adventure!

**I. 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.

**J. 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. Participants will receive land instruction on how to choose a kayak for fishing, kayak transportation, safety and rigging. Students will then enjoy some on-water instruction in Hobie Mirage Drive (peddle) Kayaks. This class requires that participants peddle kayaks for approximately a ½ hour to the fishing area and then approximately a ½ hour back to the launch site. Basic fishing skills are a plus for this course. Fishing equipment is provided; however you may bring your own if you like. 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. PFD’s will be provided; however you may bring your own PFD if you’d like. Class size limited to six (6) participants to ensure individual attention.

**K. Basic Firearms** will be led by Nathan Figely. 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 and transportation will be provided.

**L. Archery** will be taught by Kim Tinnes, NJDF&W Wildlife Control Agent and Hunter Education Instructor Donna Carroll. Participants will learn about archery equipment including selection and use of bows, arrows and accessories. Also covered will be safety and shooting techniques. Plenty of time will be devoted to participants shooting with equipment and transportation provided.

**M. Estuary Ecotour** Join Travis Davis of 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.

**N. 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.

**O. Basic Orienteering** Who likes a good treasure hunt? Mary Frank, of the Delaware Valley Orienteering Association and member of the United States Orienteering Federation will teach participants what is involved in the fun and engaging sport of orienteering (it’s more than just using a compass!). Participants will learn how to read a detailed topographical map and how that map is used to follow an orienteering course, and then try their skills on an orienteering treasure hunt around town in Cape May. Fun and adventure for all!

**P. 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 and equipment and dog handling with as much hands-on opportunities as possible. A must for outdoorsy dog lovers!

**Q. 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!

**R. Beyond Swimming - A Water Survival Course.** Class led by Conservation Officer Frank Virgilio. This course is designed to teach procedures you should use in all water emergencies. Course combines classroom with practical exercises in the pool and the ocean so plan to get wet.

**S. 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 into the watery world. You will learn the basics to equipment use and efficient swimming techniques to enable you to venture below the surface and visit creatures in their own habitat. The goal of the program is to make your experience as safe and as enjoyable as possible. Basic equipment will be provided, but please bring your own personal gear if available.

**T. Small Motor Boat Handling** will be taught by Conservation Officers from the NJ Division of Fish and Wildlife, 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.

**U. Seafood Preparation and Cooking** will be taught by Roger LoCandro former dean of Cook College. Have you ever wondered how to open a clam, filet a fish or clean a crab? In this course you will prepare and cook all types of seafood. Buon Appetito! Participants must provide their own transportation to the Wetlands Institute.

## Registration Information

### Registration Deadline - August 15, 2008

**Workshop Fee is \$350:** Fee includes: instruction in all sessions, program materials, use of all equipment, all meals and lodging.

**Limited \$200.00 scholarships are available for qualified first-time participants: All applications must be received by August 15th.** 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 \$150** (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 Grand Hotel is located on the beachfront. All meals, evening entertainment and some of the classes will be held at The Grand Hotel. **All guestrooms and indoor common areas are designated NO-SMOKING.**

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 15 minutes from the Grand Hotel. Some classes will meet there. **Participants must provide their own transportation when their classes meet at the Wetlands Institute unless otherwise noted.**

There are also classes located at satellite sites. **We try to provide transportation to these, but in some cases, carpooling will be necessary.**

**Special Needs:** If you have any dietary requirements or special needs that require assistance, please remind us 2 weeks in advance and indicate your need on this registration form. The phone number is (908) 637-4317.

**Cancellation:** Deadline for cancellation is Friday, August 22nd. If you cancel before August 22nd you will receive a \$280.00 refund. There is a \$70.00 **non-refundable** registration fee. After August 22nd, 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 22nd 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 5, 2008. 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 back pack with items you will need for Friday's session, or wear appropriate gear upon arrival.



# Registration Form - Due by Aug. 15, 2008

NJ Becoming an Outdoors-Woman • Sept 5-7, 2008

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

| For Division Use Only    |       |
|--------------------------|-------|
| participant #            | _____ |
| amt. pd.                 | _____ |
| Check # & \$             | _____ |
| Deep Sea Fishing fee pd. | _____ |
| veggie meals             | _____ |
| Scholarship              | _____ |

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

**Workshop Sessions: choose 3 (three) courses for each session with #1 being your first choice.**

You will only take 1 course per session on a first come, first served basis. As courses fill you will be given your 2nd or 3rd choice.

- | Session I   | Session II  | Session III  | Session IV                                  |
|---|---|--|---|
| <input type="checkbox"/> Gardening for Wildlife   | <input type="checkbox"/> Basic Firearms           | <input type="checkbox"/> Basic Firearms            | <input type="checkbox"/> Bay Fishing        |
| <input type="checkbox"/> Bay Fishing              | <input type="checkbox"/> Archery                  | <input type="checkbox"/> Crabbing & Clamming       | <input type="checkbox"/> Birding field trip |
| <input type="checkbox"/> Deep Sea Fishing         | <input type="checkbox"/> Bay Kayaking             | <input type="checkbox"/> Deep Sea Fishing          | <input type="checkbox"/> Coastal Ecology    |
| <input type="checkbox"/> Estuary Ecotour          | <input type="checkbox"/> Beyond Swimming          | <input type="checkbox"/> Small Motor Boat Handling | <input type="checkbox"/> Falconry           |
| <input type="checkbox"/> Joy of Dogs              | <input type="checkbox"/> Birding-Beginning & more | <input type="checkbox"/> Snorkeling                | <input type="checkbox"/> Kayak Fishing      |
| <input type="checkbox"/> Kayak Fishing            | <input type="checkbox"/> Basic Orienteering       | <input type="checkbox"/> Coastal Ecology           | <input type="checkbox"/> Snorkeling         |
| <input type="checkbox"/> Crabbing & Clamming      | <input type="checkbox"/> Deep Sea Fishing         | <input type="checkbox"/> Seafood Preparation       | <input type="checkbox"/> Surf Fishing       |
| <input type="checkbox"/> Archery                  | <input type="checkbox"/> Saltwater Fly Fishing    |  |   |
| <input type="checkbox"/> Birding-Beginning & More | <input type="checkbox"/> Surf Fishing             |  |   |

**Have you participated in this workshop before?**

Yes  No  If yes, what year? \_\_\_\_\_

Photographs may be taken during the courses for use in further support of the program. Please indicate if we have your permission to use your photograph. Yes  No

We will provide contact information for those who would like to carpool to help reduce expenses. Would you like to carpool? Yes  No

| Scholarship Applicants Only   |  |
|---|--|
| **I am enclosing an essay for scholarship consideration. <input type="checkbox"/>   |  |
| <b>The information below is strictly optional and confidential. It is used only to help determine scholarship eligibility and need.</b> |  |
|   | <u>Household Income</u>                  |
| Are you employed? Yes <input type="checkbox"/> No <input type="checkbox"/>  | 0 - 20,000 <input type="checkbox"/>      |
|   | 20,000 - 30,000 <input type="checkbox"/> |
| Marital Status _____  | 30,000 - 40,000 <input type="checkbox"/> |
|   | 40,000 - above <input type="checkbox"/>  |

Check this box if you prefer vegetarian meals.

**T-shirt size:** (size will only be guaranteed if your registration is received before Aug. 4th)

- medium  X large   
 large  XX large

**Roommate (randomly assigned unless otherwise indicated):**  
 Morning glory (early risers)  Night owl (late to bed)

No preference

**Workshop fee:** Enclose a check or money order for \$350.00, and a separate check for any additional fees, both made payable to **NJ Division of Fish & Wildlife**. Upon receipt of your registration and payment you will be sent a confirmation with directions to the Grand Hotel, along with a list of appropriate clothing and footwear.

Workshop fee \$ \_\_\_\_\_ Deep Sea Fishing fee \$ \_\_\_\_\_  
 TOTAL \$ \_\_\_\_\_

**\*NOTE: We have set a deadline for registrations. We must receive your registration by August 15th provided space is still available (this workshop fills quickly). After that date, registrations will not be accepted.**

**Complete and send registration form and fee and the Emergency Information Sheet by August 15th 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 5-7, 2008: \_\_\_\_\_

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 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, The Grand Hotel, New Jersey Audubon, or the Wetlands Institute or their agents responsible for any accidents or liability which may occur.

\_\_\_\_\_  
Signature

**Complete and send registration form and fee and the Emergency Information Sheet by August 15th to: "Becoming an Outdoors-Woman," 26 Route 173 West, Hampton, NJ 08827**