



Winter Workshop

January 29-31, 2010

**The Rensselaerville Meeting Center
Rensselaerville, Albany County, NY**

**Warm accommodations - each room has a private bath;
exceptional food prepared by Certified Executive Chef Joe Maloney;
fun, outdoor, winter activities!**

The Rensselaerville Meeting Center is located on a beautiful, remote 100-acre estate only 27 miles southwest of Albany, NY. Guest accommodations are in two turn-of-the-century country homes and in two modern lodges placed throughout the estate. Most of the guest rooms are single or double occupancy and each room has its own private bathroom. Each guest house has a wood-burning fireplace. Exceptional meals, served in the Carriage House Restaurant, are prepared by Certified Executive Chef Joe Maloney and his talented staff. Adjacent to the meeting center is the Huyck Nature Preserve with its lakes, trails, and waterfalls.

**Enrollment limit 75. Minimum age is 18 years old.
Register early for the best chance of getting the classes you want!**

Registration and workshop information are on the separate registration form. If you would like more information, call (518) 402-8862 or (518) 402-8883, email kjstang@gw.dec.state.ny.us, write to: NYS Outdoors-Woman, 625 Broadway, 5th Floor, Albany, NY 12233-4754 or visit our website at <http://www.dec.ny.gov/education/68.html>

Becoming an Outdoors-Woman® and its logos are copyrighted and registered trademarks of the UWSP and cannot be used without permission.

New York State Becoming an Outdoors-Woman workshops are a cooperative venture of the New York State Department of Environmental Conservation and New York Outdoors Women, Inc.

Please note: Registration materials for this workshop were completed months before the actual workshop. Course content, class topics, instructors, evening programs, and program times may change. We may cancel individual classes due to low enrollment or instructor emergency. You will receive an updated agenda when you check in at the workshop.

TENTATIVE WORKSHOP SCHEDULE

Friday, January 29, 2010

4:00 pm - Check In and Registration Begins

6:00 pm - Dinner

7:30 pm - Welcome - Kelly Stang, Coordinator NYBOW

8:00 pm - Warming Trends - Learn how to dress for winter weather and how to stay warm outdoors.

Saturday, January 30, 2010

7:00 am - Breakfast

8:00-11:30 am **SESSION 1 CLASS**

Noon - Lunch

1:30-5:00 pm **SESSION 2 CLASS**

6:00 pm - Dinner

7:30 pm - Festivities, fascinating people and fun!! Hear a guest speaker, meet new people, or try to win a wonderful Becoming an Outdoors-Woman prize.

Sunday, January 31, 2010

7:00 am - Breakfast

8:00-11:30 am **SESSION 3 CLASS**

Noon - Lunch and Goodbyes

COURSE DESCRIPTIONS

Course size limits are indicated by number in parentheses + Course has a prerequisite

Most classes will be outside for some or all of the class time.

The few that are entirely indoor classes say *Indoors* after the description.

Session 1 - Saturday Morning

1A. Ice Fishing (8) You don't have to wait until summer to enjoy the taste of fresh caught fish. Enjoy the camaraderie and excitement of catching fish through the ice! Learn all about this fun and family-friendly activity and try fishing with some tip-ups and jigging rods if ice conditions are favorable. *You must bring a valid NYS 2009-2010 fishing license.*

1B. Snowshoeing (10) Seeing the winter world by snowshoe allows you to travel to many places you cannot get to on skis or by walking. Participants will learn about terrain-specific styles of snowshoes, accessory equipment, sizing, trekking techniques, and emergency repair before heading out to trek around on snowshoes.

1C. Winter Camping (15) Winter camping lets you experience the outdoors during the most beautiful and peaceful months of the year. The secret to winter camping is having the right gear. Learn what to wear, what gear to bring and what to eat and drink to enjoy winter camping. Go home with the knowledge you need to sleep outside in a tent in the winter!

1D. Trail Cameras (15) Trail cameras, also called trail cams, scout cameras and game cameras, use heat or motion sensors to trigger the camera to take a picture any time an animal crosses the sensor's beam. They are great tools to use for capturing photographs of wildlife. You can use trail cams for scouting deer, bear, turkey or other animals for hunting or just to see what animals are in your area. You may even get photos of a trespasser! This class will go outside to learn how and where to deploy a trail cam.

1E. Bicycle Maintenance (6) Winter is a great time to get your bike ready for spring riding. In this hands-on class you will learn the basics of bicycle maintenance and repair while working on your own bicycle. Topics will include changing a flat tire, putting on new tires, adjusting the derailleur, cleaning the chain and drivetrain, lubricating pivot points and changing the cables...plus more if time permits! *You must bring your own bicycle. Indoors*

1F. Wild Infusions (12) Come join in the fun as we take the mystery and confusion out of herbal infusions! Explore a wide variety of herbs that promote healthful living and become familiar with some of the wild herbs that are readily available. You will learn how to properly process herbs and make scrumptious vinaigrettes, butters, tea and extracts from herbs that you can find in the wild. Learn proper earth-friendly harvesting techniques. *Indoors*

1G. Nature Journaling (15) *"Discover a whole new way of seeing the world around you" Clare Walker Brown.* Spend time connecting with nature, its patterns and our relationship to it through the process of nature journaling. Nature journaling involves recording observations, perceptions and feelings about the natural world. It can include writing prose or poetry; or can be done through drawing, painting or photographs. This class will explore the methods of nature journaling, read the writings of other nature writers for inspiration, describe the thoughts that come from hearing those poems and take a walk outside for inspiration.

Session 2 - Saturday Afternoon

2A. Ice Fishing (8) Repeat of 1A. *You must bring a valid NYS 2009-2010 fishing license.*

2B. Winter Survival (10) Survival in cold, wet or dry environments requires preparation, fire-starting skills, the ability to construct an emergency shelter, and knowledge of special nutrition and hydration requirements. You will learn all these and learn to construct a quinzee (snow shelter).

2C. Beginning Cross Country Skiing (8) Get ready to make your own tracks. Learn the basics in equipment, clothing choices and safety. Then click into your skis and learn to pole, kick, and glide your way through the snow (be optimistic!). *You must bring skis for this class. If you do not have skis, you can rent them from outdoor gear stores such as EMS or stores that sell skis.*

2D. Beginning Fly Tying (10) Wouldn't it be fun to catch a fish with a fly you tied yourself? Students will construct their own flies to mimic those naturally found in waterways. This course teaches participants the basics in tying generic fly components. *Indoors*

2E. Shoe and Shoot † (7) This fun course combines snowshoeing and target shooting with a .22 rifle. Take an easy snowshoe walk through fields and forest stopping at stations to shoot at interesting targets. Score cards are punched for each hit. *Prerequisite: you must have some experience loading and shooting a .22 rifle. Snowshoe experience is not necessary.*

2F. Outdoor Photography (15) This indoor course, designed for beginners, will focus on basic photographic techniques and the importance of light, composition and subject. The use of camera equipment will be covered. *Students will need to bring their own digital or 35 mm camera (with film).* Participants may bring digital images and prints (optional) for critique. Participants are encouraged to also sign up for Course 3F (Outdoor Photo Shoot) to use their new photographic knowledge. *Indoors*

2G. Make a Nature Journal (10) In this class you will be able to create your own nature journal. You will need to bring some basic craft supplies and a stiff-covered notebook to be used as a journal. You will decorate your journal with items collected on a winter exploration walk around the property. A relaxing, fun and creative way to enjoy winter. You do not have to take the Nature Journaling class (course 1G) to enjoy this class!

2H. Field Dressing Game (15) That great game dinner doesn't start in the kitchen; it starts in the field. Learn how and when an animal should be gutted, cleaned, cooled and prepared for the freezer. These preparations will help ensure a great meal later. *You will get hands-on experience field dressing animals in this class.*

Session 3 - Sunday Morning

3A. Ecology of the Winter Forest (12) Although forests in winter appear very sleepy, there is more going on than is at first apparent. Participants on this field trip will gain a glimpse of the active nature of the winter forest community and learn how to tune in to the rhythms of the woods; skills that can be applied year-round but are especially applicable to this quietest of seasons.

3B. Snowshoeing (10) Repeat of 1B.

3C. Small Game Hunting (6) Small game seasons provide a variety of hunting opportunities from September to March and are a good initiation to hunting for new hunters. This class will focus on methods of hunting common upland species including squirrels, rabbits and grouse. Behavior, habitats, field care, hunting implements and more will be covered.

3D. GPS (Global Positioning System) (10) In this class you will learn how a GPS works, how you can travel using a GPS unit and return along the same path, how to mark good fishing holes or scenic spots you may want to visit again and use your GPS to find "treasure" when you try geocaching and/or letterboxing. GPS units will be provided.

3E. Beginning Trapping (15) Participants will learn how to trap nuisance animals in and around the garden and home. You will also learn about New York's furbearers and fur trapping.

3F. Outdoor Photo Shoot † (15) This course will be an informal opportunity for those students who have taken Outdoor Photography (course 2F) to practice their newly-acquired photographic skills and share their experiences with the instructors and other participants. *Students will need to bring their own digital camera or 35 mm camera and outdoor print film.* You will be spending time outdoors taking photos, so dressing for the weather is VERY important.

3G. Knots, Knots, Knots (15) It's time to tie up the tarp, or hang the bear bag, or tie the canoe on top of the car, or . . . Do you know what knot to use? Do you know how to tie the knot? This class will take the mystery out of knots. Learn various knots, how to tie them and when to use each knot. Hands-on activities will help reinforce newly-learned knot tying skills. Added bonus - the class will also include an intro to making cordage (rope) from natural fibers.

3H. Backcountry Skiing † (16) Envision skiing where there are no chair lifts, no groomed trails (and sometimes no trails), no ski patrol, no snack bar, no place to ask for directions, limited (if any) cell phone service, few (if any) people, and deep, fresh snow. If this scenario appeals to you, then you are ready for backcountry skiing. The class begins with the basic equipment and skills needed to enjoy a short ski in the woods, then moves on to more advanced equipment and techniques that will enable a skier to travel anywhere in the backcountry. Topics include skis, bindings, boots, poles, waxes, climbing skins, emergency ski repair, clothing, navigation aids and trip planning. Then we will go out on the foot of fresh powder that will fall the night before the class (hey, you have to have a positive attitude if you want to do this sport) and work on the skiing skills that will enable you to travel virtually anywhere you find snow. Breaking trail, climbing and descending steep and narrow trails, navigation, and waxing for the terrain and conditions will be covered. *Prerequisites: The beginning cross country skiing course, course 2C, or some basic cross country skiing experience. Students should be able to kick and glide (move on flat terrain faster than a walk), and be able to climb and descend gentle hills. Equipment: We will not be providing skis for the backcountry skiing class. Cross country skiing equipment of any kind (other than the skating skis used for racing) will work in this course. If you are borrowing or renting skis, any recreational equipment that fits you will do. Generally the wider and shorter the ski the better. If you have questions about the course or equipment contact the instructor Jeffrey Peil: day phone (518) 357-2152 or at jdpeil@gw.dec.state.ny.us*

3I. Reading Wildlife Sign (15) Weather permitting, only a small portion of time will be spent in the classroom learning how to identify tracks, scats and other signs of animal activity. Outside you will visit natural habitats and look for a variety of wildlife sign.

**The New York State Department of Environmental Conservation and
New York Outdoors Women, Inc. would like to acknowledge the following
businesses and organizations for their support of the
Becoming an Outdoors-Woman program:**

Adirondack Foothills Guide Service
Ann Aronson Photography
Archery Trade Association
Bass Pro Shops
Blue Cliffs Guiding
Browning
Cabela's
d's Delights
Ducks Unlimited
Federal Cartridge Company
Leupold

Lodge Manufacturing
National Shooting Sports Foundation
Our Fantastic Instructors
Pheasants Forever
Pope and Young Club
Rocky Mountain Elk Foundation
Safari Club Int. Foundation
St. Hubertus Outdoor Enterprises
UWSP Foundation Inc.
University of Wisconsin - Stevens Point, College
of Natural Resources

Becoming an Outdoors-Woman Planning Committee Members:

Kelly Stang, NYSDEC, Program Coordinator
Angie Berchielli, New York Outdoors Women, Inc.
Kim Corwin, New York Outdoors Women, Inc.
Donna Dyer, New York Outdoors Women, Inc.
Jackie Emslie, New York Outdoors Women, Inc.
Brenda Gausby, New York Outdoors Women, Inc.
Cora Gosson, New York Outdoors Women, Inc.
Nancy Heaslip, New York Outdoors Women, Inc.
Nancy Murphy, New York Outdoors Women, Inc.
Ellen Pike, New York Outdoors Women, Inc.
Tina Sorell, New York Outdoors Women, Inc.

Office Assistance:

Mary Bailey, NYSDEC
Sherry Mickle, NYSDEC

