



Becoming an Outdoors-Woman 2019 Courses

****All courses are subject to change and/or cancellation****

All About Hummingbirds: Learn ways you might increase your chances to have hummingbirds in your back yard, what kinds of flowers might help you, how to differ between male and female hummingbirds, (do you think these little birds have feathers all over their bodies?) what happens in the nest from egg to fledgling, do baby hummingbirds fly? Why do we band, how bands are made, what happens during banding, what should your reaction be if someone says you eat like a hummingbird? We'll "visit" South America where most of the 340 species of hummingbirds live. Who are their predators? Do we have these little guys in the winter here in Arkansas? You'll acquire knowledge of "wow" facts you can use to impress your friends when you tell them how much you now know about hummingbirds! This course will be held in the auditorium with some outdoor walking.

All About Hunting: For the Beginner: Hunting is one of the best ways to spend time outside. Understanding the heritage of hunting will provide you with a greater appreciation for wildlife conservation and understanding how hunting can help keep this heritage alive. This course will teach you about the different types of hunting, what game can be hunted, where and what to look for in hunting areas, as well as recommendations on the proper equipment and or gear that is needed. If you have an interest in hunting, but not sure where to start; then this class is for you! This course will begin in a classroom and then move outside for some hands on activities. Please dress appropriately for both settings and wear comfortable shoes.

ATV Rider Course: This hands-on class emphasizes safety relating to riding an ATV (4-Wheeler). Learn about proper gear, environmental concerns, pre-ride inspections as well as proper maneuvers of these popular vehicles. You will learn to enjoy riding and handling an ATV in a proper and safe manner. **Please wear appropriate attire which MUST include long pants, long-sleeve shirt, and shoes that cover the ankle or you will not be permitted to participate.** ATV's will be provided.

Backyard Habitats: Backyard habitat is simply a space with a combination of food, water, shelter, and plants in a configuration conducive to the needs of wildlife. Since everyone's backyard is a little different, this workshop will provide an introduction to backyard and wildlife habitats you can find in The Natural State or you can create or restore in your rural, urban or suburban backyards. An Arkansas Game and Fish Wildlife Biologist, by training, teams up with an Arkansas Natural Heritage Commission's Master Naturalist to provide direction, information and resources for restoration, establishment and maintenance, for your "backyard habitats" with an emphasis on native Arkansas species. This course will be held outdoors so please dress appropriately and wear comfortable outdoor shoes.

Basic Archery Skills: Learn archery techniques for target shooting and bow hunting. You will learn about all types of bows, arrows, and the latest archery equipment. Participants will have an opportunity for hands-on bow shooting at an archery range. **THIS CLASS IS A PRE- REQUISITE FOR THE INTRO TO ARCHERY HUNTING WORKSHOP.** This course will be held in an indoor/outdoor atmosphere. Please dress appropriately and wear comfortable outdoor shoes. **Basic Camping Skills:** Are you new to camping or has it been awhile since you've been camping and you'd like to start back

up again? This course will teach you the basics about camping at campgrounds and camping in more primitive settings. We'll cover topics such as gear, how to pick a campsite, how to put up a tent, how to start a fire, as well as covering specific questions you have about starting your camping adventure. This course will be held outdoors so please dress appropriately and wear comfortable outdoor shoes.

Basic Fishing Skills: This class will offer hands-on instruction for choosing equipment as well as landing the fish. Learn the types of equipment available, knot tying, choosing bait & loading a reel. On-lake fishing time using spinning rods. Equipment is provided, but participants may also bring their own equipment. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings, bring sunscreen, and wear comfortable outdoor shoes. A FISHING LICENSE IS **REQUIRED** TO ATTEND THIS CLASS.

Basic Fly Casting: Fly Casting is the heart and soul of fly fishing. In this workshop you will learn the fundamentals of the basic "Pick-Up and Lay-Down", as well as the "Roll Cast". By the end of the session, you will be able to cast at least thirty feet--the distance at which most fish are caught. THIS CLASS IS A PRE-REQUISITE FOR THE BASIC FLY FISHING WORKSHOP. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Basic Fly Fishing (Prerequisite-Basic Fly Casting): This is the workshop where the fly fishing magic happens. First, you will learn why fly fishing is one of the most effective ways to catch fish. Also, we'll cover what fish eat and what flies to use to imitate that food, how they behave, and what techniques to use to deceive them. You will also learn what all of that funny looking equipment is for and how to use it. Don't go shopping for a fly rod/reel outfit until you have attended this workshop because you will also learn what to buy. Then, we'll go out to the pond and put all of that information into practice. We go fly fishing and catch fish!! This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes. BASIC FLY-CASTING IS **PRE-REQUISITE** FOR THIS CLASS. A FISHING LICENSE IS **REQUIRED** TO ATTEND THIS CLASS.

Basic Fly Tying: Once you learn the basic fly tying steps, with a bit of practice you can tie just about any fly that exists or that you can imagine. In class we take a step-by-step approach to teach you these basic techniques and a hands-on session actually tying three different flies that you will tie and use to fish. All equipment and materials are provided (equipment is on loan for the workshop, of course). This course will be held in a classroom setting.

Basic Trapping: Learn the basics of furbearer trapping; the rules and regulations of trapping, equipment needed, trap preparation, how to make sets for "critters," and what to do with your catch. This is a hands-on class so participants should be prepared to dig in the dirt. All equipment will be provided. This course will begin in a classroom and move outdoors near the stream. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Basic Pistol Safety: You will be coached on shooting techniques and learn to shoot from different positions. You will learn about different types of handguns, their components and ammunitions. This is a hands-on class, and this course will be held outdoors. All participants must have a Hunter's Education card.** (See note below) Please dress appropriately and wear comfortable outdoor shoes.

Be Outdoor Safe and Secure-BOSS: Don't be afraid to walk alone on your favorite trail again. Learn how to protect yourself when enjoying the outdoors. This class will teach basic self-defense geared towards women. Learn techniques in awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that can enable you to successfully escape, resist, and survive a

physical attack. This class will offer hands on instruction in basic self-defense techniques, surroundings awareness, psychological awareness, and verbal skills. Learn simple and effective techniques to ward off a physical attack regardless of strength, size, or previous training. This course will begin in a mat room and then move outdoors. Please dress appropriately.

Birding: Fledgling birders will learn to improve their birding skills. From spotting birds high in the canopy, hearing a bird sing in the distance, to seeing only a bird bottom as it flies away, we'll learn tips for identifying birds in real-life conditions. We'll do some birding in the field with traditional birding gear, but we'll also discuss and use smartphone birding apps and learn how birding websites can enhance your birding experience. Binoculars and field guides will be provided. Bring your own smartphone or tablet if you'd like! This course will be held in a classroom then move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Boating and Trailering: You will learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. You will have an opportunity to actually operate boats on the water and learn trailering first hand. This course will begin in a classroom and move outdoors by Lake Laverne. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Deer Hunting 101: This is a hands on class for any deer hunter, expert or beginner. We will cover basic biology, management, and upcoming hunting regulations. We will also cover hunting equipment, fall arrest systems, and deer stands. This is an all-around great class for discussing issues, regulations, and settling firelight disputes with hunting companions. This course will be held outdoors so please dress appropriately and wear comfortable outdoor shoes.

Dutch oven cooking Basics: Come out and enjoy a Dutch oven tradition. Workshop participants will learn the basics of outdoor cooking from learning how to prepare delicious recipes, leave no trace ethics, and even a little Dutch oven history in this old fashioned cooking vessel. Be prepared to cook, taste, and go home with several recipes some made with venison.

From Field to Freezer: So you shot something. Now what? Many people rely on a butcher or friend to clean and package their game. In this class, participants will learn the basics of field care, cleaning and butchering of wild game. It doesn't get more green, local or organic than that. Come prepared to get your hands dirty, and bring your ice chest. This course will be held outside so please dress appropriately and wear comfortable outdoor shoes.

Fur Handling: Humans have handled fur for as long as they have walked the earth. Fur from many of Arkansas's mammals go to auction each year. They are shipped overseas to make full garments, hats, gloves and trim pieces. This class will cover proper field care, skinning, fleshing and boarding of Arkansas's furbearers to maximize your profit on the trap line. BASIC TRAPPING IS A PRE-REQUISITE FOR THIS CLASS. This course will be held outside so please dress appropriately and wear comfortable outdoor shoes.

Geocaching: Want to learn about Geocaching? Geocaching is a recreational activity where someone hides a "cache" for others to try to find using a Global Positioning System (GPS) receiver. The pursuit can be thought of as a GPS-enabled treasure hunt. GPS units will be provided and no previous knowledge is needed. Learn a great new way to spend time outside with friends and family. This course will begins indoors and will continue outside. There will be some walking, so wear comfortable shoes.

Intro to Archery Hunting: Get ready to take on this challenging hunting method! Learn about tree stand placement and safety, and how to set your archery hunt up for success. BASIC ARCHERY

SKILLS IS A PRE-REQUISITE FOR THIS CLASS. This course is held in an outdoor setting. Please dress appropriately and wear comfortable outdoor shoes.

Intro to Herpetology Class: Let's go Herping! (2-Part Class): An exciting 2-part class that introduces you to reptiles and amphibians. First, you will learn the similarities of and differences between reptiles and amphibians, why they are important to the ecosystem, how they are suffering due to human activity, and misconceptions about them being dangerous or of little value. You will also learn about the dos and don'ts of herping so you can enjoy nature while keeping you and live organisms safe. The second part of this class provides a guided evening herping trip to find a few critters! Be sure to bring your walking shoes, bug spray, and camera! This class fills up fast so add it to your list! Participant **MUST BE PRESENT** for classroom portion to participate in field activity. This course will be held in an indoor/outdoor atmosphere. Please dress appropriately and wear comfortable outdoor shoes.

Intro to Scuba: Bring your swimsuit, get your feet, hands and head wet learning if the pursuit of this exciting underwater sport is for you. You will have classroom time and also poolside learning the proper way to use the equipment and about diving. The exciting world of Watchable Wildlife just below the surface of our clear lakes and rivers are waiting to be explored. All equipment is provided. This course will begin in a classroom and move outdoors. Please wear your swimsuit under your clothes and bring a towel.

Kayaking: Learn basic paddling strokes, techniques, and about equipment for both the canoe and kayak. Instruction in safety that is important to the sport will be included. You will have an opportunity to try out your new learned skills in kayaks on Lake Laverne. This course will be held outdoors. There is a chance of getting wet so please dress appropriately and bring extra clothes to change.

Leave No Trace Awareness Workshop for Backpacking: We all enjoy being outdoors but sometimes we forget about the impact left behind. Join a Leave No Trace Master Educator to learn about the mission of LNT and how to enjoy outdoor responsibly. Participants will learn the seven principles of Leave No Trace through skill building activities. Gear will be available so participants can practice fitting all of their gear into a pack. Other activities will include assembling the ultimate backcountry kitchen, water filtration, "potty talk", safety, campsite selection and how to plan a trip. Upon completion of the workshop, all participants will receive an official awareness workshop certificate from Leave No Trace!

Nature Crafts: Gourds provide a natural nesting site for a variety of cavity nesting birds. Paint a gourd birdhouse for your backyard and discover the cavity-nesters that may call it home! Tips on gourd prep, hanging, and habitat included. You will also have a chance to create an attractive, all-natural wreath using berries, nuts, and seed heads for your backyard birds. Nuts, seeds, and fruit from native plants are the best food sources for our native birds. This course will be held in a classroom setting.

Nature Observation: Nature is all around you. It doesn't matter if you are driving down the road or walking through the woods, you have the chance to come in contact with nature. This class will take a look at scat, signs, plant and animal identification, tracks and discuss how you can make the most of your outdoor experience. We will also discuss Leave No Trace principles relating to different nature settings. Wear comfortable clothing and shoes, we plan to roam in the woods for part of the class (weather permitting).

Outdoor Survival Skills: Learn how to take care of yourself and others while enjoying the outdoors. Learn techniques that could save your life or the lives of others. This hands-on class will help you to be a better outdoors-woman. This course will begin in a classroom and move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Rifle Markswomanship: You will be coached on shooting techniques and learn to shoot from different positions. You will learn about different rifles, their components and ammunitions. This is a hands-on class. All participants must have a Hunter's Education card.** (See note below) This course will be held outdoors. Please dress appropriately and wear comfortable outdoor shoes.

Shotgun Basics: Learn shotgun techniques with an emphasis on hunting and shooting sports. Learn proper stance and shooting techniques. There will be plenty of shooting practice at clay targets on the shotgun range. Shotguns and ammunitions are provided. All participants must have a Hunter's Education card.** (See note below) This course will be held outdoors. Please dress appropriately and wear comfortable outdoor shoes. Turkey Hunting 101/Waterfowl 101: Participants will have an opportunity to learn about the basics of waterfowl and turkey hunting. You will learn about equipment, appropriate camouflage, set-up techniques to improve your chances of harvesting birds, where to hunt, and the requirements to legally hunt. You will learn how to call turkeys and waterfowl using a variety of calls. Tips for viewing these magnificent birds will also be discussed. This course will begin in a classroom and move outdoors. Please dress appropriately for both settings and wear comfortable outdoor shoes.

Wild about Dutch Oven Cooking: Beyond the Basics: Go beyond the basics in this Dutch Oven cooking class: applying various cooking methods, using wild game, and cooking complex recipes. Come hungry so you can taste-test all you cook! It is helpful if participants have basic Dutch Oven cooking skills or have attended the Dutch Oven Basics session.

** A Hunter's Education card is required for all shooting classes. A list of Instructor Led Hunter Education classes can be found at this link:

<https://register-ed.com/programs/arkansas/36-arkansas-hunter-education-classroom> .

The class can also be completed on CD at home. Call 800-482-5795 or 501-223-6377 to request a CD. A third option is to take the class on line for a \$19.95 fee. <https://www.hunter-ed.com/arkansas/>.

After completing the on line class or CD, you will need to take the in person test. A list of testing sites can be found at this link:

<https://www.agfc.com/en/get-involved/first-steps-outdoors/huntered/he-testing/> .