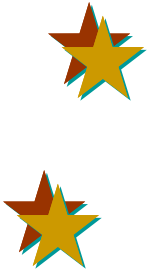
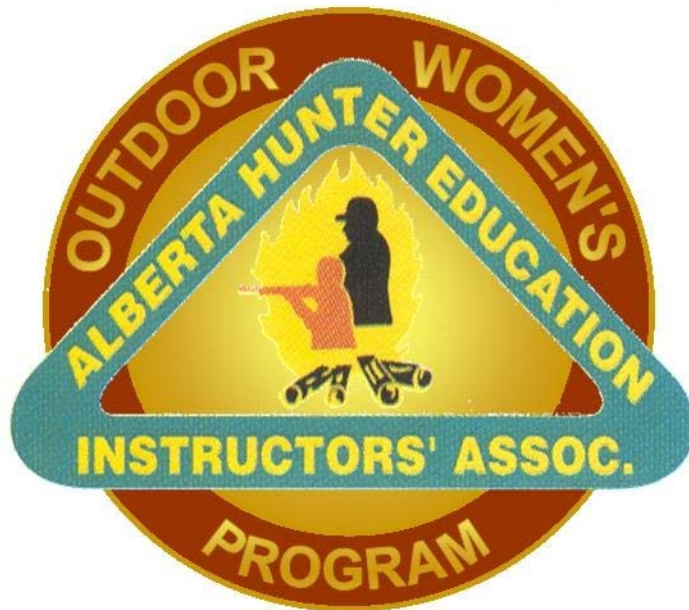


# 15th Annual Outdoor Women's Program



## August 6–10, 2008

Don't risk disappointment! Book now!  
Class sizes are limited.  
Get your registration in today!



FREE prize for the first 50  
registrants booking for the  
FULL five days!



# Welcome!



## W elcome to the **15th Outdoor Women's Program!**

Join hundreds of other women for up to 5 days of learning, camaraderie, fun and begin to master the outdoors. Women of all ages are encouraged to experience, explore, and develop an understanding of the natural world through over 23 different hands-on programs (see following pages for details).

The event is held at the Alford Lake Conservation Centre for Excellence. The first session was held in 1993 and has grown in popularity ever since. Women participate at their own speed and level of interest. They are welcome to try their hand at everything from fly fishing, shooting, backing up a trailer, to using a digital camera.

Classes run about 3 hours and cover topics such as GPS, outdoor survival, how to handle a canoe, outdoor cooking, building a diamond willow walking stick, edible plants, and of course, firing a gun.

Patient and knowledgeable instructors encourage each woman towards her own level of confidence and competence with each new skill. See what past students have said about the weekend:

*"No wonder you are "the" model for others. EXCELLENT and very much appreciated that you are."*

*"The second time was just as much fun as the first."*

*"What a wonderful opportunity to learn new things in such a supportive environment."*

*The course is affordable and so much fun. I would love to attend again and bring some more "city slickers".*

*"I had so much fun. Can't wait to try my new skills with trapshooting and archery. I think you guys have created another archery buff."*

Not sure if this weekend is for you? Ask yourself these questions:

1. Is there an outdoor activity that you have never tried, like shooting a shotgun, that you would like to learn in a safe and controlled environment?
2. Are you a beginner who is looking to improve her outdoor skills?
3. Are you already active in the outdoors but you would like to add to your skills?
4. Are you seeking the camaraderie of other like-minded individuals?
5. Are you seeking a brand new adventure totally apart from your day-to-day life?

If you answered, "Yes," to any of these questions, then please join us for an unforgettable adventure. Our highly qualified instructors are looking forward to meeting you. We take pride in initiating new people into the enjoyment of the great outdoors. So register now!

Bring your own camping gear or share a cabin with other ladies, or stay in your own trailer or RV. Modern showers and bathrooms are available and meals are included.

You may choose to attend for a few days, but we recommend committing for the entire program for a truly in-depth experience.

### **To Register Contact:**

**Alberta Hunter Education Instructors' Association**  
Phone: 780-466-6682 or 1-866-282-4342 Fax: 780-431-2871  
Email: [edmontoninfo@aheia.com](mailto:edmontoninfo@aheia.com) Website: [www.aheia.com](http://www.aheia.com)

**EARLY BIRD REGISTRATION: June 30, 2008**



S. Zielke, 2007

# Schedule



## DAY ONE

**Wednesday, August 6, 2008**

- 4:00 - 6:00 p.m. Registration/Check In
- 6:00 p.m. Orientation
- 7:30 p.m. Depart for Overnight Survival (Session #1)



## DAY TWO

**Thursday, August 7, 2008**

- 7:30 - 8:30 a.m. Breakfast
- 9:00 - 11:00 a.m. I Survived (Session #2)
- 12:00 - 1:00 p.m. Registration/Check In
- 1:00 - 1:30 p.m. Introduction & Welcome
- 1:30 - 4:30 p.m. Session #3
- 4:30 - 5:30 p.m. Free Time
- 5:30 - 6:30 p.m. Dinner
- 7:30 p.m. Evening Activities



## DAY THREE

**Friday, August 8, 2008**

- 8:00 - 9:00 a.m. Breakfast
- 9:00 a.m. - 12:00 Session #4
- 12:00 - 1:00 p.m. Lunch/Photo Session
- 1:00 - 4:00 p.m. Session #5
- 4:00 - 6:00 p.m. Free Time
- 6:00 - 7:00 p.m. Dinner
- 7:30 p.m. Evening Activities

## DAY FOUR

**Saturday, August 9, 2008**

- 7:00 - 8:00 a.m. Registration/Check In
- 7:30 - 8:30 a.m. Breakfast
- 8:30 - 9:00 a.m. Introduction/Welcome
- 9:00 a.m. - 12:00 Session #6
- 12:00 - 1:00 p.m. Lunch
- 1:00 - 4:00 p.m. Session #7
- 4:15 p.m. Photo Session
- 4:15 - 5:30 p.m. Free Time
- 5:30 - 6:30 p.m. Dinner
- 7:30 p.m. Evening Activities

## DAY FIVE

**Sunday, August 10, 2008**

- 8:00 - 9:00 a.m. Breakfast
- 9:00 a.m. - 12:00 Session #8
- 12:00 - 1:00 p.m. Lunch
- 1:00 - 3:00 p.m. Prizes, Closing Remarks, & Fond Farewells



# Course Descriptions



All A.H.E.I.A. courses are instructed by qualified individuals who take pride in initiating new people into the enjoyment of the great outdoors. The following is a listing of the various topics available at this years' Outdoor Women's Program.

## **A Walk on the Wild Side**

We start by taking a walk on the wild side and then you'll learn the folklore and medicinal uses of wolf willow, cattails, willow and burdock. Also experience some practical uses of these plants by learning how to make cordage and seed-bead bracelets while sampling cattails and a tasty dish of burdock.



## **An Introduction to ATV'ing!**

Strap on your helmet and climb on your ATV! This introductory course starts with a general orientation and then you have the opportunity to "ride and learn". This session includes how to operate an ATV, safety tips and basic maintenance. *(Maximum Class Size is 6 participants)*

## **Archery (Morning Sessions)**

Archery is one of man's oldest skills—but it's not just for men! Come out and experience shooting a bow and arrow on the range and from an elevated tree stand. Learn about choosing your equipment, whether it is a recurve, long bow or compound bow—we'll let you try them all! Enjoy a walk down trails, practicing distance judgment and proper shot placement.



## **Building Walking Sticks**



For those "Diamonds in the Rough". Here's a session for those of you who want to put a little sweat into building a useful keepsake of your experience at Alford Lake. You will build a diamond willow walking stick from materials provided for you. You can put your personal artistic touch into a wood lore device that you can use for years to come as you enjoy hiking the terrific trails of Alberta's backwoods or just strolling through the concrete jungle.

*\*\*First Choice goes to New Participants\*\**

## **Canoeing—Basic (Morning Sessions)**

Learn the basics of open water canoeing including terminology, paddle strokes, entering, and the safe way to handle a canoe. You'll tip your canoe (maybe more than once!) and will be able to practice getting back in.

# Course Descriptions



## **Canoeing—Advanced (Afternoon Sessions)**

Put your new skills to work, by practicing and perfecting your paddling strokes! Learn the canoe over canoe rescue technique, reinforce proper stroke technique by keeping your canoe straight as you race across the lake (proving that technique is more important than power!) You'll also get a chance to practice steering and maintaining control of the canoe while paddling backwards (especially important for navigating river waters!)

**\*\*The Basic Canoeing course is a pre-requisite for this course.\*\***

## **Canadian Firearms Safety Course Challenge: Non-Restricted**

This is a certificate program where qualified instructors will help you with a brief review of non-restricted firearms (rifles & shotguns only—no handguns) with an eye towards getting you to qualify for ownership of a firearms license. This session culminates with you challenging a practical and written exam that qualifies you to obtain a Possession Acquisition License (PAL). There will be some handling of deactivated firearms familiarizing you with all actions and procedures, but no live firing. Guaranteed to get you “on target” with Federal legislation. Study materials shall be made available to you ahead of your session. There will be a fee of \$15.00 for materials and administration of the necessary federal procedures payable with your registration.



**\*\*Be sure to bring one piece of photo identification with you.\*\***

## **Canadian Firearms Safety Course Challenge: Restricted**

Once you've mastered the CFSC Non-Restricted course, why not advance your learning to include restricted firearms? Study materials shall be made available to you ahead of your session. There will be a fee of \$15.00 for materials and administration of the necessary federal procedures payable with your registration.

**\*\*Be sure to bring one piece of photo identification with you.\*\***

## **Firearms Basics—Guns, Guns, Guns**

In this introductory course you will receive one on one instruction with a qualified coach as you experience first hand the fun and challenge of shooting various firearms. You will receive basic instruction on handling while discharging a .22 rifle at a downrange target and a big bore rifle at stationary targets 100 yards down range. Additionally, you will receive an opportunity to shoot clay targets with a shotgun all the while being coached in safety and handling procedures. From paper targets to trapshooting this one is sure to challenge you!



# Course Descriptions



## **Fly Fishing (Morning Sessions)**

Learn the art of casting that irresistible fly! You'll get first hand training on how to use a fly rod and related equipment. Here's your chance to learn yet another method of fishing. Fly fishing is one of the fastest growing outdoor pursuits for people of all ages and both sexes. Be a part of this entry-level session and show off to your friends back home as you cast that fly in Alberta's waterways.

\* See special notes regarding legal requirements for angling.



## **Geocaching**

Now that you have developed some very basic GPS skills, here is your chance to practice those skills and have some fun! Join thousands of outdoor adventurers throughout the world in the sport of Geocaching: a world-wide scavenger hunt where geocaches (buried treasure) are hidden, coordinates are placed on a public website, and it's your job to find the caches, sign the log books, and post your finds. Expect this session to be 10% theory, 90% practice, and 100% fun as you combine GPS with bushcraft, keen eye-sight, and stealth to seek out geocaches (buried treasure in the woods). Learn how to find various types of caches and the group will set one of our own for future sessions to find. Bring a GPS receiver if you have one, if not, GPS receivers will be provided. Expect some mild hiking and maybe some short bush pushing depending on where the caches are hidden. A quick visit to [www.geocaching.com](http://www.geocaching.com) prior to attending might be useful.

## **Handguns**

Always wanted to try shooting a handgun? Here's your chance! Participants will learn the fundamentals of safe handling and shooting techniques as it applies to handguns. Firearms Basics is a useful prerequisite to this session, to familiarize you with firearms and range practice.



## **I Survived! Part 2 of the Overnight Wilderness Survival Session**

After an opportunity to have breakfast and "clean-up," we'll debrief on the wilderness survival session. Was it tougher than you thought? What did you learn? What absolute essentials will you put in your survival pack for the future?



S. Zielke, 2007

## **I've Gone Digital – Now What Do I Do? (Morning Sessions)**

WB? ISO? Exposure Comp? Megapixels? Flash Card? If all these terms are Greek to you, then this class is for you. Bring your digital camera for a hands-on experience focused on de-mystifying all those digital terms. You will be taken step-by-step through the average digital camera menu. Please bring your camera and manual.

# Course Descriptions

## **Let's Go Bowhunting (Afternoon Sessions)**

Bring your bow and take advantage of the opportunity to fine tune your bowhunting skills. We'll help you assess your equipment and properly set a tree stand, including site selection and all safety aspects. Various bowhunting techniques will be covered including blood trailing, range estimation and shot placement. You will be reminded about your responsibilities as a bow hunter and the things you need to consider before, during and after the hunt. Please bring your own bow.

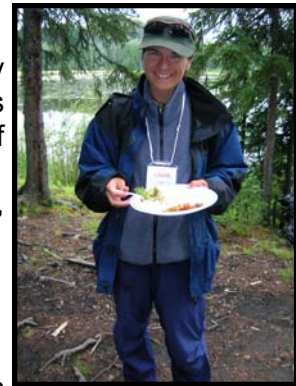
## **Reading the Signs**

The woods can tell a story of their own, if you know what to look for. Learn about animal tracks, scrapes, rubs, mating signs, where they live, and where they eat!

## **Shoot to Impress! (Afternoon Sessions)**

Snapshot or photograph – there is a difference! Love photography but you would like to improve your picture-taking skills? Then this is the class for you. Learn strong compositional rules like the Rule of Thirds to turn your snapshots into works of art.

No prior class needed, but you must bring a camera. Film or digital, but digital is preferred.



## **The Science of Fishing (Afternoon Sessions)**

From the hook to the frying pan! Learn how to tie your knots, prepare your rod and tackle to catch the big one! We'll be using belly boats, pontoon boats and waders, so you'll have a chance to get your "feet wet" in this session! We'll cover fish anatomy and the proper catch and release techniques. We will then help prepare your catch (don't worry, we'll provide the fish!), but you will get the chance to practice filleting, skinning and de-boning.

\* See special notes regarding legal requirements for angling.



# Course Descriptions

## **Trailer**

Back 'er up honey—Ya sure! No really, you can do this! Join the experts as we teach you how to accurately and effectively back up a trailer. Learn how to use your mirrors and avoid the dreaded “jack-knifing”. Maximum class size is 3 people per session.



## **Where am I? Where Should I Be?**

If you own a GPS (Global Positioning System), bring that along as we teach the best way to become familiar with a GPS system. If you don't have a GPS, don't worry, we have a handy supply. No prior experience, confidence, or sense of directions required! We will locate a geocache and maybe even create our own.

## **Wilderness Cuisine**

Be the main attraction at your campsite the next time you head out camping. Join our extraordinary Outdoor Chef and learn the basics of various cooking techniques. Using a variety of techniques, from an open fire to an environmentally friendly stove, prepare your own meal and have everyone else at Alford Lake begging for a taste! Bring your appetite!

## **Wilderness Survival**

This overnight survival session starts on Wednesday afternoon. Join us for an orientation and then head out to spend the night in the woods. You'll build a shelter, light a fire and learn the “menu of the woods”. Basic food is supplied, but you'll be expected to help prepare it. Plan to bring your sleeping bag! Part 1 of the session is Wednesday p.m. and Part 2 is Thursday a.m.





# Other Things To Do (Morning & Evening)



<p><b>Alford Lake Olympics</b> <i>Saturday Evening</i></p>	<p>Plan to put a team together and join in on the fun of the Outdoor Olympics! This is a “fun event” that will take place on Saturday evening. This isn’t your average Olympics—we are dealing with the great Outdoors! We’d love to have you join in, but if you’d rather not, no problem—just sit back and enjoy the show!! This is your chance to put your outdoor skills to work!</p>
<p><b>Arrow Crafting</b> <i>Thursday, Friday, Saturday Evenings</i></p>	<p>Handcrafted arrows—everyone likes the beauty of a handcrafted arrow. Learn to make your own arrows; fromnock, point installation, cresting, and fletching. Make your arrows stand out and easily identified, whether at a 3D shoot or in the field, be the envy of others.</p>
<p><b>Bug Eating Special Presentation</b> <i>Thursday from 4:30 p.m. to 5:30 p.m.</i></p>	<p>“Bring Your Appetite” or join in and watch see what interesting critters you can actually eat!</p>
<p><b>Campfire</b> <i>Thursday Evening (S’mores)</i> <i>Friday Evening (Weiner Presentation)</i> <i>Saturday Evening (Mountain Pies)</i></p>	<p>Join us for our Feature Presentations. Come make new friends and great memories. Bring some stories to share. Warning: Extreme laughter and good times involved.</p>
<p><b>Catch a Falling Star</b> <i>Thursday, Friday, Saturday Evenings</i></p>	<p>Do you need a star to steer by? Weather permitting; join us to watch the stars line up. Identify the common constellations and a few “not so common!”</p>

# Other Things To Do (Morning & Evening)



<p><b>Fly Tying</b> <i>Thursday, Friday, Saturday Evenings</i></p>	<p>Feeling tied down? We can help. This class will teach participants the art of fly tying. Fly types and their uses will be discussed and demonstrated including nymphs, dry flies, wet flies, and streamers. Participants will get the opportunity to try their hand at tying flies which you may bring home as a memento of the weekend.</p>
<p><b>Learn to Score</b> <i>Thursday, Friday Evenings</i></p>	<p>How big ARE those deer, moose, or elk antlers? How about the antelope or sheep horns? Join our Boone and Crockett and Pope and Young official scorer and learn to "measure them up." All measuring tools provided. This is a practical, hands-on session.</p>
<p><b>Nature Power Walk</b> <i>Thursday, Friday, Saturday Mornings</i></p>	<p>Rise and Shine. If you are up for a brisk fresh morning walk, join us at 7:00 a.m. each day for a 45-minute health and nature walk.</p>
<p><b>Soapstone Carving</b> <i>Thursday, Friday, Saturday Evenings</i></p>	<p>This is a beginner's course designed for anyone who has an interest in carving but has been hesitant to try. You will learn how to use various tools and techniques required to make a finished piece of art. NOTE: This class will take both Friday and Saturday evenings to complete your project. Pre-registration required.</p>
<p><b>Wooden Spoon Carving</b> <i>Thursday, Friday, Saturday Evenings</i></p>	<p>Start with a piece of wood and carve your own spoon or other fancy utensils. Pre-registration required.</p>

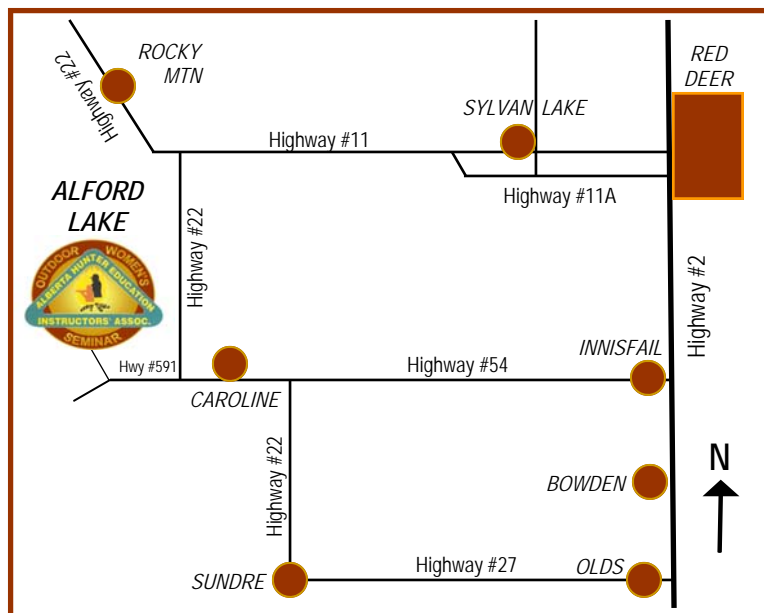
# Location & Facility

## ALFORD LAKE CONSERVATION CENTRE FOR EXCELLENCE

Established in 1974, the Alford Lake Conservation Education Centre For Excellence was designed to provide Wildlife Conservation Education students with an opportunity to experience hands on involvement in programs that introduce them to the outdoors and outdoor skills. The emphasis is always safety.

Owned and operated by the  
Alberta Hunter Education Instructors' Association  
the entire facility consists of:

- ◆ Large meeting room/dining room complete with food service capability.
- ◆ Washrooms and showers.
- ◆ 12 cabins that are winterized and will accommodate over 72 people
- ◆ Classroom facilities
- ◆ RV parking area for up to 16 units
- ◆ Wilderness survival training area
- ◆ Firearm safety training ranges
- ◆ Archery ranges
- ◆ Fishing education area
- ◆ Wildlife and Fisheries identification
- ◆ Outdoor cooking area
- ◆ Equipment storage and maintenance facilities
- ◆ Camp administration building
- ◆ Map and compass course



Alford lake is approximately a 1 hour drive west of Innisfail on Highway 54 and 591 (about 24 km west of Caroline) and 1.6 km north. Watch for signs at the side of the highway, marking the turnoff.

Alberta Hunter Education Instructors' Association  
**ALFORD LAKE**

Box 369 Caroline, Alberta TOM OMO  
Phone: (403) 722-2423 Fax: (403) 722-2445  
E-mail: [alfordlk@telusplanet.net](mailto:alfordlk@telusplanet.net)  
Web Site: [www.aheia.com](http://www.aheia.com)



# SPECIAL NOTES



**\*\*Bring a special memento to add to our 2008 OWP Geo-cache time capsule.\*\***

## ENROLLMENT LIMIT

Workshop enrolment will be limited to 200 participants, so register early! For an explanation of our enrolment policy, please refer to the registration form enclosed within this information package.

## COST – Early Bird

The cost of the program is:

- ◆ Wednesday - Friday - \$125.00
- ◆ Thursday & Friday OR Saturday & Sunday - \$115.00
- ◆ Wednesday - Sunday - \$225.00

## COST – After June 30, 2008

The cost of the program is:

- ◆ Wednesday to Friday—\$145.00
- ◆ Thursday & Friday OR Saturday & Sunday - \$135.00
- ◆ Wednesday—Sunday - \$245.00

You may choose to attend:

- ◆ Wednesday, Thursday & Friday, OR
- ◆ Thursday & Friday, OR
- ◆ Saturday & Sunday, OR
- ◆ Wednesday, Thursday, Friday, Saturday, & Sunday

Accommodation Fees:

You have the option to reserve the following:

- ◆ Cabin
- ◆ RV Space
- ◆ Tent Space

The seminar fee includes all instruction, program materials, use of demonstration equipment, meals and evening programs, with the exception of a \$15.00 fee for the Canadian Firearms Safety Course Challenge (Non-restricted & Restricted)

## EQUIPMENT

Demonstration equipment will be provided by the program.

Feel free to bring your own:

- ◆ Fishing and Archery gear
- ◆ GPS
- ◆ Bow and Arrows

Please read each session description for details relating to that event.

## SPECIAL NEEDS

If you have special needs that require assistance, please indicate so on the registration form and we will try to accommodate them.

## WHAT TO BRING

For our outdoors and hands-on sessions:

### Clothing

- ◆ Comfortable Shoes / Hiking Boots
- ◆ Hat
- ◆ Long Pants
- ◆ Raincoat & Rubber Boots
- ◆ Shoes you can get wet or soiled
- ◆ Sweater or Sweatshirt
- ◆ Swim Wear
- ◆ Warm Jacket

### Personal Gear

- ◆ Alarm Clock
- ◆ All Toiletries including Toilet Paper
- ◆ Batteries
- ◆ Camera & Film
- ◆ Flashlight
- ◆ Indoor Slippers
- ◆ Insect Repellent
- ◆ Lawn Chair
- ◆ Lip Balm
- ◆ Matches
- ◆ Pocket or Small Knife
- ◆ Sunglasses
- ◆ Sunscreen
- ◆ Towel & Face Cloth
- ◆ Water Bottle

### Sleeping Equipment

- ◆ Foam Mattress
- ◆ Sleeping Bag, Sheets, Pillow
- ◆ Tent or Trailer (if not bunking)

### Items Not Allowed

- ◆ Axes or Hatchets
- ◆ Non-Prescription Drugs
- ◆ ALCOHOL
- ◆ FIREARMS
- ◆ Smoking only in designated locations
- ◆ Pets are not permitted in the eating areas or on the ranges and must be controlled at all times. Camp staff, at their sole discretion, can and will require pets to be removed from the grounds if they become a nuisance. If you can avoid bringing your pet – please do so.

### SPECIAL NOTES:

- ◆ All eating utensils are supplied
- ◆ All ladies who wish to go fishing, who have reached their 16<sup>th</sup> birthday require an Alberta Angling License

*The Alford Lake Centre Is a Drug and Alcohol Free Area.*

*Anyone Consuming And/Or*

*Under The Influence of Alcohol or Drugs*

*Will Be Required to Leave Our Facilities.*

## Outdoor Women's Program "SPECIAL SPONSORS"



For More Information Contact:

Alberta Hunter Education Instructors' Association

#88, 4003—98 Street Edmonton, Alberta T6E 6M8

Phone: 780-466-6682 or 1-866-282-4342 Fax: 780-431-2871

Email: [edmontoninfo@aheia.com](mailto:edmontoninfo@aheia.com) Website: [www.aheia.com](http://www.aheia.com)