



**September 17-19, 2010**  
at  
**Edward F. Kehoe Green Mountain  
Conservation Camp  
Castleton, Vermont**

*“Striving to encourage and enhance the participation of women of all ages and abilities in outdoor activities, through hands-on education, challenging leadership, citizenship and life skill learning opportunities”*



FW4  
Fish & Wildlife Department  
C/O Ann Shangraw  
103 S. Main Street, 10 South  
Waterbury, VT 05671



## Welcome to the 2010 Becoming an Outdoors Woman Program!

Come join us on September 17-19, 2010 at Edward Kehoe Conservation Camp in Castleton, Vermont for a weekend of outdoor fun. This program is offered through the joint efforts of the Central Vermont Longbeards and Vermont Fish & Wildlife Department.

Expert instructors are provided for all classes. Participants will be encouraged to ask questions, experiment, have a hands-on experience, and most of all.....HAVE FUN!

If you have any questions, please call or email Ann Shangraw at (802) 241-3720; or [ann.shangraw@state.vt.us](mailto:ann.shangraw@state.vt.us)

### General Information

**Registration** First-come, first-serve basis. Spaces fill quickly, so don't delay in returning your registration form with your top choices of classes to participate in. Everything you need to register is included in this booklet; however, if you have additional questions please contact the individuals listed above. Participants must be 16 years of age or older.

**Cost:** \$90.00 This fee covers all expenses, including your lodging in our rustic cabins, meals, necessary equipment and t-shirt. A confirmation package will be mailed during the week of August 10. Your confirmation package will include your class schedule and directions to the facility. The program starts on Friday evening. It is important to plan on attending the entire session.

**Cancellation/Refund Policy:** If you must cancel, your fee will be refunded if we receive notice before August 10, 2009. No refunds will be issued under other circumstances.

## DIRECTIONS:

The Edward Kehoe Conservation Camp is located on 636 Point of Pines Road in Castleton, Vermont.

### From Rutland:

Route 4 West, Exit is marked for the E. Kehoe Conservation Camp, take a left at the bottom of the ramp, continue to the traffic light (this is Castleton Four Corners), take a right and continue west, once you pass a marina on your right, take the next right—Lake Shore Road, continue under the overpass, take your first left—this is Point of Pines Road. Continue on Point of Pines Road for approximately 1/2 mile, camp facility is on the right.

## NOTES:



# Return this page.....

## Class Registrations

Please remember that classes have limited space. Register as early as possible—classes are first come, first serve.

Please return this page along with your payment of \$90.00 to:

**Ann Shangraw, VT Fish & Wildlife Department, BOW Program,  
103 S. Main Street, 10 South, Waterbury, Vermont 05671-0501.**

**Important—make all checks payable to BOW please.**

### Mailing address for all correspondence, questions and conformation information:

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Quiet Cabin YES NO (circle one please)

T-Shirt Size: S M L XL 2XL 3XL

### Risk Release and Photo Permission

By signing this form, I agree and understand that camping is an activity that carries with it the risk of damage to or loss of personal property, as well as the risk of personal injury such as the risk of strains, cuts, broken bones or death. By signing this form I agree to hold harmless and indemnify the Vermont Agency of Natural Agency (ANR) from any claim for personal injury or property damage arising from our activities while involved in camping or outdoor classes and events. I understand and agree that I will be responsible for any medical expenses which arise out of our participation in this event and in the event of an emergency, I agree to have Vermont ANR seek emergency medical treatment on my behalf. This waiver shall not apply to those claims for property damage or personal injury which arise due to the sole negligence of the Vermont ANR.

Further, the ANR may use my image in print, electronic, and/or video format for publishing in promotional material for this program. I release all claims against the ANR with respect to copyright ownership and publication including any claim for compensation related to the use of the materials.

\_\_\_\_\_  
Signature Date

No dogs or children are allowed. This is a weekend for you to relax and enjoy the outdoors while making lasting friendships—please be sure to leave all pets and children at home.

**Equipment:** Equipment will be provided for all classes unless otherwise noted in the Special Information section below or in the class description.

**What to Bring:** Pack warm and cool clothes, a sun hat, flash light, rain gear, hiking boots or walking/tennis shoes, water bottle, sunscreen, insect repellent, camera, overnight bag & bedding (camp cots provided), and a swimsuit.

**About Edward Kehoe Conservation Camp:** Fondly referred to as “Kehoe,” this is an established Conservation Camp used during the summer months for youth between the ages of 12-16. The camp has bunkhouses with cots, established restrooms with showers and flush toilets. Meals will be served in the newly constructed Education Center. There is a centralized car parking area that requires a short walk to the bunkhouse area. In case of adverse weather, there are indoor classroom areas. The cabins and Education Center are clustered on a beautiful sloping hill overlooking Lake Bomoseen. The water is only a short walk away for those participating in water recreation. Anyone requiring special lodging arrangements should make a notation on their registration form.

**Buddy System:** Bunks and bunkhouses will not be reserved or assigned. Lodging will be on a first come, first serve basis. Each bunkhouse houses 10 people. If you have a group or individuals that you’d like to room with arrive together at registration time. We will be offering “Quiet” cabins, please refer to the registration page.

**Fishing Licenses:** Anyone 15 years of age or older who intends to fish during “Advanced Fishing” must hold a current Vermont Fishing License. Anyone participating in the Let’s Go Fishing class does not need a fishing license. We encourage you to purchase your license in advance. Many species are abundant in Lake Bomoseen, so bring your fishing rod if you have one or borrow one from us.

Becoming an Outdoors Woman T-Shirts: On the registration form you are asked to provide us with your t-shirt size. There is no additional charge.

## 2010 Daily Schedule

### Friday, September 17

3:00-5:00pm Registration  
 5:00-6:00pm Social Hour  
 6:00-7:00pm Dinner  
 8:00 Exploring the Night Sky

### Saturday, September 18

5:30-7:00am Bird Walk  
 7:00-8:00am Breakfast  
 8:30-Noon Workshops  
 Noon—1:00pm Lunch  
 1:30-5:00pm Workshops  
 5:30-6:30pm Dinner  
 6:30-8:00pm Introduction to Vermont Furbearers  
 8:00 Campfire

### Sunday, September 19

7:00-8:00am Breakfast  
 8:30-1:00pm Workshops  
 1:00pm Lunch & Event Wrap-Up

\*\*\*All classes are first come, first serve and have a minimum attendance of 5. We reserve the right to cancel any class due to circumstances beyond our control.



## Saturday, September 18, 2010

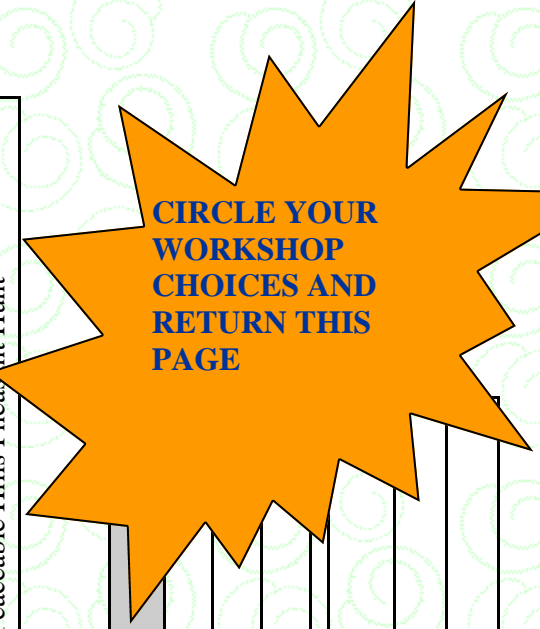


I wish to attend the Bird Walk

8:30am—10:00am	10:30am—Noon	1:30pm—3:00pm	3:30pm—5:00pm
Let's Go Fishing	Intro to Fly Fishing	Skeet	Intro to Archery
Intro to Archery	Skeet	Intro to Handguns	Basic Safety, Compass & Outdoor Survival
Intro to Handguns	Intro to Archery		Skeet
Outdoor Photography		Advanced Fishing-Cleaning & Cooking	
Kayaking		Dutch Oven Cooking	
Hiking		Peacable Hills Pheasant Hunt	

## Sunday, September 19, 2010

8:30am—10:30am	11:00am—1:00pm
Turkey Hunting	Game Cooking
Basic Safety & Compass	Advanced Compass
Let's Go Fishing	
Kayaking	
Handguns' II	
Tracking	



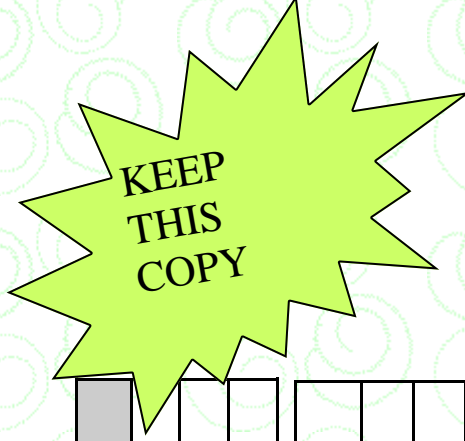
**CIRCLE YOUR WORKSHOP CHOICES AND RETURN THIS PAGE**

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Intro to Handguns	Intro to Archery		Skeet
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Handguns II	
Tracking	



## Class Descriptions

### Early Bird Special:

Join a biologist for a bird watch stroll on the Kehoe Nature Trail. Learn to identify by sight and sound. Bring your binoculars and identification books if you own them.

### Hiking:

By request we have added a hiking experience. Enjoy the foliage and views that Bomoseen has to offer. Be sure to have appropriate shoes, clothing and a water bottle.

### Game Cooking:

A professional chef will join us to demonstrate some interesting techniques and recipes for preparing your game. Depending on the availability this could include venison, moose, turkey, goose or duck. If you enjoy cooking you'll love this class.

### Advanced Compass:

For those who have already mastered the art of compass reading, and even those that haven't, follow the clues and locate hidden objects—similar to geocaching. Those that collect objects from all of the stations will receive a *special prize!*

### Off-Site Pheasant Hunt: ★

New class offering—don't miss this one! Must hold a valid Vermont Hunting license to participate. Participants will be transported off-site to experience a guided pheasant hunt.



## Class Descriptions (cont.)

**Let's Go Fishing:** Learn the basic skills of fishing and how to have fun and be successful. You may bring your own gear if you wish. Gear will be provided for those without. No fishing license is required.

**Introduction to Fly Fishing:** Learn basic skills of fly fishing, including basic gear and technique

**Advanced Fishing: Extended Class** Now that you've learned the basics—let's learn how to identify the many fishes of Vermont. Better yet, let's learn how to clean and cook our catch. Join Tom Jones, Fish & Wildlife Fish Biologist, for a fun filled *fishy* afternoon.

**Introduction to Archery:** Archery is growing in popularity with many as their choice of hunting and recreational activity. You will learn how to shoot compound and/or traditional bows at targets. Bring your own bow if you have one!

**Introduction to Handguns:** Learn the basics of shooting a handgun including safe handling and parts of the gun.

**Handguns II: Extended Class** After taking the Introduction workshop, spend some additional time shooting and learning how to care for your firearm.

**Skeet Shooting:** This course will cover basic shotgun shooting, identification and safety. Learn the basics and then try your skill at skeet shooting.

**Dutch Oven Cooking: Extended Class** Learn the practical skills of our ancestors with dutch oven cooking.

**Tracking: Extended Class** Vermont wildlife—where do they live, what do they eat, how do they mark their territory? What kind of tracks do they make?

**Turkey Hunting:** Learn how to determine the age and gender of a wild turkey as well as how to identify turkey sign. Discuss techniques and equipment with QuakerBoy Pro Michael LeFebvre.

**Kayaking: Extended Class** Learn how to enjoy the water from a kayak, including how to get in and out, rolling and basic maneuvers for safe kayaking.

**Outdoor Photography: Extended Class** Let your creativity flow! Learn how to emphasize nature's beauty. Bring your own camera and supplies. Some easy walking required.

