

AHEIA's 29th Annual Outdoor Women's Program

August 9-13, 2023

Alford Lake Conservation Education Centre for Excellence



Information Package

The Annual Outdoor Women's Program (OWP) offers women of all ages the opportunity to experience, explore and develop an understanding of the natural world through a wide range of hands-on programs.

The event is held at the Alford Lake Conservation Education Centre for Excellence near Caroline, Alberta. Women participate at their own speed and level of interest, and are welcome to try everything from fly fishing, shooting, to operating a chainsaw. Sessions run approximately 3 hours and cover topics such as outdoor survival, canoeing, archery, outdoor cooking and wildlife identification. Patient and knowledgeable instructors encourage each woman towards her own level of confidence and competence with every new skill. The camp is open to women 18 years of age and older.

This information package outlines in detail all of the sessions offered at the 2023 OWP, pricing, and information about camp. You may choose to attend for a few days, but we recommend committing for the entire program for a truly in-depth experience. **Registration** is online through our website, **aheia.com**, and is on a first-come, first-served basis.



Alberta Hunter Education Instructors' Association

911 Sylvester Crescent SW, Calgary, AB T2W 0R8

Phone: (403) 252-8474 or Toll Free: 1-866-852-4342

Email: info@aheia.com

Schedule of Events

Please note: Due to size limitations, participants will not be permitted to repeat a session at the 2023 camp.

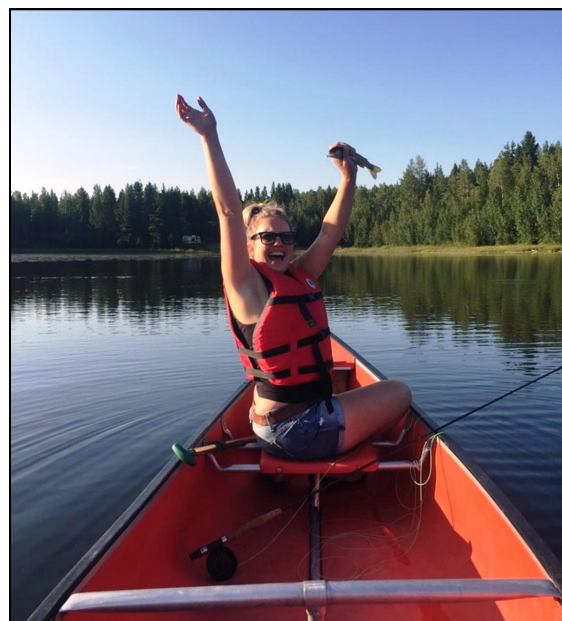
Day One - Wednesday August 9, 2023	
3:00 PM - 9:00 PM	Registration/Check-in
4:30 PM - 5:30 PM	Dinner
5:30 PM	Opening Comments
6:00 PM	Session 1 - Overnight Wilderness Survival - Orientation for participants registered then depart
*Please Note - Important	All participants registered in the Overnight Wilderness Survival Session must arrive before 4:00 PM

Day Two - Thursday August 10, 2023	
7:15 AM - 8:30 AM	Breakfast
8:30 AM - 9:00 AM	Introduction and Welcome
9:00 AM - 12:00 PM	Session 2 (Regular Sessions Commence)
12:00 PM - 1:00 PM	Lunch
1:00 PM - 1:15 PM	Announcements
1:15 PM - 4:15 PM	Session 3
4:15 PM - 5:30 PM	Free Time
5:30 PM - 6:30 PM	Dinner
7:00 PM	Evening Sessions (optional)

Day Three - Friday August 11, 2023	
7:15 AM - 8:30 AM	Breakfast
8:45 AM - 9:00 AM	Announcements
9:00 AM - 12:00 PM	Session 4
12:00 PM - 1:00 PM	Lunch
1:00 PM - 1:15 PM	Announcements
1:15 PM - 4:15 PM	Session 5
4:15 PM - 5:30 PM	Free Time
5:30 PM - 6:30 PM	Dinner
7:00 PM	Evening Sessions (optional)

Day Four - Saturday August 12, 2023	
7:15 AM - 8:30 AM	Breakfast
8:45 AM - 9:00 AM	Announcements
9:00 AM - 12:00 PM	Session 6
12:00 PM - 1:00 PM	Lunch
1:00 PM - 1:15 PM	Group Photo
1:15 PM - 4:15 PM	Session 7
4:15 PM - 5:30 PM	Free Time
5:30 PM - 6:30 PM	Dinner - Pig Roast
7:00 PM	Alford Lake Olympics

Day Five - Sunday August 13, 2023	
7:15 AM - 8:30 AM	Breakfast
8:45 AM - 9:00 AM	Announcements
9:00 AM - 12:00 PM	Session 8
12:00 PM - 1:00 PM	Lunch
	Fond Farewells



Registration Building / OWP Store

The registration building is located past the south end of the main hall. Upon arrival at camp, please check in and AHEIA staff will get you registered on-site and give you your welcome package.

The building will be open each day (closed during meals) where you can find AHEIA staff if you require assistance. You will also find OWP clothing, merchandise, and raffle tickets available for purchase.

Session Information

All AHEIA courses are instructed by qualified and committed individuals who are dedicated to introducing people into the wonders of the great outdoors. The following is a list of the sessions available at this year's OWP. Although there are many topics to choose from, the maximum number of sessions in which you can participate is 8 if you register for all 5 days. We will do our best to accommodate your top preferences.

Archery Thursday AM, Friday AM, Saturday AM, Saturday PM, Sunday AM	Archery is one of civilization's oldest skills. Come out and experience shooting a bow and arrow on the range, practicing distance judgement and proper shot placement on both bullseye targets and 3D animals.
Build Your Own Survival Bracelet Thursday PM, Friday PM, Saturday PM, Sunday AM	Learn the craft of constructing a survival bracelet made from paracord (parachute cord). From using it as a rope or harness, sewing thread or fish line, snare or trap, or a first aid resource, this bracelet made of 550 paracord will never leave your side!
Canoeing Thursday AM & PM, Friday AM, Saturday AM & PM, Sunday AM	Learn the basics of open water canoeing including terminology, paddle strokes, entering and the safe way to handle a canoe.
Chainsaw Skills Thursday PM, Friday PM, Saturday PM	This session will teach you the safe handling of one of the handiest outdoor tools. You'll learn how to start and to use this machine. Please bring <u>good hiking boots</u> or <u>steel toed boots</u> if you have them to protect your feet, and <u>gloves to protect your hands</u> .
Field Dressing Thursday PM	Following a successful harvest, the essential first step is to properly field dress your animal and care for the meat. In this hands-on session, you will learn the skills of field dressing of various game and are able to participate at your own comfort level.
Field to Table & What Happens In-between Friday PM, Saturday AM	Join our newest celebrity, Fatima Dhooma, as she takes you through her journey as a Muslim woman going from a practicing vegetarian to a hunter who kills, prepares, and consumes her own meat. Fatima's mentored hunt with AHEIA in the fall of 2021 was documented by CBC and turned into a four-minute spot that has been seen and acclaimed across Canada. She will discuss the emotional connection to her food as well as some of the secrets and recipes she uses to honour the animals that have given their lives in her journey to feed her family.
Firearms - Shotgun & Rifle Thursday AM, Friday AM, Saturday AM, Sunday AM	In this introductory session you will receive instruction from qualified coaches as you experience the fun and challenge of shooting various firearms.
Firearms - Handgun Thursday PM, Friday PM, Saturday PM	Participants will learn the fundamentals of safe handling and shooting techniques including the basic two hand grip when shooting a semi automatic and a revolver, sight alignment as well as loading and unloading of a handgun.
Fly Fishing Thursday AM, Friday AM, Saturday AM, Sunday AM	Fly fishing is one of the fastest growing outdoor pursuits. 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 to enjoy on Alberta's waterways.

Session Information—Continued

Fly Tying Thursday PM, Friday PM, Saturday AM & PM, Sunday AM	This session 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 try their hand at tying flies, which they may keep at the end of the class.
Gun Cleaning & Maintenance Friday PM, Saturday PM, Sunday AM	Keep your firearm in proper working order. Learn how to clean rifles and shotguns and do a general check of gun function. Topics include bore, action, stock and scope cleaning and will also provide you with the knowledge of what to look for when assessing your firearm including rust, pitting and loose parts.
Introduction to Hunting Migratory Birds Thursday AM/PM, Friday AM/PM,	This session focuses on the basics of hunting waterfowl. You will learn about types of firearms & ammunition, identifying fields, obtaining landowner permission, and you will set up blinds and decoys and do some bird calling.
Knife Making Friday PM, Saturday PM	Discover the art of Knife Making! Everything is included for you to craft a knife and sheath with a handle customized by you. <i>An additional fee for supplies is required, payable at the time of registration.</i>
Leather Footwear Making Saturday AM	In this session participants will work with leather to create a pair of custom fitting shoes. Participants will take home their completed shoes, custom pattern and instructions. <i>An additional fee for supplies is required, payable at the time of registration.</i>
Make Your Own Leather Gun Sling Friday PM, Saturday PM	A gun sling is a strap designed to allow a shooter to conveniently carry a long gun. Custom embellish designs on your leather strap with stamps and leather carving tools.
Firearms - Muzzleloading Friday PM, Saturday PM	Try your hand at muzzleloading, a unique pastime often used in historical re-enactments. In this session you will receive one-on-one instruction from a qualified coach as you experience the fun and challenge of shooting a muzzleloader.
Navigating “The Rules” With Your Local Game Warden Friday AM	Speakers from our local fish & wildlife office will help you make sense of some of the seemingly endless number of hunting laws that new hunters need to know about. They will show you where to find most of the information you will require, and will also explain the draw system and how to take part in that process. They will also talk about some of the unwritten rules that we commonly think of as hunting ethics that are important not only for safety, but also for landowner relations, and conservation.
Orienteering - Compass & Map Reading Saturday PM	Learning how to use a map and compass in unknown terrain can be a lot of fun and provide you with valuable survival skills, especially if your phone or GPS loses satellite signals, or malfunctions due to battery loss. Learn about topographical maps, orienteering maps and using a compass to plot your route. We will have some fun on a pre-designed course and who knows ... this may become a new hobby for you to enjoy or even a competitive sport!

Session Information—Continued

Predator Awareness Saturday AM & PM	As population numbers increase and more land is developed, we are seeing more interaction with carnivores such as bears and cougars. Learn practical safety and awareness tips about sharing space with these magnificent creatures. We'll discuss general characteristics, habits, population and common ranges, along with identification and distinguishing features. The important Do's and Don'ts if you encounter a predator and what to do to minimize the chance of such a meeting. We'll discuss food sources, tracks and hunting.
Reel Fishing Thursday AM & PM	From the hook to the frying pan! Learn how to tie your knots, and prepare your rod and tackle to catch the big one! We'll cover fish anatomy and the proper catch and release techniques. If you catch a trout from Alford Lake, you'll get a chance to practice filleting, skinning and de-boning.
Sausage Making Thursday AM & PM, Friday AM	Actively participate in the process to make a fresh sausage. Process and recipe for smoked sausages will also be covered. Everyone will take home a coil of sausage.
Traditional Knowledge Friday AM	Discover traditional Indigenous knowledge, its perspective and teachings, and how it relates to western knowledge regarding conservation. Our world-renowned instructor will introduce you to Indigenous philosophies and how they tie into respect for the land. You will also learn about traditional medicines and be introduced to the steps of hide tanning.
Wilderness Cuisine Thursday AM , Friday AM, Saturday AM	This session will cover care and storage of wild meat and fish as well as various cooking techniques in the field. Participants will prepare, cook and taste big game, waterfowl, game birds and fish. A variety of cooking techniques and recipes will be demonstrated. Common mistakes in handling and cooking wild game will be highlighted, and students will learn simple techniques that can be applied to a variety of wild meats for excellent results. Demonstrations will include cooking over an open fire (fire-bans permitting), use of camp stoves, outdoor grills and deep fryers as well as how to prepare various cuts of game. You will learn simple but effective techniques that can be transferred from the kitchen to the open fire to yield excellent results.
Wilderness Survival - OVERNIGHT Part 1 Wednesday PM	<p>Experience a night out in the woods to see how you might react to having to fend for yourself and maybe one or two others. This session starts Wednesday afternoon (please arrive no later than 4:00 p.m. Wednesday). We will gather for a brief orientation at 5:30, take a few minutes to get our packs organized then depart for the training site at 6:00 p.m. The site is approximately 500 meters on a well-marked trail and we will make a couple of stops along the way to demonstrate how to build a quick but intense campfire then look at basic shelter alternatives. Return to camp around 7:00 a.m. on Thursday morning.</p> <p>Bring sleeping bag, a water bottle, small tarp, insect repellent and a long-handled (20"-28") axe—(NO hatchets). We will supply plastic, matches and jugs of water.</p> <p>*Maximum of 15 Participants</p>

Session Information—Continued

Wilderness Survival - OVERNIGHT Part 2 Thursday AM	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 in the future?
Wilderness Survival Skills Walk Friday AM , Saturday PM, Sunday AM	Participants in the session will walk in the woods to see the resources nature makes available and how we would put them to use when needed. By having just a bit of readily available gear with us during our outdoor pursuits, we should be able to build a warming fire, construct a primitive shelter and signal rescuers using our skills and turn a potential survival situation into a night out in the woods.
Wildlife Identification Thursday AM, Friday AM, Saturday AM	Learn identification skills for various animals from tracks, scat, bedding and feeding areas and the most fun—actually seeing and identifying various types of wildlife.

Evening Activities

Your outdoor fun doesn't end with your daytime sessions! After supper you are free to spend time in the lodge, down at the lake or around the campfire (fire bans permitting). We will also offer additional optional sessions in the evening.

Optional Evening Sessions:

Hunting Dog Demo Thursday at 7:00pm	Demonstration of handler and hunting dog working together to find, flush, and retrieve birds. Watch the handler communicate with the dog through whistle commands and hand signals to locate a bird, flush it for the hunter, mark where the bird falls, and then retrieve to hand. The demonstration reflects a partnership between dog and handler that is built on trust, repetition and desire to hunt birds.
Mentored Hunt Info Session Friday at 7:00pm	Learn about AHEIA's Mentored Hunt/Novice Hunter Program from AHEIA staff who run the program and from hunters and mentors who have taken part. The Mentored Hunt program is designed to take first time or novice hunters out to experience and learn how to hunt game birds and/or big game by partnering with an experienced hunter who will spend at least one day with them. No experience is necessary and AHEIA can supply all needed equipment including transportation to and from the hunting area.

OWP Olympics!

On Saturday night, after the pig roast, it's the OWP Olympics! During the week you can register a team of four people, or submit your name and be included on a team, and put your new found outdoor skills to work while the rest of the camp cheer the teams on. This fun event is a highlight of the OWP!



Session Availability

Session	Availability				
	WED	THURS	FRI	SAT	SUN
Archery		AM	AM	AM/PM	AM
Build your own Survival Bracelet		PM	PM	PM	AM
Canoeing		AM/PM	AM	AM/PM	AM
Chainsaw Skills		PM	PM	PM	
Field Dressing		PM			
Field to Table & What Happens In-between			PM	AM	
Firearms — Shotgun & Rifle		AM	AM	AM	AM
Firearms — Handguns		PM	PM	PM	
Fly Fishing		AM	AM	AM	AM
Fly Tying		PM	PM	AM/PM	AM
Gun Cleaning & Maintenance			PM	PM	AM
Introduction to Hunting Migratory Birds		AM/PM	AM/PM		
Knife Making			PM	PM	
Leather Footwear Making				AM	
Make Your Own Leather Gun Sling			PM	PM	
Firearms - Muzzleloading			PM	PM	
Navigating “The Rules” With Your Local Game Warden			AM		
Orienteering—Compass & Map Reading				PM	
Predator Awareness				AM/PM	
Reel Fishing		AM/PM			
Sausage Making		AM/PM	AM		
Traditional Knowledge			AM		
Wilderness & Survival Skills Overnight - Part 1	PM				
Wilderness & Survival Skills Overnight - Part 2		AM			
Wilderness & Survival Skills Walk			AM	PM	AM
Wilderness Cuisine		AM	AM	AM	
Wildlife Identification		AM	AM	AM	

Cost & Special Notes

The program price includes all instruction, program materials, use of demonstration equipment, meals, and evening programs. See below for material fees applicable to some sessions.

Program Cost	Wednesday Aug-09	Thursday Aug-10	Friday Aug-11	Saturday Aug-12	Sunday Aug-13	Price incl. GST
Wed to Fri	√	√	√			\$ 189.00
Thurs & Fri		√	√			\$ 189.00
Sat & Sun				√	√	\$ 189.00
Wed to Sun	√	√	√	√	√	\$ 299.25

Leather Footwear Workshop - \$40.00

Knife Making Workshop - \$20.00

Hoodie Pre-Order:

You can order an OWP Hoodie when registering online. They are available in sizes from XS- 3XL, come in Light Grey, Dark Grey and Navy Blue, and will have the OWP logo on the front upper left chest. Hoodies are \$52.50 including GST. Payment will be required at time of registration. Limited sizes will be available for purchase at camp.



Please call the AHEIA Calgary office at (403) 252-8474 with your credit card information once you have been notified by email that you are enrolled in the program.

Accommodations:

We have the following accommodations available:

- Cabin
- RV Space
- Tent Space
- Stay offsite

Only registered participants and instructors/volunteers are allowed on the facility.

Participants may be dropped off and picked up, but no guest is allowed to remain on the premises. The Alford Lake Centre is a Drug and Alcohol Free Area. Anyone consuming and/or under the influence will be required to leave our facilities.

No pets are allowed.

What to Bring

Clothing:

- Closed toe shoes/boots for chainsaws
- Comfortable shoes/boots for walking
- Hat
- Indoor shoes/slippers for main dining hall
- Rain gear—raincoat or poncho, rubber boots
- Warm jacket
- Swimwear (Canoeing or evening swim)

Personal Gear:

- All toiletries
- Flashlight
- Insect Repellent
- Lawn Chair (Optional)
- Lip Balm
- Prescription Medication
- Shower Shoes
- Sunscreen & Sunglasses
- Water Bottle

Sleeping Equipment:

- Foam mattress (Optional) as the mattresses in cabins are very firm
- Pillow
- Sleeping bag and blankets

Items NOT Allowed:

- Alcohol
- Hatchets
- Broadhead arrows
- Firearms
- Non-prescription drugs

Smoking only allowed in designated location.

The Alford Lake Conservation Centre for Excellence is considered a rustic camp. Cabin accommodations are heated, and include bunk beds with thin foam mattresses. There are indoor bathrooms and showers located in the main hall, and outhouses throughout the property.

Please come prepared for this type of facility.

Tips for a Successful Camp

Attending the Outdoor Women's Seminar will be a lot of fun and, as some have said, life changing! Our goal at the end of camp is for you to have had a wonderful time and leave with new skills, new friends, and an increased appreciation of our natural spaces.

To help make your experience a success, we have a few tips to get you started:

- There are no outdoor shoes allowed in the main hall. Bring slippers or indoor shoes to wear.
- Each day following breakfast and lunch there will be announcements. This is when you will learn about additions or changes to the schedule, meet instructors and be advised of important camp information. Be prepared to leave for your session immediately following the announcements.
- On Day 5, Saturday, we will be taking a group photo after lunch. Please wear your OWP t-shirt which you received upon registration.
- After registration and you have taken your belongings to your cabin or have set up your tent, we ask that you move your car across the road to the parking lot at the range. The parking lot at the main hall must remain clear for emergency vehicles.
- Camp is located in the foothills and we have experienced all four seasons during an OWP week. Evenings can be chilly and days quite hot. Bring layers of clothing to accommodate all conditions.
- You will be in bear country. Although the possibility of encountering a bear with so many people in one area is slim, it still can happen. We recommend you go through the AHEIA Bear Aware course. A link will be provided to you with your confirmation email.
- There is a large campfire area near the cabins and evening campfires are a fun way to end the day (barring fire bans). Instruments and singing voices are welcome! We do ask that things wrap up by 10:00 PM out of respect for those headed to bed.

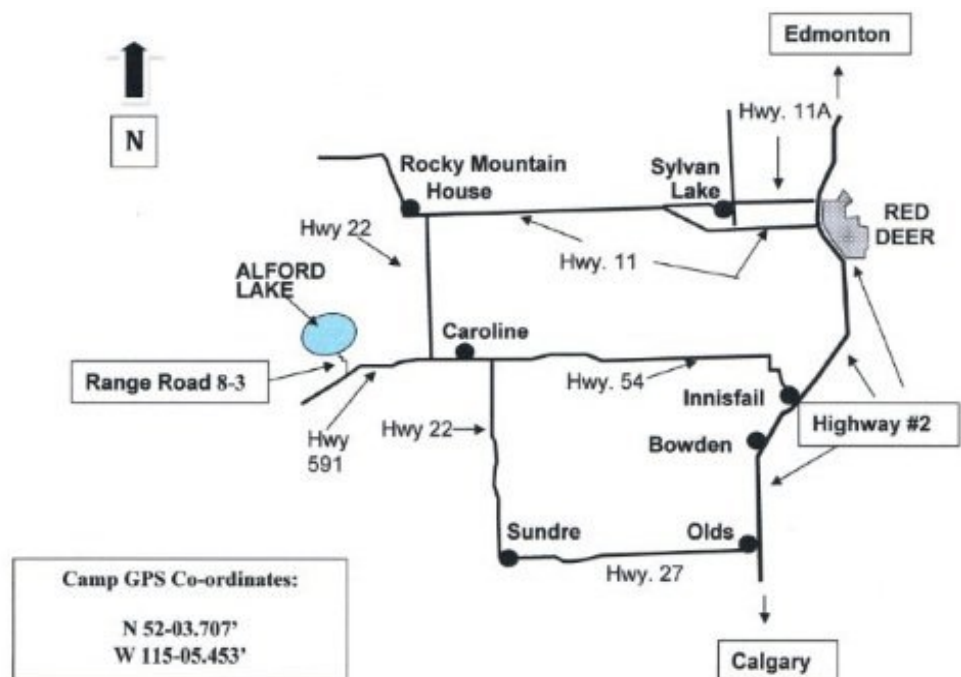
Location

Alford Lake Conservation Education 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.

Alford Lake Conservation Education Centre for Excellence is located approximately one hour drive West of Innisfail on Highway 54 & 591 (24 km West of Caroline), and then approximately 1.6 km North of Highway 591 on Range Road 8-3 North.

Watch for our camp sign at the North side of Highway 591, making the turn towards Alford Lake on Range Road 8-3 North.



Alberta Hunter Education Instructors' Association
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Alberta Hunter Education Instructors' Association

Who We Are:

The Alberta Hunter Education Instructors' Association (AHEIA) is a not-for-profit organization that works to educate the public on the importance of protecting the places and wildlife cherished by Albertans.

As a registered charity in Alberta, AHEIA provides conservation and outdoor education to the public and has proudly done so since 1964.

The Goals and Objectives of our Association are:

- To promote the highest standard of sportsman behaviour.
- To teach and promote the ethical and humane treatment of fish, wildlife and all other living creatures.
- To support the improvement of Conservation Education.
- To promote Hunter Education Curriculum and instruction development.
- To promote communication among all instructors in the Conservation Education and Hunter Education Programs.
- To promote affiliation with Conservation and Hunter Education interest groups.

We are the Voice of Fish and Wildlife Conservation Education in Alberta



Did you know:



- The cost of the one week long Outdoor Women's Program, including three meals and one snack per day, is approximately **\$130,000 or \$550 per participant.**
- It takes an annual operating budget of approximately \$4.3 million to deliver all facets of Conservation Education to approximately 100,000 Albertans annually.
- Every cent of every dollar that is donated goes into Conservation Education program delivery.
- AHEIA does not charge fees on a cost recovery basis for their programs, and survives by donations!

How can I help?

PLEASE CONSIDER A FULLY TAX DEDUCTIBLE DONATION TO OUR CAUSE

As a charity, our ability to continue to offer programs is largely due to the generosity of individuals like you!

AHEIA provides conservation education programs that benefit all Albertans, including the annual Outdoor Women's Program, Youth seminars & Camps, Teachers' Workshops, National Archery in the Schools Program, Hunter Education, Women and Youth Trap Shooting & Archery Leagues, Canadian Firearms Safety Courses, the Pleasure Craft Operator Training program, Bear Safety, and many more.

Donating is EASY!

- Through our website: **aheia.com/donate**
- Call our offices toll free - Credit card and debit accepted:
Calgary 1 (866) 852-4342
Edmonton 1 (866) 282-4342
- Donate at the Outdoor Women's Program - Credit card, debit and cash accepted
- Mail a cheque to: AHEIA
911 Sylvester Cres. SW
Calgary, AB T2W 0R8



We thank you for your support

Thank you to our Sponsors

The Alberta Hunter Education Instructors' Association is a non-profit organization that works to educate the public on the importance of protecting the places and wildlife cherished by Albertans. We have provided conservation and outdoor education to the public since 1964.

As a registered charity, we rely on grants, sponsorship and donations to operate programs such as the Outdoor Women's Program, and make it as financially accessible as possible to all participants.

Listed below are corporate partners who's sponsorship aids us in realizing our endeavours:



Alberta Conservation Association

