

AHEIA's 27th Annual Outdoor Women's Program

August 7—8, 2021

Alford Lake Conservation Education
Centre for Excellence



Welcome to the 27th Annual Outdoor Women's Program!

We are very excited to be offering an abbreviated version of the 2021 Outdoor Women's Program (OWP) at the Alford Lake Conservation Education Centre for Excellence. This year you can participate in a total of 8 sessions over two days, each two hours long. The event will run rain or shine.

Out of abundance of caution for our students, staff and volunteers, we are adopting a cautionary approach to the program. Cabin accommodations are available to people in the same cohort group but, if possible, we encourage you to bring a tent or an RV. Social distancing will take place during sessions and in the main hall when meals are provided. Masks are optional but recommended indoors.

Registration is online through our website, aheia.com, and is on a first-come, first-served basis but also tied to the parameters of overnight requirements. We will do our best to accommodate as many people as possible and will notify you by email regarding your participation. Once you have secured a spot, you must call our Calgary office with your credit card information for payment: (403) 252-8474.

If you would like to arrive on Friday evening, you can do so between 7:00-9:00pm. There will not be any food services available on the Friday evening.

Day One - Saturday August 7, 2021	
7:30 AM - 8:30 AM	Registration/Check-in/ muffins & coffee
8:45 AM	Announcements
9:00 AM - 11:00 AM	Session 1
11:15 AM - 1:15 AM	Session 2
1:15 PM - 2:15 PM	Lunch
2:15 PM - 4:15 PM	Session 3
4:30 PM - 6:30 PM	Session 4
7:00 PM	Dinner
Evening	Free time

Day Two—Sunday August 8, 2021	
7:00 AM - 8:00 AM	Breakfast
8:00 AM - 8:15 AM	Announcements
8:30 AM - 10:30 AM	Session 5
10:45 AM - 12:45PM	Session 6
12:45 PM - 1:45 PM	Lunch
1:45 PM - 3:45 PM	Session 7
4:00 PM - 6:00 PM	Session 8
6:00 PM	Depart for home

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 various topics available at this year's OWP. Although there are 12 topics to choose from, the maximum number of sessions in which you can participate is 8. We will do our best to accommodate your preferences.

Archery	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, practicing distance judgement and proper shot placement on both bullseye targets and 3-D animals.
Canoeing	Learn the basics of open water canoeing including terminology, paddle strokes, entering and the safe way to handle a canoe.
Firearms — Shotguns	In this introductory session you will receive instruction from a qualified coach in safe handling procedures of shotguns including positioning and sight alignment, how to load and unload the shotgun and also enjoy shooting clay targets with a shotgun.
Firearms—Rifle	In this session you will receive and experience first-hand the fun and challenge of rifle shooting, gaining basic knowledge on loading and unloading, and use of a scope while discharging a big bore rifle at stationary targets 100 yards down range.
Firearms—Handguns	Have you always wanted to try shooting a handgun? Here's your chance! Participants will learn the fundamentals of safe handling and shooting techniques including the basic two hand grip when shooting a pistol and a revolver, sight alignment as well as loading and unloading of a handgun.
Fly Fishing	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

Gun Cleaning & Maintenance	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	This enjoyable session focuses on the basics of hunting waterfowl. You will learn about types of firearms & ammunition, identifying fields and landowner permission, and you will set up blinds and decoys, and do some bird calling.
Muzzleloading	Try your hand at muzzleloading, a unique pastime often used in historical re-enactments. In this introductory course you will receive one-on-one instruction from a qualified coach as you experience first-hand the fun and challenge of shooting a muzzleloader.
Photography Outdoors	Snapshot or Photography - there is a difference! Love photography but you would like to improve your picture-taking skills? Learn strong compositional rules like the Rule of Thirds to turn your snapshots into works of art. Learn how to take beautiful wildlife photos! Bring your camera!
Trailerling	Learn how to accurately and effectively back up a trailer, how to use your mirrors and avoid the dreaded "jack-knifing".
Wilderness Survival Skills Walk	Spending time in the outdoors is, according to statistics, a safe pastime relative to other activities we may undertake. Problems sometimes arise when we head out unprepared for the environment or when we underestimate the true risks of these activities. 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.

Cost & Special Notes

The cost of this year's Outdoor Women's Program is \$173.35 + GST per person.

The program fee includes all instruction, program materials, use of demonstration equipment, meals and a T-Shirt!

Please call the AHEIA head office in Calgary at (403) 252-8474 with your credit card information once you have been notified that you are enrolled in the program. **We will email you a list of the sessions you will be taking prior to the OWP.**

Accommodations:

We have the following accommodations available:

- Cabin—same cohort group
- RV Space
- Tent Space
- Stay off site

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

Personal Gear:

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

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
- Swim wear (Canoeing or evening swim)

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 locations.

For more information, contact:
Alberta Hunter Education Instructors' Association
911 Sylvester Cres SW, Calgary, AB T2W 0R8
403-252-8474 or 1-866-852-4342
info@aheia.com
aheia.com

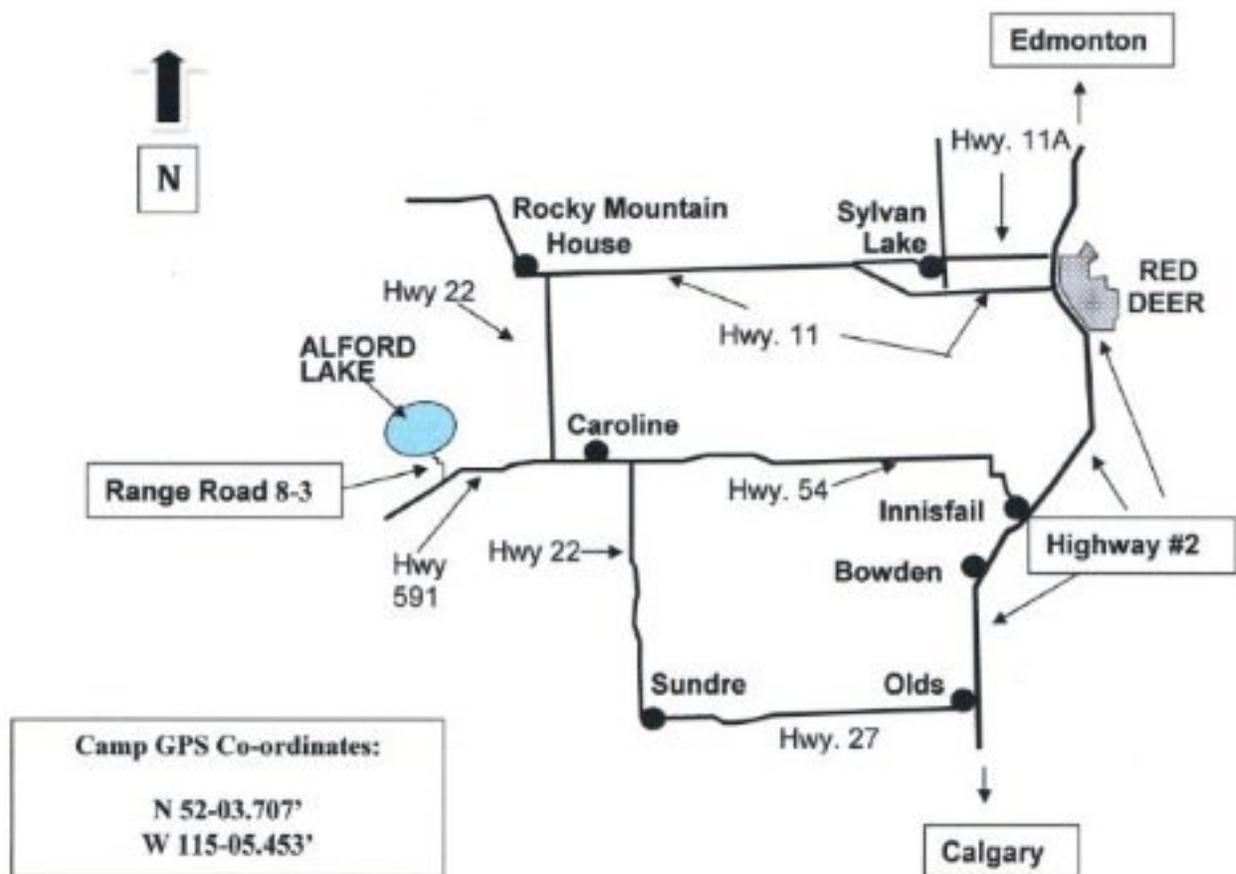
Location

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
ALFORD LAKE
PO Box 369, Caroline, Alberta TOM OMO
Phone: (403) 722-2423 Fax: (403) 722-2445
alfordlake@xplornet.com

Thanks to our Gold Level Sponsors:



Alberta Conservation Association

