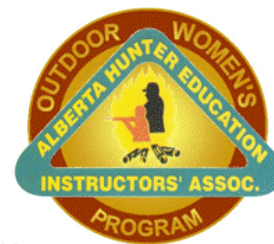


AHEIA's 28th Annual Outdoor Women's Program

August 3—7, 2022

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, and backing up a trailer, to operating a chainsaw. Sessions run approximately 3 hours and cover topics such as outdoor survival, canoeing, archery, waterfowl hunting, 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 2022 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, but also on the parameters of overnight requirements.



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 2022 camp.

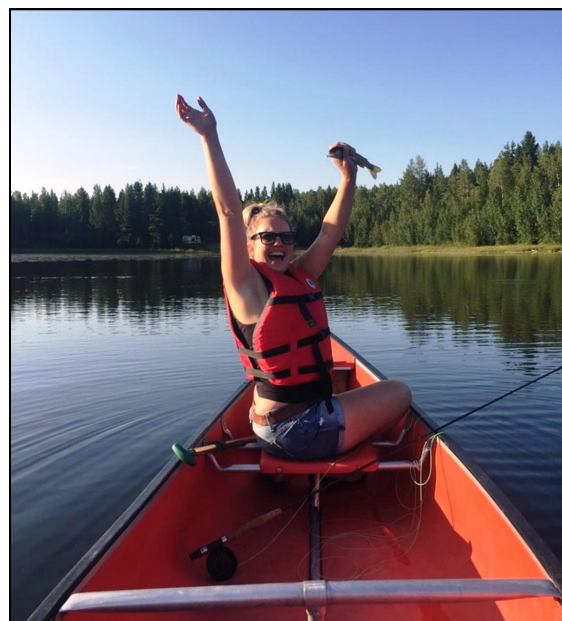
Day One - Wednesday August 3, 2022	
3:00 PM - 9:00 PM	Registration/Check-in
4:30 PM - 5:30 PM	Dinner
5:30 PM	Opening Comments
6:00 PM	Session 1 - Overnight Wilderness Survival - Orientation for participants registered then depart
*Please Note - Important	All participants registered in the Overnight Wilderness Survival Session must arrive before 4:00 PM

Day Two - Thursday August 4, 2022	
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 - 6:00 PM	Free Time
6:00 PM - 7:00 PM	Dinner
7:30 PM	Evening Sessions (optional)

Day Three - Friday August 5, 2022	
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 - 6:00 PM	Free Time
6:00 PM - 7:00 PM	Dinner
7:30 PM	Evening Sessions (optional)

Day Four - Saturday August 6, 2022	
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 - 6:00 PM	Free Time
6:00 PM - 7:00 PM	Dinner - Pig Roast
7:30 PM	Alford Lake Olympics

Day Five - Sunday August 7, 2022	
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, Sunday AM	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 3D animals.
Build Your Own Survival Bracelet Thursday AM/PM, Friday 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, 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 AM & PM, Friday AM, Saturday AM & 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.
Field to Table & What Happens In-between Time TBD	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 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 Basics - 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. You will gain basic knowledge on handling while discharging a .22 rifle at a down-range target, and a big bore rifle at stationary targets 100 yards down range. Additionally, you will get an opportunity to shoot clay targets with a shotgun, all while being coached in safe handling procedures. From paper targets to trapshooting this one is sure to challenge you!
Firearms - Handgun Thursday PM, Friday PM, Saturday PM	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.

Session Information—Continued

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.
Fly Tying Friday PM, Saturday AM, 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 AM, Saturday AM, 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.
Hunting Laws & Ethics, & How to Navigate Through Them Friday PM	How do I know which WMU I want to hunt in? Where are the laws regarding that WMU? What the heck is a WMU??? Our speaker, Paul Sywanyk, District Field Officer for Rocky Mountain House, will help you make sense of some of the seemingly endless number of hunting laws that new hunters need to know about. He 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. He 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 land-owner relations, and conservation. This is a great session for anyone who has taken the Hunter Education course but still has questions.
Introduction to Hunting Migratory Birds Thursday AM/PM, Friday AM/PM, Saturday AM/PM	This enjoyable 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.
Leather Footwear Making Thursday AM & PM, Friday AM	In this session participants will work with leather to create a pair of custom fitting lace-up shoes. This style of shoe has a soft sole and can be worn as slippers or shoes, with or without socks. 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>
Muzzleloading Thursday PM, 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.
Orienteering - Compass & Map Reading Thursday PM, 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 Friday AM, Friday 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 bear or cougar and what to do to minimize the chance of such a meeting. We'll discuss food sources, tracks and hunting.
Sausage Making Thursday AM & PM, Friday AM	After a hunt, many enjoy their harvest by making sausages! In this session you will learn how to make sausage from an avid outdoorsman and hunter. Actively participate in the process to make a fresh breakfast sausage. Process and recipe for smoked sausages will also be covered. Everyone will take home a coil of sausage and the rest will be included at dinner for all to enjoy. <i>An additional fee for supplies is required, payable at the time of registration.</i>
Science of Fishing Friday 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 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. If you catch a trout from Alford Lake, you'll get a chance to practice filleting, skinning and de-boning.
The Real Mantracker Saturday AM & PM, Sunday AM	Join the "Real Mantracker" from tv, Terry Grant, as he takes you for a walk in the woods. You'll look at tracks, discuss what may have taken place, and figure out the scenario presented to you. You'll understand more about Search and Rescue techniques, how to read tracks and other signs to improve your overall tracking, hunting and survival skills.
Traditional Knowledge Saturday AM/PM	Discover traditional Indigenous knowledge, it's 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.
Trailer Thursday PM, Friday PM, Saturday PM	Learn how to accurately and effectively back up a trailer, how to use your mirrors and avoid the dreaded "jack-knifing".
Wilderness Cuisine Thursday AM & PM, Friday AM, Saturday AM & PM	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.

Session Information—Continued

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. Once at the site, find a safe, dry spot to hunker down, construct your shelter, build a small campfire and maybe have a bit of tea ... all in about 3 hours. Want to test yourself? There will be opportunities to see how you might fare if you take a more minimalist approach. Or, alternatively, you may have seen something or heard of some intriguing idea and have always wanted a place to test it in a controlled situation. Regardless, there should be enough flexibility to assess your outdoor skills. 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. *Maximum of 25 Participants</p>
Wilderness Survival - OVERNIGHT Part 2 Thursday AM	<p>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?</p>
Wilderness Survival Skills Walk Friday AM & PM, Saturday AM, Sunday AM	<p>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.</p>
Wildlife Identification Thursday PM, Friday PM	<p>Is it a Lynx or Bobcat? Mule Deer or Whitetail? Male or female Pronghorn? How can you tell? 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.</p>

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 also try to arrange additional sessions. These will be announced at camp and information will be in your welcome bag.

On Saturday night after the pig roast, it's the Alford Lake 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	AM
Build your own Survival Bracelet		AM/PM	PM		AM
Canoeing		AM/PM	AM	AM	AM
Chainsaw Skills		AM/PM	AM	AM/PM	
Field Dressing		PM			
Field to Table & What Happens In-between (Times TBD)					
Firearms — Shotgun & Rifle		AM	AM	AM	AM
Firearms — Handguns		PM	PM	PM	
Fly Fishing		AM	AM	AM	AM
Fly Tying			PM	AM	AM
Gun Cleaning & Maintenance			AM	AM	AM
Hunting Laws & Ethics			PM		
Introduction to Hunting Migratory Birds		AM/PM	AM		
Leather Footwear Making		AM/PM	PM		
Muzzleloading		PM	PM	PM	
Orienteering—Compass & Map Reading		PM		PM	
Predator Awareness			AM/PM		
Sausage Making		AM/PM	AM		
The Science of Fishing			AM/PM		
The Real Mantracker				AM/PM	AM
Traditional Knowledge				AM/PM	
Trailerling		PM	PM	PM	
Wilderness & Survival Skills Overnight - Part 1	PM				
Wilderness & Survival Skills Overnight - Part 2		AM			
Wilderness & Survival Skills Walk			AM/PM	AM	AM
Wilderness Cuisine		AM/PM	AM	AM/PM	
Wildlife Identification		PM	PM		

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-03	Thursday Aug-04	Friday Aug-05	Saturday Aug-06	Sunday Aug-07	Price incl. GST
Wed to Fri	✓	✓	✓			\$ 189.00
Thurs & Fri		✓	✓			\$ 178.50
Sat & Sun				✓	✓	\$ 183.75
Wed to Sun	✓	✓	✓	✓	✓	\$ 299.25

Sausage Making Workshop (if applicable) - \$10.50 (includes GST)

Leather Footwear Workshop (if applicable) - \$42.00 (includes GST)

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.

****Please note that cancellations prior to July 8, 2022 are entitled to a full refund less a \$50.00 administration charge. No refunds will be provided after July 8, 2022****

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

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
- Swimwear (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

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.

Smoking only allowed in designated location.

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.



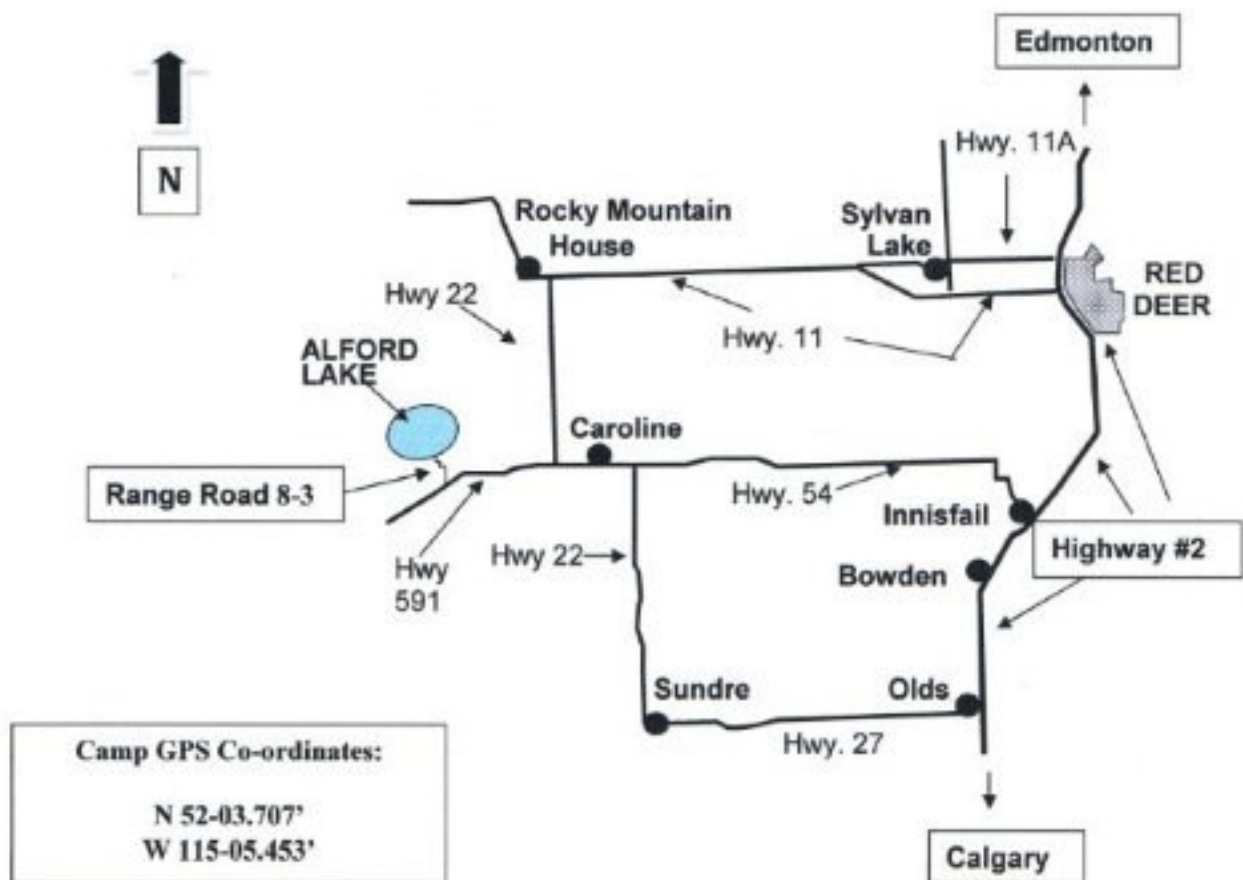
Location

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
ALFORD LAKE
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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:

