

AHEIA's 30th Annual Outdoor Women's Program

August 7-11, 2024

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 2024 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 priority will be given on a sliding scale to those who have never attended camp, and then number of years attended.



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 2024 camp.

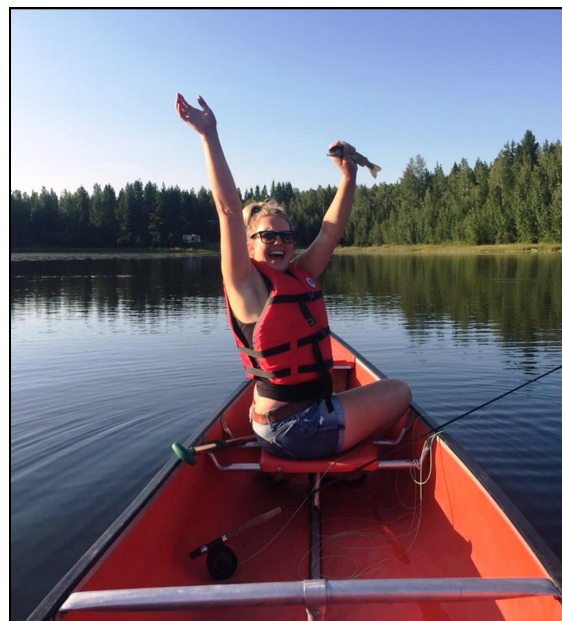
Day One - Wednesday August 7, 2024	
3:00 PM - 9:00 PM	Registration/Check-in
4:30 PM - 5:30 PM	Dinner
5:30 PM	Opening Comments
6:00 PM	Session 1 - Overnight Wilderness Survival - Orientation for participants registered then depart
*Please Note - Important	All participants registered in the Overnight Wilderness Survival Session must arrive before 4:00 PM

Day Two - Thursday August 8, 2024	
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 Session (optional)

Day Three - Friday August 9, 2024	
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 Session (optional)

Day Four - Saturday August 10, 2024	
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	AHEIA Olympics (optional)

Day Five - Sunday August 11, 2024	
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
	Announcements & 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.



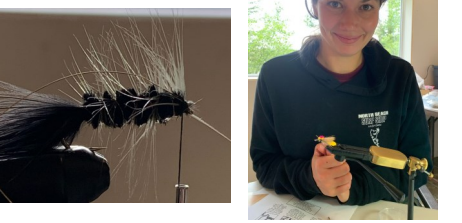


The building will be open each day (closed during meals) where you can find AHEIA staff if you require assistance. You will also find OWP clothing, merchandise, and raffle tickets available for purchase.

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 a few of your top preferences.

Archery Thursday AM, Friday AM, Saturday AM, Saturday PM, Sunday AM	<p>Archery is a fun activity that can be enjoyed by people of all ages. Learn to accurately shoot a bow and arrow on the range, on both bullseye targets and 3D animals. You'll learn all the skills to quickly enjoy success and perhaps hit your first bullseye!</p> 
Bear Wise Times TBA	<p>As our interaction with bears in the wild increases, it is important to know the do's and don'ts if you encounter one. Learn about the characteristics, habits, population and common ranges, along with identification and distinguishing features.</p>
Build Your Own Survival Bracelet Thursday PM, Friday PM, Saturday PM, Sunday AM	 <p>Enjoy constructing a survival bracelet that will always be part of your outdoor kit! Made from paracord (parachute cord), it can be used as a rope or harness, sewing thread or fish line, snare or trap, or a first aid resource. It is not only a great keepsake, but a handy one too!</p>
Canoeing Thursday AM, Thursday PM, Friday PM, Saturday AM, Saturday PM, Sunday AM	<p>There isn't a better way to explore the outdoors than in a canoe. Learn the basics of open water canoeing including paddle strokes, entering, and the safe way to handle a canoe.</p> 
Chainsaw Skills Thursday PM, Friday PM, Saturday AM, Saturday PM, Sunday AM	 <p>This session will teach you the safe handling of one of the handiest of outdoor tools. You'll learn how to start and to safely operate 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</u> to protect your hands.</p>
Field Dressing Thursday PM, Friday PM, Saturday PM	<p>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 at your own comfort level.</p>
Field Dress Upland Game Birds Thursday AM, Thursday PM	<p>No, dressing game birds does not involve the latest fashion! It is simply removing the meat of the bird after harvest. Renowned outdoorsman & writer Brad Fenson will lead you in a hands-on session on properly dressing game birds.</p>

Session Information—Continued

<p>Introduction to Shotgun & Rifle Shooting Thursday AM, Friday AM, Saturday AM, Sunday AM</p>	<p>In this introductory session you will receive instruction from qualified coaches as you experience the fun and challenge of shooting shotguns & rifles. At the end of the session you will learn about cleaning and maintaining your firearm.</p>	
<p>Fly Fishing Thursday AM, Friday AM, Saturday AM, Sunday AM</p>	<p>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.</p>	
<p>Fly Tying Thursday AM, Friday PM, Saturday AM, Saturday PM, Sunday AM</p>	<p>Learn the art of fly tying! While creating flies to take home or use at camp, you will learn about fly types and their uses including nymphs, dry flies, wet flies, and streamers.</p>	
<p>Introduction to Handguns, Muzzleloading & Crossbows Thursday PM, Friday PM, Saturday PM</p>	<p>This is a great opportunity to be introduced to three unique outdoor activities! Learn the fundamentals of safe handling and shooting techniques of handguns; experience the fun and challenge of shooting a modern muzzleloader; and try your hand at using a crossbow including cocking & un-cocking, arrow selection and target shooting.</p>	
<p>Introduction to Hunting Migratory Birds Thursday PM, Friday PM, Saturday AM, Saturday PM</p>	<p>This session is a lot of fun and focuses on the basics of hunting waterfowl. You will learn about types of firearms & ammunition, identifying fields, obtaining landowner permission, as well as set up blinds and decoys and do some bird calling.</p>	
<p>Introduction to Trapping Thursday AM, Thursday PM, Friday AM</p>	<p>Trapping is an important conservation tool for managing natural resources and protecting endangered or threatened species. Learn about the dynamics of trapping, identifying furs and skulls, and learn how to set snares and small game traps.</p>	
<p>Knife Making Thursday AM, Thursday PM, Friday PM, Saturday AM, Saturday PM, Sunday AM</p>	<p>Discover the art of Knife Making! Everything is included for you to craft a filleting knife customized by you. <i>An additional fee for supplies is required, payable at the time of registration.</i></p>	
<p>Leather Sheath Making Friday AM, Sunday AM</p>	<p>Now that you have a beautiful filleting knife, make a leather sheath to protect it for years to come. Custom embellish designs on your leather sheath with stamps and leather carving tools. <i>Participants in the Thursday knife making sessions can only take the Friday sheath making session. Participants in the Friday and Saturday knife making session can only take the Sunday sheath making session.</i></p>	

Session Information—Continued

<p>Make Your Own Leather Gun Sling or belt Thursday PM, Friday PM, Saturday PM</p>	 <p>A gun sling is a strap designed to allow a shooter to conveniently carry a long gun. You can customize your leather strap or belt with stamps, dyes and leather carving tools.</p>
<p>Making a Leather Utility Bag Thursday AM, Friday AM, Sunday AM</p>	<p>Craft a versatile leather bag tailored for the adventurous woman! Discover the art of leatherworking as you are guided through the process of cutting and stitching bags ideal for fire kits, foraging excursions, and carrying essential gear like duck calls.</p>
<p>Navigating “The Rules” With Your Local Game Warden Friday AM</p>	<p>The Alberta hunting regulations are confusing at best. This informative session will help you make sense of some of the seemingly endless number of laws that you need to know about. You will learn where to find most of the information you will require, as well as the hunting draw system and how to take part in that process. There will be some common species identification and our local Fish & Wildlife Officer will introduce you to some of her “tools of the trade” including a bear trap and wildlife management. This is a fantastic and informative session if your goal is to hunt, or need a refresher. It is one not to miss!</p> 
<p>Orienteering - Compass & Map Reading Thursday AM, Friday AM, Friday PM, Saturday AM, Sunday AM</p>	<p>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. 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!</p> 
<p>Reel Fishing Thursday PM, Friday AM, Friday PM, Saturday PM, Sunday AM</p>	<p>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.</p> 
<p>Sausage Making Thursday AM, Thursday PM, Friday AM</p>	 <p>Participate in making fresh sausage and take a coil home for your family to enjoy! Processing and recipes for smoked sausages will also be covered.</p>

Session Information—Continued

Traditional Knowledge Saturday PM	<p>Discover traditional Indigenous knowledge, its perspective and teachings, and how it relates to western knowledge regarding conservation. Our world-renowned instructor will teach you about respectful use of an entire animal including the steps of hide tanning, and introduce you to traditional medicines.</p>	
Trailer Thursday PM, Friday PM, Saturday AM, Saturday PM	<p>Back ‘er up, honey—sure! 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”.</p>	
Wilderness Cuisine Thursday AM, Friday AM, Friday PM, Saturday AM, Sunday AM	<p>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.</p>	
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>You will receive an email with what you need to bring to participate in this session.</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, Saturday AM, Sunday AM	<p>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>	

Session Information—Continued

Wildlife Identification

Thursday PM, Friday PM, Saturday AM

Learning to identify animals in the wilderness is a lot of fun. In this session you will learn identification skills for various animals from tracks, scat, bedding and feeding areas, and clues to spotting various types of wildlife while out on a walk in the forest.



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 are also offering the following additional activities in the evening for anyone who would like to attend, and they do not require pre-registration:

Hunting Dog Demo

Thursday at 7:00pm



This is a fantastic 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.

Filleting Fish

Friday at 4:00pm

Filleting fish is like an art form. There are certain techniques to doing it cleanly and properly. During this demonstration you will learn how to clean, de-bone and fillet fish so it's ready to cook.



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

Chainsaws: Cleaning & Maintenance

Friday at 7:00pm

Still interested in learning more about chainsaws? Instructors will be holding a chat about the proper care and maintenance of your chainsaw.

AHEIA Olympics!

On Saturday night, after the pig roast, it's the AHEIA 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
Bear Wise		TBD	TBD	TBD	
Build your own Survival Bracelet		PM	PM	PM	AM
Canoeing		AM/PM	PM	AM/PM	AM
Chainsaw Skills		PM	PM	AM/PM	AM
Field Dressing		PM	PM	PM	
Field Dress Upland Game Birds		AM/PM			
Firearms — Shotgun & Rifle		AM	AM	AM	AM
Firearms — Handguns/Muzzleloading/Crossbow		PM	PM	PM	
Fly Fishing		AM	AM	AM	AM
Fly Tying		AM	PM	AM/PM	AM
Introduction to Hunting Migratory Birds		PM	PM	AM/PM	
Introduction to Trapping		AM/PM	AM		
Knife Making		AM/PM	PM	AM/PM	AM
Leather Utility Bag		AM	AM		AM
Leather Sheath Making			AM		AM
Make Your Own Leather Gun Sling		PM	PM	PM	
Navigating “The Rules” With Your Local Game Warden			AM		
Orienteering—Compass & Map Reading		AM	AM/PM	AM	AM
Reel Fishing		PM	AM/PM	PM	AM
Sausage Making		AM/PM	AM		
Traditional Knowledge				PM	
Trailerling		PM	PM	AM/PM	
Wilderness Cuisine		AM	AM/PM	AM	AM
Wilderness Survival Skills Overnight - Part 1	PM				
Wilderness Survival Skills Overnight - Part 2		AM			
Wilderness Survival Skills Walk			AM	AM	AM
Wildlife Identification		PM	PM	AM	

Cost & Special Notes

The program price includes all instruction, program materials, use of demonstration equipment, meals, on-site accommodation, and evening activities.

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

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.

Cancellation Policy:

Cancellation prior to Friday July 24, 2024 entitles you to a full refund, less a \$50.00 administration fee. No refunds will be provided after July 24, 2024.

Hoodie Pre-Order:

You can order an OWP Hoodie when registering online. They are full-zip, 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.



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

Sleeping Equipment:

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

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.



Items NOT Allowed:

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

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 and be advised of important camp information. We ask that you attend. Be prepared to leave for your session immediately following the announcements.
- On Day 4, 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.
- 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.

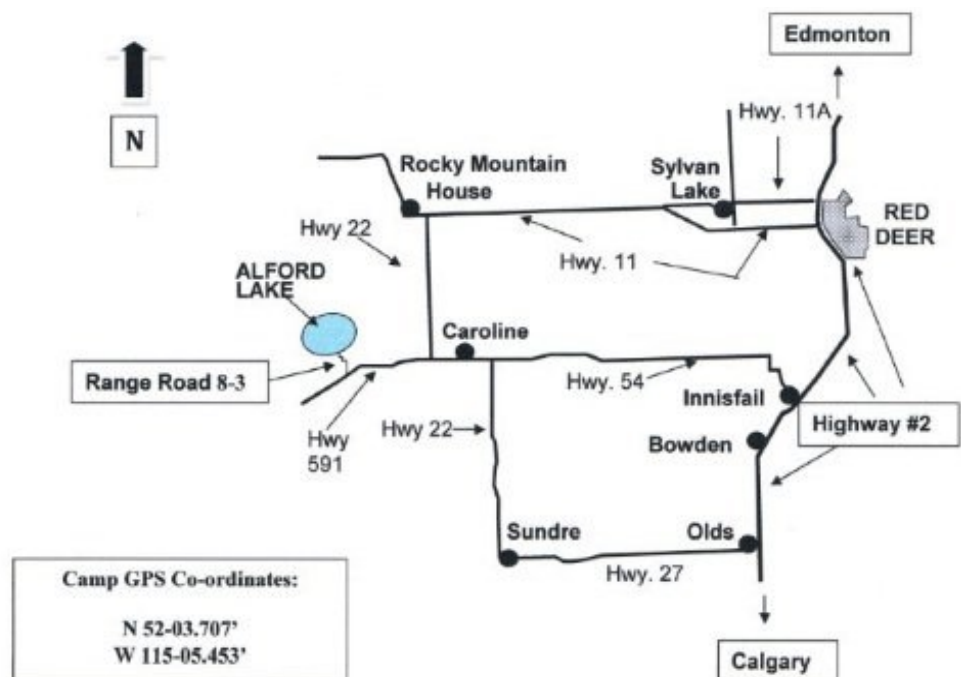
Location

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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alfordlake@xplornet.com



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



ALBERTA WILDLIFE FEDERATION



Conservation and Hunter Education Program Initiatives

The project was undertaken with the financial support of:

Ce projet a été entrepris avec l'appui financier de:



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Cabela's

OUTDOOR FUND



REFRIGERATION AND
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