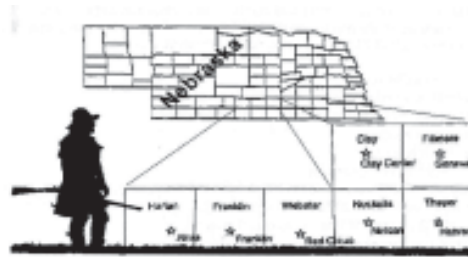


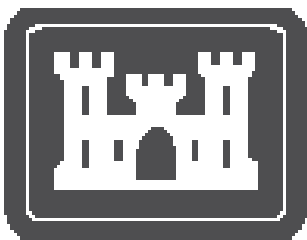
Thirteenth Annual
**Women's
Wilderness
Weekend**

August 7-9, 2009
South Central 4-H Camp
Alma, Nebraska

Co-Sponsored by:



Trailblazer RC&D



U.S. Army
Corps of Engineers

USDA



Nebraska Farm Service Agency

This workshop is designed primarily for women. However, it is an excellent opportunity for anyone 21 years of age or older who wants to learn outdoor skills. A variety of skills associated with hunting, fishing, camping, boating, and birdwatching, but useful in a variety of outdoor pursuits, will be taught. This workshop is for you if:

- * You have never tried these activities but would like to learn.
- * You are a beginner who hopes to improve your skills.
- * You would like to try your hand at some new activities.
- * You are looking for the camaraderie of like-minded individuals.

For more information contact Jan Harvey at the Trailblazer RC&D Office at (402)746-3560

Friday, August 7

10:00-Noon Check-in & registration
Noon-1:00 Lunch & opening ceremonies
1:30 - 4:30 Session I

A. Intro to Firearms

George Sund, Nebraska Game and Parks Commission Instructor.

George will introduce you to basic gun safety, gun handling, identification of guns and the use of various firearms and types of ammunition. It will help you gain confidence and knowledge about firearms. No live shooting will be done in this indoor setting. **This course, Hunter Education, or significant firearm experiences is a prerequisite for the Shotgun Basics, Muzzleloading and Handgun Basic classes.**



B. Golf Outing

Chris Mahalek, Alma High School Golf Coach.

Play a round of nine holes at the Alma Golf Course. Local experts will be on hand to offer suggestions and tips for playing the game. (Bring your own clubs if you have them.)

C. Overnight Camp Out and Canoe Trip (18 max.)

(Must also register for Session II, Course C.) Bernie Kendall.
This session begins with a canoe trip down the Republican River. The group will camp out in tents and feast on Dutch oven cooking around the campfire. The group will continue on down the river and return to the 4-H Camp on noon Saturday.

D. Water Sports

Arlen Mickelsen and Kevin Barber, Superior Outdoor Power.

Arlen and Kevin have been providing jet skiing and water skiing demonstrations for many years. Bring your swimsuit, towel, and suntan lotion and enjoy these refreshing and invigorating sports. There will be separate sessions for beginners and advanced skiers.

E. Navigation Basics

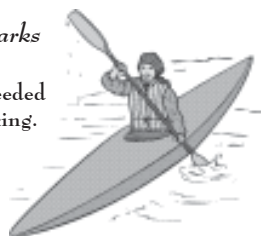
Ryan Kroemer, NRCS GPS Specialist.

Learn the basics of navigation using a global positioning system (GPS). Use what you learn in class to navigate around the 4-H Camp and take those skills wherever you need them. Never get lost in the outdoors again! This class will be a prerequisite to Geo-Caching. Participants may bring their own GPS units.

F. Kayaking

Daryl Teter, Nebraska Game and Parks Commission.

Learn the basic knowledge and skills needed to be safe on the water and enjoy kayaking. Topics include safety, equipment, preparation, strokes, maneuvering and much more.



G. Beginning Archery

Wayne Peshek, certified archery and hunter education instructor, and Dave Woods, archery enthusiast.

Participants will learn equipment selection, correct shooting techniques and form, along with basic archery terminology. Participants will be doing live shooting at targets. This is a great opportunity to try your hand at archery and improve your shooting skills. Participants may bring their own equipment.

H. Sport Fishing at Harlan Reservoir

Tom Bassett, Tall Tales.

Learn the secrets of finding sport fish at Harlan County Reservoir. Learn where they live and the types of equipment to use. Local fishing experts will lead you in the search. **A 2009 Nebraska Fishing Permit is required.**

I. River Tubing

Merle Illian.

Sit back and relax as you float down the river. Bring a swimsuit, suntan lotion, old tennis shoes, and beverage of choice and enjoy the trip.



J. Candle Making (25 max.)

Barb and Dave Votaw, Candlemakers.

In this class you'll have the opportunity to learn how to make candles. The bonus is you get to take your candle home to enjoy.

5:00-6:00 Supper (cooked over a bonfire)

6:00-10:00 Late Night Fishing

Sponsored by Tall Tales Lounge.

Local fishing experts will lead the group in search of catfish and white bass. Fishing techniques will be demonstrated on the boats. Bring a beverage of your choice and enjoy yourself. **A 2009 Nebraska Fishing Permit is required.**

6:00-8:30 Four-Wheel Jeeping

A group of local Jeep enthusiasts will give rides in their Jeeps along the shore of the Harlan County Reservoir. Enjoy the latest craze in local outdoor recreation.

9:00-??? Joseph Hall "Elvis Sensation"

Sponsored by Short Stop of Alma.

Held at Republican City Theatre - \$10 charge for the show.

Saturday, August 8

7:00 - 8:00 Breakfast

8:30 - 11:30 Session II

A. Guided Nature Walk/Dam Tour

Heath Kruger, U.S. Army Corps of Engineers Ranger.

Here's your chance to hike while learning about the plants and animals encountered during the guided morning hike. Plant and animal folklore, bird calls, track identification, fall flowers and leaves and insect natural history will be discussed. Learn about the history of how the dam was built and tour the dam.

B. Intro to Scuba Diving/Snorkeling (10 max.)

Though you will not receive certification for this course, you will get to try on diving equipment and use it in the Alma swimming pool. Find out why diving is so addictive and is one of the fastest growing sports. Bring along your swimsuit and a towel. This session is for individuals who have never experienced the thrill of diving.



C. Overnight Camp Out and Canoe Trip

Continuation from Friday afternoon session.
(Must also register for Session I, Course C.)

D. Candlemaking (25 max.)

Repeat of Session I, Course J.

E. Handgun Basics (6 max.)

George Sund, Nebraska Game and Parks Commission
Conservation Office and Firearm Safety Instructor.

George has been a conservation officer and firearm safety instructor since 1974. Handgun selection and safety will be covered. Try several handguns on the shooting range. Participants may bring their own equipment. **Intro to Firearms, Hunter Education, or significant firearm experience is required as a prerequisite.**

F. Outdoor Photography

Jeanne Griffith, avid photographer.

Using point and shoot, 35mm and digital cameras, this class will concentrate on field photography. You'll learn about equipment needs, environmental conditions, and how to get the best outdoor pictures. Bring your camera and film; you'll go outdoors to practice your new skills.

G. Advanced Archery and Tracking

Wayne Peshek, certified archery and hunter education instructor, and Dave Woods, archery enthusiast.

This session will build upon the Beginning Archery session. You will shoot at various 3-D targets from the ground and a tree stand, learn tree stand selection, basic safety in bow hunting, preparation for the hunt, and tracking.

H. Geo-Caching (10 max.)

Tom Zikmund, U.S. Army Corps of Engineers Ranger.

Learn what geo-caching is, how to find caching locations, and the rules and regulations of geo-caching. Participants will then navigate themselves to many cache locations around the 4-H Camp. This class will prepare you to geo-cache anywhere. Must take the **Navigation Basics course or have previous experience with GPS as a prerequisite.**



I. Fly and Lure Basics

Randy Wilson, Product Specialist from Cabela's.

Learn what the proper tastes of different species of fish are on certain days relevant to water temperature, barometric pressure, weather conditions, and other elements that entice fish to chase specific lures or flies.

J. Sailing (10 max.)

Doug Ockinga, Markus Meyer, and Harlan Yacht Club.

Members will give a brief overview of the different types of sailboats. Spend time on the water and enjoy the thrill of sailing.

K. ATV Safety (10 max.)

Arlen Mickelsen, Superior Outdoor Power.

This class stresses safety techniques for riding on an ATV. Learn proper gear, environmental concerns, and pre-ride inspections.

L. Backyard Habitat

Terri Post, USDA Farm Service Agency.

Would you like to learn how to make your property more appealing to wildlife? Come learn about attracting birds, butterflies and wildlife to your backyard. Learn about flower types and combinations that work well together. See the different types of flowerbeds that can be used in your own yards. You'll learn how to plan for a safe and attractive backyard habitat.

M. Women's Self Defense

Laurel Badura, U.S. Fish and Wildlife.

Improve your confidence when enjoying the outdoors! This course will cover physiological effects on your body and mind when confronted with a threat against yourself or a loved one. Focus will be on assault prevention techniques and skills needed to defend yourself from an attacker. Participants will need to be prepared for moderate levels of physical activity. Wear loose fitting clothes and tennis shoes. No shorts or tank tops.

12:00 - 1:00 Lunch

1:30 - 4:30 Session III

A. Beginning Canoeing

Bernie Kendall.

Learn about different types of canoes, paddles, and their applications as well as paddling techniques. Rain or shine, participants will canoe the Republican River or a cove of Harlan County Reservoir.



B. Tribal Bellydance Basics

Solaara, Tribal Bellydancer (Samantha Clark).

Explore your inner diva with the dance designed for every woman! We'll start with basic fast and slow moves of this positive, group-style dance and move on to learn that awesome shimmy and mystifying bellyroll. Have fun with a unique dance emphasizing a woman's natural beauty and power! Bring comfortable exercise clothes, flat slippers, socks, or flat sandals (with straps on the back) if you don't want to dance barefoot.

C. Beginning Fly Fishing

Randy Wilson, Product Specialist from Cabela's.

You will learn the basics of fly fishing, including equipment needs, casting techniques, and knots to use. Try out your new skills at a local pond. Wear long pants and hiking shoes. **A 2009 Nebraska Fishing Permit is required.**

D. Sailing (10 max.)

Repeat of Session II, Course J.

E. Water Sports

Repeat of Session I, Course D.

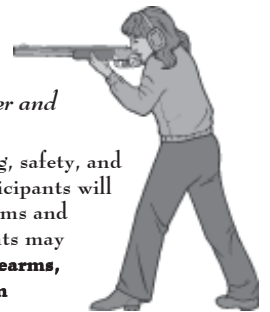
F. River Tubing

Repeat of Session I, Course I.

G. Shotgun Basics (8 max.)

George Sund, Nebraska Game and Parks Commission Conservation Officer and Firearm Safety Instructor.

Learn proper techniques in gun handling, safety, and get tips on how to shoot shotguns. Participants will shoot blue rocks during the class. Firearms and safety items will be provided. Participants may bring their own equipment. **Intro to Firearms, Hunter Education, or significant firearm experience is a prerequisite.**



H. Primitive Fire

B. J. Spring, Lincoln, Nebraska.

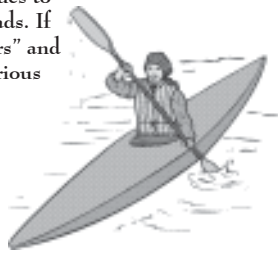
B.J. has been teaching primitive survival skills for 12+ years. He was trained by world renowned tracker Tom Brown, Jr. We

devote this entire class to making your own primitive fire tool kit and learning the technique for creating fire without matches. Bring a sharp carving knife as there is lots of carving involved.

I. Glass Beading (5 max.)

Cindy Rush and Linda Melchert, presenters.

Don't worry, bead happy. This is a basic beginner class for making glass beads with an air-propane torch. We'll work with "soft" glass (COE 104) and learn different techniques to make glass beads, and "dots" on the beads. If there's time, we'll learn to pull "stringers" and explore color changes/reactions with various glass colors.



J. Women's Self Defense

Repeat of Session II, Course M.

K. Kayaking

Repeat of Session I, Course F.

6:00 - ??? Supper

Enjoy a "Cream Can" supper.

7:30 - 9:00 Hayrack Ride at 4-H Camp

9:00 - ??? Scrapbooking at the Lodge

Sunday, August 9

7:00 - 8:00 Breakfast

8:30 - 11:30 Session IV

A. Intro to Scuba Diving/Snorkeling (10 max.)

Repeat of Session II, Course B.

B. Handgun Basics (6 max.)

Repeat of Session II, Course E.

C. Basic Horticulture

Janelle Pfeifer.

Local experts will present information and discussion of plants, both perennials and annuals. They will demonstrate how to select proper plants for a planter for the yard, patio and/or deck. Time for a question and answer session will follow the hands-on activities.

D. Boat Tour of the Lake (15 max.)

The U.S. Army Corps of Engineers will conduct a tour of Harlan County Reservoir. Learn about the history and construction of the reservoir. Afterwards, enjoy a boat tour around the lake and learn about local history of the lake.

E. Hunting Basics and Dog Use

Randy Wilson, Product Specialist from Cabela's and Paul Bishop, field dog trainer.

Randy and Paul will teach participants how to use different types of calls, calling techniques and which calls work the best in different situations. You will also learn how to prepare for the hunt, observe

predators, hunting equipment you will need, and tricks of hunting predators. Participants will go on a short hunt to observe sign and try to call in one of these elusive creatures! Paul will explain about hunting dog selection and training.

F. Boating Basics

Daryl Teter and Herb Angell, Nebraska Game and Parks Commission.

Daryl is a Game and Parks officer and much of his time has been involved with boating enforcement and investigation. He will demonstrate the boating rules and regulations. Learn how to back a boat and take a spin on the lake.

G. Primitive Survival/Spirit Walking

B. J. Spring, Lincoln, Nebraska

In the first half of this class we'll learn the basics of primitive survival needs, including how to build a simple, primitive shelter. In the second half, we'll delve into the art of indigenous movement and game stalking techniques. Bring a bandanna or something that can be used as a blindfold.

H. Iron Woman Contest (30 max.)

This session will include four grueling events to determine who is the Women's Wilderness Weekend Iron Woman for 2009. All participants will compete in the Run and Shoot Archery event, Blue Rock Shoot, Lumberjack Skill, and Obstacle Course. Points will be awarded for each event and will be used to select the WWW Iron Woman.

I. Dutch Oven Cooking

Carl McDonald and Ray Stuckenschmidt.

Carl and Ray have a combined 35 years of cast iron "Dutch Oven" cooking experience. If you love the outdoors, have an addiction for campfire smoke, and dislike cold sandwiches, you'll love this session. Dutch oven cooking techniques will be demonstrated. Sample the results of the cooking demonstrations.

J. Birding

John Laux, Nebraska Game and Parks Commission.

Participants will learn the basics of using binoculars and field guides, finding and identifying birds, and the best places to go birding in south central Nebraska. Bring your own binoculars and take a hike to try out your new skills. Some binoculars will be available for those without their own.



K. Black Powder and Muzzleloading

Dave Beins, black powder shooter/hunter.

In this session, you will be introduced to black powder shooting, including percussion and flintlock rifles, safety loading, and cleaning and care. Try out a muzzleloader on the shooting range.

L. Hunter Certification (after lunch)

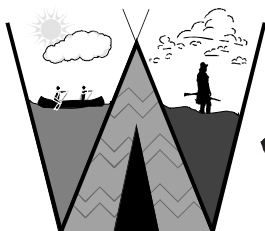
11:30

Camp cleanup

12:00

Lunch, door prizes, 'Iron

Woman' awards, head for home



Women's Wilderness Weekend