

Delaware Becoming an Outdoors-Woman Program

2024 Event Information

Dates: Friday, Oct. 4
to Sunday, Oct. 6
Fee: \$175 +registration fees

Location: Killens Pond State Park
3015 Paradise Alley Rd
Harrington, DE 19952

AGENDA

Date	Time	Activity
Friday, Oct. 4	Noon-2pm	Check-in / Set up tents or dorm space <i>Snacks and drinks will be provided but lunch is on your own.</i>
	2:30pm – 3pm	Welcome/Introductions
	3:30pm – 5pm	Session I Instructional Courses
	5pm – 5:30pm	Free Time
	5:30pm—6:30pm	Dinner
	6:30pm—8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Saturday, Oct. 5	6am—7am	Sunrise Yoga
	7am - 7:45am	Breakfast
	8am - 11:30am	Session II Instructional Courses
	12pm - 12:45pm	Lunch
	1pm - 4:30pm	Session III Instructional Courses
	4:30pm – 5:30pm	Free Time
	5:30pm - 6:30pm	Dinner
	6:30pm—8pm	Free Time
8pm - 10pm	Evening Campfire and Activities	
Sunday, Oct. 6	6am—7am	Sunrise Yoga
	7am - 7:45am	Breakfast
	8am - 9:30am	Session IV Instructional Courses
	9:30am - 10am	Closing Remarks
	10am - 11am	Cleanup & Check-out

**Free time is built into the schedule to allow time to explore the area, network with other participants, prepare for upcoming courses, or just relax!*



Lodging Options

1. Tent Camping: Space is available onsite for tent camping. Tents can be provided if you do not own one. You will be assigned a tent space upon your arrival.
2. There is a limited amount of RV/full hook-up sites available as well. These can accommodate RV's, or participants who may require electrical/water access for their sleeping arrangements.
3. There will also be a limited amount of cabins spots available. Each cabin can sleep up to 3 participants (one twin bed and one bunk bed) and has access to electricity and water. Cabin spots will be reserved on a first come, first serve basis and roommates will be randomly paired unless otherwise noted.

Restrooms and shower facilities are available onsite for all camping. Water and electrical hook-ups will be provided in the event space itself for phone charging, etc.

Meals

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles. Participants are able to bring their own mess kits for meals to lower their environmental impact, however plates and utensils will be provided. Vegetarian options will be available. If you have any special dietary requirements, please indicate those on the online registration form. Please note not all dietary restrictions may be accommodated at this event.

Course Schedule

Each participant will have the option of choosing one course per session. Please refer to the online registration form to register for your course options. **Courses may be subject to change with notice*




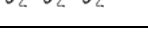
Session I 10/4 3:30pm - 5pm
Entomology 101
Freshwater Fishing <i>*Fishing license required</i>
Food, Fire and Fun!
Tree ID Hike
Session II 10/5 8am - 11:30am
Beginner Birding Workshop
Intro to Fly Fishing <i>*Fishing license required</i>
Nature Journaling
Session II Mini-Sessions 8am - 9:30am & 10am -11:30am
Intro to Archery (both times)
Intro to Kayaking Skills (8—9:30)
Killens Pond Kayak Exploration (10—11:30)
Underwater Discovery (both times)







Session III 10/5 1pm - 4:30pm
Amazing Geocache Race
Beginner Birding Workshop
Forest Bathing
Outdoor Survival Skills
Paint and Hike Workshop
Session IV 10/6 8am - 9:30am
A Foraged Feast: Wild Eats
iHike
Nature Journaling
Bees, Butterflies, and Beyond: Promoting Pollinators
Intro to Waterfowling










Mentored Deer Hunt Session II & III 10/5 <i>Intro to Hunting & Crossbow</i>
Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by September 25, 2024) and purchase of a hunting license prior to the event.</i>








2024 Delaware BOW Course Descriptions

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)

Courses	Descriptions
A Foraged Feast: Wild Eats in Delaware 	Take a walk on the wild side with a forager to learn how to eat like the local wildlife! Learn how to identify some of Delaware's edible plants and how to harvest and prepare them sustainably.
Amazing Geocache Race 	Learn about the popular outdoor activity of geocaching that combines the mystery of a treasure hunt with the high-tech of GPS satellite navigation. Easy to learn, geocaching is an activity that will take you to places rich in natural beauty, unique ecology and interesting history. This course will provide you with the basics needed to find and upload geocache data to your GPS, to read and follow coordinates to hidden caches, and to log your finds. You will need to utilize those skills to navigate to the end of an absolutely amazing adventure!
Bees, Butterflies, and Beyond: Promoting Pollinators and Their Habitat 	Want to support pollinators but not sure where to start? Join a private lands biologist to discuss how you can help pollinators in your field, backyard, or garden – no matter how big or small. Learn pollinator ecology, native planting basics, and make your own bee hotel!
Beginner Birding Workshop 	Learn to identify birds through behavior, field marks, and habitat while exploring different sections of the park. Binoculars will be provided but participants are encouraged to bring their own.
Entomology 101 	Join DNREC tick biologist Ashley Kennedy for a guided bug walk, learning how to collect and identify insects, ticks, and other arthropods. Learn about the important roles insects play in the ecosystem and the various conservation issues affecting them. Explore specimens from Ashley's collection and feel free to "Ask the Expert" anything about entomology!
Food, Fire, and Fun! 	Participants will be able to have fun and cook delicious foods, all while learning about safety over an open wood-base fire! You'll be able to impress your friends and family with your outdoor cooking skills. Plus, you get to enjoy all the great food you'll make! Safety concerns: cooking on wood grill, using sharp knives, food allergies.

Courses	Descriptions
Forest Bathing 	<p>The practice of forest bathing encourages you to slow down, quiet your mind and connect with nature. Awaken your senses and deepen your relationship with the natural world through sensory explorations that combine curiosity, connection and community. You will take a gentle stroll, taking time to be present, wander slowly and notice the unique gifts that nature is offering. Based on the Japanese practice of Shinrin Yoku, Forest Bathing has many proven health benefits and can promote an overall feeling of well-being</p>
Freshwater Fishing 	<p>Learn the basics of how to cast, what equipment you'd need to fish on your own, fundamental fishing techniques and get the chance to catch some fish! <i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
iHike (Exploring Nature with Technology) 	<p>Have you been curious about what is around you on a hike, with no way to figure it out? Thanks to evolving technology, there are now many apps that can help us identify plants and wildlife, even without Wi-Fi! Learn about some of these apps and practice using them to identify the organisms we see and hear as we walk the Pondsides Nature Trail.</p>
Intro to Archery 	<p>Learn about traditional bows and arrows as well as the equipment that goes along with them. Form, method of release, and accuracy will be the focus while you practice target shooting.</p>
Intro to Fly Fishing 	<p>Learn about the equipment needed for fly fishing, practice casting a fly fishing rod and try your hand at fly fishing in Killens Pond. This course also includes a demonstration on fly tying. <i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
Intro to Kayaking Skills 	<p>Learn hands-on basic kayaking techniques and safety tips for exploring Killens Pond by kayak. Participants should wear clothes that can get wet as well as water shoes.</p>
Intro to Waterfowling 	<p>This course will cover the skill sets and equipment needed for entry level waterfowl hunting as well as translate these to enhance other activities such as bird watching, marsh hiking and paddling, enabling participants to become the authors of their own outdoor adventures!</p>
Killens Pond Kayak Exploration 	<p>Explore Killens Pond by kayak! Join experienced kayakers in paddling around the pond as you take in the sights, sounds and scenery it has to offer. Previous kayaking experience required.</p>
Nature Journaling 	<p>Nature Journaling is the practice of recording your own observations of the natural world through notes and sketches. It provides a way to integrate mindfulness and creativity while spending time outdoors in nature. Whether or not you see yourself as an artist, nature journaling has so much to offer for any level of experience; you'll notice and appreciate more and be surprised at the pages you can create</p>

Courses	Descriptions
<p>Mentored Deer Hunt Parts 1 & 2: Intro to Hunting & Crossbow Shooting</p> 	<p>Part 1: Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt. Part 2: Participate in a mentored, managed deer hunt. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. • The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Sep. 25, 2024) and purchase of a hunting license prior to the event. Contact the Hunter Education office with any questions: 302-735-3600. • Dress for the weather; boots and camouflage clothing should be worn. • If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program.
<p>Outdoor Survival Skills</p> 	<p>From preparing for your next outdoor adventure, to building fires and basic shelters, to basic first aid and situational problem solving, this program will cover a variety of outdoor survival skills and information to make you more comfortable with your surroundings wherever you go.</p>
<p>Paint and Hike Workshop</p> 	<p>Join Killens Pond State Park Naturalist and local artist Zoe Scruggs for a guided hike where art meets nature. This workshop includes a low-impact hike with stops at multiple locations to explore landscape watercolor painting. This program is perfect for anyone looking for a creative way to spend time outdoors. A light introduction to watercolor painting will be provided. This is an all-levels welcomed workshop, beginners are highly encouraged to participate. All materials including watercolor paint, paper, and brushes will be provided.</p>
<p>Tree I.D. Hike</p> 	<p>Have you ever wanted to learn how to identify trees? This hands-on session will teach you how to use a common tool used for identifying unknown organisms: A Dichotomous Key. By answering a series of questions about your tree, the key is designed to guide you to its name. All participants will receive a tree key and "Delaware Tree" book to take home. Please dress to be outside.</p>
<p>Underwater Discovery</p> 	<p>Ever wish you were a fish? Life under the water is surprisingly busy from big fish swimming around to microscopic plankton floating with the current. In this program, we'll use dipnets to investigate some of the things that live in Killens Pond. We'll also test some water samples and discuss how water quality plays a role in aquatic ecosystem health and the species found there. Participants should wear shoes and clothes that can get muddy and wet.</p>