

**STEP OUTSIDE / TAKE A CHANCE**  
**Know who you really are....**

*"I'm just waiting for the time to be right"* is a common excuse we use. We can sit on the sidelines waiting for the perfect moment, but never get in the game. Sometimes, the time doesn't feel right. I was too old when I started to Skydive, too poor when I started writing, too enmeshed with family and other obligations. The time may never be right. You can choose to wait till someday arrives, or you can begin **Now!**

Is there a dream hidden away in your life, something you wanted to do but put off for so long that you've almost forgotten what it is? Maybe the time is right to pull it out again? Start hiking, bird watching, surfcasting. Get to an Adventure Course and climb 25' in the air. **Take a chance.** *The right time for the journey is when you begin it. Why not TODAY?*



*Life is a Journey....*

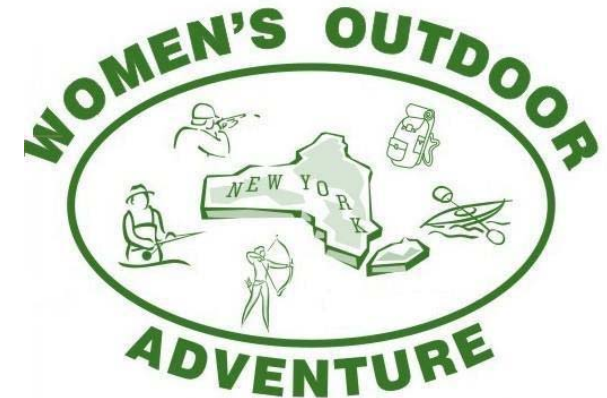


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Visit us on the Web at:  
[www.womensoutdooradventurenyssef.com](http://www.womensoutdooradventurenyssef.com)

In Cooperation with  
NYS Sportsman's Education  
Foundation and NYS  
Department of Environmental  
Conservation



***Tel. (631) 348-2059***

## *Thank you to ALL of our Volunteers.....*

First, let me say that this organization is run solely by **VOLUNTEERS**. *Very dedicated volunteers*. Men and Women who believe whole-heartedly in this program and its ability to make a difference in so many women's lives. Without their dedication this program would not exist. So we say **THANK YOU** to each and everyone of you for all of your help, hard work and dedication!



### QUOTES FROM THIS YEAR'S WEEKEND:

"I had a great time this year and look forward already to next year! All of my friends who attended want to come back next year also. You and Eileen have done an outstanding job as usual. The ladies who helped you were great and the men who volunteered were kind, helpful and dedicated to helping us learn and grow. I know I told you the same on Sunday but, I can't say thank you enough."

"I just want to thank you again for a most fantastic weekend. I could not imagine how much fun and learning could be wrapped up in a few days but I say, you did it and well. Please extend this to all the staff as I know how important every task is to arranging and executing such a program."

"Many thanks for all you've done in putting together the "weekend". I met many wonderful people including the wonderful staff of dedicated men & women who made the weekend a total success. I can't wait for the next "adventure".

### SOME OF THE COURSES OFFERED

**Archery** – An introduction to different types of archery equipment and basic archery skills. Students will practice the shooting of bow and arrow. Safety in target shooting will be stressed.

**Beginning Firearms** – Learn the different parts of rifles and shotguns and how to handle and shoot firearms safely. Shooting techniques will be practiced as part of the course.

**Wildlife Identification** – Learn how to identify and track deer, fox and other wildlife commonly found on Long Island.

**Basic Fishing** – An introduction to basic fishing equipment and skills. Learn how to choose and use equipment, what fish can be caught locally, and where and how to catch them.

**Basic Salt Water Fishing** – An introduction to basic salt water equipment and skills. Learn how to fish right from shore, without the hassle of owning or chartering a boat.

**Fly Fishing** – Learn the basics of fly fishing, including casting techniques and the selection of ties and equipment.

**Compass/Orienteering/GPS** – Learn how to use a compass, shoot a course by degree triangulation, and how to read and use a topographical map. A skills course will allow students to navigate with a compass.

**Wilderness Survival / Camping** – An introduction to basic survival skills and camping. Learn how to put together a basic first aid kit and survival pack, what to do if you get lost in the wild, how to recognize signs of hypothermia or sudden illness. Learn about essential, lightweight gear needed for low impact backpack camping. Learn how to select and set-up a site, how to choose a backpack, and how to pack it. Pitch a tent & purify water.

**Beginning Birding** – Learn how to use binoculars, and get acquainted with the many field guides available to birders. Also discussed will be birding "hot spots" on and near Long Island. Learn to observe birds in the wild.

**Introduction to Long Island Ecology** – Participants will learn how to use a field guide to key out tree species. On-site hikes to hardwood and pine forests, and a Long Island Sound beach community will familiarize students with common trees, shrubs and wildflowers found on Long Island.

**Introduction to Canoeing** – Following American Red Cross and American Canoe Association guidelines, learn basic canoe strokes, equipment, nomenclature of a canoe, and use of a PFD. Emphasis will be on safety. Simple knots will also be taught. Test your new skills by paddling on Great Pond.

**Introduction to Kayaking** – Following American Red Cross and American Canoe Association guidelines, learn the basics of flat-water kayaking, including strokes, launching, nomenclature, equipment, and use of a PFD. Emphasis will be on safety. Test your new skills by kayaking on Great Pond.

**Team Building** – The goal of Team Building education is to allow participants to explore and enhance life skills, (trust, communication, empathy, compassion, decision making, self concept, etc.) through experiences that are physically and psychologically challenging in nature.

NOTE: See the Website for Further Details

## **New Classes Now Forming**

*August / Sept.  
Summer Naturalist Series*

*September  
Women's Outdoor Weekend*

**Check the Website for  
further details.**

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