



**Thank you for your interest attending the WV Becoming and Outdoors Woman Weekend**  
Classes for the 2018 April BOW at Blackwater Falls State Park are ready.

BOW is a relaxed format with a concentration on specific outdoors interest in hunting, fishing and related activities. With women from across West Virginia and other states, it is an opportunity to enjoy spring in the mountains at Blackwater Falls State Park, April 6-8, 2018. The instructors are energized. The setting is awesome and welcomes women age 18 and older to participate.

This weekend is a time to become more comfortable with outdoor pursuits. Plan to arrive by 6:00 p.m. Friday for our 'gathering' followed by dinner time. Attending Friday activities is optional, however, we do need preregistration via the enrollment form. Participation is limited for Friday options. **BOW kick off is Friday evening after dinner** with long time BOW instructor and biologist, Sue Olcott. Sue's program and discussion will be Monarchs: West Virginia and beyond.

**WHAT TO WEAR OR BRING**

Comfortable and casual is highly recommended. April weather can be cool to cold at Blackwater Falls. Some classes are indoors and others are outdoors with some limited indoor time. Boating classes are outdoors. Dining is indoors at the park restaurant.

Wear what is your comfort level – jeans or khakis, wear it. Footwear - comfort is king! Bring a change of clothes/shoes that can get wet just in case weather throws spring curves. Bring a pair of gloves in case Mother Nature and French Creek Freddy clash. And don't forget outerwear – we layer and shed as temperatures dictate. There is no fashion show at BOW.

**BOW has a RESERVATION and an ENROLLMENT component**

**The reservation fee** includes your accommodations and five full meals at the Smokehouse Restaurant, located in Blackwater Falls Lodge. Accommodations are either a room or cabin for two nights (Friday and Saturday). Reservation also includes all workshop instruction and experiences/activities planned. Taxes and meal gratuities are included in package rate.

There are three reservation options: single occupancy room, double occupancy in a room – these are at Blackwater Falls Lodge, or sharing a cabin. Cabin sharing can be an individual wanting to be assigned with other attendees or a group of attendees wishing to share a cabin. Cabins are 4-bedroom units and each attendee has a separate room. Assigning individuals unknown to each other in a lodge room isn't available. Meals included are Friday dinner, three full meals on Saturday, and breakfast on Sunday.

Payments are due at the time a reservation for BOW is taken. BOW fees are per person. For reservations, call Blackwater Falls State Park, 304-259-5216. Lois Reed is our onsite BOW contact for reservations. A confirmation will be emailed from Lois to you. Please review options prior to calling so you are familiar with choices. Fee information follows.

**Enrollment is for selecting classes you wish to attend.** Enrollment occurs after reservations are made so we can coordinate different aspects and planning of the overall weekend experience. Class descriptions and how to register for classes follow:



## RESERVATION INFORMATION BOW WEEKEND

**RESERVATION – by April 1, 2018 – Call Blackwater Falls Lodge at 304-259-5216, Ext 0** and let the answering clerk know you are calling about BOW or **email [Lois.A.Reed@wv.gov](mailto:Lois.A.Reed@wv.gov)**. Please type the word 'BOW' in your email subject line. This helps Lois to recognize that you are interested in the BOW weekend and get your reservation processed.

**Reservations include two nights lodging, five full meals, snacks, classes and instruction**, other activities, taxes, and memorabilia. Reservations to attend BOW are based on a per person occupancy rate. Cancellations after April 1 are subject to reservation and refund procedures. Reservation requires BOW fee payment.

If you have class questions or other 'what to expect' questions email Sissie Summers at [sissie.a.summers@wv.gov](mailto:sissie.a.summers@wv.gov). A response will be returned as quickly as possible.

BOW is for gals that are interested and want to be more involved in outdoor pursuits, particularly aspects of hunting and fishing in addition to other outdoor activities – for moms and grandmothers; millennials; and empty nesters. WVDNR and BOW volunteer instructors welcome you or your return!

### LODGE ACCOMMODATIONS

**BOW attendee wanting single occupancy in a lodge room: \$250 per person**

**BOW attendee wanting to share a lodge room with another BOW attendee: \$250 per person**

Please note Blackwater Falls lodge staff cannot assign two people to share a lodge room.

**CABIN ACCOMMODATION** – these are the deluxe 4-bedroom cabins at Blackwater Falls State Park

**BOW attendees that want to stay in a 4-bedroom cabin: \$275 per person**

**If 3 or 4 BOW attendees** that know each other and are planning to reserve and share a cabin and attend BOW: **\$275 per person**. Please call and make a reservation and provide names of all attendees sharing a cabin. Each BOW attendee will need to secure their reservation with a payment. However, one person can call and claim a cabin and give all names staying together and the other attendees can call, give the lodge clerk your name and make payment. Please note: if a cabin is reserved for 3-4 occupants and only two occupants confirm, we will need to move those two to a shared lodge room and fee reduced accordingly. One person may handle making reservations and make full payment for individuals sharing that room or cabin, however, please be sure to provide each name of the individuals sharing that accommodation and that each person completes a separate enrollment form.

You will receive a confirmation email from Lois Reed for your reservation. The subject line will include BOW. Confirmations may be 1-2 days from when you made your reservation. This is not the class registration.

[Class descriptions follow on a separate page.]

## CLASS DESCRIPTIONS

### **Archery, Beginning — Instructor: Pam and John Slaughter**

Participants will learn bow safety, how to fit and select equipment, and the art of archery. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please). Beginning Archery is offered twice. The Slaughters are excellent getting folks started in archery.

### **Beginning Fishing—Instructor: Aaron Yeager, Katie Zipfel, Stephen Floyd**

Beginning fishing is hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

### **Birding – Instructor: Paulita Cousin, Naturalist, Blackwater Falls State Park**

Was that a grackle or a cowbird? Have you ever watched birds and wondered what bird is that? This interactive class teaches basic bird identification. The Nature Center is our hub for instruction and discussion about our feathered friends and then it is off to the woods and listen and to watch for birds. Learning how to use binoculars when sighting birds or wildlife is part of the class time. Spotting scope use is part of the class. Please bring binoculars if you have them; the instructor does have several pairs. The Blackwater Falls area is an excellent birding mecca.

### **Blackwater Falls View Program –Paulita Cousin**

A Friday opportunity, not a class. Paulita Cousin will meet anyone interested in walking to the ‘falls’ and learning the history of the area. Meet at the Trading Post at the falls area at 4:00 p.m. Paulita will be in uniform. At 4:15 p.m. she’ll start the short hike to the falls for the view and photo opportunities. There is an extensive boardwalk and multiple viewing platforms. *Meet at the Trading Post at the Blackwater Falls area.* This a great opportunity to stretch your legs after driving and learn a bit about Blackwater Falls.

### **Canning-Instructors: Pam Glasser-Smarr**

Canning instruction cover all aspects of “putting up” your larder. Learning the process of canning fruits and vegetables, the equipment and ingredients you will need; different techniques such as pickling and juicing is part of the conversation, however, we’ll be canning fish and pork to get you started on meat canning. Whether you’re new to canning or just looking to expand your knowledge this class is for you. Canning is one of our most popular BOW classes. Canning is offered twice.

### **Canoe, Beginning: Blackwater Outdoor Adventures instructor**

Gals from Blackwater Outdoors Adventures welcome BOW ladies that are new to canoeing and those with basic canoeing knowledge. Instruction safety issues, techniques and most importantly getting on the water at Pendleton Lake is the goal of getting ready for your on-the-water experience. Getting comfortable at a new outdoor interest is a matter of ‘sticking your toe in the water’ – and this class gets you started. Equipment use provided.

### **Digital Nature Photography—Instructor: Marie Mason and Athena**

On vacation, taking a hike near home, or relaxing in your backyard, you can capture nature’s beauty with great digital images. Ever wonder why those “perfect” pictures did not turn out? Marie guides you through the lowdown on outdoor gear, how to overcome common exposure problems, composition, and shooting sharp pictures without a tripod. Lastly, what to do with your images once you’ve taken them. It’s easy to share the places, flora, and fauna you see with friends and family in high quality pictures. Please bring Digital Camera, any accessories you may have, and any pictures you want to share. Wear comfortable clothes and shoes, we will be taking pictures.

**Disc Golf – Instructor: Matt Baker or Eric Risinger** – an opportunity and a class.

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws). Outdoors. Great fun. Lifetime activity for any age. Good deal of walking but nothing strenuous. Wear comfortable shoes and clothing. Disc golf is one of WV's fastest growing outdoor recreational sport.

**Dutch Oven Cooking—Instructor: Sammantha and Christopher Bartley**

Complete meals can be cooked in a Dutch Oven whether it's breakfast, dinner or desserts. This BOW class is the art of Dutch Oven Desserts. You'll prepare and season a Dutch oven to take home. You will also learn about how to bring treasured family cast iron back to cooking life as well as conversation about different equipment that can be used over an open fire as dessert/cobbler you'll creating are on the coals. You'll be *the* 'cast iron' chef at your next campfire or campout.

**Firearms Indentation & Active Shooter Awareness – Instructor: Sgt. James Crawley, WVDNR**

Hunting and shooting sports use different firearms based on the activity. The broad range of firearms, ammunition types, manufacturer, firearm history and uses can become confusing for a first-time hunter or in shooting sports. This class introduces multiple firearms visually. A crossbow will also be part of the inventory. Active shooter awareness is part of the presentation and discussion. This officer welcomes questions about fishing, boating or hunting regulations. Class does not include firing.

**Fishing Licenses\***

Purchasing a WV hunting or fishing license is convenient. The ELS (electronic licensing system) provides quick and easy access: <https://www.wvfish.com/> Fishing classes require the possession of a fishing license. Get your license and become more involved in angling pursuits in WV.

**Fishing\* by Boat – Instructor: Aaron Yeager, Katie Zipfel, Stephen Floyd**

This class offers hands-on instruction for choosing equipment as well as landing fish from a motorboat on the lake. Learn the types of equipment available, knot tying, choosing bait and loading a reel. Lots of on-lake fishing time using various types of equipment. Equipment is provided, but participants may bring their own.

**Fly Fishing I – Instructors: Paula Voldeck and Jenny Leavitt**

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first timers as well.

**Fly Fishing II\*—Instructors: Paula Voldeck and Jenny Leavitt**

FFII is for participants that have attended a Fly Fishing I (introduction course) or at TU course. Typically, this class is for enrollees that own fly fishing equipment and can use a fly rod. Fly Fishing II is the next level and not a beginner class. Students will visit a local stream and practice casting skills and hopefully are successful in a catch. Participants must bring waders and wading shoes or old shoes. You also need to bring rain gear, hat and polarized sunglasses. A walking stick is optional. Fly rods, reels and flies will be provided. The stream may be slippery. **Prerequisite: Fly Fishing 1 class from Trout Unlimited or BOW. This is not a Fly Fishing I or beginner class.** Fishing license required and appropriate stamps. This class begins Saturday AM and continues thru the afternoon. There is only one FFII class. If you indicate FFII as a first choice, you should indicate a morning and an afternoon class as second choices.

### **Fire Building & Outdoor Ethics – Instructor: Jacob Jackson, Certified Instructor (NEW!)**

Being a good outdoor neighbor includes knowing and a hands-on approach to the basics of outdoor fire-building techniques, which includes lighting and the many different styles of campfires. The course includes Leave No Trace principles: Concepts of the Natural World, Planning Ahead, Walk on Durable Surfaces, Pack It In/Pack It Out, Leave What You Find, Minimize Impact of Fire, Respect the Outdoors, Consideration of Other Visitors – all excellent building blocks for outdoor discovery and enjoyment. The Pack In-Pack Out principle includes a discussion on what to do when there is no privy or facilities in site – good knowledge when backpacking or wilderness camping is on your to-do list. LNT Center for Outdoor Ethics is a national organization that protects the outdoors by teaching and inspiring people to enjoy it responsibly.

### **Kayaking, Beginning: Blackwater Outdoor Adventures instructors**

Gals from Blackwater Outdoors Adventures welcome enrollees new to kayaking and those with basic kayak knowledge. Instruction, safety issues, techniques and most importantly getting on the water at Pendleton Lake is the goal. Getting comfortable with this outdoor interest is just a matter of ‘sticking your toe in the water’ – and this class gets you started. Equipment use provided includes the sit on top, single seat kayak. Pack some clothing and maybe older shoes that can get wet.

### **Map & Compass – Instructor: Barb Breshock, Sue Olcott**

Students learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. Practicing your newfound skills over the local terrain is part of the fun after the classroom work is completed. A tried and true class for outdoor discovery that continues to be popular and inspiring. Barb is a certified forester with the WV Division of Forestry; Sue is a biologist with WVDNR.

### **Monarch Butterflies – not a class**

### **Motor Boat Operations – Instructor: Aaron Yeager, Katie Zipfel, Stephen Floyd**

Learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. You will have an opportunity to operate boats on the water & learn trailering first hand. No pressure instruction and guidance. If you can drive, you can put a boat on the water after this class!

### **Nature Craft – Instructor: Marie Mason**

Get in touch with your crafting side. Come and learn to make a nature craft to take home with you. All materials and tools will be provided. Marie always surprises BOW with wonderful projects to compete at workshop. Conversation during crafting time about outdoors, hunting and fishing experiences makes this take-home project more memorable and treasured. Marie never fails to surprise us with an amazing craft.

### **Snakes of West Virginia – not a class**

### **Shotgun—Canaan Valley Sporting Clays Shooting Range**

Learn gun safety and shooting techniques specific to shotguns. Includes clay disc shooting. Firearms and ammunition provided. You may bring your own cased shotgun, but it must meet safety approval of the range instructor. If you’ve never shot a shotgun and it’s on your bucket list, this is a great session for a new interest in shooting sports. At Canaan Valley range.

#### Class Enrollment

There are two pages to complete and return after making reservations for the workshop.

BOW April 6-8, 2018  
Blackwater Falls State Park



## ENROLLMENT FOR BOW CLASSES

(two pages)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ (important to include)

Phone contact \_\_\_\_\_ (important to include)

If you have a preferred name for your name tag, please provide. Example: If you are 'Patricia' and you prefer to be called 'Pat' or 'Patty' or 'Tish'. \_\_\_\_\_

*Reservations are confirmed by Blackwater Falls.*

*Class enrollment confirmation is confirmed after reservations are made  
by either Sissie Summers or Jacob Jackson.*

*The BOW weekend schedule and additional activities and classes the enrollee are assigned, based on  
selections received on this form, will be forwarded to class enrollees by April 1 or sooner if possible.*

**Some Friday activities are scheduled. The weekend classes begin fully on Saturday.**

Enrollment is required to attend Friday classes. Note class start times on the enrollment form.

**Circle two classes in each session for Saturday and Sunday.**

**Indicate your 1<sup>st</sup> choice with the number '1' and a 2<sup>nd</sup> choice with the number '2.'**  
**We make every attempt to get you into your desired classes.**

*This is page one of a two-page class enrollment form*

**Fax** this sheet and the next page (both completed) to **304-558-0077 – or –** complete, scan and **email, [sissie.a.summers@wv.gov](mailto:sissie.a.summers@wv.gov) –or–** email your name, address, email/phone in the body of an email and type your first and second choices for each of the three sessions. You may also use US Postal. **BOW, 324 4<sup>th</sup> Avenue, South Charleston WV 25303 – Attn: STATE PARKS.** You will receive your class schedule in advance by April 1 via email.

## Becoming and Outdoors-Woman Classes – Enrollment – page 2

Your Name:

City/State:

Email:

Have you previously attended a WV BOW workshop? Yes No (circle one)  
 Do you possess a current WV resident or non-resident Fishing or Hunting license or Lifetime License?  
 Circle if license query is applicable to you.

Friday Friday – April 6 Start times indicated	Saturday Class One – April 7 Morning- Start times 8-ish	Saturday Class Two - April 7 Afternoon -Start times 1-ish	Sunday Class Three – April 8 Morning - Start time 8-ish
Must arrive at least one hour prior start on time.  *Limited number of students.		<b>Archery, Beginning</b> (4hr)	<b>Archery, Beginning</b> (4hr)
	<b>Bird ID and Watching</b> (3-4hr)		
	<b>Canning - Fish-2-Jar</b> (4hr)	<b>Canning - Meat-2-Jar</b> (4hr)	
	<b>Canoeing</b> (3-4hr)	<b>Kayaking</b> (3-4hr)	On your own Canoe/Kayak opportunity – equipment provided
			<b>Craft, Nature</b> (3-4hr)
			<b>Disc Golf</b> Class or on your own, equipment provided
			<b>Dutch Oven Cooking</b> (3-4 hr)
Fishing, Beginning * 2:00 p.m. start			
Fly Fishing I -Beginning * 1:00 p.m. start (3hr)			
	<b>Fly Fishing II</b> <u>Must have completed Fly Fishing I or TU course prior to this workshop. Not a beginner's class. (8 hr)</u>		
			<b>Firearm ID / Shooter Awareness by WVDNR</b> (3hr)
		<b>Fire Building &amp; More / LNT</b>	
Hike/Falls Introduction 4:00 p.m. (1hr)		<b>Hiking</b> (2 +/- hours)	
	<b>Motorboat Operation</b> (4hr)	<b>Fishing from a Motorboat</b> (4hr)	
	<b>Map &amp; Compass</b> (4hr)		<b>Map &amp; Compass</b> (4hr)
	<b>Nature Photography</b> (4hr)		
Shotgun – Shooting Sport 2:00 p.m. start (3 hr)		<b>Shotgun</b> (3hr) <b>Sport Shooting</b>	