



WV Becoming an Outdoors-Woman
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before making your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this Fall, it may be offered next Spring. We keep all the classes small and manageable so that you can have a productive learning experience. And, classes are offered usually based on instructor availability. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

Since you are staying in cabins and the cabins are a fair distance from the dining hall, we agreed with the suggestion of some participants that to save money and time, participants would be responsible for their own breakfast. Also lunch is on your own before the start of classes on Friday. Dinner will be provided on Friday and lunch and dinner will be provided on Saturday.

Our goal is to encourage women to Step Outside[®] and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of West Virginia and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or billieshearer@wvdnr.gov.

I'll see you this Fall!

Billie Shearer
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman
Watoga State Park, Marlinton, WV
September 11-13, 2009

Please complete both pages of the registration form completely.

Name _____ Phone Number _____
Female ___ Male ___ Age _____
Address: _____
E-mail _____

Please list your four choices for each session in order of preference

Session 1	Session 2	Session 3	Session 4
1 st _____	1 st _____	1 st _____	1 st _____
2 nd _____	2 nd _____	2 nd _____	2 nd _____
3 rd _____	3 rd _____	3 rd _____	3 rd _____
4 th _____	4 th _____	4 th _____	4 _____

Workshop Fees

___ \$150 Full Price
___ \$125 Bring a Friend Reduced Rate (all forms and fees must be sent together)

Payment Methods

___ Check made to WV BOW enclosed
___ Please charge to my credit card (Visa/Mastercard/Discover)

Number: _____
exp date _____ Signature _____

Return registration form with appropriate funds by August 28, 2009.

By fax: 304-558-3147 (credit card only) Attn: BOW Registration
By phone: 304-558-2771

By mail: WV DNR--Wildlife Resources Section
Attn: BOW
324 Fourth Avenue
So. Charleston, WV 25303



The facilities at Watoga State Park are modern and standard cabins. Sheets and towels will be provided.

Lodging options: Please circle preferences

Modern Cabin

Standard Cabin

Please remember there are only so many modern cabins and only so much room in a cabin. We will try our best to honor all roommate requests. If no roommates are requested, we will place you based on your lodging options circled above. Please list roommate choices:

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

Yes, place me on the waiting list.

No, I'll wait until I can attend another workshop

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature

No pets please!

Upon receipt of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. Due to the increased cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

Course Offerings

Session 1 (Friday PM)

Beginning Canoeing
Beginning Fishing
Canning - Jelly
Dutch Oven Cooking
Firearm Safety
Fly Fishing I
Intro to Archery
Mountain Biking I
Turkey Hunting
Wilderness First Aid

Session 2 (Saturday AM)

Beginning Rifle
Camping
Fishing by Canoe
Fly Fishing II (All Day)
Handgun Cleaning
Outdoor Gear 101
Self Defense
Shotgun I
So You Got a Deer
Stream Ecology
What's in the Woods Walk

Session 3 (Saturday PM)

Advanced Rifle
Amazing Wildlife
Bow Hunting
Canning - Meat
Deer Hunting
Fly Fishing II
Forestry for Women
Mountain Biking II
Nature Craft
Rifle Cleaning
Shotgun I

Session 4 (Sunday AM)

Handgun
Intro to Backpacking/Leave No Trace
Fly Tying
Self Defense
Shotgun II
Stream Ecology
Stream Fishing
Trapping
Wilderness First Aid
Wildgame Cooking/Dutch Oven

Course Descriptions

Amazing Wildlife – Instructors: Kim Beach-Shaffer and Pam Wyant

This class takes a fun and interactive view at wildlife. Learn animal tracks, make your own tracks, discover the hidden secrets of owl pellets, and listen to bird songs and night sounds all in a relaxed environment.

Advanced Rifle—Instructors: Debbie and Vernon Nosse

You will have the opportunity to learn more advanced shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased centerfire rifle to the class. You will need instructor's approval to use your personal firearm. **Prerequisite: Completion of Beginning Rifle Class.**

Beginning Canoeing—Instructors: Pam Wyant and Jenny Leavitt

Instruction will cover the basics: getting in and out of a canoe, team paddling, and proper strokes, and other special pointers. You will be getting out on the lake to practice your skills.

Beginning Fishing—Instructor: Zack Brown

This course will provide 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.

Beginning Rifle—Instructors: Debbie and Vernon Nosse

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased .22 rifle to the class. You will need instructor's approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

Bow Hunting —Instructors: Pam Slaughter and Dixie Lambert

Learn basic information about hunting with your bow and arrow. Also learn facts on how an arrow harvests game, bow hunting safety, how to practice for bowhunting, lures, calls, scents, bowhunting methods, shot placement, and the responsibilities of being a bowhunter.

Camping—Instructor: Janet Clayton

How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn about choosing the best location, setting up camp and making outdoor cooking simple.

Canning — Jelly and Deer (2 different classes) Instructors: Debra Walker and Pam Glasser

Learn how to make jelly and preserve your game meat. We are offering two canning classes. You will learn what tools and techniques are needed to preserve your game meat. Making tasteful dishes for dinner does not have to begin hours before with thawing out the meat.

Deer Hunting – Instructor: Janet Clayton

An introduction to what you need to know to go deer hunting from scouting to deer ecology and firearms to clothing.

Dutch Oven Cooking—Instructor: Dee Robinson

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class, then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

Firearms Safety—Instructors: Carol Stewart and Janet Clayton

This course will cover the basic types of firearms, firearms safety, gun handling, and the basics of selecting and purchasing firearms. This course is **required** for those wishing to take rifle, shotgun, and handgun.

Fishing by Canoe—Instructor: Zack Brown

Try your hand at fishing from a canoe. Learn more about fishing techniques, lures, habitat, and how weather affects your success. **Prerequisite:** Basic knowledge of knot tying, casting and either have taken the Basic Canoeing class or have canoeing experience.

Fly Tying —Instructors: Marie Mason and Jeff Chidester

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns.

Fly Fishing 1—Instructors: Paula Voldeck and Jeff Chidester

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 2—Instructors: Paula Voldeck and Jeff Chidester

You will visit a local stream and practice your casting skills and hopefully catch a fish using a fly rod. You will need to bring your lunch, water and snacks as we plan to leave early Saturday morning and return at the end of Saturday afternoon's session. Participants are to 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. **(This class will run two sessions) Prerequisite: Fly Fishing I class from Trout Unlimited or BOW. This is not a beginner class.**

Forestry for Women—Instructor: Barb Breshock

More and more women are becoming property owners. This class will provide information on how to manage your land for various uses. The second part of this course involves walking on a small forest plot, so bring appropriate shoes.

Handgun — Instructors: Debbie Nosse and Marge McCutcheon

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using .22 or 38 sp. You will need instructor's approval to use your personal firearm. **Prerequisite: BOW firearm safety class or hunter education certification.**

Handgun Cleaning— Instructor: Vernon Nosse

Learn to properly clean and maintain your gun to increase the gun's life span and to ensure safe operation.

Introduction to Archery— Instructors: Pam Slaughter and Dixie Lambert

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broadheads, please).

Introduction to Backpacking/Leave No Trace—Instructors: Pam Wyant and Kim Beach-Shaffer

If you would enjoy backpacking then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette. You will also increase your knowledge in environmental ethics and learn how to minimize our impact on the wilderness. Seven principals of the Leave No Trace program will be covered.

Mountain Biking 1—Instructor: Steve Marshall

Learn the equipment basics, "rules of the road" and have the opportunity to explore part of the Greenbrier River Trail. We will have bikes and helmets available, but you are encouraged to bring your own.

Mountain Biking 2—Instructor: Steve Marshall

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, brakes, and technical navigation and you will also bike on a more challenging local mountain bike trail. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite: Mountain Biking 1 or a good knowledge of mountain biking.**

Nature Craft—Instructor: Marie Mason

Do you want to 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.

Outdoor Gear 101—Instructor: Kim Beach-Shaffer

A survival situation can happen to anyone at anytime, from a novice to an experienced outdoors person. This workshop will discuss common survival stresses, symptoms of panic and taming your emotions, common survival situations, improvisation as a key to survival, basic skills and much more.

Rifle Cleaning— Instructor: Vernon Nosse

Learn to properly clean and maintain your gun to increase the gun's life span and to ensure safe operation.

Self Defense—Instructor: Ami Minor

Improve your confidence while enjoying the outdoors! This course teaches unarmed self defense and personal safety. Focus will be on simple assault prevention techniques and basic martial arts skills needed to defend yourself. Participants should be prepared for moderate levels of physical activity and wear comfortable, stretchable clothing and tennis shoes.

Shotgun I —Instructors: Al Means and Carol Stewart

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor.

Prerequisite: BOW Firearms Safety class or hunters' safety certification card.

Shotgun II —Instructors: Al Means and Carol Stewart

This class will be more advanced shooting techniques. Firearms and ammunition will be provided in 20 and 12 gauges. **Prerequisite: Shotgun I**

So You Got a Deer—Instructor: Debra Walker

Now what? This hands-on class will take the mystery out of getting your game from the field to the table. You will be guided through the proper techniques and equipment for field dressing and butchering whitetail deer.

Stream Ecology—Instructor: Dan Cincotta

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

Stream Fishing—Instructor: Zack Brown

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided. **Prerequisite:** Basic knowledge of knot tying and casting.

Trapping —Instructors: Pam and John Slaughter

Learn to be a trapper. . . We will teach you the techniques of baiting and setting traps to catch mice, nuisance box trapping for chipmunks, or setting a snare or a steel trap for bobcats and coyotes. Remember to watch your fingers. . . .

Turkey Hunting and Calling—Instructor: Curtis Taylor

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, shot placement, and equipment selection. Also learn calling techniques.

What's in the Woods Walk —Instructor: Curtis Taylor

Have you ever gone on a hike and wondered what that tree, bush, weed, bird or animal track might be? Then this class is for you. Learn how to identify various plants that grow in the woods by their leaves, bark, buds, and flowers. Learn to identify birds visually or by their song and what animal left their track in the woods. Easy hike in the woods so wear appropriate shoes.

Wilderness First Aid—Instructor: Cheryl Brannon

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

Wildgame Cooking—Instructors: Debra Walker and Dee Robinson

In this class, you will be preparing fresh venison and trout in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Sunday closing ceremony.