



Hello, and thanks for considering attending the Fall WV Becoming an Outdoors-Woman weekend. We have changed our registration process, so please read through this packet carefully.

This year, we have three different payment tiers for the workshop.

1st Tier: Pay full price--\$130

2nd Tier: Qualify for a scholarship--\$65

3rd Tier: BAF Reduced Rate--\$100. **NEW!**

The Bring a Friend rate is our way of encouraging new people to the workshop. For both of you to qualify for this rate, your friend (and you can be, too) must be new to BOW and both registration forms must be submitted together. There isn't a limit to the number of friends you can bring, so come on down!

Course offerings—Please make four selections per session, where #1 is your first choice.

Session 1:

Class A 2

Class B 3

Class C 4

Class D

Class E 1

Lodging—Watoga State Park has three lodging options: standard cabins, modern cabins, and campsites. Modern cabins have electric heat and standard cabins have fireplaces. Please select your preference, although room assignments will be made as we receive the forms.

Returning the form--We encourage you to get your registration form to our office ASAP due to class availability. You can **mail** your registration with payment or you can **fax** (credit card payment only) your registration form to 304-558-3147.

Questions, Comments, or Concerns—Please feel free to call me at 304-558-2771 or email at elizabethgallaher@wvdmr.gov

Hope to see you in September!
Elizabeth Gallaher

**Registration Form
Becoming an Outdoors-Woman in West Virginia
Watoga State Park
September 12-14, 2003**

Only one person may register per form. Please photocopy for additional registrations.

Name: _____ Address: _____
 Female ___ Male ___ Age _____
 Phone: _____
 Email: _____

Since we try and keep our classes small, many classes fill up quickly. Therefore, please mark your FOUR choices for each session in order of preference. Please read class descriptions for prerequisites and other information

<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>
Backpacking Overnight ___	Archery ___	Archery ___	Advanced Canoeing ___
Basic Fishing ___	Basic Canoeing ___	Caving ___	Backpacking ___
Dutch Oven Cooking ___	4x4 Maintenance ___	Fishing By Canoe ___	Bird Buffet ___
Firearms Safety ___	Fly Fishing ___	Fly Fishing ___	Bow Hunting ___
Fly Fishing ___	Stream Ecology ___	Forestry ___	Fly Tying ___
Leave No Trace ___	Map & Compass ___	Mountain Biking ___	Journaling ___
Mountain Biking ___	Nature Hike ___	Shotgun ___	Map & Compass ___
Nature Walk ___	Rifle ___	Wilderness First Aid ___	Shotgun ___
Stream Ecology ___	So You Got a Deer ___	Wildgame Cooking ___	Stream Fishing ___

Workshop Fees and Payment (Please Check appropriate fees)

- ___ \$130 Full Price (includes lodging and meals)
- ___ \$65 Scholarship (must include scholarship application)
- ___ \$100 BAF Reduced Rate (both applications must be mailed together)

___ Check Enclosed Payable to WV Becoming an Outdoors-Woman
 ___ Please charge to my Visa/MasterCard # _____ exp date _____
 Signature _____

Return this registration form with appropriate funds by **August 29, 2003.**

WV DNR—Wildlife Resources
 Attn: WV BOW
 1900 Kanawha Blvd., East
 Bld. 3, Rm. 842
 Charleston, WV 25305
 Telephone: 304-558-2771 Fax: 304-558-3147

Lodging Preference:	I'd prefer to stay in a:	I need:
<input type="checkbox"/> Standard Cabin	<input type="checkbox"/> Quiet Zone	<input type="checkbox"/> Smoking
<input type="checkbox"/> Modern Cabin	<input type="checkbox"/> Lively Area	<input type="checkbox"/> Non-Smoking
<input type="checkbox"/> Camping	<input type="checkbox"/> No Preference	<input type="checkbox"/> No Preference

Roommates will be randomly assigned unless otherwise requested. Please list no more than 6.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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

YES NO

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 _____

PLEASE NO PETS OR ALCHOL.

Upon receipt of your registration and payment, you will be sent a confirmation with a map to Watoga State Park. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. **Cancellation deadline is September 5, 2003.** Cancellations before September 5, 2003 will receive a refund less \$20 for processing. Registrants who do not attend and do not cancel by the deadline will be assessed the full program fee, but a substitute attendee may be supplied.

**WV Becoming and Outdoors-Woman
Scholarship Application**

Name _____

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for 5 of these scholarships, please complete this application and submit it with your registration form and \$65 registration fee. You will be contacted by September 5, 2003 of your status. Preference will be given to first-time participants, full-time students, single parent and low-income households, but all are encouraged to apply.

All information will be kept confidential.

Annual income _____

Number of dependents _____

Please attach an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

Signature

Date

Course Descriptions

Fishing Classes

Beginning Fishing

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. You must bring your fishing license to the workshop!

Introduction to Fly Fishing

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. You must bring your fishing license to the workshop!

Stream Fishing

Learn where and how to fish streams and everything from techniques, lures, habitat, to what effects weather can have on your success. Participants are encouraged to bring their own equipment, but equipment will be provided. There will be plenty of hands on training. Prerequisite: Basic knowledge of knot tying and casting. You must bring your fishing license to the workshop!

Fishing by Canoe

Try your hand at fishing from a canoe. Learn more about fishing techniques, lures, habitat, and what effects weather can have on your success. There will be plenty of hands-on training in the Center's small lake. Prerequisite: Basic knowledge of knot tying, casting, and canoeing. You must bring your fishing license to the workshop!

Hunter Awareness/Shooting/Archery

Firearms Safety

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 beginning rifle, muzzle loading and shotgun.

Beginning Rifle

You will have the opportunity to learn gun safety and shooting techniques specific to rifles, which will be provided. Prerequisite: BOW Firearms Safety Class or Hunter Safety certification since August 1989 and must supply copy of card.

Beginning Shotgun

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 gauge. You may bring your own shotgun, but it must meet safety approval of the range instructor. Prerequisite: BOW Firearms Safety class or Hunter Safety certification since August 1989 and must supply copy of card.

Beginning Archery

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 broad heads, please).

Introduction to Bow Hunting

Take archery shooting one step further. Learn everything from bow hunting ethics, scouting techniques, tree stand placement and safety, shot placement and blood trailing to equipment selection.

So You Got a Deer

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. This class is a perfect compliment to **Wildgame Cooking!**

“Other” Outdoor Skills

Advanced Canoeing

Want to learn more techniques involving canoeing? Take this course and learn how more challenging strokes, how to handle a capsized canoe, and how to portage. The chances of you getting wet with this class are very strong, so come prepared! Prerequisite: Basic Canoeing Class and the ability to swim.

Backpacking overnighter (Two Sessions)

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and braking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

Basic Canoeing

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

Basic Fly Tying

Learn the basics of tying flies. You will be presented with materials and tools which are needed and how to use them. You will then try your hand at tying some basic fly patterns.

Bird Buffet

Learn the basics for bird feeding—what species to expect, what to serve, and proper presentation. You will be able to build a birdhouse to take home and mix a unique offering of food for your feathered visitors. Bring any questions you may have on managing your yard for wildlife.

Dutch Oven Cooking

Complete meals can be cooked in a Dutch oven whether it is 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.

Forestry for Women

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 a small forest plot, so bring appropriate boots.

4 x 4 Maintenance

So you've purchased your truck, jeep, SUV to go out and enjoy the wilderness? What happens if you get stuck? How do you change a tire? This class will provide the survival basics for your 4-wheel drive vehicle.

Introduction to Backpacking

If you would enjoy backpacking but you're not ready to commit to an overnight, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up breaking down camp, basic safety and wilderness etiquette.

Leave No Trace

Increase your knowledge in environmental ethics and learn how to minimize our impact on the wilderness by taking this class. Seven principals of the Leave No Trace program will be covered.

Map and Compass

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your newfound skills over the local terrain.

Morning Hike

Take a trek "over the hills and through the woods." Some nature interpretation will be provided along the way.

Mountain Biking

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.

Nature Journaling

Have you wanted to record your observations and outdoor adventures? This class will introduce you the art of journaling. Supplies will be provided, but if you have a journal you'd like to share, please bring it.

Nature Walk

This class will be a leisure walk (hike) with most emphasis on nature and nature awareness. Along your trip, nature watching techniques will be discussed and plants and animals identified. You are encouraged to bring binoculars.

Stream Ecology

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.

Wilderness First Aid

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

Learn the art of wildgame cooking. Learn techniques from getting the meat ready to cook as well as cooking and recipes. This class pairs up well with **So You Got a Deer**.

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