



WV Becoming an Outdoors-Woman  
Welcome and Registration Information

Thank you 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. We ask that you make four choices for each session, just in case your first class choice has been closed. Each session offers a different variety of classes, so if you don't see a class offered this spring, it may be offered in the fall. 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.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop. 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!

As in the past, there are a few scholarships available to cover half the registration fees. Payment is required prior to the workshop via phone, by mail, or by fax. Unfortunately the BOW program cannot provide refunds, although substitutes are permitted. See the registration form for details.

**In the fall we did make a change in what the registration fee covers. 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 (as a cookout) and lunch and dinner will be provided on Saturday (in the dining area).**

Our goal is to encourage women to Step Outside® and explore the 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 fun 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](mailto:billieshearer@wvdnr.gov).

I'll see you this Spring!

Billie Shearer  
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman  
Pipestem State Park, Pipestem, WV  
April 20-22, 2007

Please complete both pages of the registration form completely.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Address: \_\_\_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_\_  
\_\_\_\_\_  
E-mail \_\_\_\_\_

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

Session 1	Session 2	Session 3	Session 4
1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____
2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____
3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____
4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____

Workshop Fees

- \_\_\_ \$130 Full Price
- \_\_\_ \$100 Bring a Friend Reduced Rate (all forms and fees must be sent together)
- \_\_\_ \$75 Scholarship Rate (must include scholarship application)

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 March 16, 2007!!!!!!**

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  
1900 Kanawha Blvd., East  
Bldg. 3, Rm. 842  
Charleston, WV 25305



Registration, page 2.

At Pipestem we will be staying in cottages. Sheets and towels will be provided.

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)

Archery  
Backpacking Overnight (two sessions)  
Beginning Fishing  
Bird Watching for Beginners --- NEW  
Dutch Oven Cooking  
Firearms Safety  
Fly Tying  
Horseback Riding  
Mountain Biking 2  
Stream Ecology

### Session 2 (Saturday AM)

Archery  
Basic Rappelling  
Fly Fishing 1  
Mountain Biking 2  
Nature Journaling  
Nature Photography --- NEW  
Rifle  
Shotgun  
Turkey Hunting & Calling  
Wilderness First Aid

### Session 3 (Saturday PM)

Archery  
Beginning Canoeing  
Camping  
Canning  
Fly Fishing 2  
Handgun 1  
Horseback Riding --- NEW  
Shotgun  
Stream Ecology  
What's in the Woods? --- NEW

### Session 4 (Sunday AM)

Advanced Rappelling --- NEW  
Fishing by Canoe  
Handgun 2  
Intro to Backpacking  
Nature Craft  
Nature Photography --- NEW  
Outdoor Survival 101  
Shotgun  
Wildgame Cooking

## Course Descriptions

### **Advanced Rappelling – Instructor: Ami Nottingham**

This class will be more detailed than the basic class and you should have had the basic class or some experience in rappelling. In a controlled environment, you will learn to safely rappel and belay while using different hardware and techniques. This is a hands-on course. Please make sure to bring a pair of LEATHER gloves and sturdy shoes. Also, hair will need to be pulled back to keep out of equipment. Helmets and all other necessary equipment will be provided.

### **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 broad heads, please).

### **Backpacking Overnighter (Two Sessions) — Instructors: Pamela Glasser and Pam Wyant**

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 breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

### **Basic Rappelling — Instructor: Amie Nottingham**

This class will be an introduction to basic descending techniques. In a controlled environment, you will learn to safely rappel and belay while using different hardware and techniques. This is a hands-on course. Please make

sure to bring a pair of LEATHER gloves and sturdy shoes. Also, hair will need to be pulled back to keep out of equipment. Helmets and all other necessary equipment will be provided.

### **Beginning Canoeing — Instructors: Kim Beach-Shaffer and Pam Wyant**

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.

### **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.

### **Bird Watching for Beginners — NEW — Instructor: Jim Phillips**

Was that a grackle or a cowbird? A chickadee or a Carolina wren? Have you ever watched birds and wondered what kind they are? This will be an interactive class that teaches basic bird identification. You will meet at the Nature Center for a little instruction about our feathered friends. Then you will proceed on to the woods and watch for birds with the use of binoculars. Please bring binoculars if you have them; the instructor does have several pairs.

### **Canning — Instructors: Debra Walker and Pam Glasser**

Learn what tools and the simple technique needed to preserve your game meat. Making tasteful dishes for dinner does not have to begin hours before with thawing out the meat. In this class you will be preparing the meat, packing the jars and canning.

### **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.

### **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: Janet Clayton and Carol Stewart**

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 1 — 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, Linda Linger, 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, Linda Linger, and Jeff Chidester**

Take your knowledge learned from Fly Fishing 1 to the next level. You will visit a local stream and practice your casting skills and possibly reel in a catch. Participants are to bring waders or old shoes. **Prerequisite:** Fly Fishing 1 or a previous Fly Fishing class from Trout Unlimited or BOW.

**Handgun Hunting — Instructors: Debbie and Vernon Nosse**

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. **Prerequisite: BOW firearm safety class or hunter education certification.**

**Horseback Riding — NEW — Instructor: Joe Rhodes**

Participants will get instruction on horse health, equipment, and information useful around horses. You will also have the opportunity to ride a horse for at least an hour.

**Introduction to Backpacking — Instructor: Pamela Glasser**

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, 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.

**Mountain Biking 2 — Instructor: Gene Wells**

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. Please bring your own bike and helmet for this class. **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.

**Nature Journaling — Cathy Adkins**

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

**Nature Photography — NEW — Instructor: Jack King**

In this class you will learn how to take beautiful photos of nature. You will be taught how to use different equipment and how to set up and use tripods. One hour of class time inside and then it's outside to use those skills you have learned. Participants should bring their own film and camera. Please wear appropriate shoes for an easy hike.

**Outdoor Survival 101 — Instructors: Kim Beach-Shaffer and Pam Wyant**

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 — 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 firearm to the class. You will need instructor's approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

**Shotgun — 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.

**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. Participants should bring waders or old shoes.

**Turkey Hunting and Calling — Instructors: Curtis Taylor and Susan Kinzer**

Learn the basics of wild turkey hunting including understanding wild turkey behavior, preseason scouting techniques, calling, shot placement, and equipment selection. Very early Saturday morning we will be going out to call in some turkeys. If you are interested (don't have to take the class) let me know.

**What's in the Woods? — NEW — Instructor: Curtis Taylor**

Have you ever gone on a hike and wondered what that tree, bush, or weed 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. Easy hike in the forest so wear appropriate shoes.

**Wilderness First Aid — Instructor: Debra Walker**

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.

**WV Becoming an Outdoors-Woman  
Scholarship Application  
Spring 2007**

Name \_\_\_\_\_

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for 4 of these scholarships, please complete this application and submit it with your registration form with the \$75 registration fee. You will be contacted by April 2, 2007 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual income \_\_\_\_\_

Number of dependents \_\_\_\_\_

Please write an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date