



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.

If you are new to hunting and you are required to get a Hunters' Safety Certification Card, we have the Hunter Safety track being taught by Janet Clayton. There are three classes that you have to take: firearms safety, Hunting Basics 1, and Hunting Basics 2. Please mark on the registration form that you are interested in this certification and select the three classes. The class selection for Sunday can be any class.

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.

This fall we did make a change in what the 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 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 15-17, 2006

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 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 th _____

___ I plan on getting my Hunters' Safety Certification Card (must select Firearms Safety, Hunting Basics 1 and 2)

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 September 1, 2006.

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.

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)

Backpacking Overnight (two sessions)

Archery

Dutch Oven Cooking

Firearms Safety

Fly Tying

Leave No Trace

Mountain Biking 1

Stream Ecology

Tree Stand Safety

Wilderness First Aid

Session 2 (Saturday AM)

Archery

Beginning Canoeing

Beginning Fishing

Beginning Map and Compass

Beginning Rappelling

Dutch Oven Cooking

Nature Craft

Fly Fishing 1

Hunting Basics 1

Rifle

Shotgun

So You Got a Deer

Session 3 (Saturday PM)

Archery

Canning – NEW!

Caving

Fishing by Canoe

Fly Fishing 2

Forestry for Women

Hunting Basics 2

Mountain Biking 2

Rifle

Shotgun

Stream Ecology

Turkey Hunting

Session 4 (Sunday AM)

Beginning Map and Compass

Camping

Handgun Hunting

Intro to Backpacking

Outdoor Gear 101

Shotgun

Stream Ecology

Stream Fishing

Wildgame Cooking

Course Descriptions

Archery— Instructors: Pam Slaughter

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)—Instructor: Pamela Glasser

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.

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.

Beginning 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. Helmets and all other necessary equipment will be provided.

Canning— NEW — 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.

Caving—Instructor: Amie Nottingham

Interested in exploring a brand new world? Join us in exploring a local cave. Please make sure to bring a pair of gloves, mid-weight jacket, and hiking boots. Helmets and all other necessary equipment will be provided.

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, handgun, and the hunters' safety certification card.

Fishing by Canoe—Instructors: Zack Brown and Kim Beach-Shaffer

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 Chickester

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 Chickester

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 Chickester

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.

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 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.**

Hunting Basics 1—Instructor: Janet Clayton

This class includes basic information for the beginning hunter from hunting ethics, wildlife management and identification, laws, etc. This a **required** class for the Hunter Education Certification.

Hunting Basics 2—Instructor: Janet Clayton

This course consists of a safety trail which takes you through several simulated hunting situations and basic obstacles encountered during hunting various game animals. This a **required** class for the Hunter Education Certification.

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.

Leave No Trace—Instructors: Kim Beach-Shaffer and Pam Wyant

“This land is your land . . . and this land is my land” but we both need to take care of it whether we are in the front country or the backcountry, taking a day hike or a weeklong backpacking trip. In this interactive, fun and enjoyable class, participants will discover the "7 Principles of Leave No Trace" and become motivated to make less impact on our natural world.

Map and Compass—Instructor: Barb Breshock

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.

Mountain Biking 1—Instructor:

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:

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: Denise Benear

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— NEW — Instructors: Kim Beach-Shaffer and Pam Wyant

This class is designed to give you the information you need to choose the right outdoor gear for hiking, backpacking, camping and general outdoor recreation activities. This class will consist of demonstrations, hands-on activities, tips for dressing outdoors, money saving ideas 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.

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 throughout the proper techniques and equipment for field dressing and butchering whitetail deer. Please be advised that participants will be working up a fresh kill that will be used in the Wildgame Cooking class.

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.

Tree Stand Safety—Instructor: Susan Kinzer

Bow hunting is a wonderful and fun sport, but don't let tree stand accidents ruin your hunting trip. This class discusses the various types of tree stands, tree stand placements, and safety harnesses.

Turkey Hunting—Instructor: Susan Kinzer

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

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—Instructor: Debra Walker

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
Fall 2006**

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 September 2, 2006 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