



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<sup>®</sup> 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](mailto: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 17-19, 2010

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 <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 _____

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 September 7, 2010.**

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:

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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

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*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  
Beginning Canoeing  
Beginning Fishing  
Firearm Safety  
Fly Fishing I  
Mountain Biking I  
Nature Photography  
Rock Wrap  
Stream Ecology  
Tree Identification

### Session 2 (Saturday AM)

Advanced Caving (2 sessions)  
Beginning Rifle  
Bow Hunting  
Fishing by Canoe  
Fly Fishing II  
Forestry for Wildlife  
Intro to Backpacking  
Mountain Biking I  
Nature Photography  
Shotgun I  
So You Got a Deer

### Session 3 (Saturday PM)

Advanced Caving  
Beginning Rifle  
Canning  
Deer Hunting  
Dutch Oven Cooking  
Fly Tying  
Mountain Biking II  
Rock Wrap  
Shotgun I  
Stream Ecology  
Wilderness First Aid

### Session 4 (Sunday AM)

Camping  
Extreme Mountain Biking  
Forestry for Wildlife  
Handgun  
Nature Craft  
Nature Walk  
Self Defense  
Shotgun II  
Stream Fishing  
Trapping  
Wildgame Cooking/Dutch Oven

## Course Descriptions

### **Advanced Caving – Instructor: Ami Minor**

Have you ever wanted to get a real taste of WV underground? Is the half day course not enough? Explore one of WV's finest encountering beautiful formations and cave life along the way. Learn basic horizontal caving techniques, navigation, safety precautions, and equipment identification. This class will be a full day of caving, not for the faint of heart. Participants should be in good health and able to handle moderate amounts of physical activity for several hours. Participants should wear sturdy boots or shoes with excellent grip. Helmets and headlamps will be provided, but make sure to bring at least one back up light, a small backpack with enough water for the day, and light snacks. Layered clothing and knee pads are recommended. You will get VERY dirty.

### **Beginning Canoeing—Instructor: Pam Wyant**

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. **The cost for this class will be \$7.00.**

**Bow Hunting —Instructors: Pam and John Slaughter**

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 bow hunting, lures, calls, scents, bow hunting methods, shot placement, and the responsibilities of being a bow hunter.

**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 — Instructors: Debra Walker and Pamela Glasser**

Learn how to preserve your game meat. 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.

**Extreme Mountain Biking – Instructor: Steve Marshall**

This class is being offered for the extreme bikers. Not sure we have any, but wanted to offer the class to see. If we have any interest we will have to work with Steve.

**Firearms Safety—Instructors: 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 —Instructors: Jeff Chidester and Paula Voldeck**

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 I —Instructors: Paula Voldeck, Jeff Chidester 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, Jeff Chidester and Jenny Leavitt**

You will visit a local stream and practice your casting skills and hopefully catch a fish using a fly rod. 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. **Prerequisite: Fly Fishing I class from Trout Unlimited or BOW. This is not a beginner class.**

**Forestry for Wildlife—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, with an emphasis on wildlife habitat improvement. 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. The cost for this class will be \$7.00.**

**Introduction to 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 broadheads, please).

**Introduction to Backpacking—Instructor: Pam Wyant**

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.

**Mountain Biking 1—Instructor: Steve Marshall**

This class will offer the chance to learn the basics about mountain biking, proper fit, proper technique in pedaling, braking, and gear selection. The class will cover the basics of the mechanics of the bicycle, and the different types of bicycles. We will also cover some things that help make cycling more fun and comfortable including the types of clothing available, shoes, helmets and accessories. We will also take a ride on the Greenbrier River Trail.

**Mountain Biking 2—Instructor: Steve Marshall**

This class will offer the mountain bike rider the opportunity to learn proper braking on steep descents, proper position for climbing, some simple bike repairs, how to fix a flat, pedal position, log crossing, and how to scan a trail and prepare to ride that section. We will also cover gear selection for climbing, and how to position for riding down hills. It is recommended that a rider have some experience for this

class and have their own bike, however we will have rental bikes available. In this class we will also cover the gear and goodies that can help to make this degree of mountain biking a little more fun.

**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 Walk – Instructor: Curtis Taylor**

Everyone always enjoys a nature walk.

**Rock Wrap – Instructor: Tammy Shuff**

Wire wrapping is an ancient art form that has been around for hundreds of years. In this class you will learn how to wire wrap a stone to be used as a pendant for a necklace. Wire, stones and tools will be provided, but bring your own stone to use if you have a favorite one (this project works best with a stone that has a flat bottom). **The cost for this class will be \$10.00.**

**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. You will be shooting clay pigeons. 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. . . .

**Tree Identification – Instructor: Curtis Taylor**

Move over CSI! The tree detectives will take over here. Learn skills necessary to identify tree species in both summer and winter conditions. You will become familiar with our towering oxygen producers, and you will even construct your own leaf press.

**Wilderness First Aid—Instructor: Cheryl Brannon**

Ideal for scouts, outdoor enthusiasts or employees in remote environments an hour or more from EMS response, this class provides the skills and confidence needed to respond to an emergency when help may be delayed. The course includes the use of scenarios, experiential learning and simulation techniques to teach participants the leadership and decision making skills needed to manage emergency situations where resources may be extremely limited.

**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.