



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. 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. 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 16-18, 2011

Please complete **both** pages of the registration form.

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 31, 2011.

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
South Charleston, WV 25303



Registration, page 2.

The facilities at Watoga State Park are modern and standard cabins. Blankets, sheets and towels are provided. Check out <http://www.watoga.com> for detailed descriptions.

Lodging options: Please circle preference

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 you are signing up for a bike class please let me know if you are bringing your own bike so I will know how many I have to rent.

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 Fishing
Crochet Wire Gem Jewelry**
Dutch Oven Cooking
Firearm Safety
Fly Fishing I
Introduction to Archery
Introduction to Camping
Mountain Biking I
Nature Craft
Self Defense
Stream Ecology
Wilderness First Aid

Session 2 (Saturday AM)

Advanced Caving (2 sessions)
Beginning Canoeing
Beginning Rifle**
Crochet Wire Gem Jewelry**
Digital Photography
Introduction to Archery
Fly Fishing II
Map and Compass
Nature Walk
Shotgun I
So You Got a Deer

Session 3 (Saturday PM)

Advanced Caving (Continued)
Amazing Wildlife
Bow Hunting
Canning
Dutch Oven Cooking
Fishing by Canoe
Fly Tying
Forestry for Wildlife
Mountain Biking II
Rifle II
Shotgun I
Stream Ecology

Session 4 (Sunday AM)

Digital Photography
Introduction to Backpacking
Introduction to Deer Hunting
Handgun **
Map and Compass
Nature Walk
Self Defense
Shotgun II
Stream Fishing
Wilderness First Aid
Wildgame Cooking

****extra fees will apply check course description**

Course Descriptions

Advanced Caving – Instructor: Ami Minor

Have you ever wanted to get a real taste of the WV underground? Explore one of WV's finest caves 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.

Amazing Wildlife – Instructor: Kim Beech-Shaffer

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.

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 basic hands on instruction from choosing equipment to landing and releasing 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.

Crochet Wire Gem Jewelry—Instructor: Tammy Shuff

A spool of wire, gemstone beads and a metal crochet hook are all you need to create lovely filigree jewelry (basic crochet chain stitch is the only stitch used). In this class you will make a necklace using this relatively new jewelry technique. Prior knowledge of crochet is helpful but not required. **The cost for this class will be \$10.00.**

Canning — Instructors: Debra McCune and Pamela Glasser Smarr

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: Pamela Glasser Smarr

An introduction to what you need to know to go deer hunting. We will cover broad topics from scouting to deer ecology and firearms to clothing.

Digital Photography – Instructor: Kimberly Racer

Whether you're on vacation, taking a hike near home, or relaxing in your backyard, you can capture nature's beauty in great digital images. Ever wonder why those "perfect" pictures did not turn out? Join us in this class where we will explore the lowdown on outdoor gear, how to overcome common exposure problems, compose shots and shoot sharp pictures without a tripod. Lastly, we will find valuable information on what to do with your images once you've taken them. It's easy to share the places, flora, and fauna you see with friends and family in high quality pictures. Please bring Digital Camera, any accessories you may have, and any pictures you want to share. Wear comfortable clothes and shoes, we will be taking pictures.

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

This course will cover the basic types of firearms, firearms safety, gun handling, and the basics of selecting and purchasing firearms. This course or a hunter education certificate is **required** for those wishing to take additional rifle, shotgun, and handgun classes at BOW.

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-Instructors: Kim Beech-Shaffer and 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. Seven principals of the Leave No Trace program will be covered.

Introduction to Camping—Instructor: Pamela Glasser Smarr

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.

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: 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: Amy McClure

This class will offer you a chance to make something to take home. The details are still being worked out for the crafts that you will be making, but I am sure it will be lots of fun. Some of the ideas mentioned were napkin rings, shadow boxes, log cabin baskets, or picture frames. **The cost of this class will be \$5.00.**

Nature Walk – Instructor: Karen McClure

Join us for a walk in nature. We will look for animals and signs of animals, enjoying the beauty of Watoga State Park. Dress in layers, prepared for the weather. Be sure to wear shoes that can get wet and muddy. Please bring a water bottle and snacks if you think you will need them.

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: 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: 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 McCune

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.

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 McCune 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.