



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!

Thank goodness we are staying in Cabins and they have a place to cook, because the dining hall is now CLOSED. Breakfast and lunch will be on your own, but dinner for Friday and Saturday will be served in the Rec Hall. If you are selected to go on the Caving Class (which is an all day class) you are to bring a bag lunch with you. I will send your class list to you prior to the workshop.

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 billie.j.shearer@wv.gov.

I'll see you this Fall!

Billie Shearer
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman
Watoga State Park, Marlinton, WV
September 14-16, 2012

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, 2012.

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
Dutch Oven Cooking
Firearm Safety
Fly Fishing I
Introduction to Archery
Introduction to Camping
Mountain Biking I
Nature Craft **
Rifle **
Stream Ecology

Session 2 (Saturday AM)

Advanced Caving (2 sessions)
Beginning Canoeing
Concealed Carry
Digital Photography
Fly Fishing II
Forestry for Women
Jewelry **
Mountain Biking I
Shotgun I
So You Got a Deer
Wilderness First Aid

Session 3 (Saturday PM)

Advanced Caving (Continued)
Bow Hunting
Concealed Carry
Fishing by Canoe
Fly Tying
Mountain Biking II
Shotgun I
Stream Ecology
The Quazee Experience

Session 4 (Sunday AM)

Beavers & Otters
Concealed Carry
Digital Photography
Forestry for Women
Jewelry **
Introduction to Archery
Introduction to Deer Hunting
Nature Craft **
Nature Walk
Shotgun II
Stream Fishing
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. **PLEASE PACK A LUNCH!**

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.

Beavers & Otters – Instructor: Karen McClure

Come to this fun, informative program to learn about these aquatic mammals in the Mountain State. We will compare and contrast their habitat and habits, learn what's for dinner, and discuss behavior. Afterwards, we will look for beavers, otter, and their sign.

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 and Marge McCutcheon

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 \$9.00.**

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.

Concealed Carry –Instructors: Vernon Nosse and Marge McCutcheon

NRA Basic Pistol Class (Concealed Carry) recognized by WV and many other states as required to obtain a concealed carry permit. Students will have to take three full sessions of instruction and successfully pass a written and practical shooting test in order to obtain the necessary certification for their concealed carry permit. Students are required to bring their own semi-automatic or revolver pistol, their own ammunition (200 rounds) and a holster for the gun (could be a regular holster, purse, fanny pack, backpack) and magazine pouches/ a way of carrying extra ammunition. Prerequisite class – BOW Gun Safety. **The cost for this class will be \$20.00.**

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.

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 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.

Mountain Biking I—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 II—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

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:

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.

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: Aaron Yeager

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.

The Quazee Experience- Instructor: Kim Beach-Shaffer

You'll want to check out this class and learn the mysterious legend of the Quazee. Bigfoot doesn't have a thing on this little creature. If sustainable living and finding your environmental conscience are a priority in your life, don't miss out. Each participant is asked to bring a couple of old cotton, preferably colorful t-shirts; we will recycle them "Quazee" style.

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.