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 spring, it may be offered next 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!

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.) **Some classes will have an extra charge to cover the cost of the instructor or materials. The horseback riding class will cost extra, because they charge us for the instructor and the horses. In some classes we previously bought hardback books, but we can no longer cover that cost. We will now offer the books at our cost, but you do not have to purchase the books to take the class. Books will be available for purchase at the workshop registration desk.**

We will continue with breakfast on your own since we are staying in cottages. 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 (in the dining area).

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 in April!

Billie Shearer
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman
Pipestem State Park, Pipestem, WV
April 17-19, 2009

Please complete both pages of the registration form completely.

Name _____

Address: _____

_____

Phone Number _____
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
1st _____	1st _____	1st _____	1st _____
2nd_____	2nd_____	2nd_____	2nd_____
3rd_____	3rd_____	3rd_____	3rd_____
4th_____	4th_____	4th_____	4th_____

Workshop Fees
___ $150 Full Price
___ $125 Bring a Friend Reduced Rate (all forms and fees must be sent together)
Please pay Horseback Riding class fee at BOW registration desk at Pipestem.

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 31, 2009!!!!!!

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

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)
Backpacking Overnight (two sessions)
Bow Fishing
Firearms Safety
Fly Fishing I
Horseback Riding $30
Mountain Biking II
Nature Craft
Stream Ecology
Trapping
Wilderness First Aid

Session 2 (Saturday AM)
Backpacking Overnight (two sessions)
Beginning Fishing
Bow Fishing
Dutch Oven
Fly Fishing II
Horseback Riding $30
Properly Prepared Camper
Rifle
Shotgun
Stream Ecology

Session 3 (Saturday PM)
Amazing Wildlife
Archery
Beginning Canoeing
Canning
Fly Tying
Mt. Biking II
Rifle
Self Defense
Shotgun
Walk in the Woods

Session 4 (Sunday AM)
Archey
Bird Watching
Fishing by Canoe
Handgun
Intro to Backpacking/Leave No Trace
Properly Prepared Camper
Self Defense
Shotgun
Wilderness First Aid
Wildgame Cooking

Course Descriptions

Amazing Wildlife—Instructor: Kim Beach-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.

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: Kim Beach-Shaffer 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.

Beginning Canoeing—Instructor: Pam Wyant
Instruction will cover the basics: carrying the canoe to the water, 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—Instructors: Zack Brown and Kim Racer
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. (If you would like to purchase a book, the cost is $11.40. You do not have to purchase the book to take the class.)

Bird Watching for Beginners—Instructor: Jim Phillips
Basic bird identification, interactive he has 6 or 7 pairs of binoculars, meet at the nature center.

Bow Fishing—Instructors: Curtis Taylor and Dixie Lambert
Now that you have succeeded in hitting a target or breaking a balloon with your bow, take your archery skills to a new level. This course will cover the basics of what you will need to take your bow on a fishing trip. Learn what additional equipment you will need, what you can and can't shoot at with your bow, the best times and places to go bow fishing. You will also learn the differences in shooting at stationary targets and moving fish underwater. A limited amount of equipment will be provided, but if you already have your own setup, feel free to bring it. Prerequisite: BOW Archery class or experience in archery.

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. (If you would like to purchase a book, the cost is $5.70. You do not have to purchase the book to take the class.)

Camping – Properly Prepared—Instructor: Michelle Negro
How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn how to be prepared for the quick getaway and the long week or weekend getaway. Learn everything involved in a camping trip, tent types, cooking, foods, fires, animals, first aid and more.

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—Instructor: 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 have taken the Basic Canoeing class or have canoeing experience.

Fly Tying —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. (If you would like to purchase a book, the cost is $15.60. You do not have to purchase the book to take the class.)

Fly Fishing I—Instructors: Paula Voldeck, Pamela Glasser, 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. (If you would like to purchase a book, the cost is $11.40. You do not have to purchase the book to take the class.)

Fly Fishing II—Instructors: Paula Voldeck, Pamela Glasser, 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—Instructor: Joe Rhodes
Participants will get instruction on horse health, equipment, and any information useful around horses. You will also be taking the horse on a trail ride. **This class will require an extra fee of $30 to be paid at registration desk**

Introduction to Backpacking/Leave No Trace—Instructor: Kim Beach-Shaffer
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 II—Instructor: Steve Marshall
This is a more advanced Mountain Biking class and therefore will be building on skills learned in a previous Mountain Biking I class. 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 wear comfortable clothing, if you like bring pads for knees and elbows, and wear tennis shoes or cycling shoes. **Please bring your own bike and helmet for this class.** **Prerequisite**: Mountain Biking I or a good knowledge of mountain biking.

Nature Craft—Instructor: Marie Mason and Kim Racer
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.

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.

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 assualt 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—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.

Trapping—Instructor: John Slaughter
Learn different methods of trapping. (more info to come next week)

Walk in the Woods—Instructor: Curtis Taylor
Turn your walks in the woods into a journey of discovery. Learn the names of trees and other plants you see every day. Learn to identify animal tracks and other critter clues. You will need to be prepared for a hike over varying terrain, so a good pair of boots is a must. Bring your binoculars if you wish in case we run into our feathered friends high in a tree. Handouts will be provided to help you identify things along the trail and make excellent reference material for future trips on your own.

Wilderness First Aid—Instructor: Cheryl Brannon
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. (If you would like to purchase a book, the cost is $11.40. You do not have to purchase the book to take the class.)