WV Becoming an Outdoors Woman
Welcome and Registration Information

Thank you for your interest in the WV Becoming an Outdoors Woman program. During the workshop, you will have the opportunity to gain experience in four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before making your choices. Class size is limited and classes fill up quickly. If there is a class you definitely want to take, submit your registration as quickly as possible. We ask that you list four classes for each session in case your first choice has been filled. Also, if you have attended in the past and enjoyed the experience, please consider bringing a new friend with you. Registration is limited to the first 70 applicants.

Enjoy some new things this year:

1. The standard registration of $225 will include all class materials, a shared lodge room (individual beds) and five full meals.

2. A choice in lodging. Blackwater Falls lodging options include cabins, and lodge rooms, double occupancy or single rooms.

Prepayment for the Spring Workshop is required via phone, mail, or fax. The WVBOW program **cannot provide refunds**, although substitute attendees are permitted.

The registration fee includes all class materials, lodging for Friday and Saturday, dinner on Friday, breakfast, lunch and dinner on Saturday and breakfast on Sunday.

BOW encourages women to Step Outside® and explore our outdoors, in a comfortable 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. 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 in April!

Billie Shearer
WV BOW Coordinator

WV Becoming an Outdoors-Woman
Blackwater Falls State Park, Davis, WV
April 22-24, 2016

Please complete both pages of the registration form completely.

Name _____ Phone Number _____

Address: _____ Female _____ Male _____ Age _____

_____ E-mail _____

Classes: Please list your four class 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 _____

Lodging:
The standard registration of $225 will include a shared double lodge room (2 Beds). However, a limited number of 3 or 6 person cabins are available on first come first serve basis at an increased cost. If you do not have a group of 3 or 6 for a cabin you may still register for a cabin and we will match you with others. **The cabins listed have a bed for each person, not necessarily at private bedroom**. Linens are provided in all options.

_____ **Standard:** Shared Lodge Room ($225 per person)

_____ **3-person Cabin:** ($240 per person) **Register by April 1!**

_____ **6-person Cabin:** ($240 per person) **Register by April 1!**

_____ **Single Occupancy Lodge Room: (**$300 per person**) Register by April 1!**

Please list roommate or cabin mate choices if known:

_____ _____

_____ _____

_____ _____

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A few reminders:

1. Participants must be 18 years of age.
2. No children or pets allowed.
3. Upon receipt of your registration and payment, you will be sent a confirmation letter.
4. Equipment will be provided, but you are encouraged to bring your own as mentioned in course descriptions**.**
5. For Firearm classes, you may bring your own cased firearm, but the instructor will inspect and approve the weapon before it will be allowed to be used in the class.
6. Due to the popularity of the workshops, **refunds will not be issued although you can name a substitute attendee.**
7. **Registration for Cabins or Single Occupancy Rooms is due by April 1, 2016**. Standard Registration is due by April 8, 2016**.**

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
_____

$_____ **Amount of Registration**

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 April 8, 2016!!!!!!

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
Room 304
South Charleston, WV 25303

Course Offerings

Session 1 (Friday PM)
Archery
Backpacking Overnight (two sessions)
Beginning Fishing
Digital Nature Photography
Dutch Oven
Firearms Safety
Fly Fishing I
Nature Hike
Self Defense
Wilderness First Aid

Session 2 (Saturday AM)
Backpacking Overnight (two sessions)
Basic Camping
Birding
Beginning Rifle
Fly Fishing II
Motor Boat Operations
Mountain Biking I
Nature Craft
Shotgun 1

Session 3 (Saturday PM)
Archery
Building Emergency Bivouacs
Canning
Canoeing
Fly Fishing II
NRA Pistol Marksmanship Simulator
Mtn. Biking II
Fishing by Boat
Shotgun 2
Wilderness First Aid

Session 4 (Sunday AM)
Beginning Pistol
Birding
Bow Hunting
Deer Hunting
Digital Nature Photography
Nature Hike
Outdoor Survival
Self Defense
Wildgame Cooking

Course Descriptions

Archery—Instructors: Pam and 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)—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.

Basic Camping – Instructor: Pamela Smarr
In this class you will learn how to plan a camping trip and the basic equipment needed. This is a hands-on class so plan on getting a little dirty. We will be setting up a camp site and cooking over an open fire.

Beginning Fishing—Instructor: Aaron Yeager
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 Pistol (FIRST Steps)- Instructors: Debbie and Vernon Nosse and Marge McCutcheon
This pistol shooting course is designed to provide hands-on introduction to the safe handling and proper orientation to pistols. Students will learn the NRA's rules for safe gun handling; about the parts of a pistol and their operation; ammunition; shooting fundamentals; cleaning the pistol; and continued opportunities for skill development. **Prerequisite:** NRA Pistol Marksmanship Simulator Training Course.

Beginning Rifle—Instructors: Debbie and Vernon Nosse and Marge McCutcheon
This rifle shooting course is designed to provide a hands-on introduction to the safe handling and proper orientation to a rifle. This class includes classroom and range time. Students will learn the NRA's rules for safe gun handling; rifle parts and operation; ammunition; shooting fundamentals; cleaning the rifle; and continued opportunities for skill development. **Prerequisite**: BOW Firearms Safety class or hunters' safety certification card.

Birding – Instructor: Paulita Cousin
Was that a grackle or a cowbird? A chickadee or a Carolina wren? Have you ever watched birds and wondered what kind they are? This will be an interactive class that teaches basic bird identification. You will meet at the Nature Center for a little instruction about our feathered friends. Then you will proceed on to the woods and watch for birds with the use of binoculars. Please bring binoculars if you have them; the instructor does have several pairs.

Bow Hunting—Instructor: 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 bowhunting, lures, calls, scents, bowhunting methods, shot placement, and the responsibilities of being a bowhunter.

Building Emergency Bivouacs—Instructor: Ami Minor
Most of us will never have to unintentionally spend the night in the woods. In the unfortunate event that you do, knowing how to build and emergency bivouac for protection from the elements is crucial to survival. This will be a very hands on course, and participants will construct their own emergency bivouacs for different survival settings and weather conditions. Participants should wear long sleeves, pants, and gloves.

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.

Canning-Instructors: Pam Glasser-Smar and Deb McCune
Class will cover all aspects of putting up your own fruits and vegetables from your garden, the equipment and ingredients you will need; different techniques such as pickling and juicing. Whether you're new to canning or just looking to expand your knowledge this class is for you.

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.

Digital Nature Photography—Instructor: Marie Mason

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.

Fishing by Boat – Instructor: Aaron Yeager
This class will offer hands-on instruction for choosing equipment as well as landing fish from a motorboat on the lake. Learn the types of equipment available, knot tying, choosing bait and loading a reel. Lots of on-lake fishing time using various types of equipment. Equipment is provided, but participants may bring their own.

Firearms Safety—Instructor: 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, and handgun classes.

Fly Fishing I—Instructors: Paula Voldeck and Jenny Levitt
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 and Jenny Levitt
Take your knowledge learned from Fly Fishing I to the next level. 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 1 class from Trout Unlimited or BOW. This is not a beginner class.

Motor Boat Operations – Instructor: Aaron Yeager
Come learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. You will have an opportunity to actually operate boats on the water & learn trailering first hand.

Mountain Biking I – Instructor: Steve Marshall
Learn the equipment basics, "rules of the road" and have the opportunity to ride on a level I course. We will have bikes and helmets available, but you are encouraged to bring your own.

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, and if you like, bring pads for knees and elbows, and wear tennis shoes or cycling shoes. **Prerequisite**: Mountain Biking I or a good knowledge of mountain biking.

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 Hike – Instructor: Amy Cimarolli
This will be a leisurely walk (hike) to observe what nature has to offer in early spring. We will cover tree identification, look for wildflowers, and whatever else is poking its head out. If you have field guides, hand lenses, and/or binoculars, bring them along and we'll see what we can find and learn to identify what is up and out this time of year. Some forest pests will also be discussed in this class.

NRA Pistol Marksmanship Simulator Training Course – Instructors: Debbie and Vernon Nosse and Marge McCutcheon
This classroom taught course teaches basic marksmanship fundamentals and firearm safety using a simulated pistol with a resetting trigger and laser to indicate where the shots hit. No range is needed with the simulator training course. This course teaches the fundamentals of sight alignment, trigger control, grip, and breath control. This course is a **Prerequisite** to the Beginner Pistol course.

Outdoor Survival—Instructors: Kim Beach-Shaffer and Pam Wyant
A survival situation can happen to anyone at anytime, from a novice to an experienced outdoors person. This workshop will discuss common survival stresses, symptoms of panic and taming your emotions, common survival situations, improvisation as a key to survival, basic skills and much more.

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—Instructors: 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.

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. (If you would like to purchase a book, the cost is $11.50. You do not have to purchase the book to take the class.)