



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 in the 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. In some classes we previously provided 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. 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<sup>®</sup> 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 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](mailto:billie.j.shearer@wv.gov).

I'll see you in April!

Billie Shearer  
WV BOW Coordinator

WV Becoming an Outdoors-Woman  
Tygart Lake State Park, Grafton, WV  
April 11-13, 2014

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 <sup>th</sup> _____

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 March 21, 2014!!!!!!**

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  
So. Charleston, WV 25303



Registration, page 2.

At Tygart Lake some of us will be staying in the lodge and some in cabins. Sheets and towels will be provided.

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  
Backpacking Overnight (two sessions)  
Beginning Fishing  
Digital Nature Photography  
Dutch Oven  
Firearms Safety  
Fly Tying  
Handgun  
Self Defense

### Session 2 (Saturday AM)

Archery  
Backpacking Overnight (two sessions)  
Basic Camping  
Beginning Rifle  
Birding  
Boat/Trailer Launching  
Fly Fishing I  
Map and Compass  
Shotgun 1

### Session 3 (Saturday PM)

Building Emergency Bivouacs  
Canning  
Canoeing  
Fly Fishing II  
Intermediate Rifle/Pistol Hunting  
Nature Hike  
Old Growth Forest-Inventory and Stewardship  
Shotgun 2  
Wilderness First Aid

### Session 4 (Sunday AM)

Bow Hunting  
Deer Hunting  
Digital Photography  
Fishing by Boat  
Gardening  
Gun Cleaning 101  
Outdoor Survival  
Self Defense  
Wildgame Cooking

## Course Descriptions

### **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 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 Fishing—Instructors:**

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 \$11.50. You do not have to purchase the book to take the class.)

### **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 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.

**Birding – Instructor: Sue Olcott**

Learn the basics for bird feeding—what species to expect, what to serve, and proper presentation. You will be able to build a birdhouse to take home and mix a unique offering of food for your feathered visitors. Bring any questions you may have on managing your yard for wildlife.

**Boat/Trailer Launching – Instructor:****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 an 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: Kim 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.

**Fishing by Boat – Instructor:**

**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. (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.)

**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.**

**Fly Tying—Instructors:**

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 \$15.50. You do not have to purchase the book to take the class.)

**Gardening- Instructor: Pamela Glasser-Smarr**

Learn the basics of planting a garden. The class will cover how to plan an garden, seed selection, starting and planting of seeds and basic upkeep of the garden. This will be an hands on class. Plan on getting dirty.

**Gun Cleaning 101 – Instructors: Debbie and Vernon Nosse and Marge McCutcheon**

Learn to properly care for and clean your firearms safely. This class will cover the “dirty work” or responsible gun ownership. Open to pistol, rifle or shotgun students (yes you can bring more than one gun).

**Handgun—Instructors: Debbie and Vernon 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.

**Prerequisite: BOW firearm safety class or hunter education certification.**

**Intermediate Rifle/Pistol Hunting—Instructors: Debbie and Vernon Nosse; Marge McCutcheon**

Do I shoot or not? This class will discuss the laws and regulations of hunting, hunter safety and put students in real life hunting scenarios with their choice of a rifle or pistol. Attendees may bring their own pistol. If they are shooting anything other than .22's, they **MUST** bring their own ammo.

**Map and Compass-Instructors: Barb Breshock and Amy Cimarolli**

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.

**Old Growth Forest-Inventory and Stewardship-Instructors: Barb Breshock and Amy Cimarolli**

Spend the session out in the woods, walking off-trail through moderately rough terrain, in search of big trees! Learn what conditions and characteristics make a stand of trees an "old growth forest" as we explore a unique patch of forest that has been identified at the State Park as "old growth". Students will be foresters for the session to accomplish the following: inventorying the trees, surveying plants and wildlife, and assessing threats to the stand's health. To support this unique forest's long-term care, our results will be compiled into a report for the State Park. *(Important note: Wear sturdy boots, pants, jacket and gloves. Bring water and snacks. We may only be able to drive part of the way to the class site, so participants should expect to walk uphill for 20 minutes to reach the forest area to be explored, then to spend the class walking/crawling/ bending/slipping around the woods as we measure trees, avoid invasive plants like multiflora rose bushes, check for life under the leaves, and climb moderately steep slopes to get back to the access road.)*

**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.)