



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[®] 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.

I'll see you in April!

Billie Shearer
WV BOW Coordinator

WV Becoming an Outdoors-Woman
North Bend State Park, Cairo, WV
April 10-12, 2015

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 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 th _____

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 31, 2015!!!!!!

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 North Bend most of us will be staying at the lodge. 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)

Archery
Backpacking Overnight (two sessions)
Beginning Fishing
Digital Nature Photography
Dutch Oven
Firearms Safety
Fly Fishing I
Gardening
In Home Gun Safety
Mountain Biking I
Self Defense
Stream Ecology

Session 3 (Saturday PM)

Archery
Building Emergency Bivouacs
Canoeing
Dutch Oven
Fly Tying
Introduction to Hunting
Mountain Biking II
Nature Craft
NRA Pistol Marksmanship
 Simulator Training
Shotgun
Stream Fishing

Session 2 (Saturday AM)

Backpacking Overnight (two sessions)
Beginning Rifle
Birding
Bow Hunting
Canning
Digital Nature Photography
Fly Fishing II
Friend or Foe
Mountain Biking I
Shotgun
Stream Fishing

Session 4 (Sunday AM)

Beginning Pistol
Birding - Red-headed Woodpecker
Fishing by Canoe
Friend or Foe
Advanced Handgun
Mountain Biking II
Nature Craft
Outdoor Survival
Self Defense
Shotgun
Wilderness First Aid
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: Zack Brown

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 Pistol – Instructors: Debbie and Vernon Noose and Marge and Dave 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.**

Beginning Rifle—Instructors: Debbie and Vernon Noose and Marge and Dave 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 (Saturday)—Instructor: Karen McClure

Look and listen for birds in several different habitats, which should result in seeing a variety of birds. We will identify birds by field marks and song.

Birding (Sunday) The Quest for the Real Red-headed Woodpecker- Instructor: Karen McClure

All of the male woodpeckers in WV have some red on their heads, so often folks think they are seeing a red-headed woodpecker, when really the bird is an "imposter". In West Virginia, there are only a few places where red-heads can be spotted reliably. Fortunately for us, the elusive redheads nest at North Bend State Park. We will learn how to identify all of our woodpeckers, and go out looking for them.

Bow Hunting—Instructor: Pam 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.

Canning—Instructors: Debra Walker 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.

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.

Digital Nature Photography—Instructor: Janet Clayton

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. 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 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.

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 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: Ray Greynolds

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.)

Friend or Foe—Instructor: Barb Breshock

This will be a nature hike where we will focus on learning about native plants, non-native invasive plants that are threatening native species and edible plants in both camps. We will also have a chance to learn about other invasive species, such as some insects, that are impacting forest plants and things everyone can do to help with this battle.

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.

In Home Firearm Safety-Instructors: Vernon Nosse, Marge and Dave McCutcheon

This is a non-shooting, hands-on class to familiarize students with rifles, pistols and shotguns and learn the knowledge, skills and attitudes necessary for safe handling and storage of firearms in the home. In this class students will learn rules of safe gun handling, identification and unloading difficult firearms, practical exercises in safe gun handling, types of ammo, cleaning and storage of firearms.

Introduction to Hunting—Instructor: Janet Clayton

Have you ever thought about going hunting? Get an overview of various hunting techniques for a variety of game, learn the habits and movements of animals, and learn to read the signs. This class will also cover types of firearms used for different types of game, and hunting rules and regulations.

Mountain Biking I—Instructor: Steve Marshall and Katie-Rose Martin

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 and Katie-Rose Martin

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.

Night Ride (Mountain Biking)—Steve Marshall

New for this Spring BOW, a mountain bike night ride. All that is required for this is to have a sense of adventure, at least the MB 2 class, riding experience is preferred, and a couple of lights if you have them. These lights can be purchased at a hunting store or Walmart for as little as \$19.00. We are planning on having lights, but just in case. There will be a short 20 or 30 minute talk about what may or may not happen, and some of the things to watch for while riding, like bears, coyotes, foxes, raccoons and such. Bigfoot has been spotted on some night rides. The trail will be something that could be easy in the daytime, but things change at night. This is a voluntary class at this time, a trial and error kind of thing, wait and see how many make it back kind of ride. Please bear in mind, that you'll be getting started around 9:30 pm and getting finished around 10:30 or so, just to let you know and that it could cut into your Saturday night social time. But what a hoot!

NRA Pistol Marksmanship Simulator Training- Instructors: Debbie and Vernon Noose and Marge and Dave McCutcheon

NO LIVE FIREARMS or AMMUNITION will be used in any fashion for this class. The course goal is to provide the basic knowledge, skills and attitude necessary to learn pistol marksmanship using a virtual training system.

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.

Stream Ecology—Instructor: Anne Wakeford and 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.

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.)