



Come be a part of it!

Do you love the outdoors, but can't find time to enjoy it?

Are you tired of your typical weekend...errands, laundry, kids, cleaning, chores... the same old thing.

Have we got the Perfect Escape For You!

This is an opportunity to stretch your wings and try something new and exciting in a setting that encourages comfort and fun in the outdoors. It's like a day camp for grown ups!

Grab your mom, sister, friend or co-worker, or grab all of them. Bring them to this event for a Fun and Exciting day of learning and fellowship.

If you've never attended a Women in the Outdoors event, you're in for a real treat! Come prepared for a fun time, in a relaxed, non-competitive environment.

For additional info please call:

Jessica Arnold—(814) 436-1048

Email: duckdog@outdrs.net

Your paid registration includes:

- Choice of 5 expertly instructed classes
- 1-year subscription to the *Women in the Outdoors* Magazine
- Lunch
- Equipment & materials needed for use during classes
- 1-year membership to the Women in the Outdoors (or extension of current membership).

What to bring

- How about bringing your sister, mother, daughter, or friend?
- Note taking materials if you are so inclined and a water bottle.
- Demonstration equipment will be provided, but feel free to bring your own.

Ages 14-17 must attend with a parent or legal guardian.

Special raffle: \$10 per ticket: The winner will be able to choose an outfit from the Foxy Huntress clothing line. The value of the outfit choices range from \$248 to \$260 dollars. (Foxy Huntress is a National Sponsor of the Women in the Outdoors program.)

Jessica Arnold
 Kinzua Allegheny Women in the Outdoors
 RD 2, Box 77
 Pittsfield, PA 16340



**Kinzua Allegheny Women in the
 Outdoors Committee of the
 National Wild Turkey Federation
 presents a**

**Women in the Outdoors
 EVENT**



May 31, 2008

**Chapman State Park
 Clarendon, PA
 (Warren County)**



Come be a part of it!



www.womenintheoutdoors.org

Archery: Whether you're interested in backyard recreation, competition target shooting, or bow hunting you'll enjoy learning about this fast growing sport. Learn the basics of equipment and safety. Experience the thrill of hitting the mark at the archery range.

Basic Car Care (Auto ER): Worried about being stranded on the highway? Worry no longer. You will learn how to change a flat tire, what's involved in changing your oil, and other key elements vital to basic car maintenance. You don't want to miss this class.

Basic Hunting: Is the idea of hunting new to you, but you don't know where to start learning? This class is just for you. You'll get the basics for the different types of hunting that take place.

Basic Horsemanship: The Saddle Sisters - come share our journey: you'll learn about basic care of a horse, owning a horse and trail riding. You'll learn about the tack both English and Western and the proper fitting of it. You'll get to interact with several horses and see the horse trailers and how to get them in it.

Birdwatching: Learn how to identify common birds in a variety of habitats. Want to know how to select/use binoculars and other equipment? You'll get hands-on experience in the field in this very popular course.

Composting and Gardening Benefits: All you need to compost is enthusiasm, yard or food waste and some space. Composting is a natural process. Organic materials such as leaves, grass, and vegetable scraps are broken down by microorganisms, forming a rich soil-like substance called compost or humus. Learn what you need to get started, how to fine tune, what to avoid and of course how and where to use your new compost.

Dutch Oven: Food always tastes better when it's cooked outside. Don't go hungry in the woods! This session covers methods, equipment, and recipes for delighted tummies.

Flyfishing: Catch 'em on a fly! Master basic fly casting techniques and learn about lines, leaders, knots, and fly selection. Participants will become familiar with the necessary equipment for flyfishing and discover places to fish.

Flytying: You will become familiar with the fish foods that are imitated by hand tied flies. Learn how to use the vise, bobbin, hackle pliers, and other fly tying tools. Learn about natural and man-made materials for constructing flies.

Geocaching: A treasure hunt with a twist! In this class you will learn what geocaching is and also learn how to use a GPS (which will be provided for use in the class). Then everyone will enter coordinates into their GPS and the search for the hidden cache will begin!

Herbs and Essential Oils: Discover the natural healing power of herbs and essential oils. For many centuries, people have used these items for medicinal and aromatherapy purposes.

Kayaking: Learn the basic knowledge and skills needed to be safe on the water and enjoy kayaking. Topics include safety, equipment, preparation, strokes, maneuvering and much more.

Knot Tying: It's time to tie up the tarp or hang the bear bag, or tie the canoe on top of the car, or...Do you know what knot to use? Do you know how to tie the knot? This class will take the mystery out of knots. Learn various knots, how to tie them and when to use each knot. Hands-on activities will help reinforce newly learned knot tying skills.

Native American Culture: This class will include learning about the Native American culture and you will also have the opportunity to try your hand at making some jewelry. **(There is a class fee of \$5 if you are taking this class).**

Nature Sketching/Watercolor: The Warren Art League will teach you the basics of watercolor and how to get started. You will begin a project during this session.

Nature Hike and Plant ID: You will get to enjoy this class and will take a nature hike throughout the State Park and learn the different plants that our located in our area. This will be a great class for exploring.

Outdoor Survival: We know getting lost could happen, but if you were in such a situation would you survive? What you will learn in this class may make the difference. Learn how to cope in a survival situation using materials on hand. Learn how to minimize heat loss, maximize heat gain, and how to be found.

Pet First Aid: In the middle of an emergency would you know what to do to help your cat or dog? This class is a must-have course for all pet owners. Learn what steps you can take to keep your pet safe and act with confidence in an emergency situation. We'll cover: basic first aid, CPR, injuries resulting from car accidents, poisonings, building a pet first aid kit, dealing with pet loss and much more.

Primitive Skills: In this class you'll have the opportunity throw a tomahawk and learn about muzzleloaders. You'll be able to peer through a puff of smoke and experience the thrill of delayed discharge! You'll be able to load, shoot, and fire this primitive firearm.

Self Protection: If you travel alone, make those late night trips to the grocery store, or are just interested in basic self protection tips, this class is for you. Come and learn basic moves that every woman should know.

Shooting Sports: In this class you'll have the opportunity to learn about shotguns, rifles, and handguns. By the time you're done with this class, you'll be feeling like Annie Oakley. You'll be amazed at how you feel when you've hit the target and have completed this class.

Stained Glass: Make a suncatcher for your window. Learn the basics of wrapping glass nuggets with lead channel and soldering to make a charming frog, owl, spider or caterpillar to take along for your home. **(There is a class fee of \$5 if you are taking this class).**

Tai Chi: Tai Chi, as it is practiced in the west today, can perhaps best be thought of as a moving form of yoga and meditation combined. There are a number of so-called forms which consist of a sequence of movements performed slowly, softly and gracefully with smooth and even transitions between them.

Wood Carving: This class will introduce you to the beautiful art of wood carving.

A confirmation letter with directions will be mailed to you upon receipt of your registration form & workshop fee. Please arrive at the State Park between 8:00 & 8:30 a.m. for check-in. The event will be over at approximately 6:15 p.m.

The cancellation deadline is April 30. If you cancel after the deadline, you will be responsible for the full program fee. You may send a substitute if you cannot attend.

Don't forget to bring along your check book or credit card. We'll have a Silent Auction, Raffles, & Door Prizes going on throughout the day.

Participant Registration Form

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Date of Birth _____
E-mail Address _____
New Member _____ Renewal _____
WITO Membership Number _____
Emergency Contact _____
Emergency Contact Phone _____

Please choose five (5) classes and three (3) alternates.

#1 _____	#2 _____
#3 _____	#4 _____
#5 _____	Alternate _____
Alternate _____	Alternate _____

**Women in the Outdoors T-shirts can be ordered with your registration fee. T-shirts are \$10 each. T-shirts will not be available at the event, please indicate size you want. Deadline for ordering is April 30. _____Small _____Medium
_____Large _____XL _____XXL _____XXXL**

Payment Method (cash, checks, and credit cards will be accepted)

- \$ _____ Registration Fee
\$40 (early bird, postmarked by April 30)
\$50 (postmarked after April 30)
- \$ _____ Additional class fee
- \$ _____ WITO T-shirt (\$10)
- \$ _____ Foxy Huntress \$10 Raffle
- \$ _____ TOTAL

Make check payable to: **Kinzua Allegheny—Women in the Outdoors**

Charge my credit card number _____
Circle one: Visa M/C Discover AMEX
Last three digits on back of card _____ Exp. Date: _____
Signature: _____ (please bring your credit card along)

Mail the completed form along with registration fee to:

Jessica Arnold
RD 2, Box 77
Pittsfield, PA 16340