



Learning new outdoor skills, meeting people with similar interests and spending time with family and friends are what the Women in the Outdoors program is all about.

Women are discovering that hobbies such as camping, hiking, fishing, kayaking, hunting, shooting, and birdwatching are fun ways to reconnect with the special people in their lives. At daylong events held throughout the United States and Canada, women receive expert instruction and a chance to try a variety of outdoor activities thanks to the National Wild Turkey Federation and its partners.

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:***

Beth Garner (717) 485-3948  
Email: NRCowansEEPrograms@state.pa.us  
OR  
Tammy Mowry (724) 284-9201  
Email: tammynwtf@zoominternet.net

**Your paid registration includes:**

- Choice of 4 expertly instructed classes
- 1-year subscription to the *Women in the Outdoors* Magazine
- Coffee and Donuts and a Delicious 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.

**Mail the completed form along with registration fee to:**

Beth Garner—Cowan's Gap State Park  
6235 Aughwick Road  
Fort Loudon, PA 17224

A confirmation letter with directions to Cowan's Gap State Park will be mailed to you upon receipt of your registration form & workshop fee. Please arrive between 8:00 and 8:30 a.m. for check-in. The event will be over at approximately 4:30.

Beth Garner  
Cowan's Gap State Park  
6235 Aughwick Road  
Fort Loudon, PA 17224



PA State Chapter of the  
National Wild Turkey Federation and  
the PA Department of  
Conservation and Natural  
Resources present a

## Women in the Outdoors EVENT



**July 19**  
Cowan's Gap State Park  
Fort Loudon, PA  
(Fulton County)



[www.womenintheoutdoors.org](http://www.womenintheoutdoors.org)

## Class Selections

### Class 1: 8:45—10:00 a.m.

**PA Black Bears:** The Pennsylvania Game Commission will be teaching this class and you'll get to learn about the beautiful black bears we have in the state.

**Edible Plants Walk:** In this class you will learn what plants are safe to eat and which to avoid. You will also be introduced to some non-native invasive plants and find out how they affect the forest environment. You will go on a short walk while you're learning.

**Day in the Life of a Wild Turkey:** Learn all about PA's wild turkeys in this interactive class. Discover where wild turkeys live, what they eat, where they nest, and more as you go on an easy walk with our state's very own wild turkey expert.

**Canoeing:** Learn the basic knowledge and skills needed to be safe on the water and enjoy canoeing. Topics will include safety, equipment, preparation, strokes, maneuvering and more.

**Fly-Tying:** Join an expert fly-fisherman and fly craftsman as he shares some secrets of tying flies. Learn about various types of flies and why they look the way they do. Then try your hand at tying a fly of your own!

**Fishing:** Develop basic skills needed to catch fish: casting, knot tying, lure selection, fish identification, fishing locations, and equipment choice and use.

### Class 2: 10:15—11:30 a.m.

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**Hike to the Overlook:** You may want to bring along your camera or binoculars for this adventure! Join a guide on this trek to an observation platform that provides a spectacular view of the park and surrounding area. This hike involves moderate uphill walking. Please wear good walking shoes and bring a water bottle.

**Telemetry Demo:** Discover how researchers track wildlife in this class. Then, join the group in tracking a mystery animal using this important technology.

### Class 3: 12:45—2:00 p.m.

**Telemetry Demo:** Discover how researchers track wildlife in this class. Then, join the group in tracking a mystery animal using this important technology.

**Backpack Survival Skills:** This class will help prepare you for a day-hiking trek in the woods. Learn about selecting, packing, and wearing a backpack; selecting proper gear and clothing; staying safe on the trail; and the "Leave No Trace" principles of wilderness travel.

**Kids in the Outdoors:** Come be a kid again as you gather ideas for fun outdoor activities and games you can share with the young people in your life!

**GPS/Mapping:** Learn the basics of reading topographic maps and discover how this knowledge can help you stay found. Then explore the use of Geographic Positioning Systems (GPS) as a modern-day way-finding tool.

**Attracting Backyard Wildlife:** In this class you will learn about some critters you may have in your own backyard, or may wish to attract. Find out how providing the right resources can bring wildlife to your property. You will have an opportunity to get your hands dirty in this class!

**Self-Protection:** The Pennsylvania State Police will be instructing this class that focuses on how to keep yourself safe when out and about. Learn how to be aware of your surroundings, and see demonstrations of some basic protection maneuvers.

**Kayaking:** Learn about the different types of kayaks, basic paddling strokes and boat control as well as safety on the water. You will have the time to try out your new skills on the pond. Please dress accordingly for on the water class.

### Class 4: 2:15– 3:30 p.m.

**Backpack Survival Skills:** This class will help prepare you for a day-hiking trek in the woods. Learn about selecting, packing, and wearing a backpack; selecting proper gear and clothing; staying safe on the trail; and the "Leave No Trace" principles of wilderness travel.

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**Gifts for the Birds:** Learn about what you can do to help out your feathered friends in this hands-on program. Come prepared to make and take some gifts for your own backyard birds!

**Silent Auction, Raffles, & Door Prizes  
(cash, checks, and credit cards will be accepted)**

## 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 make your class selections:

**8:45—10:00**

**10:15-11:30**

#1 Choice \_\_\_\_\_

#1 Choice \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

**12:45 —2:00**

**2:15—3:30**

#1 Choice \_\_\_\_\_

#1 Choice \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

Alternate \_\_\_\_\_

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

- \$ \_\_\_\_\_ \$40 (early bird, postmarked by June 19)  
\$45 (postmarked after June 19)
- \$ \_\_\_\_\_ I can't attend, but want to renew my membership (\$25)
- \$ \_\_\_\_\_ TOTAL

Make check payable to: **PA State 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)**

**The cancellation deadline is June 19. If you cancel after the deadline, you will be responsible for the full program fee. You may send a substitute if you cannot attend.**