

## Women in the Outdoors<sup>SM</sup>

Is dedicated to providing interactive educational outdoor opportunities for women ages 14 and older. Outdoor learning events featuring hands-on activities are conducted by local chapters throughout the nation.

The National Wild Turkey Federation's goal is to teach the importance of responsible wildlife management, increase participation in outdoor related opportunities and to preserve the hunting tradition.

The *Women in the Outdoors* program will meet its goal by introducing more women to outdoor activities, training women as outdoor educators and providing a network for men and women with similar outdoor interests.

### Your paid registration includes:

- Your choice of 4 *Women in the Outdoors* courses
- 1-year subscription to the *Women in the Outdoors* Magazine
- *Women in the Outdoors* special gift
- Breakfast, Lunch & Doorprizes
- Use of all equipment
- Program materials and instruction
- 1-year membership to the NWTF (or extension of current membership).



BRING CASH, CHECK OR CREDIT CARD FOR THE AUCTIONS & RAFFLE!

Nicole Carman  
Mt. Pisgah State Park  
RR3 Box 362A  
Troy, PA 16947



*August 9, 2008*  
*7:30 a.m.—5:00 p.m.*



*Mt. Pisgah State Park*  
*Troy, PA*  
*(Bradford County)*

*Space is limited, so register today!*

*Women in the Outdoors*

**For additional information call**

Nicole Carman (570) 297-2734  
Email [nicolecarman@yahoo.com](mailto:nicolecarman@yahoo.com)

## Women in the Outdoors<sup>SM</sup> Courses:

You are invited to attend our 8th annual Women in the Outdoors event sponsored by the Mt. Pisgah Women in the Outdoors Chapter of the NWTF.

**Register by July 5, 2008 \$45.00**

**Register July 6, 2008 or after, \$50.00**

Choose from the following courses and indicate your preference on the attached registration form.

**Archery:** Discover how to fit and select archery equipment, with basic shooting instruction and target practice. Women who have equipment may bring it!

**Canoeing/Kayaking:** After you learn about the types and styles of equipment used, you'll enjoy practicing paddle stroke techniques and the implementation of safety procedures as you head out on Stephen Foster.

**Composting:** Learn what to compost and how to do it. You will receive a free Earth Machine home composting bin. Do your bit to help improve our planet!

**Container Gardening:** You can grow everything from flowers, fruits, herbs to veggies in a container. See how to create a container garden, large or small, the unusual or usual, for shade or sun.

**Cooking with Herbs:** After listening to a brief history of herbs and their uses, discover how easy it is to incorporate herbs into your everyday cooking. Breads, dips, spreads and oils will be sampled!

**Dreamcatchers:** Discover the Native American traditions behind dreamcatchers and create your own using natural materials such as fur, bones and feathers!

**Dutch Oven Cooking:** Ever smelled good food slowly cooking over an open fire? Discover some recipes sure to make your mouth water, and sample along the way!

**Flyfishing:** Can you make a fly act like a bug? Practice the techniques and principles of flyfishing, then try your new casting skills on Stephen Foster Lake.

**Flytying:** Explore the different kinds of fly patterns, materials used, tools of the trade. You will be tying actual flies--a great way to express your creativity!

**GPS:** Find some geocaches while learning the ins and outs of a GPS, including how it could save you from an uncomfortable situation in the wild.

**Horseback Riding:** Is horse ownership for you? Get a basic introduction about care, experience handling horses under saddle while receiving instruction on riding techniques, equipment, and safety.  
*\*Weight limit 200 lbs. Need to travel by car 2 miles to this event!*

**Natural Bug Repellent:** Yes, you can enjoy the outdoors without anything BUGGING you! Learn how to use Nature's ingredients to stop Nature's Little Annoyances.

**Painting a Brookie:** You'll discover the art of painting our state fish, the native Brook Trout on a wood carving that you can take home and admire!

**Shooting Events:** Shotguns, .22 rifles and black powder all together! Learn about the different types of sporting arms, ammunition, and proper gun fit from experts. Shoot at targets and clay birds!

**Soap Making:** How do you make soap? Using natural ingredients, you will have the opportunity to observe a local crafter as she makes soap and then make your own special soap to take!

**Soapstone Carving:** Discover how to create small carvings or useful items from soapstone. Carving is a very therapeutic way to relieve stress, especially in the outdoors!

**Stepping Stones:** When you are finished with this class, you'll have your very own unique stepping stone to take home and put in your yard.

**Survival:** What would happen if you did lose your way or were injured in the wild? Could you build a shelter and find food? In this course, you can learn several skills to sustain yourself in the outdoors

**Workshops will be filled according to when your registration is received. You will receive a confirmation letter/map to the facility when your registration form and check have been received.**

**Please make checks payable to Mt. Pisgah WITO and mail this completed form to:**

**Nicole Carman  
Mt. Pisgah State Park  
RR#3 Box 362A  
Troy, PA 16947**

**Phone: (570) 297-2734**

**Fax: (570) 297-4644**

**Email: nicolecarman@yahoo.com**

## National Wild Turkey Federation Mt. Pisgah WITO Chapter Women in the Outdoors Event

Saturday, August 9, 2008  
\$45 if paid by 7/5, After 7/6 \$50

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Phone ( ) \_\_\_\_\_

**\*Participants 14-17 years old must have a parent/guardian sign for them.**

**Course Offerings:** Please rank in order of preference, 1 through 6 with 1 being your first choice and 6 being your last choice.

____ Archery	____ GPS
____ Canoe/Kayak	____ Horseback Riding
____ Composting	____ Natural Bug Repellent
____ Container Gardening	____ Painting a Brookie
____ Cooking with Herbs	____ Shooting Events
____ Dream Catchers	____ Soap Making
____ Dutch Oven Cooking	____ Soapstone Carving
____ Flyfishing	____ Stepping Stones
____ Flytying	____ Survival

*If you are planning on attending with another woman and would like to share the exact same classes, please write her name here:*

Workshop fee this year includes a special  
*Women in the Outdoors* gift !