



Jessica Arnold
Kinzua Allegheny Women in the Outdoors
8514 Route 27
Pittsfield, PA 16340



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

**Women in the Outdoors
EVENT**

May 30, 2009
Chapman State Park
Clarendon, PA
(Warren County)

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 day camp for grownups!!

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.

Bring your checkbook or credit card too for special raffles, games, and a silent auction.

Registration for this event is

\$45 (early bird, postmarked by April 30)

\$50 (postmarked after April 30)

- ◇ Choice of 4 expertly instructed classes
- ◇ Lunch
- ◇ Equipment and materials needed for use during classes
- ◇ 1-year subscription to the Women in the Outdoors Magazine
- ◇ Additional mini learning activities provided during the lunch break

Demonstration equipment will be provided for your use. Feel free to bring your own bow, firearm, binoculars, fishing gear, compass, etc. Classes are outdoors and hands-on. For safety and comfort, please bring clothing suitable to a variety of weather.

Please Note: Organizing this event takes place months in advance, and every effort is made to offer all scheduled classes. However, due to circumstances beyond our control, instructors, topics, and schedules may change. In the event of an unforeseen change, participants will be offered an alternative class.

Send check and registration to:

Jessica Arnold
8514 Route 27
Pittsfield, PA 16340

For additional information, contact:

Jessica Arnold
(814) 436-1048
Email: duckdog@outdrs.net

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 5:30 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.

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

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.



Class Choices and Descriptions

Advanced 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! **(Previous experience is necessary for this class)**

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 - Learn to change a tire and jump start your car in this hands on class. Don't get stuck waiting hours for AAA, or worse yet find yourself stranded without cell phone reception. When you're exploring the wilderness, it is reassuring to be prepared.

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.

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

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.

Fishing 101 – Learn the basics of fishing with a “Local Legend” From jigging to trolling, you will learn how to work a rod and reel, casting techniques and more.

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.

GPS 101 – Want to know how to use that GPS? Want to get into geocaching? This is the class for you. Learn about the equipment technology, how to use it, different types and what to buy.

Golf: Have you ever thought you'd like to learn to play golf? This is your chance. We'll have a Golf Pro from Blueberry Golf Course teach you the basics you need to get started.

Jewelry Making: Like jewelry, but not the cost. Want to design your own style? Learn about the basic tools and techniques to make your own jewelry. During this class you will also be able to make your own semi-precious stone bracelet to take home with you. **(Additional \$5 to cover supplies)**

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.

Lotions and Potions - In this hand-on class you will learn to make your own cream and lip balm using beeswax and other ingredients. You'll love whipping up batches for friends and family at home. **(Additional \$5 to cover supplies)**

Mosaics: A member of the Local Artist's Co-Op/Allegheny Artistry in Youngsville will teach you how to make a beautiful welcome sign out of your old broken dishes, glass and or tile...bringing new life to old materials! What a great way to recycle. You may choose to bring your own plates or use what we supply. **(Additional \$5 to cover supplies)**

Mountain Biking: You never forget how to ride, but do you want to take it to the next level? The Northern Allegheny Mountain Biking Association will be teaching you the basics of mountain biking. Learn to be safe on the trail, how to maintain your bike, how to handle and transport your bike, how to navigate obstacles and even take a quick ride. Bring your own bike if you can or use one provided at the 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.

Outdoor Photography: Learn the do's and don'ts of film selection, light conditions, composition, and design while photographing a variety of outdoor subjects and scenes. Please bring your camera and film along.

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: Have you ever wanted to learn how to properly throw a knife or tomahawk? How about start a fire without matches? Well, here's your chance. You also will be able to load and shoot a muzzleloader and see what types of clothing and utensils the early settlers used. Come and see what life was like in the past.

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.

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.

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 four (4) classes and four (4) alternates.

| | | | |
|-----------|-----------|-----------|-----------|
| #1 | #2 | #3 | #4 |
| Alternate | Alternate | Alternate | Alternate |

Women in the Outdoors T-shirts can be ordered with your registration fee. T-shirts are \$10 each. (NEW STYLE OF T-SHIRTS THIS YEAR). 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

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

- \$ _____ Registration Fee \$45 (early bird, postmarked by April 30)
\$50 (postmarked after April 30)
- \$ _____ Additional class fee
- \$ _____ Women in the Outdoors T-shirt (\$10)
- \$ _____ 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, 8514 Route 27, Pittsfield, PA 16340

Deadline for Registration: May 23.

PARTICIPANT RELEASE

The participant, by signing below, acknowledges this program involves some risk and she/he assumes responsibility for her/his action and for any injury that may result from participating and also waives and releases all other participants, the host, sponsors, instructors, the National Wild Turkey Federation, officials, and/or other parties involved in the event from all claims and/or damage/injury incurred in connection with this event. In addition, participant grants the sponsors, co-sponsors, and the National Wild Turkey Federation the unconditional right to use the name, voice, email address and photographic likeness of the person listed above, in regards to any of the publications and audio/video productions.

 Signature of Participant Date

 Signature of Parent/Legal Guardian for Participant of Ages 14 – 17 Date