



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.

Grab your mom, sister, friend or co-worker, or grab all of them and bring them along.

**Your paid registration includes:**

- Choice of 4 expertly instructed classes
- 1-year subscription to the *Women in the Outdoors* Magazine
- Continental breakfast
- Lunch
- Beverages (coffee, water, pop)
- Equipment & materials needed for use during classes

**We will have a Silent Auction and Raffles that will be running throughout the day. Payment can be made with cash, checks, and credit cards.**



Helen Bittorf  
 Mon Valley Longbeards Chapter, NWTf  
 432 Maple Heights  
 Perryopolis, PA 15473



**Saturday  
 July 25, 2009**



**8:00 a.m.—5:00 p.m.**

**Star Junction Fish & Game  
 Gun Club Road  
 Star Junction, PA 15482**

Presented by:  
 Mon Valley Longbeards Chapter  
 National Wild Turkey Federation

For additional information contact:  
 Helen Bittorf (724) 497-3079  
 hbittorf@yahoo.com



A partnership project of  
 the National Wild Turkey  
 Federation and Premier  
 Hunting Adventures

## Class Descriptions

**Archery:** Learn about this fast growing sport. Do you want to learn backyard recreation, competitive target shooting, or maybe you want to go bow hunting? You will learn how to select equipment that fits you. Experience the thrill of hitting the target!

**Backpacking:** Learn about equipment for hiking and backpacking along with preparation, location, rules and regulations.

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

**Fly Fishing:** Learn how to cast a fly rod while you acquire information on fly fishing, local opportunities, rules, and regulations.

**GPS Basics:** Learn fundamentals of navigation using Global Positioning Systems and try to find some hidden treasures.

**Handguns:** You will learn the proper handling, shooting positions, and techniques of using handguns. You will have time to practice your newfound skills.

**Muzzleloading:** Peer through a puff of smoke and experience the thrill of delayed discharge! In this introduction to the sport of shooting muzzleloaders, you'll load, shoot, and fire this primitive firearm.

**PA Song Birds:** Have you ever wondered what song birds you have around your home. You won't wonder anymore, you'll know exactly what song birds are in your backyard and the state.

**Outdoor First Aid:** Learn basic first aid and what to do in case of an emergency in the wilderness.

**Rifles:** Participants will learn proper handling of rifles, shooting position, and basic shooting techniques. There will be lots of practice time on the range.

**Shotgunning:** You will become familiar with different types of shotguns, ammunition, and proper gun fitting. You will be amazed at how you feel when you break that clay bird!

**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.

**A confirmation letter with directions will be mailed to you upon receipt of your registration form & workshop fee. Please plan on arriving at the club between 8:00 a.m. and 8:30 a.m. for check-in.**

### Send check and registration to:

Helen Bittorf, 432 Maple Heights,  
Perryopolis, PA 15473

Registration is on a first come, first serve basis. Courses fill up quickly — reserve your spot ASAP!

**No refunds after July 1. You may send a substitute if you cannot attend.**

The event *will not* be cancelled due to inclement weather, so please come prepared.

## Participant Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Emergency Phone \_\_\_\_\_  
Check one: \_\_\_\_ New Member \_\_\_\_ Renewal  
If Renewal, WITO Membership Number \_\_\_\_\_

**\*Participants 14-17 years old must have a parent/guardian sign and be present with them.**

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. T-shirts will not be available at the event, please indicate size you want. Deadline for ordering is June 25.**

\_\_\_\_Small \_\_\_\_Medium \_\_\_\_Large \_\_\_\_XL \_\_\_\_XXL

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

- \$ \_\_\_\_\_ \$40 — Registration Fee
  - \$ \_\_\_\_\_ Women in the Outdoors T-shirt (\$10)
  - \$ \_\_\_\_\_ I can't attend, but want to renew my membership — enclosed is my check for (\$30)
  - \$ \_\_\_\_\_ TOTAL
- Make check payable to: **Mon Valley Longbeards Chapter, NWTF**
- Charge my credit card number \_\_\_\_\_

Circle one: Visa M/C Discover AMEX

Last three digits on back of card \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_