



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...

We have the perfect escape for you!

This is an opportunity to stretch your wings & 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 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.

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* t-shirt
- Breakfast, Lunch & Door Prizes
- Use of all equipment
- Program materials and instruction



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

**During the event, we'll have a
Silent Auction,
Raffles, & Door Prizes
(cash, checks, and credit cards
will be accepted)**

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



Come be a part of it!



**Saturday,
August 8, 2009
7:30 a.m.—5:00 p.m.**



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

Presented by:

Mt. Pisgah Women in the Outdoors

For additional information, call

Nicole Carman Harris (570) 297-2734

Email nicolecarman@yahoo.com

You are invited to attend our
9th annual Women in the Outdoors event
sponsored by the
Mt. Pisgah Women in the Outdoors Chapter
of the National Wild Turkey Federation.

Register by July 4, 2009 \$50.00
Register July 5, 2009 or after, \$55.00

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!

Aspiring Huntress: From discovering tips on track ID, basic antler & bear skull measuring, to booking guided hunts and trips, this session is a must for the aspiring huntress!

Atlatl: Discover primitive hunting with the world's oldest weapon. Throw arrows at targets with an atlatl. Arrowmaking, cordage and flint will also be discussed with the Tyoga Atlatl Association.

ATV Safety: Knowledge is power when you know how to safely ride your ATV, and can also teach others how to be safe. ATV's will be provided!*

*You must be age 18 and possess a valid drivers' license to take this course!

Basic Car Care: From checking your oil, changing a tire, to troubleshooting common car problems, this hands-on workshop will address all those headaches! An introduction to basic trailering will be included.

Canning & Freezing: Everyone needs to learn how to preserve the food they grow. Discover the basics of freezing and canning so you can enjoy the fruits of your summer labor year-round!

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 Lake.

Dutch Oven & Campfire 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!

Essence Oils: Enhance your health and well-being through lavender essence oils. Discover how to relax with the aroma of lavender in your life. The physical, emotional and mental applications of aromatherapy are easy & satisfying to your body and soul.

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.

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.

Herbal Bonsai: Experience the art of container gardening with this hands-on session. Create a miniature rosemary bonsai to take home!

Scrapbooking: Create a page of memories sure to last a lifetime, using different tools to achieve a personalized and creative look. Supplies, tools, photos and expertise will be provided.

Self-Defense: One in four individuals will be involved in a violent crime during their life...don't be the next! Discover effective self defense tactics designed to neutralize an attacker. A basic overview of the most effective martial art on the planet, Brazilian Jiu-jitsu will be covered!

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

Tribal Belly Dancing: Drawn to ancient and far away cultures? Now you can learn the truths and myths of Tribal Bellydancing. See and learn about ethnic clothing and jewelry, how it was worn and where it came from. Watch a live demo then learn basic dance moves that were made to accentuate a woman's curves. (No dance experience needed!)

More events continued on the next page...

Turkey Feather Crafts: Ever wonder what to do with all those feathers after you have harvested your bird? Realize how to create decorative items from the hunt with your beard, spurs and tail. Plus, you can use feathers to make jewelry and decorative items for your home. You will be able to create a memento to take!

Yoga: Yoga is a way to find inner peace through breathing and stretching. Join this session for hands-on instruction and to enjoy Pisgah in a very natural way!

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

Nicole Carman Harris
Mt. Pisgah State Park
RR#3 Box 362A
Troy, PA 16947
Phone: (570) 297-2734
Fax: (570) 297-4644
Email: nicolecarman@yahoo.com

Confirmation

Workshops will be filled according to when your registration is received. A confirmation letter with directions to Mt. Pisgah State Park will be mailed/emailed to you upon receipt of your registration form & workshop fee.

Cancellation Policy

The cancellation deadline is July 18. If you cancel after the deadline, you will be responsible for the full program fee. You may send a substitute if you cannot attend.

*Space is limited, so
please register early!*

**WOMEN
IN THE
OUTDOORS**

Participant Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Date of Birth _____

E-mail Address _____

*Confirmations will be emailed if address is given above!

Emergency Contact /Phone _____

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

____ Archery	____ Flyfishing
____ Aspiring Huntress	____ GPS
____ Atlatl	____ Herbal Bonsai
____ ATV Safety	____ Scrapbooking
____ Basic Car Care	____ Self-Defense
____ Canning & Freezing	____ Shooting Events
____ Canoeing & Kayaking	____ Tribal Belly Dancing
____ Dutch Oven Cooking	____ Turkey Crafts
____ Essence Oils	____ Yoga

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

Please mark the size you prefer for your free T-shirt

____ S ____ M ____ Large ____ XL ____ XXL

Payment Method (cash, checks, or credit cards)

\$ _____ Registration Fee

\$50 (early bird, postmarked by July 4)

\$55 (postmarked after July 4)

\$ _____ I can't attend, but want to renew my membership (\$30)

Make check payable to: **Mt. Pisgah WITO** or

- Please 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 to the event)