



Virginia Department of Game & Inland Fisheries

Outdoor Education Program presents...



"An Outdoor Skills Weekend Workshop
Designed Especially for Women"

April 2-4, 2004

Holiday Lake 4-H Center

Appomattox, Virginia

Becoming An Outdoors-Woman®

April 2-4, 2004 Holiday Lake 4-H Center Appomattox, VA

This workshop is designed primarily for women. However, it is an excellent opportunity for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop is for you if...

- ✓ You have never tried these activities but have hoped for an opportunity to learn.
- ✓ You are a beginner who hopes to improve your skills.
- ✓ You would like to try your hand at some new activities.
- ✓ You are looking for the camaraderie of like-minded individuals.

Workshop Information

Friday, April 2

9:30 a.m. - 11:00 a.m.	Check-in & Get Settled
11:30 a.m. - 1:00 p.m.	Lunch and Welcome
1:30 p.m. - 5:00 p.m.	Session I
5:30 p.m. - 6:30 p.m.	Dinner
7:00 p.m. - 8:00 p.m.	Evening Activities

Saturday, April 3

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 11:30 a.m.	Session II
12:00 p.m. - 12:45 p.m.	Lunch
1:30 p.m. - 5:00 p.m.	Session III
5:30 p.m. - 6:30 p.m.	Wild Game Hors d'oeuvre
7:00 p.m. - 7:45 p.m.	Dinner
8:15 p.m. - 9:00 p.m.	Raffle

Sunday, April 4

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 11:30 a.m.	Session IV
11:45 a.m.	Lunch & Farewell Raffle

Lodging is at the historic Holiday Lake 4-H Educational Center in Appomattox, VA. Most cabins are rustic; some are dormitory style with bunk beds and sleeping rooms, which accommodate up to 30 people. Bathhouses are located in buildings separate from the cabins and include showers, toilets, and sinks. Cabins are not heated or air conditioned. Participants will need to provide their own linens including towels, pillows, bed sheets and blankets or sleeping bags.

Scholarships. Limited funds are available for partial or full scholarships. Preference will be given to first time participants, full time students, single parent and low income households. Please contact Jimmy Mootz at 804-367-0656 or mootzj@dgif.state.va.us for a scholarship application. Scholarship application deadline is February 20, 2004.

Registration Information

Registration Fee: \$150

This fee includes meals, from Friday lunch to Sunday lunch, lodging, use of equipment, instruction, and evening events.

To Apply: Read program information carefully; then complete registration form, and sign the liability waiver. When choosing your courses, please mark your first five choices (1 being your first choice) for each session. Some courses fill quickly, so your choices will assist us in getting you the courses you are most interested in taking. If there is a course(s) that you want to take regardless of the session, write the course name in the space provided on the registration form. Please note that some courses do have prerequisites, which are mentioned in the course descriptions and on the registration form. Feel free to copy the registration form to give to friends.

Confirmation will be sent via email upon receipt of your registration and payment. In March, you will receive a letter detailing your classes and directions to Holiday Lake, a list of suggested items to bring with you, and an agenda for the weekend. All demonstration equipment will be provided...Please do NOT bring your own equipment, unless specified in the brochure or in the suggested items list mailed to you.

Registration Deadline is 5:00 p.m. February 20, 2004. *No applications will be accepted by telephone.* Space for the workshop will be filled on a first come first serve basis. If the workshop should fill, a waiting list will be created.

Cancellation Deadline is March 5, 2004. If you cancel on or before March 5, you will receive a full refund. There are no refunds for registrants who cancel after the deadline, however, you may send a substitute to the workshop to attend your classes.

Please contact **Jimmy Mootz** at **(804) 367-0656** or mootzj@dgif.state.va.us with any questions concerning this registration procedure.

Physical Activity Ratings

Please note the following course physical activity ratings found beside the course name. If a course is rated as *LEISURELY*, it is not a very physically demanding course. If a course has a *MODERATE* rating, it will require a moderate amount of physical activity. A course rated as *RUGGED*, will be fairly strenuous, and may require hiking over uneven terrain.

Course Descriptions

ATV & Trail Riding *RUGGED*

Learn how easy and fun maneuvering an ATV can be. You will learn the ins and outs of driving an ATV around turns, up and down hills, and over objects. When you complete the trail ride at the end of the training, you might have the desire to buy your own!

Backpacking Gear Overview *LEISURELY*

Review equipment and clothing needed for backpacking. Learn how to plan your gear for times when space, weight, and safety are important.

Backpacking & Overnight Camping *LEISURELY/MODERATE*

Try your hand at packing, wearing, and hiking with a pack. Learn how to choose a camping site, set up, and stay in camp for the night. "Leave No Trace" principles will be used during this afternoon to morning class.

Backyard Habitat: Gardening for Wildlife *LEISURELY*

Join our DGIF Wildlife Diversity Specialist as he leads you through the steps to establish a mini-sanctuary for wildlife. Find out what to plant and how to provide simple water features for a variety of wildlife species, including birds and butterflies.

Bird Watching & Identification *MODERATE*

Come take a walk on the wild side! Equipment, methods of identification, places to go, and an overall introduction to the sport will be covered along with the proper techniques and ethics of being a good wildlife watcher.

Bow Fishing *LEISURELY*

Learn how to fish with a new twist...a bow. Learn how to aim and release your way into a new way of fishing.

Climbing Wall *RUGGED*

Challenge yourself by conquering the wall! Join the 4-H staff as they teach you to safely ascend and descend "The Wall". The focus of the challenge is teamwork, individual accomplishment and confidence building. This is a very fun, and rewarding experience.

Firearms Sampling* *LEISURELY*

This is your chance to experience different types of firearms as part of one class. Each participant will learn about and have the opportunity to shoot black powder, rifles, and shotguns. **Prerequisite: Hunter Ed Certificate OR Intro to Firearms*

Fishing Basics** *LEISURELY*

This course is geared towards the beginner and experienced angler alike. This course covers equipment, where to find fish, how they live, and most importantly, how to catch them. Rigging, casting, and catching techniques will be covered and practiced.

***Prerequisite: Valid VA freshwater fishing license required.*

Fly Fishing *MODERATE*

Participants will learn how to select equipment for fly fishing, techniques for tying knots, and the art of fly-casting.

High Ropes Course *RUGGED*

Join the Holiday Lake 4-H staff as they lead you through a continuous series of seven elements that enhance teamwork and your individual self-confidence. Participants should be in fairly good physical shape. The height of the course is 30 feet. Helmets, safety harnesses and "static" lines are utilized while on the course.

Hiking *MODERATE*

Join the Holiday Lake 4-H staff as they lead you on a scenic afternoon hike around the Holiday Lake. This is a great way to begin your weekend "on the right foot."

Introductory Archery *LEISURELY*

Learn how to select bows, arrows, and other archery equipment. Participants can try various types of archery equipment as they hone their shooting skills at the range.

Introduction to Firearms* *LEISURELY*

Firearm safety, firearm identification, and ammunition selection for various firearms will be covered. **This course is a prerequisite for Introductory Handgun, Introductory Rifle, Introductory Skeet Shooting, and Firearms Sampling.* Anyone is welcome to attend.

Introductory Handgun* LEISURELY

A brief overview of firearm safety and history will be followed by the opportunity to practice pistol techniques at the range.

**Prerequisite: Hunter Ed Certificate OR Intro to Firearms.*

Introductory Rifle* LEISURELY

A brief overview of firearm safety and basic shooting skills, followed by the opportunity to practice marksmanship at the range.

**Prerequisite: Hunter Ed Certificate OR Intro to Firearms.*

Introductory Skeet Shooting* LEISURELY

A brief review of firearm safety and basic shooting techniques will be followed with an opportunity to practice skeet shooting techniques at the range.

**Prerequisite: Hunter Ed Certificate OR Intro to Firearms.*

Map & Compass MODERATE

Learn how to use a map and compass effectively. Some topics to be covered during a classroom session & hike include: map reading, how to use a compass, basics of navigation and some tricks of the trail. See "Map & Compass Field Course" for an extension of this class.

Map & Compass Field Course ♦ MODERATE

Bring your water bottle and hiking boots and put your navigation skills to work. Not much teaching here...just a chance to practice.

After a brief review of orienteering, teams will use their skills to navigate a course in hilly terrain. ♦ *Prerequisite: Map & Compass.*

Nature Crafts LEISURELY

Learn to use ordinary outdoor objects like leaves, bark, and feathers to create extraordinary works of art.

Outdoor Cooking LEISURELY

Learn the secrets to create breakfast meals, one-pot dinners, desserts, and many other meals in a camp setting. Participants will cook over an open fire using paper bags, cans, grills, and Dutch ovens. Come to class hungry because eating the class work is a requisite!

Outdoor Photography LEISURELY

Learn how to take pictures with a pro! Lee Walker, Virginia Wildlife Magazine's chief editor and contributing photographer will show you the tools, techniques and tips for taking quality outdoor photographs. Start in class with basic instruction and then journey in the field for a special picture taking assignment.

Wetland Ecology MODERATE

Come learn about wetland habitats and their importance to Virginia. Participants will have the opportunity to visit a local wetland and should plan to get their hands (& feet) wet.

Wilderness Survival ⊕ MODERATE

Learn the necessary skills for surviving outdoors with this all day course. Course includes hands on experience in shelter building, the art of fire making, woods awareness, and other survival skills. ⊕ *Please note: This is a 2 session course. You must register for parts 1 and 2.*

Wild Edibles and Medicinal Plants MODERATE

Everything you ever wanted to know about wild edibles but were afraid to pick! Learn how to identify and utilize plants found in the wild for food, tools, and some health remedies.

Wildlife Mapping LEISURELY

Become a wildlife observer and help the Department of Game & Inland Fisheries by learning how to identify wildlife species and their habitat classifications, how to find your latitude/longitude, and how to submit data the department. *We could use your help!*

Woodcarving LEISURELY

Learn the art of woodcarving under the mentoring hand of a master! Artist Willy Wilmoth will tap into the artist within you as you create perhaps your first masterpiece from basswood.

Woodworking for Wildlife LEISURELY

Gain experience and plans for building a variety of bird nest boxes and structures. Participants will have the opportunity to construct a nest box during this session.

Virginia Department of Game and Inland Fisheries "Becoming An Outdoors-Woman"® Program

The Department of Game and Inland Fisheries shall afford to all persons an equal access to Department programs and facilities without regard to race, color, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write: Virginia Department of Game and Inland Fisheries, ATTN: Compliance Officer, 4010 West Broad Street, P.O. Box 11104, Richmond, Virginia 23230

**Registration Form
BECOMING AN OUTDOORS-WOMAN®
April 2-4, 2004**

Only one person may register per form. Please photocopy for additional registrations.

Name _____

Address _____

City/State/Zip _____

Phone: day (____) _____ night (____) _____

Email Address _____

Workshop Fee is \$150 and includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging. **Entire fee must be included with completed registration.**

Are you 18 years of age or over? Yes No (Please circle)

Concurrent Course Offerings -- Indicate your top five choices for each session (1 being your first choice):

**SESSION I
[Friday]**

- Fishing Basics**
- Introductory Archery
- Introduction to Firearms
- Map & Compass
- Wild Edibles
- Wetland Ecology
- ATV & Trail Riding
- Hiking
- Backyard Habitat

**SESSION II
[Saturday a.m.]**

- Backpacking Gear Overview
- Fishing Basics**
- Introductory Archery
- Introductory Handgun*
- Introductory Skeet Shooting*
- Outdoor Photography
- Wilderness Survival ⊕ (Pt 1)
- Outdoor Cooking
- ATV & Trail Riding
- Bird Watching & ID
- Nature Crafts

**SESSION III
[Saturday p.m.]**

- Backpacking & Overnight Camping
- Fly Fishing
- Introductory Rifle*
- Introductory Skeet Shooting*
- Outdoor Photography
- Wild Edibles
- Wilderness Survival ⊕ (Pt 2)
- High Ropes
- Map & Compass
- Woodworking for Wildlife
- Woodcarving
- Wildlife Mapping

**SESSION IV
[Sunday]**

- Bow Fishing
- Fly Fishing
- Map & Compass Field Course◇
- Outdoor Cooking
- Wetland Ecology
- Climbing Wall
- Nature Crafts
- Firearms Sampling*
- Backyard Habitat
- Wildlife Mapping

Please sign me up for the following course(s) regardless of the session:

* **Introduction to Firearms OR a photocopy of your Hunter Education Certificate** is a **prerequisite** for Introductory Handgun, Introductory Rifle, Introduction to Skeet Shooting, and Firearms Sampling courses.

** A current **Virginia Freshwater Fishing License** is **required** for Fishing Basics.

⊕ **Wilderness Survival** is an **all day** Saturday offering. You **must** register for Part 1 **and** Part 2.

◇ Map & Compass is a prerequisite for Map & Compass Field Course.

Lodging preference:

Early Bird Cabin (to bed by 11 p.m.)

Night Owl Cabin (to bed after 11 p.m.)

I would like to be in the same cabin with

We will attempt to honor your preference

T-shirt Size
(Please circle one)

S M L XL XXL

I would be interested in carpooling to the workshop **Yes** **No**

If you answer YES, you will be sent a list prior to the workshop of participants interested in carpooling.

Check here if you have any special dietary requirements or special needs that require assistance, and describe your needs: _____

**NO REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE
FEE MUST ACCOMPANY REGISTRATION.**

Send Registration and Fee to: Department of Game and Inland Fisheries
Outdoor Education Program
4010 West Broad Street
Richmond, VA 23230

Make Checks Payable to: Treasurer of Virginia

For office use only: Date received _____ Confirmation sent _____ Check # _____

BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY

THIS BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY ("Contract") is entered into upon the date signed below by those individuals submitting requests for registration as participants ("Participants") by and between the Virginia Department of Game and Inland Fisheries and participating Federal, State, or local agencies and/or corporate sponsors ("Sponsors").

WHEREAS, "Sponsors" desire to provide an outdoor recreation skills training event to be conducted at Holiday Lake 4-H Educational Center on April 2-4, 2004.

WHEREAS, "Participant(s)" desire to receive instruction in one or more of the activities described in the BOW Information Packet and/or the Registration Form which are incorporated herein as is set forth in full.

NOW, THEREFORE, in consideration of the mutual covenants and conditions in this Contract plus other good and valuable consideration, the receipt of which is hereby acknowledged, the parties agree as follows:

SECTION 1: REGISTRATION OF PARTICIPANT(S).

The "Participants" being the same participants that sign below, wish to receive the requested instruction.

SECTION 2: ACKNOWLEDGEMENT OF SPECIAL NEEDS AND RULES.

For the purposes of your safety and to accommodate special needs, "Participants" agree to advise Sponsors of any pregnancy, mental or physical handicap, disability, visual and/or auditory impairment, influence of prescription drugs, illegal drugs and/or alcohol. I understand that as a registered guest, I (we) will not bring or possess ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS onto the premises and understand and agree to abide by the general rules of conduct prescribed for guests of this event and by the facility being used for this event.

SECTION 3: RIGHT TO REFUSE PARTICIPANT(S).

Participant(s) understands and agrees that Sponsors may disallow the participation of any Participant(s) which Sponsors believes in their sole judgment may present a safety hazard to other Participant(s), Sponsors' staff, Sponsors' invitees and/or to themselves.

SECTION 4: WARNING AND ASSUMPTION OF RISK.

Participant(s) understands that outdoor recreation and conservation involves activities where there are inherent elements of risk always present despite all safety precautions. Participant(s) fully accepts any and all such risk(s).

SECTION 5: RELEASE OF LIABILITY FOR NEGLIGENCE.

Participant(s) hereby, for themselves, their heirs, administrators and assigns, release and discharge sponsors, sponsors' agent and sponsors' affiliates from all claim for bodily injury, property damage, death, medical expenses and other financial losses occurring to the Participant(s) during the instruction due to the negligence of the Sponsors, Sponsors' agents and/or Sponsors' affiliate.

SECTION 6: INDEMNIFICATION.

Participant(s) further agree to indemnify and hold harmless the Sponsors plus their agents and affiliates from any and all costs, including reasonable attorney fees, incurred in defending against claims arising from the negligent acts or omissions, reckless acts or omissions or intentional misconduct by themselves or other Participant(s) during the instruction.

SECTION 7: PUBLICITY.

Participant(s) grant permission to Sponsors and their affiliates to publish, in any form, any photographs of Participant(s) while involved in the Instruction and agree that Participant(s) are not due any payment from Sponsors for publishing their photographs.

SECTION 8: ENTIRE AGREEMENT/VIRGINIA LAW/PARTIAL INVALIDITY.

This document constitutes the final and entire agreement between Sponsors and Participant(s) concerning the Instruction. This Contract is delivered, executed, accepted and performed exclusively within the Commonwealth of Virginia and shall be interpreted and enforced under the laws of Virginia. In the event that any term or terms of this Contract shall be determined to be illegal or unenforceable all other terms and conditions of this Contract shall remain in full force and in effect.

BY SIGNING BELOW, THE PARTICIPANT(S) WARRANT THAT THEY HAVE READ AND FULLY UNDERSTAND THAT THIS CONTRACT INCLUDES A RELEASE OF LIABILITY FOR NEGLIGENCE AND WARRANT THAT THEY SIGN THIS DOCUMENT OF THEIR OWN FREE WILL.

NAME

AGE

DATE

Participant: _____

