



# Washington Wildlife Federation presents the **Washington Outdoor Women**



## The WOW Vision

To teach, encourage and motivate women to connect with the outdoors through hands-on experiences taught in a non-competitive, educational environment.

Teaching women outdoor skills since 1998

Washington Outdoor Women is an educational program of the Washington Wildlife Federation

The mission of the Washington Wildlife Federation is to preserve, enhance and perpetuate Washington's fish, wildlife and habitat through education and conservation programs.

[www.washingtonwildlife.org](http://www.washingtonwildlife.org)

Washington Outdoor Women  
PO Box 1656  
Bellevue, WA 98009  
425-455-1986

## 2010 Fall Workshop

Grab your hiking boots and come join other women who share your backcountry interests and want to gain more confidence in the outdoors! Washington Outdoor Women's popular outdoor skills workshop will be held September 17-19 at beautiful Camp River Ranch in Carnation, Washington.

You will engage in an empowering experience to sharpen your outdoor skills and improve your wilderness know-how. Invest in your personal growth and discover a new sense of self-reliance and awareness! Activity - based learning will rekindle that link to the outdoors you've been seeking.

WOW offers the right skills at the right pace! You choose three (3) four-hour classes and we provide expert instructors, all the equipment you'll need, and the WOW "can do!" attitude. Learning outdoor skills is best experienced through hands-on introduction, and WOW gives you the chance to explore new interests and get the latest tips on outdoor techniques! We also provide plenty of take-home resources and a wealth of networking opportunities for you to pursue.

Camp River Ranch is a beautifully natural site of old growth and mature canopy forest along the Tolt River. Lake Langlois is on the premises, allowing quick access to fishing, canoeing and kayaking. Weekend activities are spread out across the camp and access is hilly and steep in places. The distance between classes, the Lodge and your cabin or tent can be up to 1/2 mile. Upon arrival, your car must be parked in a central location away from camp activities and remain parked for the entire workshop. You will spend the weekend on foot to reconnect with the natural environment. Please bear this routine in mind. Be prepared to hike! Plan to be out and about all weekend with Washington Outdoor Women!



Come, experience, and grow!  
You have the potential,  
we offer the opportunity!

**The right skills...at the right pace!**

[www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org)

# Course Descriptions (# indicates class size per session)

<p><b>Archery (12)</b> Start out learning basic form, parts of a bow, how it works and how to shoot and score arrows. Have fun while learning correct timing, posture, and concentration. Instructor Carolyn Elder is a certified trainer, state and world titleholder, and brings years of experience to this skill.</p>	<p><b>Map and Compass II – Intermediate (12)</b> Expand on the skills you learned in Map and Compass I. Plan and complete an orienteering course using map and compass. Find yourself using triangulation. Learn how to avoid getting lost and what to do when you get lost. Taught by Cheryl Drevecky and Laura Till.</p>
<p><b>Backpacking 101 (14)</b> This course is “packed” with instruction on lightweight equipment, “Leave No Trace” practices, trip planning, weather coping, and backcountry meals. Gear will be provided for you to evaluate and try on. Your instructor, Stacy Czebotar is a Park Ranger, avid backpacker and accomplished climber.</p>	<p><b>Medicinal Plants for Wilderness Emergencies (12)</b> Learn how to identify and use our Northwest’s top ten most effective medicinal plants for common trail emergencies. Take home the beginnings of an herbal first aid kit with healing salves, an herbal tincture and medicinal teas, all which you make in class. Karen Sherwood of Earthwalk Northwest instructs.</p>
<p><b>Basic Freshwater Fishing (6)</b> An indispensable course for beginning freshwater anglers! Cover the basics of rod and reel handling, knot tying, using bait and lures, and then fish for trout on Lake Langlois. Taught by experienced anglers, Tammy Conklin and Stacie Kelsey, of the Washington Department of Fish and Wildlife (WDFW). <i>A current fishing license is required.</i></p>	<p><b>Outdoor Photography (8)</b> Great photographs evoke a “WOW!” response. Learn what those buttons and dials do on your camera. Use the immediacy of digital technology to review your images. Bring your digital camera, instruction manual, fresh batteries, memory card and USB cord to transfer files to a computer. Instructor and photojournalist Amy Gulick wrote and photographed <i>Salmon in the Trees</i> (2010).</p>
<p><b>Big Game Hunting Basics (14)</b> Explore the philosophy behind hunting (particularly deer and elk) and the ethics of the hunt. Cover safety, preparation, planning, equipment, optics, clothing, and sound decision-making. Bruce McGlenn, a certified shotgun instructor, will explain firearms techniques. Laura Grayum will discuss bow hunting.</p>	<p><b>Starting a Hunting Dog (10)</b> Learn the basics of training a gun dog, including the three requirements for any hunting dog. Watch what a finished pointing dog can do then you will get hands-on experience with dogs at different levels. Your instructor, Carol Ptak of <i>Gryphon Ranch</i>, is a certified bird dog trainer and has titled many dogs.</p>
<p><b>Canoeing and Kayaking (14)</b> Learn the art of paddling and maneuvering a canoe or kayak on Lake Langlois. Your certified instructors will teach the mechanics and self rescue techniques that prepare you to safely enjoy paddling in a fun, non-competitive environment. <i>You must be able to swim and you will get wet!</i></p>	<p><b>Survival Skills (12)</b> Learn important techniques and creative ideas for short-term survival, shelter-making, knots, and woods awareness. Update your “10 Essentials.” Start a fire without matches. Instructors Jill Eelkema, a certified Wilderness First Responder, and Andrew McGlenn, an experienced outdoorsman, team up to teach.</p>
<p><b>Creating Backyard Wildlife Habitat (12)</b> Plan and <u>create a wildlife garden on site!</u> Choose the right native plants, shrubs and edibles for birds, butterflies, and humans. ‘Dig-in’ during this hands-on class and take home resources to do this in your own yard. Your instructors are Cathy Curley &amp; Courtney Sullivan, of the NWF*.</p>	<p><b>Wee Ones in the Woods - Birth-5 year olds &amp; 5-10 year olds (16)</b> Enjoy safe and happy wilderness trips (with youngsters birth to ten years. Learn functional solutions for gear, tips for food, and helpful nature games. Have fun taking your young family into the woods with you. Instructor Jennifer Waist, Mother of four and author, teaches from her book, <i>Babes in the Woods</i> (2010).</p>
<p><b>Dutch Oven Cooking (12)</b> Come hungry to this class! Nothing tastes better than food prepared in a Dutch Oven. Learn the secrets to cast iron cooking. Prepare and cook delicious cobblers, cookies, rolls, amazing one-pot dinners and breakfast casseroles. Patty Johnston and team brings years of cooking experience and valuable tips.</p>	<p><b>The Wild Life of Wildlife (14)</b> Fascinated by bear, cougar, moose or wolf? Learn their behavior and how to respond in the back country. Wild women seeking safe adventure in the outdoors should take this course! Well-known instructor Shelley Ament is a biologist with WDFW*, specializing in wildlife behavior.</p>
<p><b>Fly Fishing 101 (12)</b> Whether new to fly fishing or already working on your cast, this class will reinforce the basics to give you confidence – from casting and knots, to equipment and bugs. Taught by Faith Roland and Katie Surbeck. Gear is provided, but you are welcome to bring your own. <i>A current fishing license is required.</i></p>	<p><b>Wild Game Cooking and Sausage-making (10)</b> Are you intimidated by cooking Wild Game? Gain new confidence with Lori and Steve Patnode, who will teach you to cook elk, venison, and quail and guide you through the grinding, seasoning and stuffing of sausage. Recipes provided. Appetites required! Lori and Steve are Northwest anglers, hunters and gatherers.</p>
<p><b>Fly Tying (8)</b> Grab the line, scissors, thread bobbin, and whip finisher! Learn the art of turning fur and feathers into fishing flies. Learn how to tie a Wooly Bugger and 3-4 other popular patterns for your personal collection. Equipment and materials provided. Instructor Don Mills is a master tier and published author.</p>	<p><b>Wild Plants for Emergency Foods (12)</b> Discover fresh varieties of edible plants to supplement your rations while in the backcountry. In class prepare cattail shoot salad, berry dressing, pollen pancakes and stinging nettle pilaf. Instructor Karen Sherwood, of Earthwalk Northwest, brings a wealth of on-the-trail experience. Come hungry!</p>
<p><b>Map and Compass I - Beginning (14)</b> Read a topographic map? Take a bearing with a compass? Find magnetic north? Declination? You will learn all this and more, then test your new skills in the field. Taught by Cheryl Drevecky of King County Search &amp; Rescue, and Laura Till, a biologist with the WDFW*. Maps &amp; compasses are provided.</p>	<p><b>Wilderness First Aid (10)</b> Learn how to attend to wilderness accidents and manage wounds by improvising with what you have in your daypack and from the woods around you. This creative hands-on course, taught by certified instructor, Neal Houser, EMT, provides practical information for first aid on the trail. The outdoors is your classroom.</p>

**Register Now!**

Registration deadline is **Friday, September 3, 2010**  
or when the workshop fills.

\* Abbreviations

NWF: National Wildlife Federation

WDFW: Washington Department of Fish and Wildlife

**WOW 2010 Annual Fall Workshop - Camp River Ranch, Carnation, WA  
September 17-19, 2010**

**Registration Form**

*Participants must be 18 years or older - no exceptions.  
One registrant per form. Please photocopy both sides for each additional person.*

**Registration deadline is Friday, September 3, 2010.**

*(Complete all information in full. Please print legibly.)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone w/area code: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Long-sleeve T-shirt size (circle one):      S      M      L      XL      XXL      XXXL

\_\_\_\_\_ I wish to request vegetarian meals. I have the following food allergies \_\_\_\_\_

**Rank in order of preference your first (1), second (2), and third (3) course choices for each session.**

**SESSION I**  
**Saturday Morning**  
**8 am - 12 pm**

**SESSION II**  
**Saturday Afternoon**  
**1 pm - 5 pm**

**SESSION III**  
**Sunday Morning**  
**8 am - 12 pm**

**SESSION IV**  
**Sunday Afternoon**  
**1:30 pm - 3 pm**  
**Breakouts**

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Archery                            | <input type="checkbox"/> Backpacking/Hiking                | <input type="checkbox"/> Archery                    |   |
| <input type="checkbox"/> Backpacking/Hiking                 | <input type="checkbox"/> Basic Freshwater Fishing          | <input type="checkbox"/> Basic Freshwater Fishing   | <input type="checkbox"/> <i>Babes in the Woods</i>                    |
| <input type="checkbox"/> Basic Freshwater Fishing           | <input type="checkbox"/> Fly Fishing                       | <input type="checkbox"/> Big Game Hunting           | <input type="checkbox"/> Personal anecdotes from author Jennifer Aist |
| <input type="checkbox"/> Bkyd Wildlife Habitat              | <input type="checkbox"/> Fly Tying                         | <input type="checkbox"/> Dutch Oven Cooking         | <input type="checkbox"/> First Aid for Dogs on the Trail              |
| <input type="checkbox"/> Canoeing                           | <input type="checkbox"/> Kayaking                          | <input type="checkbox"/> Fly Fishing                | <input type="checkbox"/> Raptor Rap Up Close!                         |
| <input type="checkbox"/> Dutch Oven Cooking                 | <input type="checkbox"/> Map & Compass I                   | <input type="checkbox"/> Fly Tying                  |   |
| <input type="checkbox"/> Fly Tying                          | <input type="checkbox"/> Outdoor Photography               | <input type="checkbox"/> Kayaking                   |   |
| <input type="checkbox"/> Map & Compass I                    | <input type="checkbox"/> Starting a Hunting Dog            | <input type="checkbox"/> Map & Compass II           |   |
| <input type="checkbox"/> Outdoor Photography                | <input type="checkbox"/> Survival Skills                   | <input type="checkbox"/> Survival Skills            |   |
| <input type="checkbox"/> Top Ten Medicinals                 | <input type="checkbox"/> Wee Ones in the Woods: 5 -10 yrs. | <input type="checkbox"/> Wild Lives of Wildlife     |   |
| <input type="checkbox"/> Wee Ones in the Woods: Birth-5 yrs | <input type="checkbox"/> Wild Game Cooking                 | <input type="checkbox"/> Wild Plants-Emergency Food |   |
| <input type="checkbox"/> Wilderness First Aid               | <input type="checkbox"/> Wild Lives of Wildlife            | <input type="checkbox"/> Wilderness First Aid       |   |

*For descriptions of Session IV classes, go to the WOW website. Under "Workshops" click on "Weekend"*

**Please indicate your sleeping choice:**     Open-air cabins     Tent area

If you'd like to bunk with friends, please arrive early to claim your space!

Your check or money order for the entire fee of \$235 must accompany your registration form

Please mail to: **Washington Outdoor Women Registration**  
**118 259<sup>th</sup> Place**  
**Sammamish, WA 98074**

Washington Outdoor Women  
2010 Annual Fall Workshop  
Camp River Ranch, Carnation September 17-19, 2010



*Please read, complete, sign and return this form with your registration.  
Those who fail to sign and return this form will not be allowed to participate.*

**Acknowledgement of Risks and Release of Responsibility**

Please print legibly

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emer. Phone: \_\_\_\_\_

**Photo and Digital Image Release**

I hereby freely grant permission to Washington Outdoor Women, the Washington Wildlife Federation, and those acting under its authority, to copyright and/or publish photographs, films, slides, or digital images, with or without my name, taken of me, for editorial, advertising, on-line or commercial purposes.

Initials: \_\_\_\_\_ ←

Washington Outdoor Women (WOW) offers its students the opportunity to enroll in outdoor skills classes operated by many different educational instructors. Certain potential risks to personal health and safety are associated with outdoor activities and camping. You shall not participate in an outdoor skills program unless you are willing to accept the associated risks. WOW cannot and will not guarantee the health and safety of participants in a skills program or eliminate all risks from outdoor environments.

- I understand that there are certain risks associated with outdoor skills and camping, and that Washington Outdoor Women through its workshops and its staff cannot control these risks.
- I understand that Washington Outdoor Women is not in a position to guarantee my personal health or safety during my participation in an outdoor program.
- I understand that Washington Outdoor Women cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
- I understand and hereby acknowledge that I assume all risks incurred by my participation in Washington Outdoor Women's outdoor skills programs.
- I understand that any oral representation by WOW instructors or coordinator will not modify, supercede, or amend the Acknowledgement of Risk and Release of Responsibility. No oral representation shall be binding or enforceable.
- In consideration of being allowed to enroll and participate in a workshop, the undersigned hereby releases Washington Outdoor Women, Washington Wildlife Federation and their Board of Directors, staff, volunteers, or other representatives from any and all claims arising out of or in any way connected with any program and the undersigned's participation in the program, including, but not limited to the risks as outlined above.

By signing below, the participant (including planning team and instructors) recognizes that the program involves some risk and takes responsibility for all actions and injuries that may result by participating.

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

# Attendance and Logistics

## Accommodations

Camp River Ranch provides two sleeping options for WOW attendees: Open-air Cabins and Tents. In both cases, you provide your own sleeping bag, pillow, and towels.

### **Open-air Cabins**

Located in the lower meadow, these open-air cabins are roofed and partially sided. They accommodate six. Note: The cabins do not have electricity. Showers and bathroom facilities are near-by.



### **Tent area**

Bring your own tent and sleep under the stars. A quiet space is reserved for you in the meadow. Bathroom facilities and showers are close-by.

## Arrival and Departure

Plan to arrive for check-in between 6:30 and 7:30 pm on Friday, September 17<sup>th</sup>. Please use Camp River Ranch's North Entrance (by Remlinger Farms).

WOW's evening activities begin at 8:00 pm on Friday.

WOW's Weekend Workshop will wrap-up by 3:00 pm on Sunday, September 19<sup>th</sup>.

## Scholarships

Thanks to the generous support of the Rocky Mountain Elk Foundation, partial scholarships will be awarded to a limited number of first-time participants who qualify. Applications must be received by August 20<sup>th</sup>. Preference is given to single mothers, low-income individuals and full time students. Participants must be 18 years or older.

To request an application, please e-mail us at:  
[wowscholarship@gmail.com](mailto:wowscholarship@gmail.com)

## Camp Logistics

Please be advised that women with mobility or health issues may be best served by a different program. Camp River Ranch terrain may be challenging for some. The WOW workshop is an active weekend and requires a good amount of physical strength and flexibility. At times, you could be a distance away from medical attention. Additionally, you will park your car in a central location away from camp activities and it will remain parked for the entire workshop.

## Registration

**Registration deadline is September 3<sup>rd</sup>  
or when the workshop fills**

Course confirmation is on a first-come, first-served basis. One registrant per form. Feel free to photocopy these forms for other interested women.

Registrations will only be accepted by mail (no phone, fax, or e-mails), and you must include your workshop fee and signed waiver.

Once successfully registered, you will receive a confirmation by mail within 14 days. Included will be your assigned courses, a packing list, a weekend agenda, and driving directions to the workshop.

**Participants must be 18 yrs or older.**

## Workshop Fee

The \$235 workshop fee includes expert instruction, lodging, all meals, use of necessary equipment, program materials, and WOW's signature t-shirt. Note: Fishing licenses are **not included** in this fee.

Your check or money order for \$235 should be made payable to "**Washington Outdoor Women**" and must accompany your completed registration and signed release form.

## Course Selections

Class sizes are limited. Choose three courses from each session. Rank them 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in order of preference. First choices will be assigned wherever possible. For a description of Session IV, go to [www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org).

**Due to popularity, we limit you to one fishing class per workshop.** When space is available, you will be scheduled for **either** Basic Fishing **or** Fly Fishing but not both. Please make your selections accordingly.

## Cancellation

**Cancellation deadline is September 7<sup>th</sup>.**

All requests for refunds must be made in writing. Cancellation requests received prior to September 7<sup>th</sup> 2010 will be charged a \$35 administrative fee.

**No refunds** will be issued after **September 7<sup>th</sup>**, but you may send a substitute to take your assigned classes. You must notify us of the change. **Please contact our registrar at [judywow@hotmail.com](mailto:judywow@hotmail.com).**

***Please consider whether the steep hills and walking requirements would prevent you from enjoying this experience.***

**For more information about  
Washington Outdoor Women**

**Ronni McGlenn, Director**  
Bellevue  
425-455-1986

**Kristie Miller**  
Tacoma  
253-380-8966

**Cindy Brown**  
Silverdale  
360-307-0177

**Lori Johnson**  
Bellingham  
360-756-9716

**Jill Eelkema**  
Mount Vernon  
360-510-2413

**Sharon Rose**  
Entiat  
509-784-1917

[www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org)

Special thanks to Isomedia, Inc. for hosting our website



**Please join Washington Outdoor Women  
In thanking our sponsors:**



Washington Wildlife Federation

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Washington Department of  
Fish and Wildlife

National Wildlife Federation



Greater Seattle Chapter  
of the Izaak Walton League



Washington Outdoor Women is an educational program  
of the Washington Wildlife Federation  
[www.washingtonwildlife.org](http://www.washingtonwildlife.org)

**WOW's mission is to teach women a variety of outdoor skills through which they learn to enjoy  
and respect the outdoors, thereby becoming responsible stewards of our state's resources.**



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Sammamish, WA 98074

You have the potential . . . we offer the opportunity

