March 31 - April 2, 2017 • YMCA Camp Harrison at Herring Ridge, Wilkes County

Discover outdoor adventure, fun and friendship.

Discover yourself.
ENROLLMENT LIMIT
Workshop enrollment is limited to 100 participants. Please register as soon as possible. See the enrollment policy on the registration form.

COST
The cost of the workshop is $225. Fee includes all instruction, program materials, use of demonstration equipment, meals and lodging.

FINANCIAL ASSISTANCE
Partial scholarships are available, made possible by the generosity of past participants. Please contact BOW Coordinator BB Gillen for more information.

LODGING
Lodging is at Camp Harrison, located off NC Hwy 18 South in Boomer, N.C., in Wilkes County between North Wilkesboro and Lenoir. The camp is nestled in the beautiful Brushy Mountains, offering 2,000 acres of woods, streams, and trails centered around 140-acre Lake Broyhill. Group cabins have bunk-style beds; bathrooms include hot showers.

EQUIPMENT
Demonstration equipment is provided. Feel free to bring your own fishing gear, bow and any other equipment with the exception of firearms. Please do not bring firearms to Camp Harrison. Only program facilitators have permission to bring firearms on the campus (any exceptions will be noted in your confirmation letter). Session descriptions list special equipment used in class.

SPECIAL NEEDS
Please indicate on the registration form any special needs you have that require assistance. We will try our best to accommodate your needs, including dietary needs.

WHAT TO BRING
Classes are outdoors and hands-on. Tennis shoes or hiking boots are appropriate. Long pants are encouraged to protect against brush and insects.
Supplies: Bring rain gear, insect repellent, shoes that can get wet and soiled, sunscreen, water bottle, sunglasses, flashlight, and a second set of prescription glasses if desired. Linens are not provided. Bring towels, twin size sheets, blankets, (sleeping bag if preferred) and a pillow.

REGISTRATION
Enrollment is limited to 100 participants. Registrations are accepted on a first-come, first-served basis; sessions are filled in the same way. It is important that you rank your session choices by 1, 2 and 3 for each session. If your first choice is full and not available, you may get your second or third choice. If a group would like to participate together, please send all registration forms and checks in one envelope OR mark your request under special needs. Your registration check will be returned if enrollment is full, but you can request to be on the wait list.

REFUND POLICY
The workshop fee, minus $25 for administrative services, will be refunded only if a replacement registration/fee is obtained. If a replacement registration is not obtained, we will be unable to refund the fee.

OTHER
Photographs and/or video may be taken during the sessions for use in support of the programs of the N.C. Wildlife Resources Commission.

If you have any questions, please contact BB Gillen at (919) 218-3638 or bb.gillen@ncwildlife.org.
Concurrent Sessions Indicate your first (1) second (2) and third (3) choices for each session.

DO NOT place a (√) by the Sessions. Sessions are limited and are filled on a first come, first served basis. Please select your courses carefully; you will not be able to change your course schedule at the workshop.

SESSION I
FRIDAY AFTERNOON
- A. Basic Fishing
- B. Game & Outdoor Cooking
- C. Game & Fish Processing (C & K)**
- D. Intro to Archery
- E. Backcountry Hunting Skills
- F. Wilderness Survival Skills
- G. Canoeing & Kayaking
- H. Basic Rod Building (H & P) **
- I. Decoy Carving
- J. What's the Buzz on Native Pollinators

SESSION II
SATURDAY MORNING
- K. Game & Fish Processing (C & K)**
- L. Game & Outdoor Cooking
- M. Basic Shotgun *
- N. Intro to Archery
- O. Trail Cameras
- P. Basic Rod Building (H & P) **
- Q. Basic Pistol *
- R. Ropes & Climbing Wall
- S. Backcountry Hunting Skills

SESSION III
SATURDAY AFTERNOON
- T. Rifle Marksmanship *
- U. Basic Shotgun *
- V. Bow Fishing
- W. Plant ID & GPS
- X. Motorboat Skills
- Y. Advanced 3D Archery
- Z. Reptiles & Amphibians
- AA. Canoeing & Kayaking
- BB. Advanced Fishing
- CC. Stream & Lake Ecology
- DD. Fly-Tying
- EE. Intro to Turkey Hunting

SESSION IV
SUNDAY MORNING
- FF. Intro to Fly-Fishing
- GG. Basic Crossbow
- HH. Intro to Archery
- II. Intro to Bird Watching
- JJ. Wildlife Digital Photography
- KK. Ropes & Climbing Wall
- LL. Motorboat Skills
- MM. Trapping/Tracking/Trekking
- NN. Intro to Deer Hunting
- OO. Quilting 101

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*Prerequisite: You must have taken a hunter education course, NRA course, 4-H shooting course or have some shooting experience.
You may take the online or in-home hunter education course prior to the event and arrive early Friday to complete the field day requirement.

**2-session event; you must register for both sessions.

Last Name _______________________________ First Name _______________________________ MI _____

Mailing Address
________________________________________________________________________________________
City ____________________________________________ State ______________ Zip Code ______________

Daytime # (____) ______________ Home # (____) __________________ Cell # (____) ______________

Email Address
______________________________________________________________________________________

I learned about BOW Workshops from ________________________________________________________

Returning Participant  Yes ☐  No ☐

Special Needs: Please describe special medical needs, dietary needs, and requests for roommates, etc.
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Preferences:  ☐ Early To Bed  ☐ Night Owl  ☐ Are you willing to sleep on a top bunk? Yes ☐ No ☐

T Shirt Size: _______ (S, M, L, XL, XXL, XXXL)

Complete and mail the registration and medical forms, along with a check or money order for the

$225 registration fee, payable to NCWRC-BOW:  N.C. Wildlife Resources Commission, Conservation Education

Attn: BB Gillen
P.O. Box 965
Benson, NC 27504-0965
Becoming an Outdoors-Woman® Medical Questionnaire

Medical Questionnaire is a requirement to participate in the BOW program

Name ____________________________ Date of Birth ________________ Sex ________

City/State/Zip__________________________ Phone ________________________

Medical Ins. Co.__________________________ Group No.____________________

Policy No. ____________________________ Phone ________________________

Emergency Contact ___________________________ (Relationship)____________

Primary Physician__________________________ Phone (______) __________________

ALL INFORMATION WILL BE CONFIDENTIAL. Please circle “Yes” or “No” and provide additional details where required.

1. Are you allergic to any medications? NO YES LIST________

2. Are you currently taking any medications on a regular basis? NO YES Please List with Reason ______________________________

3. Have you ever had a seizure? NO YES WHEN________

4. Have you ever been told by a doctor you have epilepsy? NO YES WHEN________

5. Have you ever been treated for diabetes? NO YES WHEN________

6. Have you ever had a serious accident? NO YES WHEN________

7. Do you have a history of high blood pressure? NO YES WHEN________

8. Do you have or have you ever had the following diseases:

   Hay fever  NO  YES  WHEN________  Heart disease  NO  YES  WHEN________

   Fainting spells  NO  YES  WHEN________  Lung disease  NO  YES  WHEN________

   Frequent diarrhea  NO  YES  WHEN________  Kidney disease  NO  YES  WHEN________

   Severe stomach aches  NO  YES  WHEN________  Liver disease  NO  YES  WHEN________

   Menstrual problems  NO  YES  WHEN________  Hepatitis  NO  YES  WHEN________

   Ear ache or infection  NO  YES  WHEN________

9. Have you ever been told by a doctor that you have asthma? NO YES WHEN________

10. Have you ever had a concussion or head injury? NO YES WHEN________

11. Are you pregnant? NO YES DUE DATE________

12. Have you stayed overnight in a hospital? WHY? ________________________________

13. Date of last tetanus inoculation ____________________________ exact date needed (must be within 10 years)

The above medical history questionnaire is correct to the best of my knowledge, and I am able to engage in all activities, except as noted by a physician and me. In the event of an emergency, I hereby give permission to a physician to hospitalize me, secure proper anesthesia, and to order injections, x-rays, surgery or other medical procedures required by the emergency situation.

By signing this form, you are giving consent for the North Carolina Wildlife Resources Commission to provide this information to emergency personnel in a medical emergency situation.

Signature of Participant__________________________________________________Date__________________________
Friday - March 31, 2017

10:00 – 11:30 a.m. Registration and Check-In

Noon – 12:45 p.m. Lunch

12:45 - 1:00 p.m. Welcome and Introductions

1:30 – 5:00 p.m. SESSION I

A. Basic Fishing
   This class offers hands-on instruction on everything from choosing equipment to landing fish. Learn about fishing equipment, how to tie knots, choose bait and load a reel. You’ll have great fun fishing on the banks of the camp lake. Equipment is provided, or students may bring their own gear. You may want to bring a small field chair to relax in while you fish.

B. Game & Outdoor Cooking
   Yes, you can prepare a tasty meal over a wood fire and charcoal briquettes. Learn how to cook game and other traditional dishes in a camp setting or at home. You’ll use traditional Dutch ovens and learn some novel methods as well. Participants prepare and eat their outdoor meals.

C. Game & Fish Processing (2-session event - must sign up for sessions C & K)
   After you have harvested your game and fish, then what? Learn how to clean, butcher and fillet game and fish like a professional. You’ll learn how to separate the muscle groups in order to get butcher-quality cuts of meat. Various methods of meat processing game and fish will be covered as well.

D. Introduction to Archery
   Learn the archery basics from outdoor industry pros Jim and Lynne Frady of Team Frady Outdoor Adventures. This class will teach you proper shooting form, stance, aim and release using compound bows, recurves, long bow and crossbow. Equipment will be provided. This is a fun and informative class with lots of hands-on experience.

E. Self Guided Backcountry Hunting Skills
   Learn the basics of planning and carrying out a successful overnight excursion for wilderness do-it-yourself hunting, fishing and hiking trips. You’ll learn the importance of selecting and using the proper equipment for different seasons and situations, including backpacking gear and clothing. How to dress and pack your harvest, set up camp, use water sources/filters, prepare food, apply basic first aid and tips on backcountry hygiene are covered in this class.

F. Wilderness Survival Skills
   Learn what it takes to survive in the wild. Instructors explain how to put together a proper survival kit and discuss necessary skills for surviving a night outdoors. Hands-on activities include building shelters and fires.

G. Canoeing and Kayaking
   Compare the different types of canoes, kayaks, paddles and equipment and learn how to use them. This session includes instruction in safety techniques important to lake canoeing & kayaking. After instruction in those techniques for paddling in the lake you’ll then dip your paddle in the waters of Lake Broyhill for on-the-water adventure.

H. Basic Rod Building (2-session event - must sign up for sessions H & P)
   Give yourself the perfect fishing rod by building it yourself. Learn skills while constructing a six-foot, medium-action spinning rod, from positioning the guides to wrapping your own design. Past participants express great satisfaction in fishing with their own hand-built rods. All tools and materials are provided. Class size limited, so register early.
I. **Decoy Carving**
Learn how to carve and paint a traditional North Carolina decoy from old-fashioned methods. Experience isn’t needed and all tools will be provided. All participants will take home their own self-made decoy, along with an appreciation for North Carolina’s finest folk art craft. Examples of North Carolina-made contemporary and antique decoys will be on display, too.

J. **What’s the buzz on Native Pollinators**
A third of the food we eat, as well as the fruits, seeds and foliage eaten by wildlife, depends on pollinators – the animals that transfer pollen. Without them most ecosystems would simply collapse. Bees - not only honeybees but wild species of bees - are the primary pollinators in North America, but a variety of other wild pollinators such as flies, wasps, beetles, butterflies and even moths also help out.

5:15 – 6:15 p.m. **Supper**
6:15 – 7:15 p.m. **Walk about Camp - Free Time**
7:30 – 8:30 p.m. **Evening Activities**

Saturday - April 1, 2017

7:00 – 8:00 a.m. **Breakfast**

8:15 – 11:45 a.m. **SESSION II**

K. **Game & Fish Processing** *(2-session event - must sign up for sessions C & K)*

L. **Game & Outdoor Cooking**
Repeat of Session B

M. **Basic Shotgun**
Learn basic shotgunning techniques with an emphasis on hunting and shooting sports. Participants learn stance and how to hold a shotgun while getting plenty of shooting practice with clay targets. See session registration form for prerequisite information.

N. **Introduction to Archery**
Repeat of Session D

O. **Introduction to Trail Cameras**
Participants will learn how to program and deploy a variety of popular trail cameras, as well as how to download and interpret trail camera photos. This session will also explore citizen science opportunities such as the Candid Critters program, and discuss the use of trail cameras in research conducted by the NC Wildlife Resources Commission staff.

P. **Basic Rod Building** *(2-session event - must sign up for sessions H & P)*

Q. **Basic Pistol**
Participants learn about the basic types of handguns, handgun safety and how to purchase a handgun. Practice shooting on the range is included in this session. Participants must have taken Hunter Education, NRA or 4-H shooting classes or have some shooting experience to participate in this class.

R. **Ropes Course & Climbing Wall**
Spend some time gaining self-confidence. Navigate the ropes and try your skills on Camp Harrison’s state-of-the-arts ropes course and new climbing wall. Learn about gear, safety and different techniques. This session is sure to provide a rush of excitement!

S. **Self Guided Back Country Hunting Skills**
Repeat of session E
T. **Rifle Markswomanship**  
Learn about different calibers, actions and their components. Participants will use .22 caliber rifles in this hands-on class. See session registration form for prerequisite information.

U. **Basic Shotgun**  
Repeat of session M

V. **Bow Fishing**  
So you love archery and you love to fish. Step up to the next level and combine the two skills — learn how to bow fish from the experts! It’s a challenging, exciting way to harvest non-game fish from boat or shore.

W. **Plant ID & GPS Scavenger Hunt**  
Curious about that tree, shrub, or wildflower you found in the woods? This session will teach you how to identify these plants, plus have some fun locating different plant habitats on camp using Global Positioning Systems (GPS). Wear comfortable shoes for walking.

X. **Motorboat Skills**  
Fear of boat ramps will disappear in this class, which demystifies the process of backing up a boat trailer, operating a motorboat on the open water, and keeping you and your passengers safe onboard.

Y. **Advanced 3-D Archery**  
This class is for the ladies that have some experience with archery but want to improve their skills, whether it’s to head to the woods to do a little hunting or to experience the challenge of the 3-D course. Bring your own equipment if possible so Team Frady can help you with your set up and answer your questions. Class includes a 3-D animal course set up to shoot at unknown distances; a friendly competition may ensue.

Z. **Reptiles and Amphibians**  
North Carolina is home to over 90 species of amphibians and over 75 species of reptiles, including six species of venomous snakes. This session will involve a short indoor session and then an outdoor component to try to observe and collect these interesting species. The outdoor part of this session will be help regardless of weather, so be prepared for possible cold and wet conditions.

AA. **Canoeing & Kayaking**  
Repeat of session G

BB. **Advanced Fishing**  
In this session, we will learn about the different NC fish species, species habits, and habitats. Learn more about lure selection and advanced techniques in presentation specific for catching bass, sunfish, and bluegill. Understanding the attraction that fish have to different forms of movement and color, areas of water where fish are more commonly found seasonally, and establishing a good reeling technique are all ways to improve your abilities. We will be bank fishing and will not be using live bait. Rod/reels and lures will be provided for the workshop.

CC. **Stream & Lake Ecology**  
Wade into the camp lake and streams with seines and dip nets to find out what lurks below the surface. We will check water quality and sample aquatic animals to identify indicator species of fish and other aquatic life. Be prepared to get wet in this hands-on session. Some waders will be on hand, but bring your own water shoes or waders if you like.

DD. **Basic Fly-Tying**  
Learn the basics of fly-tying. Examine different fly types and discuss their uses, including nymphs, dry flies, wet flies and streamers. Then try your hand at tying your own flies, and take them home.

EE. **Turkey Hunting 101**  
Learn what makes the Eastern Wild Turkey such a special bird in North Carolina. You’ll learn about its recovery in this state, its biology and habits, how to call a turkey, hunt a turkey and what you’ll need to do so. Class includes time outside.
5:15 – 6:15 p.m. Dinner
7:00 – 9:00 p.m. Evening Activities

Sunday - April 2, 2017
7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION IV

FF. Introduction to Fly-Fishing
Learn to appreciate the art of fly-fishing, including casting basics, fly presentation, types of flies and equipment selection. Equipment is provided, or participants may bring their own. If time allows, you may have a chance to try your casting skills at the camp lake.

GG. Basic Crossbow
Learn the history behind this ancient and little-known weapon. Instructors will explain the use, care and maintenance of modern-day crossbows. Class includes time on the range to practice with both recurve and compound types of crossbows.

HH. Introduction to Archery
Repeat of Session D

II. Introduction to Bird Watching
Learn to identify the birds that visit your feeder. Participants discuss field identification techniques, bird behavior and common calls, and enjoy an early-morning birding walk around the camp. Please bring your own binoculars and field guides; some equipment will be available.

JJ. Wildlife Digital Photography
This class will show you how to take memorable photos of your favorite subjects – from plants to critters to habitats. We'll focus on technique and composition, and spend plenty of time outside practicing. Sp pack your digital camera and some good walking shoes, because you're going to look at the outdoors from new angles.

KK. Ropes & Climbing Wall
Repeat of Session R

LL. Motorboat Skills
Repeat of Session X

MM. Trapping, Tracking and Trekking
Ever wondered what a wildlife biologist does in the field? We'll start with the basics of reading tracks and signs left by local wildlife. Then we'll try live trapping on the grounds of Camp Harrison. We'll experience a high-tech method of wildlife tracking using radio telemetry equipment, including a hands-on radio telemetry search for hidden wildlife around the camp. Dress appropriately for the outdoors in this session.

NN. Introduction to Deer Hunting
Learn how to hunt one of the most common, yet challenging big game animals in the country. You'll learn about what makes the white-tailed deer such an adaptive animal and how to beat its defenses. This basic "how-to" will prepare you for deer hunting season. Time in the woods will be part of this program so dress accordingly.

OO. Quilting 101
Learn the "ABC's" of basic quilt stitching and what you can do to make a pillow top to commemorate an outdoor adventure.

Noon – 1:00 p.m. Lunch and Final Farewell
Becoming an Outdoors-Woman (BOW)®
March 31 - April 2, 2017
YMCA Camp Harrison at Herring Ridge • Boomer, N.C.
Sponsored by the North Carolina Wildlife Resources Commission

www.ncwildlife.org/bow

Becoming an Outdoors-Woman is a workshop focused on learning outdoor skills—skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed especially for women, BOW welcomes participants 18 years of age or older.

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 would like to improve your skills.
• you know how to do some of these activities, but would like to try your hand at some new outdoor skills.
• you are looking for camaraderie with like-minded individuals.

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