Becoming an Outdoors-Woman®

April 3 - 5, 2020 • Eastern 4H Environmental Education Center, Tyrrell County

Discover outdoor adventure, fun and friendship.

Discover yourself.
ENROLLMENT LIMIT
Workshop enrollment is limited to 96 participants. Please register as soon as possible.

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. Scholarship application is a separate download on our website.

LODGING
Lodging is at the Eastern 4H Environmental Education Conference Center. There are four group cabins and each cabin has bunk style beds for 24 persons; cabins have bathrooms which include sinks, toilets & showers. The Eastern 4H Center is located off Hwy 64 east near Columbia, N.C., on the shore of the Albemarle Sound (Bulls Bay) in Tyrrell County.

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 the camp.** 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. *(Open toed shoes are not recommended).* 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 96 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, 3, 4 and 5 for each session. If your first choice is full and not available, you may get your second, third or fourth or fifth choice. If a group would like to bunk together in a same cabin, please 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
If you have to cancel for any reason - the registration fee, minus $25 for administrative services, will be refunded to you if a replacement registration is obtained. **If a replacement registration is not obtained, then we will be unable to refund any fees.** No refunds can be made after March 20, 2020.

If you have any questions, please contact BB Gillen at (919) 218-3638 or bb.gillen@ncwildlife.org.
Becoming an Outdoors- Woman® Registration Form
April 3 - 5, 2020 • Eastern 4H Environmental Center, Tyrrell County

Last Name _______________________________First Name _______________________________MI_____
Mailing Address _____________________________________________________
City ____________________________________________State ______________ Zip Code ______________
Daytime # (____) _________________Home # (____)_________________Cell # (_____)_________________
Email Address _____________________________
________________________________________________

I learned about BOW Workshops from ____________________________________________________________________
First Workshop Yes ☐ No ☐

Special Needs: Please describe special medical needs or dietary needs ____________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

Preferences: ☐ Night Owl ☐ Early to Bed T Shirt Size: ☐Sm ☐Med ☐Lg ☐XL ☐2XL ☐3XL

Participant understands that photographs and/or videos may be taken during the sessions and may be used in future support of the program. The applicant by signing below recognizes that the program involves some risk and that she takes responsibility by any action or injury that may result by participating. Applicant must be at least 18 years of age and understands the cancellation policy.

Signature__________________________Date__________________________

This workshop has 4 sessions (they are three and a half hours each). It is mandatory that you indicate your (1) first, (2) second, (3) third and (4) fourth and (5) fifth choices for each session. DO NOT place a (√) by the Sessions. Most sessions are limited, and all are filled on a first come, first served basis. Read & select session choices carefully. You will not be able to change your course schedule at the workshop unless there is a medical issue.

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Prerequisite for all firearm sessions: You must have taken a hunter education course, NRA course, 4-H shooting course or have some shooting experience.
An "Intro to Firearms" will be offered Friday Evening for anyone who has not had any firearm experience but would like to take a shooting course
** Prerequisite for Advanced Shotgun: this session is for experienced shooters only!

Complete and mail the registration and medical forms to the address below, along with a check or money order for the $225 registration fee, payable to NCWRC–BOW:

N.C. Wildlife Resources Commission
Attn: BB Gillen; Wildlife Education Division
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 __________

Street Address ________________________________________________________________________________

City/State/Zip __________________________________________________________________________________ Phone __________________________________________

Medical Ins. Co. ________________________________________________________________________________

Policy No. ____________________________________ Group No. __________________________________________

Emergency Contact _______________________________________________ (Relationship) ________________

Phone (______) ________________________________________________________________________________

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? NO YES DUE DATE ________ WHAT? __________________________________________________________________

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 ________________________________
Schedule and Sessions

Friday - April 3, 2020

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

12:00 – 12:45 p.m. Lunch

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

1:30 – 5:00 p.m. SESSION I

A. Introduction to Archery
Learn the archery basics from our own Archery Education Coordinator. This class will teach you proper shooting form, stance, and release using compound bows, recurves & long bow. Equipment will be provided. This is a fun and informative session with lots of hand-on experience.

B. Introduction to Deer Hunting
Learn how to hunt one of the most common yet challenging big game animals in the country from two of B.O.W.’s experienced female hunters. 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.

C. 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 a local pond. 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.

D. 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 fish from the experts! It’s a challenging, exciting way to harvest non-game fish from boat or shore.

E. 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.

F. 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 taste-test their outdoor dishes.

G. Kayaking
Compare the different types of kayaks, paddles and equipment and learn how to use them. This session includes instruction in safety techniques important to sound and lake kayaking. Then dip your paddle in the waters of the Albemarle Sound for on-the-water adventure.

H. 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.

5:15 – 6:15 p.m. Supper

6:15 – 7:15 p.m. Free Time

7:30 – 8:30 p.m. Evening Activities
Saturday - April 4, 2020

7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION II

I. Advanced 3-D Archery
This class is for those who 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 meet the challenge of a 3-D course. We recommend that you bring your own equipment so our staff can help you with your setup and answer questions about your equipment. A 3-D course will be set up for shooting at unknown distances; a friendly competition is not out of the questions. We will even try our hand at some flying targets. Be prepared to have an afternoon of fun and education!

J. Canoeing
Try your hand at canoeing as you examine different types of canoes, paddles and equipment and learn how to use them. After instruction in safety techniques, you’ll paddle in the waters at the 4H Camp.

K. 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.

L. 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.

M. 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. (See session registration form for prerequisite information).

N. Refuge Tour
In this session, we will travel Pocosin Lakes National Wildlife Refuge. This refuge is considered by many to be the most remote, natural wilderness area in all of our eastern North Carolina. We may encounter black bears, red wolves, coyotes and many species of birds and other wildlife. We will also see tracks and signs left by these animals. This session is for early risers & extremely limited in number. We will leave the 4-H Center at 5:00 am to maximize our chances of viewing wildlife.

O. 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).

P. Introduction to Turkey Hunting
This session will begin with a brief history, physiology, biology, habits and habitats of wild turkeys. Equipment, clothing camouflage, calling techniques and safety will also be covered including an opportunity to practice calling skills. Weather pending, participants will go outdoors for training on how to set up on-and call in a wild turkey Gobbler including common hunter mistakes.

Noon – 1:00 p.m. Lunch
Q. **Bow Fishing**  
Repeat of session D

R. **Orienteering and GPS**  
Participants will learn the basics of compass navigation by starting off in the classroom learning compass use and basic GPS. Once mastered students will go outside for the rest of the session to participate in an orienteering course along with a GPS geocaching course.

S. **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 passenger’s safe on-board.

T. **Nature Journaling/Tree ID**  
In this session you will learn how to use field guides to observe and identify animals and trees, and you’ll be equipped to teach yourself about nature wherever you are. We will also spend some time creating and learning how to utilize nature journals. Nature journaling is a great way to keep track of your experiences in nature, from new species that you come across to thoughts and feelings observed while outdoors.

U. **Rifle Markswomanship**  
Learn about different calibers, actions and their components. Participant will use .22 caliber rifles in this hands-on class. *(See session registration form for prerequisite information).*

V. **Rock Climbing**  
Learn to scale the camp’s vertical wall using safe climbing techniques taught by certified instructors from the Eastern 4-H Center. You’ll learn about gear, techniques and more while building confidence.

W. **Advanced Shotgun**  
Are you ready for a challenge? Learn how to shoot targets that come from all angles, at different speeds and under different conditions. *(See session registration form for prerequisite information).* Note: Shooters must have shotgunning experience for this session.

X. **Smartphone Nature Photography**  
Learn tricks and tips for capturing high-quality nature photos with your phone camera. This course will include some basics of photography like lighting, framing, and the “rule of thirds,” but will mostly focus on phone settings, buttons, angles, and other ways to create higher-quality photos with your phone. Instructor will be using an iPhone for this session, but most tips will be applicable for other devices as well. Throughout the workshop we will be strolling throughout the 4H Camp to capture photos of the landscapes, water, trails, plant life, and wildlife. If you are able, please fully charge your phone before this session.

Y. **Wilderness Survival Skills**  
Take an exciting journey in the world of realistic and practical wilderness survival. We will take the everyday items in your purse and use them in hands-on wilderness survival situations. Learn basic and advanced techniques for building shelter, fire, water purification, self-rescue, and signaling. You will leave with the understanding: it’s not what you have with you, but what you can do with what you have, that will save your life.
5:15 – 6:15 p.m. Dinner
7:00 – 9:00 p.m. Evening Activities

Sunday - April 5, 2020

7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION IV

Z. Backyard Habitat
You don’t need acres of land to attract and observe backyard wildlife. Even a balcony or terrace can be transformed into a wildlife habitat for your wildlife viewing enjoyment and provide a safe haven for birds, mammals, butterflies, bees and other interesting wildlife. In this class you will: learn about resources to help you identify species that reside in your neighborhood that you may want to attract, you will explore the wildlife value of native plants, and you will learn how to plan a habitat to invite a variety of wildlife species into your backyard.

AA. 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.

BB. E-Citizen Science: Using Smartphone Apps to Collect Data
This session will cover the basics of citizen science apps such as eBird, iNaturalist, Project NOAH, and Leafsnap. We will go over how to record sightings in these apps and record our own observations during the session. Please make sure to download the apps (or at least eBird and iNaturalist) prior to this workshop. It is highly recommended to also download Merlin Bird ID for quick and easy bird identification. Throughout this workshop we will be walking the 4H Camp trails and water sites to identify various flora and fauna. If you are able, please fully charge your phone before this session.

CC. 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.

DD. Decoy Carving
Repeat of Session “K”

EE. Basic Compass and Map Reading
This session will allow participants to become familiar with parts of a compass and its basic uses. After familiarization with navigation using a compass, participants will then apply their knowledge to using a map, triangulating their position and navigating some of America’s National Parks.

FF. Motorboat Skills
Repeat of Session “S”

GG. Trapping & Tracking
Have you ever wondered what kind of wildlife signs you are seeing in your yard and adventures? This session will teach the basics of reading tracks and signs left by local wildlife. You will also have the opportunity of some live trapping on the grounds of the 4H Camp. Dress appropriately for the outdoors in this session.

Noon – 1:00 p.m. Lunch and Final Farewell
Becoming an Outdoors-Woman (BOW)®
April 3 - 5, 2020
Eastern 4H Environment Education Center • Columbia, 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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