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 $250. 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, 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 placed on the wait list.

REFUND POLICY
If you must 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 April 1, 2022.

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 8 - 10, 2022 • 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 __________________________

IN THE EVENT OF A MEDICAL EMERGENCY PLEASE LIST A PRIMARY & SECONDARY CONTACT BELOW:

Name: ___________________________ Relationship: ___________________________ Phone ( ___ ) ______ - ______

Name: ___________________________ Relationship: ___________________________ Phone ( ___ ) ______ - ________

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 (√ or X ) by the Sessions. Most sessions are limited, and all are filled on a first come, first served basis. Read & select session choices carefully. Please Note: 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.

** Prerequisite for Advanced Shotgun: this session is for experienced shooters only!

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

Complete and mail this registration form to the address below, along with a check or money order for the $250 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
Schedule and Sessions

Friday - April 8, 2022

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

Noon 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 basics from outdoor pros Jim & Lynne of Team Frady Outdoor Adventures. 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. 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.

C. 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.

D. 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.

E. 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.

F. Muzzleloader*
Learn and experience the art of black powder firearms. Emphasis will be on loading, firing, care & cleaning. The types and purposes of muzzleloaders will be discussed as they apply to hunting & shooting sports. There will be plenty of shooting.

G. Basic Fly-Fishing
Learn and 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

H. What's the Buzz on Native Pollinators?
A third of the food we eat, as well as fruits, seeds and foliage eaten by wildlife, depend on pollinators – the animals 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. Learn what you can do the help!

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 9, 2022
7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION II

I. 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.

J. 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.

K. 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).

L. Introduction to Archery
Repeat of Session “A”

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. Bow Fishing
Repeat of session “C”

O. 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, items you find, and items you can easily make, 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.

P. Basic Orienteering
This session will allow participants to become familiar with part 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 and outdoor compass uses.

Noon – 1:00 p.m. Lunch

Q. 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. You will need to bring your own equipment so the archery pros 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 and you may even try your hand at some flying targets. Be prepared to have an afternoon of fun and education!

R. 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.

S. 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.

T. Rifle Marksmanship*
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).

U. 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.
V. 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.

W. 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.

5:15 – 6:15 p.m. Dinner
7:00 – 9:00 p.m. Evening Activities

Sunday - April 10, 2022
7:00 – 8:00 a.m. Breakfast
8:15 – 11:45 a.m. SESSION IV

X. 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.

Y. 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.

Z. 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.

AA. 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.

BB. GPS & Geocaching
This session will allow participants to learn the different types of systems available to them via their cell phone & GPS units. Once mastered students will go outside for the rest of the session to participate in a GPS Geocaching course.

CC. Motorboat Skills
Repeat of Session “R”

DD. 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.

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

Noon – 1:00 p.m. Lunch and Final Farewell
Becoming an Outdoors-Woman (BOW)®
April 8 - 10, 2022
Eastern 4H Environment Education Center • Columbia, N.C.
Sponsored by the North Carolina Wildlife Resources Commission

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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