Becoming an Outdoors-Woman®

April 14-16, 2023 • YMCA Camp Harrison at Herring Ridge, Wilkes County

Discover outdoor adventure, fun and friendship. Discover yourself.
ENROLLMENT LIMIT
Workshop enrollment is limited to 110 participants. Please register as soon as possible.

COST
The cost of the workshop is $275. 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 Camp Harrison. YMCA Camp Harrison is located off NC Hwy 18 South in Boomer, NC, 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, with bathrooms and 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 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). The sessions are spread out at various locations and requires a bit of walking. Long pants are encouraged to protect against brush and insects. 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 110 participants. Registrations are accepted on a first-come, first-served basis; sessions are filled in the same way with the exception of the turkey hunt that will be a lottery draw. 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, 2023.

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 14 - 16, 2023 • YMCA Camp Harrison @ Herring Ridge, Wilkes County

Last Name ___________________________ First Name ___________________________ MI ______

Mailing Address ________________________________________________________________
City __________________________________ State __________ Zip Code __________

Daytime # (___) ___________________ Home # (___) ___________________ Cell # (_____)

Email Address _____________________________________________________________________________

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.
** Two Session Class. Must be a first-time turkey hunter and must possess a N.C. License ... does require a shotgun. Participants will be determined by a lottery draw

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 along with a check or money order for the amount of $275.00 payable to:

NCWRC - BOW to the address listed below:

N.C. Wildlife Resources Commission
Attn: BB Gillen; Wildlife Education Division
P.O. Box 965
Benson, NC 27504-0965
Schedule and Sessions

Friday - April 14, 2023

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

1:15 – 4:45 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 hands-on experience.

B. 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.

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. 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. Turkey Hunting 101 (two-session event – requires both E. & O. sessions)
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 in the woods, so dress accordingly. This session is a prerequisite for session “O” – an early morning turkey hunt - where you will take your newfound skills and put them to work. This session is limited to 10 participants that will be determined by a lottery drawing.

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 and shooting sports. There will be plenty of opportunity for 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!

I. Wilderness Survival
Learn what it takes to survive in the wild. Instructors will 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.

5:00 – 6:00 p.m. Supper

6:00 – 7:00 p.m. Free Time

7:00 – 9:00 p.m. Evening Activities (guest speakers)
Saturday - April 15, 2023

7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION II

J. Basic Fishing
This class offers everything from 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 bank of Lake Broyhill there at the camp. Equipment is provided, or you may bring your own gear. You may also like to bring a small field chair to relax in while you are fishing.

K. 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.

L. 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).

M. Introduction to Archery
Repeat of Session “A”

N. 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).

O. Turkey Hunting 101 (two-session event – part II - requires both E. & O. sessions)- (Lottery Draw)
Hunt with experienced turkey hunters with the chance to harvest your own gobbler. Hunters will remain with their guides throughout the hunt under direct guidance and supervision. Participants will depart Camp Harrison @ 0530 a.m. and travel to nearby properties for a morning hunt. Appropriate attire and footwear will be required. Hunting clothing, firearms and ammunition may be provided upon request. Must have a valid hunting license or apprentice license and a liability waiver may be required. If a waiver is required, it must be signed during the first session “E” Special Instructions regarding personal firearms will be forward with confirmation letter. This session is limited to 10 participants only. Must be first time hunters and again will be drawn in a lottery drawing.

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.

Q. Canoeing & Kayaking
Compare the different types of canoes and kayaks, paddles and equipment and learn how to use them. This session includes instruction in safety techniques important to lake canoeing and 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.

R. Intro to Waterfowl Hunting
Want to learn the basics for hunting ducks and geese? This session will cover duck biology, basic hunting techniques, essential gear and staying safe when enjoying this popular outdoor sport. Even if you don’t have a duck boat or decoys, you can still get out and have a successful waterfowl hunt.

Noon – 1:00 p.m. Lunch

1:15 – 4:45 p.m. SESSION III

S. Advanced 3D 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 question 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!
T. Motorboat Skills
Repeat of Session “B”

U. Edible & Medicinal Plants
This class will introduce you to the forgotten world of foraging in nature. Let’s use field guides to correctly identify plants and determine whether they are edible or medicinal. We’ll learn best foraging practices and rediscover forgotten uses for wild plants.

V. 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).

W. Basic Shotgun
Repeat of Session “N”

X. Versatile Hunting Dogs for Ladies
In this session we will learn about the use of dogs in hunting and game recovery. History, types, and uses of hunting dogs will be discussed. Followed by a field portion showing how versatile hunting dogs assist hunters when hunting upland birds, tracking / trailing game, and water fowl hunting / recovery. Proven versatile hunting dogs will provide an exciting field experience. If you have ever considered a dog for hunting this is must see session.

Y. Basic Fishing
Repeat of Session “J”

Z. 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.

AA. Firearm Cleaning, Maintenance and More
Get the answers to these common questions about firearm cleaning/maintenance and much more. How often do I clean my firearm? How far do I need to break down my gun? What do I do with my Ammunition? What tools and cleaning products do I need and where can I find them? What questions should I ask when purchasing a gun? Learn to properly clean and maintain shotguns, rifles, handguns and muzzleloaders.

5:00 – 6:00 p.m. Dinner

7:30 – 10:30 p.m. Evening Activities

Sunday - April 16, 2023

7:00 – 8:00 a.m. Breakfast

8:15 – 11:45 a.m. SESSION IV

BB. 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.

CC. 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.

DD. 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.

EE. Decoy Carving
Repeat of Session “Z”

FF. Canoeing & Kayaking
Repeat of Session “Q”
GG. Back Country 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 the class.

HH. 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.

II. Basic Orienteering
Repeat of Session “P”

JJ. Nature Journal Writing
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.

Noon – 1:00 p.m. Lunch and Final Farewell
Becoming an Outdoors-Woman (BOW)®
April 14 – 16, 2023
YMCA Camp Harrison @ Herring Ridge; Wilkes Co • Boomer, 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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