



Washington Outdoor Women



The WOW Mission

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

The WOW Vision

Women and communities in Washington State are empowered by, connected to, and caring for the land that sustains them.

Teaching women traditional outdoor skills since 1998

Washington
Outdoor Women
PO Box 1656
Bellevue, WA 98009
425-785-3555

2018 Fall Workshop

Grab your hiking boots and come join other women who, like you, are eager to gain skills and greater confidence in the outdoors! Celebrating our 21st year, Washington Outdoor Women will host its popular Weekend Workshop September 14-16 at beautiful Camp Waskowitz in North Bend, Washington.

WOW offers the right skills at the right pace! Choose three (3) four-hour classes and we'll provide expert instructors, all the equipment you'll need, and the WOW "can-do" attitude. We'll also provide plenty of take-home resources and a wealth of networking opportunities.

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. Outdoor skills training is best experienced through hands-on practice. Adventure-based learning will rekindle the link to the outdoors you've been seeking!

Camp Waskowitz is located along the South Fork of the Snoqualmie River. With 372 acres of beautiful wilderness, rustic teaching sites and forest trails invite learning in natural surroundings. Weekend activities are spread out across the camp so be prepared to spend the weekend on foot with Washington Outdoor Women.

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



Washington Outdoor Woman is a program of the Washington Wildlife Federation—protecting wildlife, habitat, public access and supporting outdoor education programs that connect people to our natural resources.

www.washingtonoutdoorwomen.org

Course Descriptions

indicates
class size per session

Registration deadline is
Monday, Sept. 3, 2018
or when the workshop fills

<p><u>After the Harvest (10)</u> You finally harvested some Washington shellfish, now what do you do with them? Learn to shuck oysters, clean crab, steam clams and more. Discover simple recipes that will win over the most skeptical eaters! Taught by WDFW Bivalve Manager Camille Speck and WDFW licensing specialist Shannon Haywood.</p>	<p><u>Fly Tying (8)</u> 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 Woolly Bugger and other popular patterns for your personal collection. Equipment and materials provided. Your instructor Suni Pak is an accomplished angler and fly-tying expert.</p>
<p><u>Archery (12)</u> 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. Karin Cook is a level 3 certified coach and Faith Cook has recently represented the United States at the World Field Championships.</p>	<p><u>Get Roped In (10)</u> Ropes, paracord, needle and thread—how can you make the best use of these materials in the outdoors? Students will practice making rope, and use paracord to create lanyards, zipper pulls, and other useful outdoor gadgets. Your resourceful instructor Cathy Bell will bring out your creative potential!</p>
<p><u>Backpacking (12)</u> Don't head into the backcountry without this knowledge! This course is "packed" with instruction on the latest lightweight equipment, "Leave No Trace" practices, trip planning, weather coping, and backcountry tips. Your instructor, Anastasia Allison, is an experienced backpacker and climber.</p>	<p><u>Map and Compass (12)</u> Read a topographic map? Take a bearing with a compass? Find true 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 and Rescue, and WDFW biologist Laura Till. Maps and compasses are provided for class and field time.</p>
<p><u>Backyard Wildlife Habitat (10)</u> Do you plant the right native plants, shrubs, and edibles for birds, butterflies, and humans? Take home the resources to do this in your own yard. 'Dig in' by creating and planting a pollinator garden on site. Your instructor, Courtney Sullivan, is an Education Specialist with the National Wildlife Federation.</p>	<p><u>Medicinal Plants for Trailside Emergencies (12)</u> 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 <i>Earthwalk Northwest</i> instructs.</p>
<p><u>Basic Freshwater Fishing (6)</u> An indispensable course for beginning freshwater anglers! Cover the basics of rod and reel handling, knot tying, using bait and lures, and then practice casting in the field. Enthusiastic instructor and experienced angler Stacie Kelsey is a WDFW fish biologist.</p>	<p><u>Outdoor Photography (12)</u> Learn the basics of camera operation such as shutter speed and aperture as well as composition and lighting to help bring photos to life. Bring a digital camera with manual function capabilities, instruction manual, fresh batteries and memory card. Your instructor, outdoor writer and photographer Tami Asars, has authored several Washington State hiking guides.</p>
<p><u>Big Game Hunting Basics (16)</u> Explore the philosophy behind hunting (particularly deer and elk) and the ethics of the hunt. Cover safety, preparation, planning, equipment, optics, tracking, and sound decision-making. Bruce McGlenn, a master hunter, will explain firearms techniques. Laura Grayum will discuss and demo bow hunting techniques.</p>	<p><u>Paws Need Protecting (12)</u> This is an interactive class with dogs that teaches you to keep your pup healthy and safe—on and off the trail. Learn valuable tips including bandaging, wound care, emergency handling procedures, weather-related ailments and easy, do-it-yourself canine remedies. Taught by Tamara Stanley of <i>Off Leash Adventures</i>.</p>
<p><u>Duck Hunting 101 (12)</u> Do you have your ducks in a row? Your instructor, Mandy Dillard, an avid, experienced Waterfowler, will help you! Learn what's involved in duck hunting: identify local species, set decoys, build a blind, try on equipment for women, do field-to-table hands-on prep, and investigate the right shotgun.</p>	<p><u>Soap Making (10)</u> This form of basic soap making is an old homesteading skill. The class will teach you how to make an all natural, cold-processed soap from scratch, using fats and essential oils. Instructor Lori Johnson will lead you in creating a batch of mild soap that cleans and nourishes without synthetic ingredients.</p>
<p><u>Dutch Oven Cooking (12)</u> 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, rolls, amazing one-pot dinners and breakfast casseroles. Your instructor, Ragan Masterson brings years of cooking experience and tips.</p>	<p><u>Survival Skills (12)</u> Learn techniques for short-term wilderness survival including preparedness, shelter building, fire starting, and water purification. Update your "10 Essentials." Your instructors, Jill Eelkema and Tiffany Brooks are trained in wilderness survival and bring years of experience in the outdoors.</p>
<p><u>Fire Building and Knot Tying (12)</u> Whether your fire is for warmth, cooking or relaxation, learn efficient fire building techniques, wood choices, and safety tips. Build a fire with or without matches. Learn useful knots to help you erect a simple snow or rain cover in the woods.</p>	<p><u>Wild Edible Plants (12)</u> Explore and identify the wild edible plants which grow in the Pacific Northwest. A trail-side walk by well-known botanist, Karen Sherwood of <i>Earthwalk Northwest</i>, precedes a buffet of prepared wild foods. An emphasis on safe foraging and nutrition will be highlighted. Take home a packet of favorite wild food recipes.</p>
<p><u>Fix it in the Field (12)</u> Have you had your tent fail? Straps break? Learn to make gear that breaks usable while still in the field, cleverly using what you already have with you. Your field-experienced instructor, Sharon Gregg-Ellis, gives valuable tips on how to keep your gear from failing in the first place. She's had practice!</p>	<p><u>Wilderness First Aid (12)</u> Wilderness First Aid may be needed in remote areas when you are hiking, camping, hunting, birding, or fishing. The information in this class will help you manage many common minor problems such as wounds, sprain/strains, and fractures. Your instructor, Sarah Lange is trained in Wilderness First Aid.</p>
<p><u>Fly Fishing 101 (8)</u> Whether new to fly fishing or already casting, this class will reinforce the basics to give you confidence – from casting and knots, to equipment and bugs. Taught by experienced anglers Faith Roland, Katie Surbeck, and Molly Good. Gear is provided. A current fishing license is required.</p>	<p><i>Please consider whether the physical requirements of the workshop would prevent you from enjoying this experience.</i></p>

WOW 2018 Annual Fall Workshop - Camp Waskowitz North Bend, WA
September 14 - 16, 2018
Registration Form

Women must be 18 years or older - no exceptions. One registrant per form.

Registration deadline is Monday, September 3, 2018

Confirmations and class schedules will be sent by mail within 10 days of receipt.

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

Name: _____ Phone w/ area code: _____

Address: _____ Cell Phone: _____

City/State/Zip: _____

Email: _____ New or Alum: _____

Shirt size (circle one): S M L XL XXL

I have the following food allergies: _____

We regret that Camp Waskowitz cannot accommodate all food preferences. Please come prepared accordingly.

I have applied for a scholarship (circle one): Y N

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

**Due to popularity, each registrant is limited to one fishing class per workshop. Registrants in a fly-fishing class must also purchase a fishing license from WDFW: <https://fishhunt.dfw.wa.gov>*

SESSION I
Saturday Morning
8 am - 12 pm

SESSION II
Saturday Afternoon
1 pm - 5 pm

SESSION III
Sunday Morning
8 am - 12 pm

_____ After the Harvest

_____ Archery

_____ Backpacking

_____ Basic Freshwater Fishing

_____ Duck Hunting 101

_____ Dutch Oven Cooking

_____ Fire Building and Knots

_____ Fix it in the Field

_____ Fly Fishing

_____ Fly Tying

_____ Map and Compass

_____ Soap Making

_____ After the Harvest

_____ Archery

_____ Backpacking

_____ Basic Freshwater Fishing

_____ Fire Building and Knots

_____ Fly Fishing

_____ Fly Tying

_____ Map and Compass

_____ Outdoor Photography

_____ Paws Need Protecting

_____ Survival Skills

_____ Wild Edible Plants

_____ Archery

_____ Backyard Wildlife Habitat

_____ Basic Freshwater Fishing

_____ Big Game Hunting

_____ Dutch Oven Cooking

_____ Fix it in the Field

_____ Fly Fishing

_____ Fly Tying

_____ Get Roped In

_____ Medicinal Plants for Trailside Use

_____ Survival Skills

_____ Wilderness First Aid

Your check or money order (payable to Washington Outdoor Women) for the entire fee of \$335 and a signed waiver must accompany your registration form.

Please mail to: **WOW 2018 Fall Workshop Registration**
118 259th Place NE
Sammamish, WA 98074

Please keep a copy of your registration form and check or money order for your records.

OFFICE USE ONLY

Received date _____ Confirmation sent _____ Check # _____ Scholarship _____ Wavier _____

**Washington Outdoor Women
2018 Annual Fall Workshop
Camp Waskowitz, North Bend September 14 - 16, 2018**

*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 (Waiver)

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: _____

Workshop Logistics



Registration and Cancellations

The **registration deadline is September 3rd** or when the workshop fills. Registrations will only be accepted by mail and must include your workshop fee and signed waiver. The cancellation deadline is Sept 3rd. All requests for refunds must be made in writing. Cancellation requests received prior to Sept 3rd will be charged a \$35 administrative fee. No refunds will be issued after Sept 3rd, but you may send a substitute to take your assigned classes.

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. The deadline for scholarship applicants is August 31st. The online application form is available here: <https://goo.gl/forms/ZqGm47XGCxiGB0zR2>

Arrival/Departure and Carpooling

Camp Waskowitz is located 3 miles east of North Bend, WA, via exit 34, just off of I-90. Upon arrival you will be directed to designated parking by WOW team members. Your car must remain parked for the duration of the workshop. Please plan to arrive for check-in between 6:30 and 7:30 pm on Friday, September 14th. Evening activities begin at 8:00 pm on Friday. WOW's Weekend Workshop will wrap-up no later than 3:00 pm on Sunday, September 16th.

Carpooling is strongly encouraged. Sign up is available online at: <https://www.groupcarpool.com/t/nwvkoh>

Accommodations

Built in 1935, the Carl Jensen Environmental Center is rustic, while offering large comfortable dormitory-style cabins. Each room sleeps 8-13 people with access to indoor lavatories and private showers. Participants will have single beds, mattresses, and storage for personal belongings. **You are required to provide your own sleeping bag, pillow, and towels.** A limited number of tenting sites are available upon request. Please email us for more information: info@washingtonoutdoorwomen.org

Meals

Meals are eaten all together in the Dining Hall. For participants needing to bring gluten free or specialty foods to supplement their meals, refrigerator space is available in the kitchen. Please mark your containers. There will be several large cold water dispensers onsite so please bring your personal water bottle. Hot beverages and healthy snacks will also be available throughout the weekend. However please feel free to bring something you may need personally (e.g. gluten free participants). Friday night refreshments will be served after orientation. **Note: Friday dinner is on your own. Please plan accordingly.**

Camp Logistics

- No smoking is allowed on Camp grounds. A designated smoking area will be provided.
- No alcohol is allowed on Camp grounds. We ask that you leave all alcohol at home.
- No firearms are allowed on Camp grounds.
- No pets are allowed to accompany you to camp, other than service dogs.
- Participants are required to remain on site for the entire weekend, barring unforeseen emergencies. No guests, please!

**For more information about
Washington Outdoor Women**

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www.washingtonoutdoorwomen.org

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Washington Outdoor Women is an educational program
of the Washington Wildlife Federation.
washingtonwildlife.net

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WOW thanks the many individuals, other organizations and businesses who have supported our 2018 program.

Donors: Cabela's, Ducks Unlimited, Dugans Inc., Hubbard Radio, iHeart Media, KIND, Leki, McGovern & Company, Next Step Archery, Orion River Rafting, Orvis, QFC, The Reel News, Trader Joe's, WDFW Inland Angler Program, Washington Waterfowl Association

In-Kind Services: Faith Roland, Tami Asars, Ryan Lange, Conway Kennels, Earthwalk Northwest, Human Nature Hunting School, Off Leash Adventures, 2018 WOW Team

