

Washington Outdoor Women



Celebrating 15 Years
2012

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Camp River Ranch. Photos by Bruce McGlenn

Introduction to WOW

We are pleased to present our 15th annual report for your review. Washington Outdoor Women (WOW) continues to find that women are eager to reconnect with the outdoors. Increasingly, they are open to learning about the philosophy behind good stewardship, and WOW continues to welcome the opportunity to provide this leadership.

WOW's Mission

Washington Outdoor Women is a program dedicated to teaching women a variety of outdoor skills through which they learn to enjoy and respect the outdoors, thereby becoming responsible stewards of our state's natural resources.

Vision

To help women achieve confidence and competence in outdoor skills through a series of hands-on workshops taught in an informative, relevant and reassuring setting.

Values

- A participant-centered educational program
- Experiential education designed to match potential with opportunity
- Access to leadership, confidence and ability through personalized instruction.
- Non-competitive educational atmosphere.
- Certified, experienced instructors and female role models.
- Teamwork, networking and partnerships.
- Access to stewardship through discussion and opportunities for involvement.



Washington Wildlife Federation

The mission of the Washington Wildlife Federation is to preserve, enhance and perpetuate Washington's wildlife and wildlife habitat through education and conservation programs supported by a diverse membership.

WOW is an educational program of the Washington Wildlife Federation, which is committed to responsible outdoor recreation, ethical fishing and hunting and mentoring those with interests in expanding their outdoor skills.

2012 in Review



Since 1998, Washington Outdoor Women (WOW) volunteer Coordinators and Instructors— most of them women – have joined together with a common purpose: to extend themselves in the hope of making a difference, namely, to motivate thousands of women throughout the Northwest to confidently enter the outdoors. In its 15th year, the WOW program continues to expand while staying mission focused. And this year we really could witness the ‘matching of potential with opportunity’, which is a WOW vision.

The 2012 annual Weekend Workshop was highlighted by 85% of the participants being new to the WOW experience ! Young women found a place to begin their outdoor skills training with other like-minded women. Mothers came with their daughters. Single moms came with the dedicated purpose of getting their children into the outdoors – even if they have to do it alone. Middle-aged women valued WOW’s use of female instructors. Grandmothers, who now have the time and freedom to renew their bonds with nature, bridged the age gap. WOW alums returned with stories of personal adventures... and brought new attendees with them. All these factors are powerful in themselves, and this combination continues to bolster WOW’s staying power.

This year the intent of WOW participants to make the experience personal created classes filled with enthusiasm, accomplishment and motivation. Wet exits in kayaking, bandaging ears or paws of demo dogs Emma or Bart in First Aid for Dogs on the Trail, creating fire without matches and building a shelter on their own in Survival, sore shoulders from canoeing maneuvers, plaster casts of those cougar prints in Tracking, setting a fly on the Tolt River, trying different tackle in Basic Fishing, steadying that arrow to a bull’s eye in Archery, investigating equipment ‘hands on’ in Big Game, tying a first ever Wooley Bugger, learning to cut and wrap wild meat in Field-to-Freezer, finding out how delicious a meal in a cast iron pot can be, applying new digital tips in Outdoor Photography, mixing Calendula, Comfrey and Plantain in bees wax and olive oil to make Healing Salve, seeing how doing brings confidence in Backpacking, being amazed by all of Washington’s wonderful wildlife in the Wild Lives of Wildlife class, and finally “getting it” in Map & Compass— all of these added up to personal firsts and moments of unexpected empowerment.

WOW opened this year with Introduction to Waterfowling on March 24th at the French Creek Hunt Club in Monroe, WA. A Shotgun Workshop followed on June 23rd at the Tacoma Sportsmen’s Club in Puyallup, WA.

A total of 46 volunteer instructors, a WOW Logistics Team of 14, ten Sponsors and many generous Donors made the 2012 WOW experience possible. 80 towns and four states were represented. The following pages provide information on our 24 classes offered this year.

Course Descriptions

Archery

Participants used standing targets at differing distances after they learned parts of the bow and how to shoot arrows correctly. Posture, aim, timing and concentration were emphasized.

Backpacking

This comprehensive class was geared to novices and practicing backpackers and included organization, clothing, meal options, filtration, equipment choices, campfire options, and weather-related decisions.

Backyard Wildlife Habitat

Gardening enthusiasts planned and created an actual wildlife garden on site after learning about native plants, shrubs and edibles for birds, butterflies and humans.

Basic Freshwater Fishing

Beginning freshwater anglers learned to cover the basics of rod and reel handling, knot tying, and using bait and lures. They also fished for and caught trout on Lake Langlois with tackle provided by Dick Nite and vests provided by the Clark Skamania Fltfishers.

Big Game Hunting Basics

Women learned the philosophy, ethics, and big picture of hunting for deer and elk. Education, good decision making, planning, safety, equipment, clothing, licenses, and firearm or bow hunting options were covered. The class received Jim Posewitz's *Beyond Fair Chase* and a valuable resource, *Dressing and Cooking Wild Game* - thanks to Rocky Mountain Elk Foundation support.

Canoeing and Kayaking

Eager paddlers learned the art of paddling and maneuvering a canoe or kayak on Lake Langlois. They also learned self-rescue techniques to prove they could safely enjoy paddling.

Doing it. Getting it !

*Enthusiastic, super
encouraging instructors!*

*I can't wait to use my
new WOW skills!*

Dutch Oven Cooking

Cobblers, rolls, breakfast casseroles, one-pot dinners and even cakes and cookies were produced in Dutch ovens by confident cooks who learned valuable secrets of cast iron cooking.

Field-to-Freezer

This fascinating and instructional course taught the basics of cutting and wrapping one's own game. A fresh organic lamb was used for hands-on practice and students took their wrapped meat home.

First Aid for Dogs on the Trail

Veterinarians Karen and Casey Kime led an interactive class on wound care, bandaging, weather related ailments and easy do-it-yourself canine remedies for keeping your dog healthy and safe while on the trail. Rhodesian Ridgebacks, Emma and Bart, were cooperative canines for the practicing students.

Fly Fishing 101

The North Fork of the Tolt River was the classroom for the fly fishers who first learned basic knots, the importance of rod weight and types, casting techniques, and the value of 'catch and release.' Time on the river instilled the value of 'reading the water', fly choices, and the need for a variety of casts

Fly Tying

With fur and feathers at their fingertips, women learned to tie Wooley Buggers and other basic patterns under the skillful eye of a master tier.



Course Descriptions

Map & Compass I

Intrepid souls spent classroom time learning to read a topographic map, plotting courses, taking a bearing with a compass, and finding magnetic north. They also tested their new skills in the field by striking out on their own to maneuver and complete an orienteering course.

Innovation to the max! I started a fire without a match! Learned important details to improve my odds of survival. Learning at its best!!

Map & Compass II

Participants with basic Map & Compass skills learned to plan and complete their own orienteering course. They also learned to use triangulation to avoid getting lost and learned what to do if that should happen.

Medicinal Plants for Wilderness Emergencies

After a forest walk and learning about native plants that produce soothing remedies, participants learned how to identify and use our Northwest's top ten most effective medicinal plants for common trail emergencies. They took home freshly made healing salves, an herbal tincture and medicinal teas.

Outdoor Photography

Great photographs evoke a "WOW!" response, and this course focused on the immediacy of digital technology to capture the great outdoors. Students learned tips on subject, lighting and composition and reviewed their work digitally, before the class ended.

Survival Skills/Wilderness First Aid

This course emphasized techniques and creative ideas for short-term survival: shelter-making, knots, fire-making, water filtration, woods awareness, food from nature, and injury response.

Tracking 101

This class took to the field to learn the keys to animal identification and behavior: animal camouflage, prints and trails, and adrenaline reaction. Participants made plaster casts of cougar footprints they found along the Tolt Riverbank.

Wild Plants for Emergency Food

Women discovered fresh varieties of Northwest edible plants to supplement backcountry rations, then they prepared and tasted cattail shoot salad, berry dressing, pollen pancakes and stinging nettle pilaf.

2012 Break-out Sessions:

On Fire! – Instructors MaryKay Els and Laarin Lee-Barber, both Trail Dusters with the Washington chapter of Backcountry Horsemen, taught Leave-No-Trace techniques for backcountry fire building using special fire fighters' fire cloth, oil pans and rock foundations. Women built test fires to learn 'how to' tips on fire material, construction techniques, and final clean up.

Living with Bear and Cougar- WOW Instructor and Wildlife Biologist Shelly Ament, WDFW, shared valuable information about bear and cougar behavior and important response tips on how to react to sightings or encounters with these animals that live amongst us.



Waterfowling

On Saturday, March 24th, the morning dawned sunny and mild – with Mount Pilchuck as a beautiful backdrop over the ponds at French Creek. 35 duck hunting enthusiasts gathered for a day of insight, practice, and motivation. French Creek, WOW and Ducks Unlimited instructors were joined by Trainer Pat Murphy of Northwest Performance Dogs to round out a stellar group of knowledgeable, in-the-field mentors. These instructors do what they teach and their enthusiasm is inviting and infectious. WOW participants completed five stations of learning: 1) Shotgun – which included a patterning board to display a shotgun's target coverage and the opportunity to shoot clay pigeons, 2) Decoys and Blinds which had participants setting and retrieving decoys over water and practicing proper blind protocol with open-action shotguns, 3) Working with Retrievers – a real treat to watch a trained, reliable Labrador Retriever happily find and retrieve planted birds and to be able to learn training tips from an expert, 4) Trying one's skill with a DU duck call while identifying sounds and species on Cripple Creek, and 5) cleaning a bagged Mallard and learning tips for do's and don'ts. The day ended with a wonderful tasting session of smoked duck and barbecued duck fresh off the grill! The students packed up their waders and headed home, determined to put into future practice what they had learned. The day was enhanced by the generosity of French Creek's hospitality, DU and ORVIS raffle items and the organization of the WOW Team. Perfect weather, a prime location, enthusiastic students and outstanding instructors – it doesn't get any better than that!



WOW's 3rd Annual Waterfowling Workshop -- March 2012

French Creek Hunt Club

Celebrating 15 Years

Shotgun Workshop

27 outdoor enthusiasts gathered on June 25th at the Tacoma Sportsmen's Club (STC) in Puyallup, WA for a day of dealing with shotguns. This is the second time STC has generously given us the use of the club for our WOW Shotgun events and Club member Richard Friel has since joined the WOW Shotgun Instructors' team as its Range Master. The use of the Club is a donation on STC's part and we welcome the open invitation to teach at such a nice facility. A large accommodating room was ours for the morning's classroom work. 17 eager students spent time learning the parts of a shotgun, how it works, its capabilities, and the proper stance and process for firing. They practiced loading dummy ammo and identifying the safety mechanisms of various models of 20 gauge shotguns. The class learned proper stance and tracking by following a laser pointer image on the wall that mimicked a moving clay target.



These WOW participants were enthusiastic students. From safety and gun handling; from understanding improved cylinder to practicing dry firing; from shattering balloons to shattering clays, these women were in it to learn. They now know why safety is paramount, why stance and follow through are so important, how a shotgun works, why they should keep the comb of the stock against the cheek on their face, and how to clean their shotgun. Each of the women earned a Basic First Step NRA certificate and practical rocker.

After lunch together, novice shooters spent the next three hours on the trap line with a WOW instructor at their side, reinforcing the proper body position and stance for hitting clay targets. Everyone was successful! Participants cleaned the shotguns at the end of the class and listened to tips on muzzle control, correct transporting, and safe storage.

This was WOW's 17th shotgun workshop. The shooting program has been accident and injury free since 1998 when the classes began. WOW has coordinated the certification of 12 NRA instructors for its shotgun program and currently has ten instructors able to teach the Basic NRA First Step syllabus.

Big Game Hunting

As is often the case, WOW's 2012 Big Game Hunting class brought together women of different backgrounds and reasons for hunting. The demographics were as diverse as the experience levels. This year 32 women signed up for Big Game Hunting Basics as a 1st, 2nd, or 3rd choice. That's about 25 % of the total registration. This year 19 participants took the class. We are seeing the numbers for this class growing every year! Many Big Game students also take the Field-to-Freezer class, rounding out the process from start to finish.

This year's class was serious in their intent to start right and the class was brimming with questions about the basics: preparation, planning, safety, equipment, and clothing- along with discussion on ethics of the hunt. Our Big Game instructors are experienced hunters and know the value of common sense and good decision-making. Situations like weighing a clean shot, mentally evaluating the terrain for retrieving an animal, weather, wind and ballistics are just some of the points covered. Hunters are responsible for a lot of habitat conservation and that relevant topic is always addressed. Each participant received a copy of Jim Posewitz's *Beyond Fair Chase* which is an excellent read for any hunter. This and a wonderful resource, *Dressing and Cooking Wild Game* were books courtesy of the Rocky Mountain Elk Foundation, a long time sponsor of the WOW program.



Instructors elaborated on both modern firearm and bow hunting techniques, with some real life examples presented by Bruce McGlenn, a Master Hunter, and Laura Grayum, an accomplished hunter who got her start at WOW. A Power Point presentation covering deer and elk habitat, animal behavior, reading the situation, ethics and the joy of the hunt invited questions and welcomed personal testimonies.,



Instructors by Course

Archery

Carolyn Elder
Karin Cook

Backpacking

Stacy Czebotar

Backyard Wildlife Habitat

Courtney Sullivan
Laura Harvell

Basic Freshwater Fishing

Stacie Kelsey

Big Game Hunting Basics

Bruce McGlenn
Laura Grayum
John McGlenn

Canoeing I & II

Denise Mahnke
Thom Lee

Cooking with Wild Edible Plants

Karen Sherwood
Charisse Ballard

Dutch Oven Cooking

Patti Johnston
Janet Boneham

Field-to-Freezer

Sharon Rose

First Aid for Dogs on the Trail

Karen Kime, DVD
Casey Kime, DVD
Pam Hall
Dogs Emma and Bart

Fly Fishing 101

Faith Roland
Katie Surbeck

Fly Tying

Donn Mills

Kayaking

Sharon Gregg-Ellis
Lori Johnson

Map & Compass I & II

Laura Till
Susan Cierebiej
Becky Quinlan

Medicinal Plants for Trailside Emergencies

Karen Sherwood
Charisse Ballard

Survival Skills

Tiffany Brooks
Sarah Lange
Jen Syrowitz

Tracking 101

Linda Bittle

The Wild lives of Wildlife

Shelly Ament



Breakout Sessions:

On Fire!

MaryKay Els
Laarin Lee-Barber

Living With Bear And Cougar

Biologist Shelly Ament

WOW is great fun and right on the mark for skills. I've learned more than I thought I would from their knowledgeable instructors!

Instructors

WOW's volunteer instructors are the backbone of the program and our greatest element of success. They are certified where necessary and tested by years of experience by doing what they teach. With an outstanding demeanor for teaching and motivating, these individuals exude enthusiasm and passion for the outdoors and a respect for our natural ecosystem.



1st row: left-to-right: Bart, Casey Kime, DVD, Susan Cierebiej, Laura Till, Becky Quinlan, Sharon Rose, Carolyn Elder, Karen Kime, DVD, and Emma

2nd row: Donn Mills, Courtney Sullivan, Laura Harvell, Stacy Czebotar, Stacie Kelsey, Karin Cook, Thom Lee, Denise Mahnke, Amy Gulick, Shelly Ament

3rd row: Karen Sherwood, Charisee Ballard, Katie Surbeck, Sharon Gregg-Ellis, Faith Roland, Laura Graham, Janet Boneham, Patty Johnston, Linda Bittle, Tiffanny Brooks, Jen Syrowitz, Sarah Lange, Lori Johnson, Bruce McGlenn

Not pictured: Laarin Lee-Barber, Tom Dwyer, MaryKay Els, Pam Hall, Chuck Lobdell, Rory McCallum, John McGlenn, Pat Murphy, Sara Paroulek, Graham Peters

*The layout of information –
it all made sense and the
instructors showed how to
break it down to have fun!*

NEWS RELEASE

WASHINGTON DEPARTMENT OF FISH AND WILDLIFE

600 Capitol Way North, Olympia, Washington 98501-1091

Internet Address: <http://wdfw.wa.gov>

Contacts: Ronni McGlenn, (425) 455-1986

Laura Till, (360) 902-2352

Women's workshop offers instruction on fishing, hunting, outdoor skills

OLYMPIA - Women can learn the basics of fishing, hunting, and other outdoor skills in a September weekend workshop that includes several sessions led by Washington Department of Fish and Wildlife (WDFW) experts and other certified instructors.

Scheduled for Sept. 14-16 at Camp River Ranch in Carnation, Wash., the annual workshop is coordinated by Washington Outdoor Women (WOW), a non-profit program dedicated to teaching women outdoor skills and natural resource stewardship. WOW, now in its 15th year, is an educational outreach program of the Washington Wildlife Federation.

20 different classes will be offered throughout the weekend on skills such as Archery, Basic Freshwater fishing, Fly Fishing and Tying, Kayaking, Big-Game hunting basics, Field-to-Freezer, Map and Compass, Wilderness First Aid, Survival skills, Medicinals on the Trail, Wildlife Identification, First Aid for Dogs of the Trail, Outdoor photography, and more.

Several WDFW staff members serve as volunteer instructors for the event, including Biologist Shelly Ament teaching "Wildlife Identification" and Biologists Laura Till and Susan Cierebiej who teach "Map and Compass" - Beginning and Intermediate classes. In all, 35 instructors volunteer their time and expertise at this WOW workshop to help women re-connect with the outdoors.

Workshop participants must be at least 18 years old and must have a current Washington recreational fishing license to participate in the fishing and fly-fishing sessions.

The workshop fee of \$250 includes the weekend's instruction, lodging, meals and use of all necessary equipment. Partial scholarships, provided by the Rocky Mountain Elk Foundation, are available for first-time participants.

To learn more about the workshop and to download the registration form, visit the WOW website at www.washingtonoutdoorwomen.org or call Ronni McGlenn at (425) 455-1986.

Publicity

fish
WASHINGTON

**Sport
Fishing
Rules**

**Effective
May 1, 2012 to
April 30, 2013**

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**WASHINGTON DEPARTMENT OF
FISH AND WILDLIFE**

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Outdoor Women*

Get on the mailing list today for information
about outdoor skills training workshops for women!
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Publicity

Washington's 2012 Big Game Hunting Seasons & Regulations

Effective April 1, 2012 - March 31, 2013



Photo by David Hawken



Washington
Department of
**FISH and
WILDLIFE**

Pg. 37

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For information about outdoor skills training workshops for women,
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Publicity

Washington State Migratory Waterfowl & Upland Game Seasons

2012 Washington State
Duck Stamp Program
© Fred Thomas



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For information about outdoor skills training workshops for women, including our spring 2013 workshop *Introduction to Waterfowling*, visit our website at: www.washingtonoutdoorwomen.org or call (425) 455-1986



Effecti



Publicity



A Newsletter for Washington Members

Volume 7 Spring/Summer 2012

Washington Tracks



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Washington Outdoor Women

Their Mission Statement:

Washington Outdoor Women (WOW) is dedicated to teaching women a variety of outdoor skills through which they learn to enjoy and respect the outdoors, thereby becoming stewards of our state's natural resources.

Their Vision:

WOW's vision is to help women access the outdoors. Confidence is often a factor in keeping women away from outdoor pursuits, but its also a key ingredient in being comfortable in the natural world. WOW is an outdoor skills program designed especially for women. And by addressing outdoor ethics, WOW's intent is to develop values equal to skills.

This fine organization holds an annual three-day workshop to accomplish this vision. Now in its 15th year, experts from around the area teach attendees outdoor skills, emergency preparedness and survival techniques, campfire cooking as well as cooking with wild food,

kayaking and canoeing, fishing, and archery.

Adding to this technical training, there is a one day workshop on shotgun/trap shooting in June and a one-day waterfowling workshop in March at a private waterfowl club.

The three-day workshop is set for September 14 - 16 at Camp River Ranch in Carnation. Workshop participants must be 18 years old and must have a current Washington recreational fishing license to participate in the fishing and fly-fishing sessions. In all, over 30 different classes are offered.

Through the State Grant Process, RMEF participates by providing scholarship funding for attendees otherwise unable to attend. This educational opportunity fits nicely with the RMEF mission, further extending the opportunity for women to learn about and enjoy the outdoors.

For more information on the workshop offerings, fees or to register, see their website at <http://www.washingtonoutdoorwomen.org>. Ronni McGlenn leads this effort along with her 32 instructional volunteers.

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Workshop Support

2012 Sponsor Support

Rocky Mountain Elk Foundation: Scholarship grant for 20 participant and publicity

- Washington Wildlife Federation: 501(c)3 status, insurance and publicity
- Washington Department of Fish and Wildlife: Publicity, instructors, and equipment
- Izaak Walton League Seattle Chapter: Instructors and photo documentation
- Filson: Merchandise donation, community outreach, Instructor Pro-Staff program
- Cameron Group/Whistle for Life: Product donation
- French Creek Hunt Club: Waterfowling Event Host ,equipment and instruction
- Clark-Skamania Flyfishers: Grant for fishing equipment
- Dick Nite Spoons: Donation for Basic Fishing classes
- Johnson Outdoors and Ocean Kayak: Equipment donation
- Nutramax Laboratories: Product donation



Since 1998, the Rocky Mountain Elk Foundation has helped WOW 'Pass On' the opportunity of outdoor skills education to women through scholarship grants. WOW especially thanks RMEF for its continued support in the form of scholarships and resources for the Big Game Hunting class. The 2012 grant allowed 18 women to attend WOW's weekend workshop who otherwise would have been unable to experience new confidence in the outdoors.

Special appreciation goes to the Filson Company of Seattle, Washington for its continued support as a WOW Sponsor. Offering merchandise donations to all of WOW's workshops added fun and excitement to each of the events.

WOW was an amazing experience for me – the instructors' patience, the supportive attitudes, trying the skill myself – it was wonderful.

Workshop Donors

Major Workshop Donors

Bruce McGlenn Photography
Camelbak
Ducks Unlimited
Filson
French Creek Hunt Club
Isomedia, Inc.
Klean Kanteen

Northwest Performance Dogs
Leki, Inc.
Puyallup Valley Veterinary
Rocky Mountain Elk Foundation
Tacoma Sportsmen's Club
Tetra Tech, Inc
WOW Baking Company



Workshop Product Donors

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Dugan's Inc
GSI Outdoors
Joyce and Rory McCallum
Keen
Lodge
Lone Pine Publishers
Mountaineers Books
Not Your Ordinary Cake Ladies
Quayside Publishers
Riverbend Publishing
REI, Inc.
Ronni and John McGlenn
Sharon Rose and Wes Childers
Washington Department of Fish and Wildlife
Outreach and Education Division
The 2012 WOW Team

In-Kind Services

Amy Gulick Photography
Carolyn Elder
CarryGear Solutions
Earthwalk Northwest
Eastside Sports Medicine Clinics
Faith Roland
Surbeck Orthodontics
Tetra Tech, Inc
Washington Archery Association



Celebrating 15 Years

Sponsors



WOW is an educational outreach program of the Washington Wildlife Federation and is honored to have additional support from several national, regional, and local sponsors. Their contributions are a key component to WOW's continued growth and success.



Rocky Mountain
ELK FOUNDATION

Rocky Mountain Elk Foundation



Washington Department
of Fish
and Wildlife



French Creek Hunt Club



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The Cameron Group, Bellingham



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Celebrating 15 Years

2012 WOW Team

DIRECTOR

Ronni McGlenn - Administrative Oversight and Outreach

COORDINATORS

Cathleen Bingaman – Financials, Hospitality
Cindy Brown – Signage, Ice Breaker
Lori Johnson – Database, Scholarship, Donations
Sarah Lange – Registration assist, participant ID, inventory
Ronni McGlenn – Instructors, Course Development, Evals
Kristie Miller – WOW Logistics Lead
Jen Syrowitz – Publicity Lead
Judy Updegraff – Registration Lead
Deborah Walsh – Inventory, Logistics assist

WOW TEAM

Debbie Brisky – Resources and Logistics assist
Tiffany Brooks – Graphic Design
Joyce McCallum – Waterfowling, and Hospitality
Melody Coleman –Ambassadors



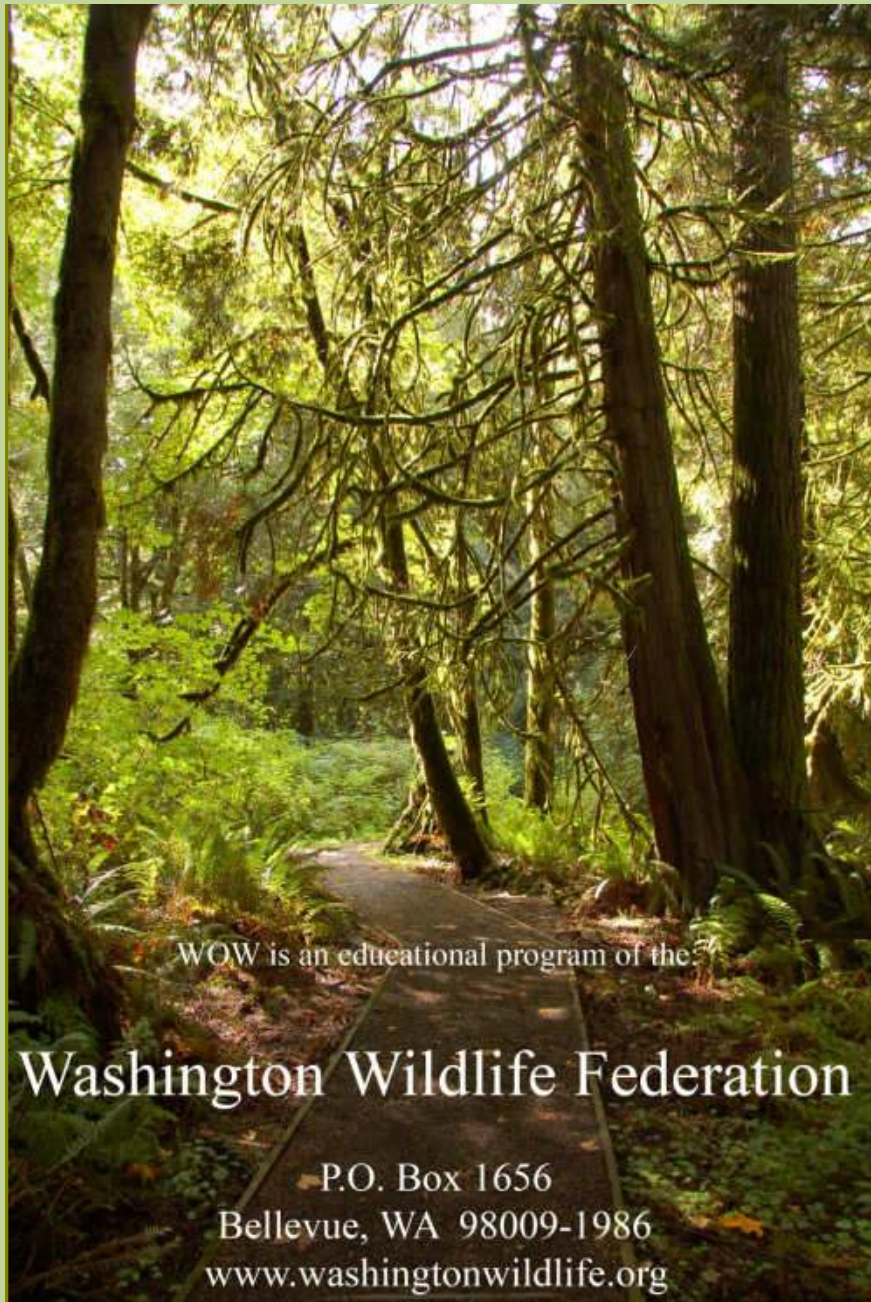
Left to right: Kristie Miller, Cindy Brown, Ronni McGlenn, Judy Updegraff, Sharon Rose, Deborah Walsh
Back row: Sarah Lange, Jen Syrowitz, Tiffany Brooks, Melody Coleman, Debbie Brisky, Lori Johnson, Cathleen Bingaman
Not pictured: Joyce McCallum

*This weekend far exceeded my expectations and they were high!
This has been the best program ever...*

Contact Information

Washington Outdoor Women

P.O. Box 1656
Bellevue, WA 98009-1986
(425) 455-1986
www.washingtonoutdoorwomen.org



*This report was written by Ronni McGlenn
Photographs and editing by Bruce McGlenn*

Celebrating 15 Years