

# Washington Outdoor Women



*Annual Weekend Workshop*

## Celebrating 19 Years

## September 2016



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# Introduction to WOW

We are pleased to present our 19th annual report for your review. Washington Outdoor Women (WOW) continues to find that women and girls 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.

## Mission

WOW is a program dedicated to teaching the traditional outdoor skills of fishing, hunting, and shooting. Through these and other wilderness skills, women and girls learn to enjoy and respect the outdoors and understand the significance of passing these traditions on to the next generation of responsible stewards of our natural resources.

## Vision

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

## Values

- A participant-centered educational program rooted in traditional outdoor skills such as hunting and fishing.
- Non-competitive experiential education designed to match potential with opportunity.
- Guidance that encourages and motivates the mentorship of future generations.
- Certified, experienced instructors and female role models.
- Teamwork, networking and partnerships.
- Opportunities for involvement in and support of conservation issues.



## 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.



# 2016 in Review

Washington Outdoor Women, affectionately known as WOW, celebrated year #19 this year. 2016 began with WOW's 6th Annual Waterfowling Workshop at French creek near Monroe, Washington. On March 19th, 30 would-be waterfowlers were introduced to the big picture and the traditions of duck hunting. June 4th found another 30—this time Mothers and their daughters on Lake Sammamish in a WOW Sea Kayaking Workshop. Both workshops had outstanding weather. But come September, the 2016 Weekend workshop stands out as the best and most successful outdoor skills weekend yet, despite enduring the worst weather. Interesting how unforeseen circumstances can create an unexpected outcome!

The Fall workshop registered 133 for the 2½ day event at Camp Waskowitz in North Bend, Washington. 95 percent were first-time WOW participants. We involved 28 WOW Instructors, three teenage Interns, 12 on-site WOW Team, and welcomed visiting guests who are Sponsors or Donors. 38 sessions of 20 class offerings were held. An event with so many enthusiastic newcomers always brings anticipation and enthusiasm but this year's constant rain on Saturday brought out the best in attitudes and hands-on determination we've experienced to date. Instructors taught in driving rain, even when running out of dry clothes. Hats drooped, jackets and waders never dried out, and the smell of wet wool became familiar! Students stayed the course in the driving rain, handling equipment new and challenging even in the best weather. Participants preferred to stay outdoors even in the unrelenting elements. We surely did initiate them as Washington Outdoor Women with this baptism by Northwest weather! And enough can't be said about our WOW instructors who modeled an enthusiastic focus on learning while still having fun in the rain! The bonding was inspiring and motivating.

I paraphrase from a letter WOW received from a September 2016 attendee who spoke of teachable moments, confidence and personal memories:

"What a great opportunity this was for me. The instructors were fabulous and very helpful, as well as wise. I have found that my life is richer in experience because of the wide variety of ages (involved)...we learn from each other in unique and individual ways in a beneficial exchange of information and fun. This opportunity was a life-changing experience for me and renewed my passion for the outdoors, stewardship, and sharing the knowledge with the next generations!"

This indication of awareness embodies WOW's Vision and reinforces our Mission. We continue to engage internal perspective as well as positive teaching directives to strengthen the program as we see women taking away personal convictions from their WOW experience - a boost in confidence, self-reliance, and motivation. Such skill-building experiences are fundamental to renewing those outdoor traditions which need to continue so our Northwest resources and wildlife will persevere for generations to come.



# Course Descriptions

## Archery

Participants first shot balloons and then 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, as well as safety.

## Backpacking

This course was 'packed' with instruction on the latest lightweight equipment, 'Leave No Trace' trip planning, weather coping, and backcountry tips. A variety of 'tried and true' gear was provided for participants to investigate.

## Basic Freshwater Fishing

Beginning freshwater anglers learned to cover the basics of rod and reel handling, knot tying, and using bait and lures. Casting practice games facilitated hand-eye coordination by casting a lure inside a circular target. They also learned the importance of fishing regulations and how to decipher them.

## Backyard Wildlife Habitat

Using the right native plants, these students created and planted their own pollinator container garden. To take home Learning about the best shrubs and edibles for birds, butterflies and humans, these gardeners identified the correct choices and options and identified examples on a walkabout during class.

## Beekeeping

Discovering the fascinating world of bees and the role they play in our lives, this class learned how a colony works, and what it takes to create and manage a successful hive. They interacted with a "working" hive using appropriate attire. Using honey comb they harvested, the women created lip balm and salve to take home.

## Big Game Hunting Basics

Again this year, WOW's large class of future hunters explored the ethics of the hunt (deer and elk). They covered safety, preparation, planning, equipment, optics, tracking, and sound decision-making. Both modern firearm and bow hunting techniques were demonstrated and participants were able to get the feel of both.

## Birding

After learning the sounds and habits of local birds, these bird watching fans learned how to identify different species on a morning walk in the woods and then constructed their own bird houses to take home.

## Challenge Games

This class worked together as a team to accomplish physical goals. Stepping out of their comfort zone, they experienced success by seeing how well a team can work together. The co-operative games and team building exercises were fun while instilling confidence.

## Dutch Oven Cooking

Shepherd's Pie, freshly baked rolls, and other one-pot dishes were produced in Dutch ovens by confident new cooks who learned valuable secrets of cast iron cooking. Learning to season Dutch ovens, prepare the correct number of coals and cooking time as well as gauging the readiness of the charcoal takes some practice..

## Fire Building & Knot Tying

The efficient ways of fire building taught these women patience, planning, the right wood choices, the basics of creating fire, and the right tools. They identified 14 species of wood. Each successfully built a personal fire—first using only one match and then using only flint and steel. Knot tying focused on the bowline, the half hitch and the trucker's hitch.





# Course Descriptions

## Fly Fishing 101

The North Fork of the Snoqualmie River was the classroom for the fly fishers who 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.—especially in the rain!

## Fly Tying

This class learned the art of turning fur and feathers into fishing flies. Each novice tied a Woolly Bugger and 3-4 other popular patterns for personal use.

## Map and Compass

Intrepid souls spent classroom time learning to read a topographic map, 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.



## Medicinal Plants for Trailside Emergencies

These students explored the wonderful healing qualities of some of our best local native plants. They learned to identify and use our state's top ten most effective medicinal plants for common trail emergencies. They made and took home the beginnings of an herbal first aid kit with healing salves and herbal tinctures.

## Soap Making

This form of soap making is an old fashioned homesteading skill. This class learned how to make all natural cold-pressed, soap from scratch, using fats and essential oils – a mild soap that cleans and nourishes without synthetic ingredients. Varieties such as Bear Fat body soap, essential oil Bug-Off Outdoor soap and a Gritty Exfoliating Bath Bar were some of the unusual soaps students took home to enjoy.

## Survival Skills

This class takes to the woods to discover what it takes to survive. They learned the ten essentials and practiced skills for short term survival including woods awareness games, primitive shelter building, fire building, water filtration and the importance of mental preparedness.

## Wildlife Awareness and Tracking

This is a class for anyone wanting to venture into the backcountry. Participants learned about our diverse wildlife in Washington state, their behavior and how to respond when in the wilderness - a must for safe backpacking, hiking, hunting, fishing, birdwatching, or orienteering. The women walked a trail to spot signs of animal presence to learn the answers to who, what and why.



## Wilderness First Aid

This class dealt with learning to manage many common minor problems a camper, hiker, birder, angler or hunter might encounter in remote areas. Participants learned how to correctly handle wounds, sprains and strains, and fractures – sometimes using the ingenuity of resources found in the outdoors.

## 2016 Sunday Afternoon Short Courses

Archery - An abbreviated session for safety, form and target practice.

First Aid for Dogs - How to treat in-the-field injuries as well as common ailments.

Edible Plants - An interpretive walking tour of plants for medicinal uses.

# Instructors by Course

## Archery

Karin Cook

## Backpacking

Sharon Gregg

## Basic Freshwater Fishing

Stacie Kelsey

## Bee Keeping 101

Debbie Brisky

Dwight Brisky

## Big game Hunting

Bruce McGlenn

Laura Grayum

John McGlenn

## Birding

Kathryn Sechrist

## Challenge Games

Mary Pat Sullivan

## Dutch Oven Cooking

Ragan Masterson

Cynthia Rainwater

## Fire Building & Knot Tying

Ronni McGlenn

John McGlenn

## First Aid for Dogs

Tamara Stanley

## Fly Fishing 101

Faith Roland

Katie Surbeck

## Fly Tying

Donn Mills

Suni Pak

## Map & Compass

Cheryl Drevecky

Laura Till

## Medicinal Plants Trailside

Karen Sherwood

Molly Sherwood

## Soap Making

Lori Johnson

## Survival Skills

Jen Syrowitz

## Wildlife Awareness & Tracking

Shelly Ament

## Wilderness First Aid

Sarah Lange





# 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 have a special enthusiasm and a contagious passion for the outdoors.



Left to right:

Jen Syrowitz, Debbie Brisky, Ronni McGlenn, Dwight Brisky, Katie Surbeck, Stacie Kelsey, Faith Roland, Karin Cook, Brue McGlenn, Sharon Gregg, Shelly Ament, Lori Johnson, Laura Grayum, Donn Mills, Cheryl Drevecky, Sarah Lange, John McGlenn, Molly Sherwood, Karen Sherwood, Laura Till, Kathryn Sechrist

Not pictured: Ragan Masterson, Cynthia Rainwater, Tamara Stanley, Mary Pat Sullivan



# Publicity

## Washington Outdoor Women host a one-day women's waterfowling workshop

Originally published March 6, 2016 at 8:09 am | Updated March 3, 2016 at 4:14 pm

## Washington Outdoor Women's Workshop coming up next month in North Bend

Originally published August 14, 2016 at 8:08 am | Updated August 11, 2016 at 1:37 pm

### WASHINGTON DEPARTMENT OF FISH AND WILDLIFE NEWS RELEASE

600 Capitol Way North, Olympia, WA 98501-1091

[Print Version](#)

 Recommend 19

 Share



July 07, 2016

Contact: Ronni McGlenn, (425) 455-1986;  
Laura Till, (360) 902-2352

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

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

Scheduled for Sept. 16-18 at Camp Waskowitz in North Bend, the annual workshop is presented and coordinated by Washington Outdoor Women (WOW), a non-profit program dedicated to teaching women outdoor skills and natural resource stewardship. WOW, now in its 19th year, is an educational outreach program of the Washington Wildlife Federation.

Certified and experienced instructors will teach 21 classes throughout the weekend on skills such as archery, basic freshwater fishing, fly-fishing and fly-tying, big-game hunting basics, map and compass reading, survival, beekeeping, birding, Dutch oven cooking, backpacking, duck hunting, wildlife awareness, wilderness first aid, and more.

Several WDFW staff members serve as volunteer instructors for the event, including biologist Stacy Kelsey teaching "Basic Freshwater Fishing", biologist Laura Till teaching "Map and Compass", and biologist Shelly Ament teaching "Wildlife Awareness and Tracking." In all, 28 instructors volunteer their time and expertise at this WOW workshop to help women confidently 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 fly-fishing and basic freshwater fishing sessions.

More information about the workshop, including attendance fees and a registration form, is available at [www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org). Partial scholarships from the Rocky Mountain Elk Foundation are available for first-time participants.

# Publicity

## Washington's 2016 Big Game Hunting Seasons & Regulations

Effective April 1, 2016 - March 31, 2017



### Washington State Migratory Waterfowl & Upland Game Seasons



Washington  
Outdoor Women



For information about  
outdoor skills training  
workshops for women,  
visit our website at:

[www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org)  
or call (425) 455-1986



Effective June 1, 2016 to May 31, 2017

## Washington Sport Fishing Rules

Effective July 1, 2016 - June 30, 2017



CATCH FISH • WIN BIG  
FISH FOR TAGGED  
**RAINBOW TROUT**

\*Must comply with all fishing rules and regulations.  
FOR MORE INFORMATION VISIT [WDFW.WA.GOV](http://WDFW.WA.GOV)





# Workshop Support

## 2016 Sponsor Support

- Rocky Mountain Elk Foundation: Scholarship grant for 17 participants and publicity
- REI, Inc.: Participant gear and equipment
- Washington Wildlife Federation: 501(c)3 status, insurance and publicity
- Washington Department of Fish and Wildlife: Publicity, instructors, and equipment
- Filson: Merchandise donation, community outreach, Instructor Pro-Staff program
- National Wildlife Federation: Booklet printing
- French Creek Hunt Club: Workshop location and facilitation



Since 1989, the Rocky Mountain Elk Foundation (RMEF) has helped WOW 'Pass On' the opportunity for outdoor skills education to women through scholarship grants. The 2016 grant allowed 17 women to attend WOW's Annual Weekend Workshop who otherwise would have been unable to experience new confidence in the outdoors.

# Workshop Donors

## 2016 WOW Workshop Major DONORS

Brisky's Bees  
Buff USA  
Filson  
French Creek Hunt Club  
Kayak Academy  
KIND Snacks  
Leatherman  
National Wildlife Federation - NW Regional Office  
Next Step Archery  
REI, Inc.

## 2016 Product Donors

Carry Gear Solutions	Mountaineers Books	Smugmug
Dugan's Inc.	National Book Network	Surbeck Orthodontics
Ducks Unlimited	ORION River Rafting	Trader Joe's
Gibbs-Smith Publishers	QFC	WDFW, Olympia
Isomedia Inc.	Safeway	WDFW, Region 5
LEKI USA	Seattle Sports Company	

## 2016 In-Kind Services

Audubon Washington  
Bruce McGlenn Photography  
Earthwalk Northwest  
Clint Syrowitz  
Faith Roland  
Holiday Sports  
Surbeck Orthodontics  
Tetra Tech, Inc.  
2016 WOW Team



# Kayaking Workshop

## A Mother-Daughter Partnering Workshop June 4, 2016

On a warm Saturday in early June, WOW welcomed eager mothers and daughters (10 to 15) to a beautiful morning on Lake Sammamish. On site for introduction to Sea Kayaking, participants spent most of the morning sizing into 16 foot single kayaks with correct paddles, donning wet suits, practicing skirting-in and trying dryland roll over maneuvers. Taught by lead instructor Barb Gronseth of Kayak Academy, the day promised to be an athletic one and it did not disappoint! Basic strokes and assisted roll overs in shallow water were next, followed by wet exits (with spray skirts) in deeper water. Everyone completed their skills testing! Before long confident paddlers were feeling comfortable in their kayaks. The day concluded with a review of safety and gear and then a paddling trip to Issaquah Creek.

WOW thanks Kayak Academy for their donation of instruction and lunch! It was an empowering, fun day on the water. Some of the girls decided to continue their kayaking education with future adventures with Kayak Academy. It was clear the next generation is ready for more time on the water! They have now practiced wet exits and self-rescues which help with their new found awareness and confidence...



# Waterfowling Workshop

## Waterfowling Workshop March 19, 2016

Our 6th annual Waterfowling Workshop took place on a stunning Saturday morning, March 19, 2016. Thirty enthused WOWomen were ready to learn about shooting patterns and moving targets; about setting decoy patterns and wind effects; about protocol in duck blinds; about successfully working with retrievers, and about safety and awareness in the blind and in the field.

And so they embarked on a day of new experiences and “aha” moments. Laughter erupted as the women tried their first duck calls! There were unexpected moments (but with smiles) while cleaning ducks, when participants learned how and why you do that a certain way. And after that Field-to-Table session, tasting duck kabobs fresh off the grill brought the big picture of hunting full circle. WDFW Biologist Matt Wilson showed the women the strong connection between conservation and duck hunting. He educated them on species identification, reasons for regulations and ongoing research and education statewide. The WOW, French Creek and WDFW instructors knew exactly what to teach and the results were insight, greater understanding, motivation and fun!

Thank you to French Creek for use of their amazing site, and to those who helped instruct, facilitate and welcome WOW's future Waterfowlers! Thanks to Conway Kennels for their dogs and training tips!





# Sponsors



# 2016 WOW Team

## DIRECTOR

Ronni McGlenn - Administrative Oversight and Outreach

## COORDINATORS

Denise Bartlow—Merchandise

Debbie Brisky – Resources, Logistics

Tiffany Brooks – Strategic Planning

Cathy Bell—Banners , Registration Packets

Cindy Brown – Database, Signage, Off site Transportation

Sharon Gregg – On-site assist, Parking logistics

Lori Johnson – Ambassadors, Logistics, Raffle

Sarah Lange—Evening Activities, Registration ID

Ronni McGlenn—Donations, Directives, Instructor logistics

Kristie Miller—Overall Workshop Logistics

Jen Syrowitz – Scholarship, WOW Collaterals, Orientation

Judy Updegraff – Financials, Hospitality, Registration

Deborah Walsh – Inventory, Hospitality, Packet Process



*Left to right:*

*Judy Updegraff, Jen Syrowitz, Cindy Brown, Intern Jackie Doud, Deborah Walsh, Intern Claire Surbeck, Lori Johnson, Intern Caroline Surbeck, Cathy Bell, Director Ronni McGlenn, Sharon Gregg-Ellis, Kristie Miller and Sarah Lange*

*Not pictured: Denise Bartlow, Debbie Brisky*



# Contact Information

## Washington Outdoor Women

P.O. Box 1656

Bellevue, WA 98009-1986

(425) 455-1986

[www.washingtonoutdoorwomen.org](http://www.washingtonoutdoorwomen.org)



*This weekend reminded me about looking at the pace of my life  
and finding new balance. It was the best experience ever!*

*This report was created by Ronni McGlenn and Jen Syrowitz  
Photographs by Bruce McGlenn*