

Washington Outdoor Women



Annual Weekend Workshop

Celebrating 20 Years

September 2017

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Introduction to WOW

We are pleased to present our 20th 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.

2017 in Review

WOW's 20th year was celebratory for so many reasons: the call for educating women with outdoor skills just keeps getting louder; experienced female instructors continue to volunteer their expertise; the diversity, both culturally and geographically, continues to grow (2017 saw women from Alaska, California, Colorado, Michigan, Massachusetts, and Oregon attend- along with others from 72 cities and towns within Washington state). More women wanting to actively hunt, fish and meet the challenges of being in the outdoors is on the upswing. WOW's 2017 workshops support the [program's authenticity of mission as genuinely beneficial to all who attend!

2017 opened with WOW's annual Waterfowling workshop at French Creek on March 18th. The rainy weather was relentless but so too was the enthusiasm and hands-on engagement of the future duck hunters attending. They gave new meaning to the word 'resilient'. Women shot clay pigeons, set decoys, practiced calling from blinds, field-worked retrievers and smiled through it all. Conservation and ethics were highlighted throughout. Gathering at day's end to taste duck kabobs and talk field-to table steps, the women dried out and opportunely recounted the practical lessons they'd learned.

WOW's 2017 Partnering Workshop took place at Beau Lodge in Bow, WA. Mothers and daughter ages 10 to 15 practiced Archery and Wilderness Awareness. WOW has found refreshing enthusiasm between the generations in these learning situations. Personalities mesh and learn from each other! An exercise in archery proved that. Blindfolded, one archer must rely on the instructions from the other for guidance

The 2017 Annual Weekend workshop, September 15-17, saw 153 on site at Camp Waskowitz. In beautiful Fall weather, survival students built forest shelters, arrows hit targets, Fly fishers set flies on the river, and Dutch oven meals were tasted. The Field-to-Freezer class cut and wrapped meat, Wilderness First Aid'ers timed their tourniquets, gathered wild foods were savored, a spiked wildlife trail was investigated, women learned the reliability of a compass, and Knot tiers used their new skills to erect emergency shelters. Along the way, gear fix-it tips were shared, pollinator gardens were created, a live beehive inspected, backpacking skills renewed, natural soap made and memory books created.

Six instructors and Team members received their 10 Year Certificates with sincere thanks from WOW Director Ronni McGlenn. She, in turn, was graciously acknowledged for her 20 years of overseeing the program she founded in 1998. Two inaugural Coordinators, Kate van Gelder and Cathleen Bingaman were also recognized as instrumental in the program's early development. WOW history and memorabilia were on site for all to see what has gone into making WOW what is it today!



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.

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..

Field to Freezer

This course taught the basics of cutting and wrapping game meat, processing and preparation. A special addition for year 20!

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. 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. Then working together, they used their knots to erect emergency shelters in the woods

Fix it in the Field

This was a hands-on 'decision in the field' class that dealt with repairing gear on the spot with the contents in your pack. Ingenuity, logic, materials and judgment played a big part, as well as valuable tips from the MacGyver instructor!



Course Descriptions

Fly Fishing 101

The South 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 depending on the weather.

Fly Tying

This class learned the art of turning fur and feathers into fishing flies. Using the latest up-to-date fly tying equipment, 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—all successfully!

Field to Table: Wild Foods

These students explored the culinary possibilities of some of our best local native plants: and tasted Stinging Nettle Soup, Dandelion Pesto, Burdock Root and Elderberry Jelly: - all from plants that can be nutritious and delicious

Herbal First Aid

This class learned to identify and use our state's top ten most effective medicinal plants for everyday use and for 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 learned they could make and take 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 assess injuries, correctly handle wounds, sprains, strains and fractures, and effectively apply tourniquets.

2017 Sunday Afternoon Short Courses

Archery: an abbreviated course

Edible Plants: an interpretive walking tour

McGyver: a short course on fixing broken gear in the field

Stretching it out: tips for physical comfort in the outdoors

Memory Books: a personal creation of WOW experiences



The infectious passion that the instructors had for the outdoors was very motivating.

Instructors by Course

Archery

Karin Cook
Faith Cook

Backpacking

Anastasia Allison

Basic Freshwater Fishing

Stacie Kelsey

Bee Keeping 101

Debbie Brisky
Dwight Brisky

Big Game Hunting

Bruce McGlenn
Laura Grayum
John McGlenn

Backyard Wildlife Habitat

Courtney Sullivan

Duck Hunting 101

Mandy Dillard

Dutch Oven Cooking

Ragan Masterson
Cynthia Rainwater

Fire Building & Knot Tying

Ronni McGlenn
John McGlenn

Field-to-Freezer

Sharon Rose

Fly Fishing 101

Faith Roland
Katie Surbeck

Molly Good

Fly Tying

Suni Pak

Map & Compass

Cheryl Drevecky
Laura Till

Herbal First Aid

Karen Sherwood
Molly Sherwood

Fix it in the Field

Sharon Gregg-Ellis

Wild Foods – Field to Table

Karen Sherwood
Molly Sherwood

Soap Making

Lori Johnson

Survival Skills

Jen Syrowitz

Wildlife Awareness & Tracking

Shelly Ament

Wilderness First Aid

Sarah Lange



Instructors

The staying power of WOW's volunteer instructors is resilient and their proven knowledge exceptional. They are the pillars of the program and our greatest element of success. They are certified where necessary and tested by years of experience. With an outstanding demeanor for teaching and motivating, these individuals have a special enthusiasm and a contagious passion for the outdoors.



Left to right:

Front Row (sitting): Suni Pak, Tiff Brooks, Lizzie Dillard, Jen Syrowitz, Sharon Rose, Karin Cook, Laura Till, Molly Good, Cheryl Drevecky, Jill Eelkema, Karen Sherwood, Molly Sherwood

Back Row (standing): Stacie Kelsey, Lori Johnson, Andrew McGlenn, Shelly Ament, Mandy Dillard, John McGlenn, Dwight Brisky, Ronni McGlenn, Debbie Brisky, Courtney Sullivan, Bruce McGlenn, Sarah Lange, Laura Grayum, Sharon Gregg-Ellis, Cynthia Rainwater, Ragan Masterson, Faith Roland, Katie Surbeck, Faith Cook and Anastasia Allison (on rock to the right)

Publicity



HEADLINES

REGISTER NOW FOR 2017 WASHINGTON OUTDOOR WOMEN WORKSHOP

🕒 JUNE 30, 2017 👤 ANDY WALGAMOTT 💬 LEAVE A COMMENT



Reel Women Fish A New Cast on the Art of the Angle

Oct 19, 2017 💬 0

WASHINGTON DEPARTMENT OF FISH AND WILDLIFE [Print Version](#)
NEWS RELEASE
600 Capitol Way North, Olympia, WA 98501-1091

June 27, 2017

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



Women's workshop offers instruction in 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. 15-17 at Camp Waskowitz in North Bend, 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 20th year, is an educational outreach program of the Washington Wildlife Federation.

Experienced instructors at the weekend workshop will teach 21 classes on skills such as archery, outdoor survival, fly-fishing and fly-tying, big-game hunting and wilderness first aid. Instructors who have volunteered to share their skills include WDFW biologists Stacie Kelsey (basic freshwater fishing), Laura Till (map and compass reading) and Shelly Ament (wildlife awareness and tracking).

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

More information about the workshop, including attendance fees and on-line registration, is available at <http://washingtonoutdoorwomen.org/>. Scholarships from the Rocky Mountain Elk Foundation are available for first-time participants.

Publicity

Washington State Migratory Waterfowl & Upland Game Seasons



Washington's 2017 Big Game Hunting Seasons & Regulations

Effective April 1, 2017 - March 31, 2018

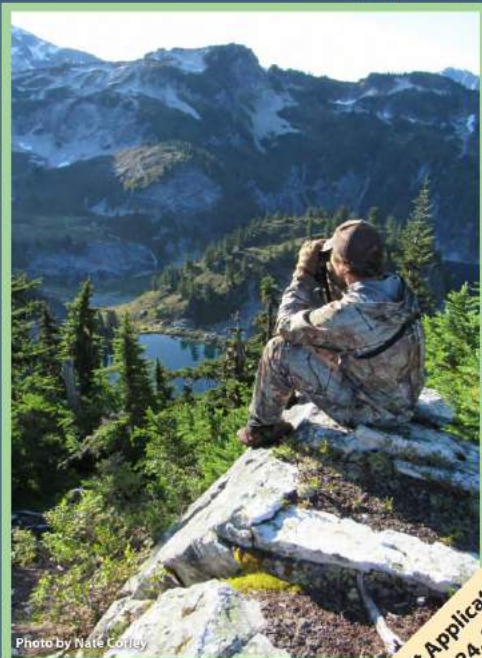


Photo by Nate Corley



Special Permit Application Dead
May 24, 2017



2017 Washington State
Duck Stamp Program
© Dee Dee Murry

Effective June 1, 2017 to May 31, 2018

Washington
Outdoor Women



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

www.washingtonoutdoorwomen.org
or call (425) 455-1986



Workshop Support

2017 Sponsor Support

- Rocky Mountain Elk Foundation: Publicity and Scholarship grant for 25 participants
- 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
- 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. WOW especially thanks RMEF for its continued support in the form of scholarship grants. The 2017 grant allowed 25 women to attend WOW's Annual Weekend Workshop who otherwise would have been unable to experience new confidence in the outdoors.

Workshop Donors

2017 WOW PINNACLE DONORS

Rocky Mountain Elk Foundation

REI, Inc

Program/Product DONORS

And One More Design

Beau Lodge

Brisky's Bees

Clark Skamania Fly Fishers

Dugan's Inc.

Ducks Unlimited

Filson and Filson Pro Staff Program

French Creek Hunt Club

Isomedia

Kind Snacks

LeiFlo Websites

McGovern & Company

Mountaineers Books

National Wildlife Federation Puget Sound Region

Sportsman's Warehouse

Trader Joe's

Waterhouse Center, Inc.

Washington Dept. of Fish & Wildlife: Olympia & Region 5

Washington Food Truck Association

2017 In~Kind Services

Audubon Washington

Bruce McGlenn Photography

Earthwalk Northwest

Stacie Kelsey

Faith Roland

Next Step Archery

Surbeck Orthodontics

Waterfowling Workshop

WOW's 2017 Waterfowling workshop at French Creek on March 18th had the distinct memory of water! The rain was relentless during the day. But so was the enthusiasm and hands-on engagement of the 25 future duck hunters attending the workshop. They gave new meaning to the word 'resilient'! Women shot clay pigeons, waded ponds and set decoys, practiced calling from blinds, field-worked retrievers and smiled through it all. There was a separate safety review before women headed into the field. Conservation, regulations and ethics were highlighted by Washington Department of Fish and Wildlife's Biologist and Waterfowl Section Manager, Matthew Wilson. Ten instructors and a WOW Team of six created a memorable experience for WOW participants. Courtesy of Ducks Unlimited, each participant received her own duck call to practice with on site. Conway Kennels provided two breeds of retrievers and trainer assistance. The hospitality and environment of French Creek Hunt Club's lodge was welcome respite during the wet day! Late afternoon all gathered to taste duck kabobs and talk field-to table steps. The women dried out and opportunely recounted the practical lessons they'd learned.



Partnering Workshop

A Mother-Daughter Partnering Workshop June 3, 2017 Archery and Wilderness Awareness

Beau Lodge in Bow, Washington saw eager mothers and daughters (10 to 15) gather in a beautiful setting for Archery and Wilderness Awareness classes. On site for hands-on learning, participants spent half the day learning the basics of archery and half the day in the woods practicing wilderness awareness. This day promised to be an athletic one and it did not disappoint!

WOW thanks Next Step Archery for use of bows, arrows and targets. Lead Instructor Karin Cook put everyone through the paces of hand-eye coordination as well as a trusting lesson: as a blindfolded archer listened to the guidance of a partner (regardless of age difference). Shooters learned to rely on their partner's instructions to hit their target.

It was an empowering, fun day that ended with weaving emergency bracelets. It was clear the next generation was ready for more time in the outdoors. They have now practiced points for blending into the wilderness to be part of nature, rather than an intruder. And they have a good feel for what the skill of archery requires. If enthusiasm proves right, both generations found new confidence.



Sponsors



2017 WOW Team

The WOW Team is the stamina that facilitates the organized environment for instructors and participants at WOW events.

DIRECTOR

Ronni McGlenn - Administrative Oversight and Outreach

WOW TEAM

Denise Bartlow—Merchandise, Logistics

Debbie Brisky – Resources, Logistics

Tiffany Brooks – Strategic Planning

Cathy Bell—Banners, On-site signage, Gifts

Cindy Brown – Database, On-line Registration, Scribe

Sharon Gregg – On-site assist, Parking logistics

Lori Johnson – Ambassadors, Logistics, Raffle

Sarah Lange—Evening Activities,, Historian

Ronni McGlenn—Donations, Directives, Instructor logistics

Kristie Miller—Overall Workshop Logistics, Photography

Jen Syrowitz – Scholarship, WOW Collaterals, Website, Orientation

Judy Updegraff – Financials, Hospitality, Registration ID

Deborah Walsh – Inventory, Hospitality, Packet Process

Claire Surbeck, Jackie Doud, Caroline Surbeck: Interns - On-site Logistics

Jill Eelkema, Cindy Fogerty, Mary Pat Sullivan—Logistics Assist



Left to right: Tiff Brooks, Jackie Doud, Claire Surbeck, Cathy Bell, Caroline Surbeck, Cindy Fogerty, Cindy Brown, Lori Johnson, Judy Updegraff, Jen Syrowitz, Sharon Gregg-Ellis, Ronni McGlenn, Sarah Lange, Deborah Walsh, Denise Bartlow, Kristie Miller and Jill Eelkema

Not pictured: Debbie Brisky and Mary Pat Sullivan

Contact Information

Washington Outdoor Women

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www.washingtonoutdoorwomen.org



The best part was seeing so many women excited to be pushing themselves to do what they love.

*This report was created by Ronni McGlenn and Jen Syrowitz
Photographs by Bruce McGlenn, Kristie Miller and Sarah Lange*