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Northern Allegheny Outdoor Women's Association
8514 Route 27
Pittsfield, PA 16340

WOW!

Experience it today!

**NORTHERN ALLEGHENY
OUTDOOR WOMEN'S ASSOCIATION**

Presents

Women's Outdoor Workshops!

Come join us today!



Saturday May 31st, 2014
Chapman State Park



Northern Allegheny Outdoor Women's Association Mission Statement: Fostering a love and appreciation of the outdoors and our community through education, recreation, conservation and wellness.

The **NAOWA** team is the host and creator of this day-long women's event called **Women's Outdoor Workshops!** or **WOW!**. **WOW!** is designed to be a fun day for women to try new things, brush up on old skills and meet new people. We are excited to bring this opportunity to you and sincerely hope you will join us on May 31st for the second annual **WOW!** Event!

The Important Stuff:

- ❶ Registration is \$40
- ❷ Registration deadline is May 17, 2014
- ❸ Class sizes are limited so early registration is recommended!
- ❹ Check-In Required. Plan to arrive at Chapman State Park between 8a and 8:30a.
- ❺ The event will be over at approximately 5p.
- ❻ Confirmation with directions will be sent to you upon receipt of your registration form and workshop fee.
- ❼ Minimum attendee age is 14. Ages 14 – 17 must attend with a parent or guardian.
- ❽ Event is rain or shine and is entirely outdoors! For your safety and comfort, please bring the appropriate clothing for variable weather.
- ❾ Any cancellations within 48 hours of the event will not be refunded. Substitute attendees are permitted with prior notice.

What You Enjoy:

- ◊ Choice of 4 expertly instructed classes presented in an interactive and hands-on environment.
- ◊ A delicious BBQ Chicken lunch.
- ◊ Equipment and materials needed for use in classes. You are welcome to bring your own equipment for use in any class too.
- ◊ Extra programming and activities to enjoy during the lunch hour.
- ◊ The opportunity to join in various raffles and games. Bring a little extra cash or your credit card to join in on some extra fun!

Send Check and Registration to:

**Jessica Arnold
8514 Route 27
Pittsfield, PA 16340**

For additional information, contact

**Jessica Arnold
(814) 436-1048**

Email: duckdog67@gmail.com

Women's Outdoor Workshops!

2014 WOW! Class Choices and Descriptions

Ancient Art of Belly Dancing: Known today as a form of sensual dancing for entertainment, belly dancing's roots are much more tribal. Designed to strengthen all the parts of a woman's body for better support and child bearing while maintaining a woman's natural suppleness, empower yourself with Belly Dancing's grace and unite yourself with all women throughout the ages.

Aquatic Bugs—Good or Bad?: Bring your wading shoes for a fun time learning about the insects known as aquatic macro invertebrates that are part of the food web in our streams. Hand lenses and pictures will be provided to aid in identification. Discussions include stream ecology, riparian forests and wildflowers one may find along a stream.

Archery: Whether you're interested in backyard recreation, competition target shooting or bow hunting you'll enjoy learning about this fast growing sport. Learn the basics of equipment and safety. Experience the thrill of hitting the mark at the archery range.

Backyard Chickens: What you need to know about raising chickens in your own backyard. You'll learn everything from how to care for them to healthy benefits of fresh eggs.

Bat Box Building: Join Chapman's Park Naturalist to learn about the decline of PA's bats and how putting up bat boxes can be beneficial. They can be expensive to purchase and finding them in stores can be even more challenging. Build your own and receive instruction on proper installation. ****Additional \$5.00 to cover supplies****

Bird Watching: Join our expert birder as he helps to identify common birds in a variety of Chapman habitats, with emphasis on local breeding birds of the season. With luck, you'll see an osprey or eagle! He'll also give tips on the selection/use of binoculars and other equipment (feel free to bring your own).

Canoeing: Learn the basic knowledge and skills needed to be safe on the water and enjoy canoeing. Topics include safety, equipment, preparation, strokes, maneuvering and more. You'll love canoeing on Chapman Lake!

Drop Spindle Basics: For centuries, the drop spindle has played a role in producing thread and yarn. Learn how to use this ancient tool to make beautiful, functional yarn to be used in your favorite handcrafts.

Drying Fruit: Maintain your healthy diet and preserve the harvest by drying your own foods. Learn about basic food drying techniques that can be used for fruits and vegetables. You will taste different dried foods, prepare foods for drying, and discuss the pros and cons of different types of food dryers.

Dutch Oven: On your next outdoor adventure, you can feed a few or the whole crew. This session covers methods, equipment, supplies and recipes for delighting tummies with outdoor cooking. You'll have lots to sample!

Faerie Houses: Learn how to create miniature faerie houses using natural materials found on site at the park. This will provide an opportunity to be wildly imaginative and work with natural items in new and creative ways. Completed houses will become part of a woodland faerie village near a park trailhead that the public can enjoy.

Fly-Fishing: Catch 'em on a fly! Practice basic fly casting techniques and learn about equipment, aquatic insects and fly selection. Participants will be introduced to the art and science of fly-fishing and discover places to fish in the Allegheny National Forest.

Geocaching: A treasure hunt with a twist! In this class you will learn what geocaching is and how to use a GPS (provided for use in class, but feel to bring your own). Then you will have fun entering coordinates into a GPS and searching for hidden caches.

Grillin' and Chillin': A BBQ Pit Boss Dean Well and Riverbank Cook John Beard team up for a hands-on class on outdoor cooking. Learn about meat rubs, flavoring spices, basting sauces, mop-on marinades, hardwood smoking, slow grilling and about domestic and wild game cooking. Recipe cards, ideas shared and cooking tips for everyone!

Hook'em Then Cook'em EXTREME!: Join "Team Grizzly" for an intense and fun hands-on 1/2 day of fishing tips & tactics. From casting to baits to rod & reel selection, by the end of this class you will be super ready to hit the water & catch fish. We will teach you to fillet, prepare and eat your catch. This is a double session class that provides additional time for fishing and cooking.

Kayaking: Learn the basic knowledge and skills needed to be safe on the water and enjoy kayaking. Topics include safety, equipment, preparation, strokes, maneuvering and much more. You'll get to try your skills on Chapman Lake!

Knot Tying Pt. II: A continuation of the knot tying class that has been offered for several years, this is for those who have previously taken the first knot tying class, but it is not a prerequisite. This hands-on class will further your knowledge and skill with knots and expose you to a variety of knots that will come in handy just about anywhere.

Leave No Trace: Ever wonder if your hiking and camping habits affect Mother Nature? Learn the basics of low-impact, "Leave No Trace" outdoor ethics developed by the U.S. Forest Service and the National Outdoor Leadership School (NOLS). Learn to plan a successful trip and respectful outdoor ethics from a NOLS Leave No Trace Master Educator.

Mountain Biking: You never forget how to ride so now take it to the next level! The Northern Allegheny Mountain Biking Association will teach you the basics of mountain biking. Learn trail safety, bike maintenance, how to handle and transport your bike, how to navigate obstacles and even take a quick ride. Bring your own bike or use ours.

My Wee RV: Wish you could go camping, but you're just not into tent camping? Concerned about safety, and comfort, but don't have a camper? "MY WEE RV" (mini-van) can show you how to convert a vehicle into a fun camper for less \$\$ and effort than you might think!

Outdoor Party Ideas: From table games to fun foods to silly races...we'll share fun things you can do with all ages in the outdoors. Whether you are planning a picnic in your backyard or a big family reunion, there will be activities for all to enjoy!

Painting in the Outdoors: Use acrylic paints to explore atmosphere through color. Use colors and brush strokes to record the images you see as your eye translates them onto paper: an exercise in observation and expression. Your paintings will convey the feeling of the Chapman Dam scenic area. (Bring an apron or old shirt for protection.)

Primitive Skills: Learn how to throw a tomahawk and stick it in a log!! Cut a playing card with a 'hawk'! Learn how to start a fire life-saving fire with flint and steel! Load and shoot a traditional muzzle loading rifle at targets for score (a traditional, hand-made prize will be awarded after the event to the top shooter)! Take a step back in time and see the clothing and gear (might even be period correct food) that the 18th century woodsmen and rangers wore and used daily.

Shooting Sports: Whether you've never shot before or are looking for pointers to fine-tune your skills, this class is for you. You'll learn about shotguns, rifles and handguns, including personal protection and concealed carry options. By the time you're done with the class you'll be feeling like Annie Oakley. ****Additional \$5.00 to cover supplies****

Stop a Moment & Watch the Butterflies!: Develop gardens and landscaping to attract butterflies. Learn about the metamorphic cycle, what is needed to enhance your garden and provide what is required to attract butterflies. Participants will leave with a container garden to please the butterflies. ****Additional \$5.00 to cover supplies.****

Survival Bracelet: Parachute cord is one of those very useful survival tools; one way to keep it with you at all times is to fashion it into a survival bracelet. First made and worn by military and emergency personnel, you can learn how simple it is to make your own! ****Additional \$5.00 to cover supplies.****

Tai Chi: In Tai Chi we combine the body's vital energy with movements that combine posture, breathing and consciousness. We will present an ancient set of movements designed to aid breathing, stretch, balance and a Health Form.

Wild Edibles: This is a fun way to learn plant ID, enjoy and appreciate nature and expand your concepts of food. From greens to seeds and leaves to roots, we'll take a look at some unmistakable wild edibles. Some prepared foods may be available for taste testing as well. Join us for this hike and we'll walk, talk and snack along the way.

Wind Chimes: Repurposing is a crafty craze these day. In this workshop, you'll see how to turn items that might otherwise be discarded into wind chimes!

Women's Kubaton Self Defense Class: Learn how to use an ancient Japanese weapon modified as a harmless key holder to defend yourself against attackers. Along with your body's natural weapons and the Kubaton, learn how to defend yourself using simple but effective ways to defeat punches, grabs and holds. Also covered: how to avoid dangerous situations and react in a confrontation, legal aspects of self defense, levels of self defense and directions how to make your Kubaton to carry.

Participant Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

Email Address (will send confirmation via email if provided) _____

Emergency Contact Name _____ Phone _____

Please choose four (4) classes and four (4) alternates.

1 _____ 2 _____ 3 _____ 4 _____

Alt1 _____ Alt2 _____ Alt3 _____ Alt4 _____

The WOW! Event t-shirts can be pre-ordered with your registration fee. T-shirts are \$10 each and will be handed out at the event. Please indicate the size below if you would like to pre-order. T-shirt availability at the event will be limited.

_____ Small _____ Medium _____ Large _____ XL _____ XXL

Payment Method (cash, check or credit card is accepted)

- \$ _____ Registration Fee (\$40.00)
- \$ _____ Additional Class Fee(s)
- \$ _____ WOW! T-Shirt (\$10.00 per shirt)
- \$ _____ TOTAL AMOUNT TO REMIT

Make checks payable to: NAOWA

OR Charge my credit card number _____ Circle One: VISA MC Discover AMEX

Last three digits on back of card _____ Exp Date _____ Signature _____
(please bring your credit card to the event in case there are questions)

Mail the completed form along with the registration fee to:

Jessica Arnold/NAOWA, 8514 Route 27, Pittsfield, PA 16340

**** Deadline for registration is May 17,2014 ****

PARTICIPANT RELEASE

The participant, by signing below, acknowledges this program involves some risk and she/he assumes responsibility for her/his action and for any injury that may result from participating and also waives and releases all other participants, the host, sponsors, instructors, officials, and/or other parties involved in the event from all claims and/or damage/injury incurred in connection with this event. In addition, participant grants the Northern Allegheny Outdoor Women's Association the unconditional right to use the name, voice and photographic likeness of the person listed above, in regards to any of the publications and audio/video productions.

Signature of Participant

Date

Signature of Parent / Legal Guardian for Participants of Ages 14 – 17

Date