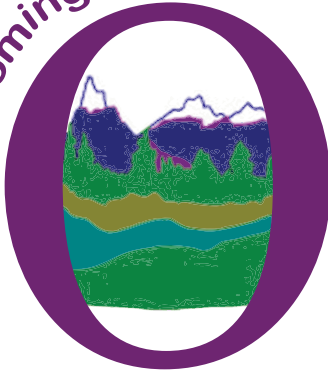


becoming an



Outdoors- Woman[®] in Massachusetts

Becket-Chimney Corners YMCA Camp

June 3 - 5, 2011
Becket, MA

Outdoors Skills for Women



**Thank you to the following organizations which co-sponsor
Becoming an Outdoors-Woman in Massachusetts!**

Massachusetts Sponsors: Berkshire County League of Sportsmen's Clubs • G.O.A.L. • Kittery Trading Post • League of Essex County Sportsmen's Clubs • National Wild Turkey Federation, Mass. State Chapter • Massachusetts' Sportsmen's Council • Massachusetts Wildlife Federation • North Brookfield Sportsmen's Club • Plymouth County League of Sportsmen • Worcester County League of Sportsmen's Clubs

★★★★★

International Sponsors: Browning • Federal Cartridge Co. • Leupold • Lodge Manufacturing • National Shooting Sports Foundation • Pheasants Forever • Pope & Young Club • Rocky Mountain Elk Foundation • UWSP College of Natural Resources • University of Wisconsin Stevens Point Foundation

★★★★★

Ask for the list of supporting clubs in Massachusetts.

Visit Us at... http://www.mass.gov/dfwele/dfw/education/bow/bow_home.htm
or Call: (508) 389-6300

Becoming an Outdoors-Woman

Becoming an Outdoors-Woman is a program for the learning of outdoor skills — skills usually associated with hunting or fishing, but useful for many other outdoor pursuits. This program is designed for women ages 18 and up and is for you if ...

- ♥ you have never tried these activities, but want an opportunity to learn,
- ♥ you are a novice who would like to improve your skills,
- ♥ you have tried some of these activities but would like to try new ones,
- ♥ you are looking for the camaraderie of like-minded individuals.

Workshop Offerings

Friday A.M. 9:00 - Noon (Pre-Session)

Introduction to Firearms — Learn the basic actions of a variety of firearms, safety, proper handling techniques in the field as well as cleaning and storage.

THIS, OR SESSION A IS A REQUIREMENT FOR ALL B.O.W. FIREARMS COURSES.

Friday P.M. (Session I)

- A. **Introduction to Firearms** — This is a repeat of the pre-session for those who wish to take firearms courses and did not attend the earlier session. This is a prerequisite for all B.O.W. firearms courses.
- B. **Fishing For Success** — Confused by all the equipment, baits, lures, knots, fish, waters, etc.? Take this course and learn to simplify. This simple and logical approach will help you to catch any fish in the Commonwealth, and you will have a chance to try these skills on Rudd Pond!
- C. **Nature Photography** — This is an opportunity to learn some basic photographic elements that will help improve your picture taking abilities. We will spend time indoors and out in the field with noted Connecticut Valley based photographer and naturalist, John Green. (Limit 10)
- D. **Riflery for Beginners** — The .22 rifle is the easiest firearm for beginning shooters. If you think you might like target shooting but you aren't quite sure, this session is a good place to start. Chuck and Evelyn Jones, and the team from the Lenox Sportsmen's Association
- E. **Tracking and Trailing** — Learn to spot and identify tracks, scat, hair and other often subtle clues that record the daily lives of wild animals with Jerry Shampang. (Limit 12)
- F. **Wild Edibles** — "Gather ye rosebuds while ye may," along with marsh marigolds, cattails, etc. Russ Cohen, noted authority and author of *Wild Plants I Have Known and Eaten*, has many decades of experience teaching about and eating wild plants. Join Russ finding, identifying and preparing delicious wild snacks.
- G. **Lovin' Dutch Ovens** — Sure you know how to cook but cooking outdoors offers new challenges and opportunities. We will prepare easy and delicious dishes in that most versatile of all cooking pots— the Dutch Oven dishes. This is one weighty piece of gear that the settlers lugged cross country. Find out why. Ellie Horwitz (Limit 12)

Saturday A.M. (Session II)

- H. **Archery for Beginners** — For skill and precision training, few sports can compete with archery. Our instructors will get you on target in short order. Paul Topham & Dave Harbison
- I. **Beginning Shotgun** — Shotguns are the firearm of choice for hunters in Massachusetts. Learn to hit a moving target — clay pigeons in use. Lee Sportsmen's Association
- J. **Birding** — Take a leisurely bird walk with a naturalist guide. Learn where to look for birds and how to identify them. Find out why so many birders are passionate about this activity. With Jacob Morris-Siegel, MassWildlife.
- K. **Fly Fishing 1** — Become familiar with basic fly fishing equipment and become proficient in the 30' cast, learn the basic fly types and how to use them with Tom & Pat Fuller and Jim Lafley.
- L. **Handgun** — Handguns provide exciting options for precision shooting. Brush up on your skills and/or learn this new sport with Chuck and Evelyn Jones, and the team from the Lenox Sportsmen's Association.
- M. **Lost in the Woods...Now What?** — This hands-on class will introduce you to attitudes and skills needed to gracefully manage an unexpected stay in the woods. Know what to do before you set out, what to take and why, how to prioritize your need; build a debris shelter and a fire; learn about signaling for help, obtaining water and food, finding directions without a compass and more. Instructors Karen Nottonson & Bob Trapnell
- N. **Tree and Plant Hike at Becket Quarry** — Join Naturalist Aimee Gelinis in exploring this 300-acre preserve while learning to identify native plants and trees. This 3-mile, moderate trek features artifacts of the former Hudson-Chester granite Quarry that was in operation from the 1860s to 1960s such as wooden derricks, old rail lines, jagged granite rock remains as well as scenic, northeasterly vistas, and native fauna and flora.
- O. **Introduction to Yoga** — "Yoga" covers a variety of aspects of life: physical postures, energy (chakras), meditation/mindfulness, breath, devotion, service and conscious awareness. This variety provides endless possibilities and opportunities for self care, self expression, self realization and joy regardless of your religion, fitness level, age and background. The first half of this session will provide you with an overview of these aspects, in the second half you will be lead in a full yoga class, where you'll leave feeling both relaxed and energized! Instructor Delsie Dunn.

Saturday P.M. (Session III)

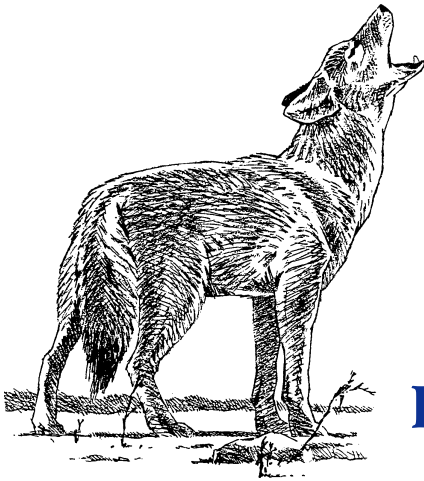
- P. **Battling Bugs/Protecting Trees** — Since 2008, the Asian Longhorned beetle has caused the removal of almost 30,000 trees in Worcester. Emerald ash borer, which has destroyed more than 30 million trees in Southeastern Michigan, is just 26 miles away from Western Massachusetts. This workshop will include information on ALB, EAB, Winter Moth, Hemlock Woolly Adelgid and others. Join Stacy Kilb, to find out more about these and other invasive pests, the damage they cause and what you can do about it! Then, hone your tree identification skills as we check for signs of their impact on the local woods. With Stacy Kilb
- Q. **Canoeing** — Learn to paddle your own canoe in this "on-the-water" session for beginners. (Limit 20) With BOC staff.
- R. **Find Your Way with Map & Compass** — Learn to read simple maps and use a compass to find your way through fields and forests. This course is highly recommended for anyone planning to hike, hunt, use a GPS or try their hand at Geocaching. With John Green & Fran Tremblay
- S. **Fly Fishing 2** — Participants from Flyfishing I will use their casting skills on the water. Practice hooking, landing and releasing fish with Tom & Pat Fuller & Jim Lafley.
- T. **Muzzleloaders** — Learn to shoot a flintlock, caplock or muzzleloader. Black powder hunting is a rapidly growing sport and learning to shoot with these firearms is challenging and fun. Dave Harbison & Dan Haloon

Saturday P.M. (Session III) CONTINUED

- U. **Talking Turkey, Duck and Moose** — One of the greatest challenges for hunters is learning to call in their game. (It's also a great skill for wildlife watchers and photographers!) It's not only what you say, but how you say it! In this session you will learn about different calls and different ways to make them. John Dupuis is fluent in English, French, duck, turkey and other wildlife languages, and you will be too!
- V. **A Woodlands Challenge (Ropes Course)** — Join the team challenge. Build trust and teamwork through a series of low-ropes elements and initiative problems designed to challenge even the most cohesive of teams. Ingenuity, unity and humor are all required for success. (Min. 5 – Max. 12)
With BOC Staff

Sunday A.M. (Session IV)

- W. **Fly-tying** — Relax and learn about the aquatic invertebrates, minnows, wet and dry flies, and other aquatic critters that fish seek. You will create fishing flies that resemble these creatures. They are beautiful and if you don't use them as fishing lures, they make great earrings or pins!
Jim Lafley (Limit 10)
- X. **Insect Tracks and Signs** — Join author Charley Eiseman in zeroing in on a miniature world that we habitually overlook. You will find an incredible diversity of stunningly complex patterns and a world of tiny wildlife you never noticed before. (Limit 10)
- Y. **The Joy of Tree Stands** — Get a new perspective on the woods. Looking down from a treestand lets you to see woodland critters at greater distances while keeping you above their line of sight. The stand is a great perch to focus on wildlife at any time of the year. Add treestands to your "comfort zone." They are especially helpful for hunters, wildlife photographers and birders.
Gerry Lemire (Limit 10)
- Z. **Kayaking** — The kayak is the sailboat of paddle sports, smooth and silent, it allows you to glide through the water enjoying a delightful, new experience. (Limit 12) With BOC Staff.
- AA. **Shotgun Sports** — Whether you are a beginner or intermediate shooter, you will enjoy trying the shotgun sports offered by Lee Sportsmen's Association.
- BB. **Walking Stick Defense** — A walking stick, cane or ski pole can be a very effective means of defense. Increase your options for safety. Learn how to use this well!
Karen Nottonson & Bob Trapnell (Limit 15)
- CC. **A Woodlands Challenge (Ropes Course)** — Join the team challenge. Build trust and teamwork through a series of low-ropes elements and initiative problems designed to challenge even the most cohesive of teams. Ingenuity, unity and humor are all required for success. (Min. 5 – Max. 12)
With BOC Staff.



Please Read Carefully

Workshop Fee: Workshop Fee includes instruction, program materials, use of demonstration equipment, transportation to off-site sessions, seven meals, and two nights lodging. The fee for the weekend is \$275.00 per person. Sign up early as registration is limited. Coming with a family member? You may be eligible for a special discount — see below.

Family Discount: a 10% discount will be given on any Mother/Daughter, Grandmother/Granddaughter or Sister registrations.

Upon receipt of your registration and payment, you will be sent a confirmation letter with directions and a list of appropriate clothing and equipment.

Registration and Cancellation Deadline is 4 PM on May 27, 2011.

If you register and are unable to attend, you may transfer your registration to any other person who wishes to attend the workshop. If you must cancel a reservation before May 27, you will receive a refund less a \$50 processing fee. After that date, you will be assessed the full program fee.

Scholarships: A number of partial scholarships are available. Applicants will be required to pay \$130. Please send your written request for a scholarship along with a check for \$130 and registration materials to the BOW workshop address. Preference will be given to full-time students and single-parent households. Please include a written paragraph, "Why I want to Become an Outdoors-Woman."

Lodging: Occupying nearly 1,400 beautiful acres the Becket-Chimney Corners YMCA camp is an extensive, well-maintained property and includes a large dining lodge, several activity buildings and campfire site. The camps are situated on the banks of Rudd Pond and Smith Ponds which offer wonderful swimming, boating and fishing opportunities, as well as miles of hiking trails. You will be housed in comfortable bunk style lodges at Camp Becket with shower/bathroom facilities. Lodging rooms are doubles and triples. Single rooms are available for an extra \$40/night. All lodging is non-smoking.



Special Needs: *If you have a disability, medical condition or special diet requirements, please indicate them with your registration. We will do our best to accommodate your needs. For more information, call (508) 389-6300.*

Registrations will be processed in the order received with preference given to those who have not previously attended a "Becoming an Outdoors-Woman" workshop in Massachusetts. **Mail your check, registration and medical forms as soon as possible to ensure participation in the sessions of your choice!**

Becoming an Outdoors-Woman in Massachusetts

June 3 - 5, 2011

Registration Form

Complete and send registration form, course choices form, medical forms,
liability release, photo release and fee to:

Becoming An Outdoors-Woman

Massachusetts Division of Fisheries & Wildlife, 1 Rabbit Hill Road, Westboro, MA 01581

Make checks payable to: **Becoming an Outdoors-Woman/MSC.**

Participants must be 18 years of age or older. There is no age maximum.

Only one person may register per form. Please photocopy for additional registrations.

Sorry, we are not able to accept registrations by fax or phone and we cannot process credit card payments.

Deadline for registration is 4 PM on May 27, 2011.

Name: _____

Phone: _____ Cellphone _____ E-Mail _____

Address: _____

City/State/Zip _____ Date of Birth _____

I learned about the BOW workshops from: _____

Returning Participant: Yes _____ No _____

Do you have any special dietary, religious, or allergy food restrictions? Yes _____ No _____

If yes, please explain: _____

Roommate request (if any) _____

(not requesting a roommate is a great way to meet new people)

Preferences: (please circle one) Early To Bed or Night Owl

Tee Shirt Size: _____



Registration Fee: \$275 \$ _____

or with

Family Discount: \$241.50 each \$ _____

Single Room: Add \$40/Night \$ _____

Total Amount Enclosed: \$ _____

(Check or Money Order)

Special Needs: If you have a disability, medical condition or restricted diet requirements, please indicate them with your registration. We will do our best to accomodate your needs.

Course Choices

Concurrent Sessions - Choose your courses by indicating your first (1) and second (2) choices for each session. Sessions are limited and are filled on a first come, first served basis. Please select your courses carefully as you will not be able to change your course schedule at the workshop.

Deadline for registration is 4 PM on May 27, 2011.

Pre-Session: Friday A.M. ___ Introduction to Firearms

(THIS, OR SESSION A IS A REQUIREMENT FOR ALL B.O.W. FIREARMS COURSES.)

Session I: Friday P.M.

- ___ A. Introduction to Firearms
- ___ B. Fishing for Success
- ___ C. Nature Photography (Limit 10)
- ___ D. Riflery for Beginners
- ___ E. Tracking and Trailing (Limit 12)
- ___ F. Wild Edibles
- ___ G. Lovin' Dutch Ovens (Limit 12)

Session II: Saturday A.M.

- ___ H. Archery for Beginners
- ___ I. Beginning Shotgun
- ___ J. Birding
- ___ K. Fly Fishing 1
- ___ L. Handgun
- ___ M. Lost in the Woods...Now What?
- ___ N. Tree & Plant Hike at Becket Quarry
- ___ O. Introduction to Yoga

Session III: Saturday P.M.

- ___ P. Battling Bugs/Protecting Trees
- ___ Q. Canoeing (Limit 20)
- ___ R. Find Your Way with Map & Compass
- ___ S. Fly Fishing 2
- ___ T. Muzzleloaders
- ___ U. Talking Turkey, Duck and Moose
- ___ V. Woodlands Challenge (Ropes)
(Min. 5 - Max. 12)

Session IV: Sunday A.M.

- ___ W. Fly-tying
(Limit 10)
 - ___ X. Insect Tracks & Signs
(Limit 10)
 - ___ Y. The Joy of Tree Stands
 - ___ Z. Kayaking (Limit 12)
 - ___ AA. Shotgun Sports
 - ___ BB. Walking Stick Defense
(Limit 15)
 - ___ CC. Woodlands Challenge (Ropes)
(Min. 5 - Max. 12)
-
-



MEDICAL HISTORY QUESTIONNAIRE

ALL INFORMATION WILL BE HELD CONFIDENTIAL

Name _____

Date of Birth _____ Sex _____

Address _____

City/State/Zip: _____

Medical Ins. Co.: _____ Policy#: _____

Emergency Contact: _____ Phone: _____

Physician: _____ Phone: _____

NOTE: Please check "yes" or "no" and provide additional details where required.

1. Are you allergic to any medications? No__ Yes__ List : _____

2. Any other allergies (foods, insects, seasonal) No__ Yes__ List: _____

3. Are you currently taking any medication?
(include any OTC medication) No__ Yes__ List Medication: _____

4. Do you have, or have you ever had the following:

Hay Fever: No__ Yes__

Fainting Spells: No__ Yes__

High Blood Pressure: No__ Yes__

Diabetes: No__ Yes__

Asthma: No__ Yes__ List Medication: _____

Seizures: No__ Yes__

Heart disease: No__ Yes__

Lung disease (emphysema, etc.): No__ Yes__

Liver disease (mononucleosis, etc.): No__ Yes__

Hepatitis: No__ Yes__

Urinary infection: No__ Yes__

5. Have you ever had a hernia or rupture? No__ Yes__

6. Have you ever had a concussion or head injury? No__ Yes__ List Medication: _____

7. Date of last tetanus inoculation _____ exact date needed (must be within 10 years)

(This is required and must be filled in)

**THIS MEDICAL HISTORY QUESTIONNAIRE IS CORRECT AND
COMPLETE TO THE BEST OF MY KNOWLEDGE**

Signature of Participant _____ Date _____

EMERGENCY MEDICAL AUTHORIZATION

The attached health history is correct to the best of my knowledge, and I am able to engage in all activities, except as specifically noted by me and a physician. In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order injection or surgery, or other medical procedures required in an emergency situation.

I give consent for the Massachusetts Division of Fisheries & Wildlife (hereinafter MDFW), to provide medical attention, transportation and emergency medical services as warranted by the circumstances.

I am in good physical condition, and am not aware of any disease or injury that would be aggravated or result in my being incapacitated or injured during any program participation except as signed herein.

Signature of Participant _____ Date _____

Photo Release



Becoming an Outdoors Woman in Massachusetts

Participant's Name: _____

Address: _____

City/Town: _____ State: _____ Zip: _____

Phone: _____ (home) _____ (cell)

Email: _____

Workshop Title: _____ Location: _____

The applicant recognizes that participation in any of the activities making up the B.O.W. program involves an element of risk. By signing below the applicant affirms that she is aware of the risk of accident or injury, that she takes full responsibility of her participation and waives the right to seek damages from the Massachusetts Division of Fisheries & Wildlife and its staff, the Becoming an Outdoors-Woman program staff or instructors, site hosts. Participants also agree that photographs or video taken of them during the weekend workshops may be used in future materials describing and/or promoting the program.

Signature of Participant: _____ **Date:** _____

Please print name: _____

LIABILITY



Becoming an Outdoors Woman in Massachusetts

If I am injured or suffer any illness or disease while residing at and/or participating in programs of the MDFW, except as may be caused by the grossly negligent or reckless conduct of the MDFW and their agents, employees and volunteers, I agree to hold MDFW or the host site harmless for said injury, illness, or disease.

I further understand and agree to abide by the general rules of conduct prescribed for the guests of MDFW and violations may result in a denial of privileges, a forfeiture of all fees paid, and immediate removal from the hosting property.

I HAVE READ THIS RELEASE. I UNDERSTAND THAT IT AFFECTS LEGAL RIGHTS AND RESPONSIBILITIES, AND I HEREBY AGREE AND CONSENT TO THE TERMS AND CONDITIONS AND HEREBY WAIVE ANY CLAIMS ARISING WHILE RESIDING AND/OR PARTICIPATING IN THE PROGRAMS OF THE MDFW.

Signature of Participant _____ Date _____

Please print name: _____