

# Becoming An Outdoors-Woman® in Virginia

May 14-16, 2010 Graves Mountain Lodge, Syria, VA

This workshop is designed primarily for women. However, it is an excellent opportunity for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop is for you if...

- ✓ You have never tried these activities but have hoped for an opportunity to learn.
- ✓ You are a beginner who hopes to improve your outdoor skills.
- ✓ You would like to try your hand at some new outdoor activities.
- ✓ You are looking for the camaraderie of like-minded individuals.

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## Workshop Information

### Friday, May 14

9:30 a.m. - 11:50 a.m.	Check-in & Get Settled
11:50 a.m. - 1:00 p.m.	Lunch and Welcome
1:00 p.m. - 5:00 p.m.	<b>Session 1</b>
5:30 p.m. - 6:30 p.m.	Dinner
7:00 p.m. - 8:00 p.m.	Evening Activities

### Saturday, May 15

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 12:00 p.m.	<b>Session 2</b>
12:00 p.m. - 12:45 p.m.	Lunch
1:00 p.m. - 5:00 p.m.	<b>Session 3</b>
5:30 p.m. - 6:30 p.m.	Dinner
7:00 p.m. - 10:00 p.m.	Raffle & Activities

### Sunday, May 16

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 12:00 p.m.	<b>Session 4</b>
12:00 p.m.	Lunch & Farewell Raffle

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**Lodging** is at the historic Graves Mountain Lodge in Syria, VA. Standard lodging is in climate controlled bunkhouses, featuring bunk beds and bathrooms inside the bunkhouse. Participants will need to provide their own linens including towels, pillows, bed sheets and blankets or sleeping bags. For an additional fee, a lodging upgrade to double occupancy hotel accommodations is available. Linens, towels, etc. are included in the upgraded lodging.

**Scholarships.** At this time, no scholarship funds are available. If you would like to contribute to the scholarship fund, please contact Jimmy Mootz at 804-367-0656 or [Jimmy.Mootz@dgif.virginia.gov](mailto:Jimmy.Mootz@dgif.virginia.gov).



## Registration Information

<b>Registration Fee:</b>	<b>Bunkhouse Lodging</b>	<b>\$220</b>
	<b>Hotel Lodging</b>	<b>\$315</b>

This fee includes meals, from Friday dinner to Sunday lunch, lodging, and the use of equipment, instruction, and evening events.

**To Apply:** Read program information carefully; then complete the registration form and sign the liability waiver. When choosing your courses, please mark your first four choices for each session (1 being your first choice). Some courses fill quickly, so your choices will assist us in getting you the courses you are most interested in taking. Please note that some courses do have prerequisites, which are mentioned in the course descriptions and on the registration form. Feel free to copy the registration form to give to friends.

**Confirmation** will be sent via email upon receipt of your registration and payment. After the registration deadline, you will receive a letter confirming your classes and directions to Graves Mountain Lodge, a list of suggested items to bring with you, and an agenda for the weekend. All demonstration equipment will be provided. Please do NOT bring your own equipment, unless specified in the brochure or in the suggested items list mailed to you.

**Registration Deadline** is 5:00 p.m. April 22, 2010. *No applications will be accepted by telephone!* Space for the workshop will be filled on a first come first serve basis. If the workshop should fill, a waiting list will be created.

**Cancellation Deadline** is April 23, 2010. If you cancel on or before April 23, you will receive a full refund. There are no refunds for registrants who cancel after the deadline, however, you may send a substitute to the workshop to attend your classes.

<p><b>Questions?</b> Contact Jimmy Mootz at (804) 367-0656 or <a href="mailto:Jimmy.Mootz@dgif.virginia.gov">Jimmy.Mootz@dgif.virginia.gov</a></p>
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## Physical Activity Ratings

Please note the following course physical activity ratings found beside the course name. If a course is rated as *LEISURELY*, it is not a very physically demanding course. If a course has a *MODERATE* rating, it will require a moderate amount of physical activity. A course rated as *RUGGED*, will be fairly strenuous, and may require hiking over uneven terrain.

## Course Descriptions

### **Animal Tracking**    *MODERATE*

See animal tracks as a way to learn who lives in the woods (or your back yard!). Participants will spend time determining which animals were present, when they were there, and what they were doing. Bring your cameras, and our instructors will help you preserve what you find.

### **Art of Firemaking**    *LEISURELY*

Fire is one of the basic essentials for our survival. In this class, you'll make your own bow drill and learn to build a fire, whether it's for warmth, cooking, light, a sense of security, or just to serve as a gathering point to share stories and cook smores.

### **Basic Shotgun**    *LEISURELY*

A brief review of firearm safety and basic shooting techniques will be followed with an opportunity to practice shotgun shooting techniques at the range.

### **Explore Bowhunting**    *MODERATE*

This class is designed to help you feel comfortable in the outdoors, whether your goal is to bowhunt, photograph wildlife, or to just interact with nature. Each activity will be "hands on" that will be fun and engaging.

### **Fishing Essentials\***    *LEISURELY*

Learn the basics of freshwater fishing with DGIF's top angler! This course covers equipment, where to find fish, how they live, and most importantly, how to catch them. Rigging, casting, and catching techniques will be covered and practiced. *Valid Virginia freshwater fishing license required.*

### **Fly Fishing\***    *MODERATE*

Participants will learn how to select equipment for fly fishing, techniques for tying knots, and the art of fly-fishing. Participants will fish in stocked ponds. *Valid Virginia freshwater fishing license required.*

### **Fly Tying**    *LEISURELY*

Participants will learn the relaxing and popular art of tying lifelike flies for use in fly-fishing. *Participants will not fish during this course.*

### **Geocaching<sup>◇◇</sup>**    *MODERATE*

This high tech sport has been described as a 21<sup>st</sup> century treasure hunt, and it's sweeping the world by storm with over 1 million players worldwide. Players will use GPS skills to navigate and discover hidden caches filled with "untold treasures"! If you have a spirit for adventure and an eye for detail, this course is for you! (visit [www.geocaching.com](http://www.geocaching.com) for more information) *GPS or previous GPS skills are required for this course.*

### **GPS**    *MODERATE*

Have you ever wanted to know your EXACT location? Have you heard about GPS units installed in some new model vehicles? Have you thought about buying a unit of your own? Well, sign up for this class and learn about the advances in global positioning system technologies. *See "Geocaching" for an exciting extension of this class.*

### **Habitat @ Home<sup>®</sup>**    *LEISURELY*

Learn to identify common native plants that provide important habitat for wildlife, such as wildflowers and shrubs that attract butterflies, birds and small mammals. We'll look at various habitat features around the grounds of the lodge. Participants will receive a plant list and a potted plant at the end of class to start their own Habitat at Home<sup>®</sup>.

### **Hiking**    *MODERATE / RUGGED*

Learn the basics of hiking in the classroom, followed by a short hike in the beautiful Blue Ridge Mountains to apply your new skills. Bring a bottle of water and a snack, and wear rugged shoes or hiking boots.

### **Horseback Riding<sup>≈</sup>**    *LEISURELY*

Learn about equestrian nutrition and feeding, grooming and care, identifying and using tack correctly, horse safety and trail safety. Plus, with over 100 miles of scenic trails to pick and choose in the Shenandoah National Park and on private land, riders are sure to find excitement on the trail, as well as breathtaking vistas along the way. You will ride beside or cross through natural trout streams, ride graded mountain trails, open fields and woodlands. *Contact Jimmy Mootz for additional fee information.*

### **Intermediate Archery**    *LEISURELY*

For those who have the basics of archery, this is an opportunity to apply your archery skills in a simulated hunting environment with various 3-D targets and other more difficult targets. *Introductory Archery or prior experience in archery.*

### **Introductory Archery**    *LEISURELY*

Learn how to select bows, arrows, and other archery equipment. Participants can try various types of archery equipment as they hone their shooting skills at the range.

### **Introductory Handgun**    *LEISURELY*

A brief overview of firearm safety and handgun techniques will be followed with the opportunity to practice shooting handguns on the range.

### **Introductory Rifle**    *LEISURELY*

A brief overview of firearm safety and rifle techniques will be followed with the opportunity to practice shooting rifles on the range.

### **Jiggin' & Spinnin'**    *LEISURELY*

Spinnerbaits and jigs are among the most versatile and productive baits for bass and other freshwater game fish. Learn to make and customize your own bait with various combinations of colors and skirts. Participant will not fish during this course.

### **Knot Tying**    *LEISURELY*

Feeling a little knotty? Why not try this workshop? Afraid of losing the canoe off the top of the car because your knots look like unruly bird's nests? This class is for you! A fun hands-on class where you learn many different knots and the situations in which they can be used. Learn basic knots and how to match the right knot to each situation. The knots you'll learn are great for all types of outdoor activities including boating, camping & hunting.

### **Living With Bears**    *MODERATE*

Black bears have been in the news, and it's no surprise with bear populations on the rise throughout the Commonwealth. Learn the facts about bears and how we relate to them with VDGIF Bear Project Leader Jaime Sajecki. Participants should wear sturdy shoes or boots and expect to explore the bear's natural habitat.

### **Mountain Biking**    *MODERATE*

Come learn how to ride mountain bikes on the road or off on a trail. Safety, equipment, and riding techniques will be covered during the class.

### **Outdoor Cooking**    *LEISURELY*

Learn the secrets to create breakfast meals, one-pot dinners, desserts, and many other meals in a camp setting. Participants will cook over an open fire using paper bags, cans, grills, and Dutch ovens. Come to class hungry because eating the class work is a requisite!

### **Outdoor Photography**    *LEISURELY*

PICTURE THIS! No matter your age or skill level, this Outdoor Photography workshop is designed to offer the most creative shutterbugs among you a chance to sharpen your photographic skills. Topics will include choosing the right photographic equipment (cameras, film, lenses, and accessories.) to basic photographic skills (composition and framing, lighting, and using color). A handy book on photography tips will be handed out during the workshop. *Participants are requested to bring their digital cameras to the class, along with the cable to attach your data cable.*

### **Wild Edibles**    *LEISURELY*

Everything you ever wanted to know about wild edibles but were afraid to pick! Learn how to utilize the plants in the wild for food, tools, and some health remedies.

### **Wilderness Survival**    *MODERATE*

Learn the necessary skills for surviving outdoors with this course. Hands on experience in shelter building, fire making, woods awareness, and other survival skills are all included in this awesome experience.

### **Wildlife Watching\*\***    *LEISURELY*

Biologists will discuss the variety of habitats in Virginia, and provide specific information on the Commonwealth's wildlife. Participants should be prepared to walk and bring binoculars. (Equipment will be provided for this class for those who do not have their own.) A short classroom presentation will precede the field exercise portion. *Includes a sunrise bird watch.*



**Registration Form**  
**BECOMING AN OUTDOORS-WOMAN®**  
**May 14-16, 2010**

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone: day (\_\_\_\_) \_\_\_\_\_ eve (\_\_\_\_) \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Are you 18 years of age or over? Yes No (Please circle)

**Check out our new location!**  
[www.gravesmountain.com](http://www.gravesmountain.com)  
 Please make note of our new lodging options.  
**Standard Bunkhouse or Upgrade to Hotel Accommodations!**

**Concurrent Course Offerings** -- Indicate your top four choices for each session (1 being your first choice):

<b>SESSION 1</b> <b>[Friday]</b>	<b>SESSION 2</b> <b>[Saturday a.m.]</b>	<b>SESSION 3</b> <b>[Saturday p.m.]</b>	<b>SESSION 4</b> <b>[Sunday]</b>
<input type="checkbox"/> Explore Bowhunting	<input type="checkbox"/> Animal Tracking	<input type="checkbox"/> Basic Shotgun	<input type="checkbox"/> Animal Tracking
<input type="checkbox"/> Fishing Essentials*	<input type="checkbox"/> Basic Shotgun	<input type="checkbox"/> Geocaching◇◇	<input type="checkbox"/> Art of Firemaking
<input type="checkbox"/> Habitat at Home®	<input type="checkbox"/> Fly Fishing*	<input type="checkbox"/> Hiking	<input type="checkbox"/> Jiggin' & Spinnin'
<input type="checkbox"/> Horseback Riding≈	<input type="checkbox"/> GPS	<input type="checkbox"/> Intermediate Archery	<input type="checkbox"/> Intermediate Archery
<input type="checkbox"/> Introductory Archery	<input type="checkbox"/> Introductory Archery	<input type="checkbox"/> Introductory Handgun	<input type="checkbox"/> Knot Tying
<input type="checkbox"/> Living With Bears	<input type="checkbox"/> Introductory Rifle	<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Outdoor Cooking
<input type="checkbox"/> Map & Compass	<input type="checkbox"/> Wilderness Survival	<input type="checkbox"/> Outdoor Cooking	<input type="checkbox"/> Outdoor Photography
<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Wildlife Watching**	<input type="checkbox"/> Wilderness Survival	<input type="checkbox"/> Wild Edibles

*Please sign me up for the following course(s) regardless of the session:*

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\* A current **Virginia Freshwater Fishing License** is required for Fishing Essentials and Fly Fishing.

≈ **Horseback Riding** does require an additional fee. Please contact Jimmy Mootz for details.

\*\* **Wildlife Watching** includes a sunrise bird watch.

◇◇ GPS skills, or GPS course are required for Geocaching.

**Lodging preference:**  
 Early Bird Bunkhouse (to bed by 11 p.m.)  
 Night Owl Bunkhouse (to bed after 11 p.m.)  
 Upgrade to Hotel (Additional fee: \$ 95)

**I would like to be in the same cabin with**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 We will attempt to honor your preference

**Shirt Size**  
 (Please circle one)  
 S M L XL XXL

**I would be interested in carpooling to the workshop**     Yes     No  
*If you answer YES, you will be sent a list prior to the workshop of participants interested in carpooling.*

**Check here if you have any special dietary requirements or special needs that require assistance, and describe your needs:** \_\_\_\_\_

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**NO REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE**  
**FEE MUST ACCOMPANY REGISTRATION.**  
**ALL REGISTRATIONS MUST BE RECEIVED BY CLOSE OF BUSINESS ON APRIL 22**

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**Send Registration and Fee to:**

**DGIF / Outdoor Education Program**  
**ATTN: BOW Registration**  
**4010 West Broad Street**  
**Richmond, VA 23230**

***Make Checks Payable to:***  
***Treasurer of Virginia***

For office use only: Date received \_\_\_\_\_ Confirmation sent \_\_\_\_\_ Check # \_\_\_\_\_

# 2010 BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY

THIS BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY ("Contract") is entered into upon the date signed below by those individuals submitting requests for registration as participants ("Participants") by and between the Virginia Department of Game and Inland Fisheries and participating Federal, State, or local agencies and/or corporate sponsors ("Sponsors").

WHEREAS, "Sponsors" desire to provide an outdoor recreation skills training event to be conducted at Graves Mountain Lodge on April May 14-16, 2010.

WHEREAS, "Participant(s)" desire to receive instruction in one or more of the activities described in the BOW Information Packet and/or the Registration Form which are incorporated herein as is set forth in full.

NOW, THEREFORE, in consideration of the mutual covenants and conditions in this Contract plus other good and valuable consideration, the receipt of which is hereby acknowledged, the parties agree as follows:

## **SECTION 1: REGISTRATION OF PARTICIPANT(S).**

The "Participants" being the same participants that sign below, wish to receive the requested instruction.

## **SECTION 2: ACKNOWLEDGEMENT OF SPECIAL NEEDS AND RULES.**

For the purposes of your safety and to accommodate special needs, "Participants" agree to advise Sponsors of any pregnancy, mental or physical handicap, disability, visual and/or auditory impairment, influence of prescription drugs, illegal drugs and/or alcohol. I understand that as a registered guest, I (we) will not bring or possess ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS onto the premises and understand and agree to abide by the general rules of conduct prescribed for guests of this event and by the facility being used for this event.

## **SECTION 3: RIGHT TO REFUSE PARTICIPANT(S).**

Participant(s) understands and agrees that Sponsors may disallow the participation of any Participant(s) which Sponsors believes in their sole judgment may present a safety hazard to other Participant(s), Sponsors' staff, Sponsors' invitees and/or to themselves.

## **SECTION 4: WARNING AND ASSUMPTION OF RISK.**

Participant(s) understands that outdoor recreation and conservation involves activities where there are inherent elements of risk always present despite all safety precautions. Participant(s) fully accepts any and all such risk(s).

## **SECTION 5: RELEASE OF LIABILITY FOR NEGLIGENCE.**

Participant(s) hereby, for themselves, their heirs, administrators and assigns, release and discharge sponsors, sponsors' agent and sponsors' affiliates from all claim for bodily injury, property damage, death, medical expenses and other financial losses occurring to the Participant(s) during the instruction due to the negligence of the Sponsors, Sponsors' agents and/or Sponsors' affiliate.

## **SECTION 6: INDEMNIFICATION.**

Participant(s) further agree to indemnify and hold harmless the Sponsors plus their agents and affiliates from any and all costs, including reasonable attorney fees, incurred in defending against claims arising from the negligent acts or omissions, reckless acts or omissions or intentional misconduct by themselves or other Participant(s) during the instruction.

## **SECTION 7: PUBLICITY.**

Participant(s) grant permission to Sponsors and their affiliates to publish, in any form, any photographs of Participant(s) while involved in the Instruction and agree that Participant(s) are not due any payment from Sponsors for publishing their photographs.

## **SECTION 8: ENTIRE AGREEMENT/VIRGINIA LAW/PARTIAL INVALIDITY.**

This document constitutes the final and entire agreement between Sponsors and Participant(s) concerning the Instruction. This Contract is delivered, executed, accepted and performed exclusively within the Commonwealth of Virginia and shall be interpreted and enforced under the laws of Virginia. In the event that any term or terms of this Contract shall be determined to be illegal or unenforceable all other terms and conditions of this Contract shall remain in full force and in effect.

**BY SIGNING BELOW, THE PARTICIPANT(S) WARRANT THAT THEY HAVE READ AND FULLY UNDERSTAND THAT THIS CONTRACT INCLUDES A RELEASE OF LIABILITY FOR NEGLIGENCE AND WARRANT THAT THEY SIGN THIS DOCUMENT OF THEIR OWN FREE WILL.**

NAME

AGE

DATE

Participant: \_\_\_\_\_



Virginia Department of Game and Inland Fisheries "Becoming An Outdoors-Woman®" Program

The Department of Game and Inland Fisheries shall afford to all persons an equal access to Department programs and facilities without regard to race, color, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write: Virginia Department of Game and Inland Fisheries, ATTN: Compliance Officer, 4010 West Broad Street, P.O. Box 11104, Richmond, Virginia