



ADDITIONAL REGISTRATION MATERIALS

Please send a copy of this page (along with the registration page) with your desired class choices when you register to:

Department of Natural Resources
Attn: Sharon - BOW
1990 US 41 South
Marquette MI 49855

Name		Telephone (during day) ()	
Winter Shelter Class – If you would like to sleep in the quinzee overnight on Saturday (outside) please check yes – this will help with scheduling you in the first day’s class and to better accommodate those that would like to try it. <input type="checkbox"/> Yes <input type="checkbox"/> No			
Roommates (randomly assigned unless specified) (please limit to 4 names)			
Select and prioritize the top (5) five class choices you would like to attend, <u>ranking from 1 to 5</u> , from most desired to least desired. The organizing committee will do its best to ensure that as many participants as possible are enrolled in their top three (3) choices .			
___ Cross Country Skiing	___ Dog Sledding	___ Woods, Wildlife & Wood Burning	___ Wilderness First Aid
___ Walking Stick	___ Ice Fishing	___ Fish Identification	___ Winter Shelters & Winter Camping
___ Backcountry Cooking	___ Intro to GPS/Geocach	___ Basic Snowshoe	___ Self Confidence
___ Hand & Power Tools	___ Perennial Gardening	___ Fly Tying	___ Back Country Skiing
___ Snowmobiling			

MUST BE 18 YRS OF AGE OR OLDER TO ATTEND

You can pay for your registration on line at michigan.gov/bow on "e-store". Once you have paid for your registration you can then mail/fax in your registration form directly to: Department of Natural Resources, Attn: BOW, 1990 US 41 South, Marquette MI 49855 - or fax it to 906-228-5245

(For more information/questions contact **Sharon at 906-228-6561**)

The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers and rooms will be shared with other participants. Upon receipt of your registration and full payment, a confirmation will be sent by phone or e-mail. Your class schedule along with a map of the area/class locations will be sent approximately two weeks before the workshop.

Demonstration equipment will be provided by the instructors, unless otherwise noted.

Please bring/wear waterproof/breathable snow type pants for classes outdoors to help protect yourself against the elements. Blue jeans are not a good choice when you're out of doors. - See "Suggested Items to Bring for Weekend" for more details.

Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate, and S is strenuous exertion. Please determine your own physical abilities.

If the class is held inside for the entire time - that is noted as **inside**.

DESCRIPTION OF CLASSES

A. Cross Country Skiing - (M-S) Topics include equipment selection, waxing whys and how-to's, and learning basic skills. This class is for someone who has never cross-country skied before, who has never taken any formal instruction or who wants to brush up on their basic skills. *(If you don't have skis - please make sure you fill out the information needed on the registration form & include additional fee)* **Instructors** - Paul Hannuksela & Frida Waara



teams and head out in small groups to mush along a short trail. The class size is limited. **Instructors** - Teri Grout & Monica Weis

B. Dog Sledding - (M-S) Introduction to the basics of starting up a kennel and the selection of dog breeds. What kind of sleds, equipment used, training, racing, daily handling and caring for the dogs-including feeding, team harnessing and dog psychology. Participants will harness up the



C. Woods, Wildlife and Wood Burning - (E) (Inside) For anyone who has ever been interested in trying their hand at the wood burning art. Wood burning or pyrography is the art of decorating wood with burn marks that are applied with heated pokers or tools that are similar to soldering irons. Angel will guide the beginner and give tips to burning straight lines, shading, adding depth, highlighting, etc. You will also get tips on burning different kinds of wood, learn how to transfer your outline onto the wood of your choice, and see examples of projects. We will start a name tag and/or wood box project while in class and hopefully have it finished when you head home to show all what you have accomplished. *Instructor - Angel Abbs Portice*

D. Wilderness First Aid - (E) (Inside - you may take a short venture outside) What do you do when you are away from home with friends or family and someone gets hurt? Are you prepared? What skills can you offer? Take this introductory wilderness first aid class and learn what to do in emergency situations when help is delayed. *Instructors - Mike Knack & Jane Gordon*

E. Walking Stick - (E) (Inside) Take a hike, sister! You will design, carve, paint/stain and embellish an "heirloom & folkart" walking stick! We'll explore line, texture, color, and composition with your walking stick designs. Add an art aesthetic to your physical fitness routine; promote a healthy lifestyle by walking! Experience the success of using simple carving tools. You're encouraged to bring items for your stick - pins, silk flowers, doll heads, animal heads (toy), shells, beads, old jewelry, ribbon, etc. *Instructor - Margaret Gerhard*

F. Ice Fishing - (E-M) This course is geared to beginning ice anglers, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your ice house. Basic equipment, electronics, jigging techniques, customizing your own gear and bait choices will be covered. Fishing time spent on the ice. Dress appropriately. Waterproof boots are recommended. **A Michigan Restricted Fishing License (\$15) or 24 hour fishing license (\$7) is required.**

Instructors - Mark Mylchreest & Justin Farley



G. Fish Identification - (E) (Inside) You need to know what type of fish you are fishing for, right? Learn the common popular fish species in the area, how to tie a hook on your fishing rod, examine the anatomy of a brook trout and the different types of lures you might use. You'll be shown how to fillet a fish and how to use catch and release techniques in this class. *Instructor - Sharon Babbitt*



H. Winter Shelters & Winter Camping - (M-S) Discover ideas to help ward off frostbite and hypothermia. Learn the basics of winter camping such as clothing, equipment, food, and other season-specific considerations. Learn how to build a tree shelter and a quinzee, and discover how to stay warm in the most severe storm or numbing cold. Maybe spend the night in the quinzee when it's finished! Please dress appropriately. If you would like to spend the night in the shelter, please bring your winter gear & include a winter type sleeping bag & pad!! Please make a note on the

registration form if you are planning on spending the night in the shelter so you are put in the Saturday classes. For those of you taking this class we would like to start packing the snow mound on Friday afternoon if possible. **Instructors** - Tara Gluski & David Kalishek

I. Backcountry Cooking - (E) Eat well on the trail! There's more to backcountry cooking than freeze dried food or Ramen noodles - or cans! Learn about various camp stoves and fuels, cookware, and easy delicious meals on a single burner stove. Get recipes that will work for you while backpacking or campground cooking. See how grocery store foods can keep your food interesting and tasty and your pack weight light for backpacking so you enjoy your hike and your meals. Part of the class will be outdoors so dress accordingly. If you have a food allergy - please make a note of that on your registration form. **Instructor** - Peggy Roth

J. Intro to GPS/Geocach - (E-M) Learn to have fun in the woods and know where you are at the same time. We'll teach you how to find your current location, where you were, where you're going and how long it will take to get there. Come ready to take a short hike outside and explore. **Instructors** -Michelle Landis & Kate Farris

K. Basic Snowshoeing - (M-S) Learn the basic techniques, proper clothing to wear, types of trails, what to bring with you, pros and cons of poles and different types of shoes then we'll take a leisurely stroll through the woods. **Instructors** - Sue Petschke & Sandy Kivela (Please bring your water bottle to class)



L. Self Confidence - (M-S) (Inside) Do you enjoy hiking, hunting, or recreating in remote or out of the way destinations, but have felt apprehensive to do so by yourself? This class is designed to give you the knowledge and skills that will boost your self confidence when recreating outdoors by yourself. Please arrive at the class dressed in comfortable clothing and gym shoes and be prepared for a very physical and informative session! **Instructors** - Jane Gordon & Mike Knack

M. Hand & Power Tools - Oh Yea! - (E) (Inside) Ladies have you ever wanted to fix something around the house or at camp and didn't want to have to ask the spouse or call a contractor? Well this class will teach you the different styles, uses and safety of some commonly used hand and power tools around the home. You will take a hand on approach to confidently understanding when, where and how specific tools are used to remedy that minor household repair. *Instructor - Jason Peterson*

N. Perennial Gardening - (E) (Inside) There is nothing more calming or relaxing than sitting in a garden filled with a brilliant display of fragrant flowers. This class will show you how to create a perennial or herb garden starting with a simple design that you will create. We'll also discuss ideas for using herbs in different recipes. Spring is just around the corner! **Bring to class the measurements and a picture (if you can) of an area in your yard that you would like to create a flowery show piece and Nancy will help you design it.** *Instructor - Nancy Peterson*

O. Fly Tying - (E) (Inside) An introductory course on the "how to" of tying flies. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to "try their hand" at tying flies, which you will be able to take home and try them out on your next fishing trip! *Instructor - Kimberly Wetton*

P. Back Country Skiing - (M-S) Part snowshoe and part ski, The Marquette backcountry ski gives you unprecedented winter access and fun. Climb up and slide down snow covered terrain. This class will introduce you to a different type of skiing/snowshoeing that is becoming popular and easy to get started. The class size is limited. *Instructor - Dave Ollila*

Q. Snowmobiling - (M-S) Learn the basics for snowmobiling and receive a safety certificate in the process. This class includes a snowmobile ride on an approved course, information concerning rules of the trail, appropriate clothing, riding techniques, basic mechanics, survival tips, and choosing the proper sled. This class **requires home study prior** to the BOW weekend. You will be sent a snowmobile workbook when your registration is received, and will be required to bring the finished workbook with you to class. If the pre-work is not completed a certificate can't be issued. Items to bring include warm outer clothing or a snowmobile suit and a proper fitting helmet if available. Class size is limited. *Instructor - Laurie VanDamme*

YOUR BOW CREW WELCOMES YOU!



(Winter Bonfire at Bay Cliff)



MICHIGAN 2012 Becoming an Outdoor Woman (BOW) SCHOLARSHIP APPLICATION

Michigan BOW Scholarship applications are now available for women 18 and older. The BOW scholarship is intended to enable women who, for financial reasons, may not be able to afford the BOW registration fee. Full and partial scholarships will be available on a limited basis. Determination of scholarship funding is solely within the rights of the BOW Committee organization.

To be considered for a scholarship the **Application Deadline is: January 3, 2012** for the February event at Bay Cliff. *(Please keep in mind classes are filled on a first come basis – so please consider getting your application in asap for best selection of your class choices if you are awarded a scholarship)*

You may email a copy of the scholarship application and any attachments to: pitzs@michigan.gov or fax it to 906-228-5245. For further information or clarification call Sharon Pitz at 906-228-6561. Everything submitted will be kept confidential.

APPLICANT INFORMATION

Name _____ Phone (H) _____

Address _____ Phone (W) _____

City/State _____

Email _____

Are you a First Time Michigan BOW Participant? YES _____ NO _____
(Special considerations may be given for first time participants)

Are you applying for a full or partial scholarship?

_____ - Full Scholarship \$180

_____ - Partial Scholarship \$105 (you will be responsible for \$75) – if awarded you will be notified and a check must be sent in order to participate in the program

FOR OFFICE USE ONLY:

Date Received _____ Application # _____

Approved _____ Denied _____

Office Use Only:
Date Rec'd _____
Application # _____

Application Questions:

1. Why do you want to attend the Becoming an Outdoors Woman program?

2. What do you expect to learn from the BOW program and how do you anticipate sharing those newfound skills?

3. How did you hear about the Becoming an Outdoors Woman Program?

4. Please indicate the category that best describes your total annual household income from all sources.

<input type="checkbox"/> Less than \$10,000	<input type="checkbox"/> \$30,000 to \$39,000	<input type="checkbox"/> \$60,000 to \$69,999
<input type="checkbox"/> \$10,000 to \$19,000	<input type="checkbox"/> \$40,000 to \$49,999	<input type="checkbox"/> \$70,000 +
<input type="checkbox"/> \$20,000 to \$29,999	<input type="checkbox"/> \$50,000 to \$59,000	

5. How many people live in your household that is also your dependents? _____

OPTIONAL

6. If you choose, please clearly state your need for hardship assistance that may help us determine your financial picture in regards to attending this program. Indicate any special family situations, employment status, etc. (attach additional page if necessary)

SUGGESTED ITEMS TO BRING FOR THE WEEKEND -

Bedding/pillow - **NOT PROVIDED**

Bath Towels/Wash Cloth - **NOT PROVIDED**

Shampoo/Soap

Sunglasses/Sunscreen

Chapstick/Lip Balm

Hat/cap (bring an extra if you have one)

Earmuffs/neck gaiter/headband

Warm Winter Jacket

Waterproof Pants/outdoor pants

Short/Long sleeved shirts

Wicking type shirt (if you have)

Warm Winter Boots

Socks - bring extra for layering

(might bring a few light pairs as well)

Slipper/camp shoes for inside

Long/thermal underwear

Gloves/mittens (bring an extra pair or two)

Alarm Clock (battery or electric)

Bathroom Cup

Flashlight or Headlamp - for nighttime walking/activities

Swimwear/Shower Thongs/Extra Towel for Sauna

Earplugs (if you're a light sleeper - **dorm style rooms**)

Winter sleeping bag & pad - if camping out overnight (Winter Shelter class)

WATER BOTTLE - You need to keep hydrated while doing outside activities☺

OPTIONALS

Hand/or feet warmers (disposable)

Binoculars/Compass/Camera

Personal items/Kleenex/medications/toothbrush/hair dryer

Clothesline/Clothespins (to hang up any wet clothes)

Deck of cards/books

Money for gifts or purchases from the Bay Cliff store and downtown area businesses and UP BOW ITEMS!

If you have your own snowshoes or skis feel free to bring them but *(please mark them in some way so they do not get mixed up with our rentals!!)*

PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A NON-SMOKING, ALCOHOL - FREE FACILITY **PLEASE NOTE -The sauna is open for our use.

****FOLLOW THE ORANGE SIGNS** that say "**BOW**" and the map that will come with your registration packet to help guide you to Bay Cliff Health Camp.

NOTE: We encourage you to pack breathable, synthetic material clothing, socks and underwear for your weekend at Bay Cliff. Cotton tends to get wet (from sweat or wet snow) and lowers your body temperature, making you cold and uncomfortable. Find clothing that will not trap moisture next to your skin and you can layer so your skin can breathe. Ask experts at your local ski shop or sporting goods store for ideas or research "winter clothes" on the web. Numerous light layers are much better than two or three heavy layers. Be prepared to add or take off layers while taking part in your activities outdoors. Contact us if you have questions.

FRIDAY, FEBRUARY 24, 2012

- 3 - 5 p.m. Check in/Registration
- 5 - 5:30 p.m. Welcome & Introductions
- 6:00 - 6:45 p.m. Dinner
- 7:30 p.m. Dave Berry Musical Folk artist
(Playing Michigan Folk songs)
- 8:30 p.m. Bonfire - Sauna open

SATURDAY, FEBRUARY 25, 2012

- 7 a.m. Tai Chi (upstairs Unit 1 in gathering room)
- 8:00 - 8:45 a.m. Breakfast
- 9:00 - Noon **SESSION I**
- 12:30 - 1:15 p.m. Lunch
- 2:00 - 5:00 p.m. **SESSION II**
- 5:45 - 6:30 p.m. Dinner
- 7 p.m. Lindsay Bean "There are no Tests, Just Lessons - Canoeing the Lake Superior Shoreline" (A slide presentation about her trip)
- 8:30 p.m. Relax, take a hike, play a board game, star gazing
Bonfire - Sauna Open

SUNDAY, FEBRUARY 26, 2012

- 7 a.m. Tai Chi (upstairs Unit 1 in gathering room)
- 8:00 - 8:45 a.m. Breakfast
- 9:00 - Noon **SESSION III**
- 12:30 p.m. Lunch and Wrap-up Remarks

Please note: We will not be having a silent auction at our winter BOW program. (For those of you that have been to one of them in the past) We will resume it again at our summer program☺ Thank you for your continued support!



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN
REGISTRATION FOR
BOW WINTER WORKSHOP



This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

BAY CLIFF HEALTH CAMP
BIG BAY MI 49808
(ABOUT 30 MILES NORTH OF MARQUETTE)

WHEN

FEBRUARY 24-26, 2012
REGISTRATION 3-5 PM ON 2/24

COST

\$180 INC. ALL EQUIPMENT UNLESS
SPECIFIED (DUE TO INCREASE COST AT BAY
CLIFF WE HAD TO INCREASE OUR COST AS WELL)

DEADLINE
TO REGISTER

FEBRUARY 10, 2012

REGISTRATIONS WILL NOT BE ACCEPTED BY TELEPHONE, FAX OR AT WORKSHOP!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Registration form with fields for Name, Address, City, State, ZIP, Telephone, E-mail, Age, Accommodation needs, Dietary Preferences, Shirt Size, Cross Country Skis needed??, Boot Size, Height, Weight, Release Name for Carpooling Purposes.

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

You may purchase your registration on Michigan E-Store at www.michigan.gov/bow; however you MUST complete this registration and send or FAX to:

MICHIGAN DEPARTMENT OF NATURAL RESOURCES
MARQUETTE OSC
1990 US 41 SOUTH
MARQUETTE MI 49855

MICHIGAN DEPARTMENT OF NATURAL RESOURCES
1990 US 41 South
Marquette MI 49855

FAX: 906-228-5245

If you pay for your registration on our E-store Please remember to send both this page and the next page with your class choices to the Marquette office either by fax or mail as soon as possible. Questions please contact Sharon Pitz at 906-228-6561.

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172