



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN
REGISTRATION FOR
SUMMER WORKSHOP



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

YOU MAY NOW PAY FOR YOUR REGISTRATION ONLINE AT MICHIGAN E-STORE!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

BAY CLIFF HEALTH CAMP
BIG BAY MI
(APPRX 30 MILES N OF MARQUETTE)

WHEN

MAY 31- JUNE 2, 2013
REGISTRATION STARTS @ 11 A.M.
DEPARTS AFTER LUNCH JUNE 2ND

COST

\$180 - INCLUDES ALL MEALS,
LODGING, AND EQUIPMENT (UNLESS
NOTED IN CLASS DESCRIPTION)

CANCELLATION
DEADLINE

MAY 6, 2013 NO REFUNDS ISSUED
AFTER THIS DATE REGISTRATIONS
STILL ACCEPTED UNTIL MAY 10TH

REGISTRATIONS WILL NOT BE ACCEPTED AT THE 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, Emergency Contact Name and Telephone, and questions about age, special needs, dietary preferences, and hunter safety class.

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 the "State of Michigan" or pay for your registration on our "E-Store" at HTTP://www.Michigan.gov/bow; HOWEVER YOU MUST COMPLETE BOTH THE REGISTRATION PAGE AND THE 2nd PAGE BELOW W/CLASSES PICKED AND SEND THEM ALONG WITH YOUR PAYMENT (IF SENDING BY CHECK) - YOU MAY ALSO FAX OR EMAIL THEM.

OR YOU CAN MAIL TO:

FAX NUMBER 906-228-5245

EMAIL PITZS@MICHIGAN.GOV

MI DEPARTMENT OF NATURAL RESOURCES
ATTN: BOW
1990 US 41 SOUTH
MARQUETTE MI 49855

For More Information Please contact Sharon Pitz at the Marquette office - 906-228-6561 or email at pitzs@michigan.gov
**YOU MUST Send in both this page and your registration page with classes picked to complete the registration process. This applies whether mailing or faxing in.

FOR DNR USE ONLY

Index 28315

PCA 20000

Project 9172



ADDITIONAL REGISTRATION MATERIALS

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

Department of Natural Resources

Attn: Sharon - BOW

1990 US 41 South

Marquette MI 49855

(or fax 906-228-5245)

Name		Telephone (during day) ()	
Roommates (Randomly assigned, unless names are requested here – dorm style) –max in a room is 7 students w/bunk beds©			
Shirt Size: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X Large <input type="checkbox"/> XX Large		WOMEN'S CUT SHIRT PLEASE CIRCLE ONE MEN'S CUT SHIRT <i>(men's is longer in the torso)</i>	
Select and prioritize the <u>top (6) six class choices</u> you would like to attend, <u>ranking from 1 to 6</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 four (4) choices .			
<input type="checkbox"/> Shotgun	<input type="checkbox"/> Fish Identification	<input type="checkbox"/> Read a Forest, Lately	<input type="checkbox"/> Yoga
<input type="checkbox"/> Handgun	<input type="checkbox"/> Fly Fishing	<input type="checkbox"/> Wilderness First Aid	<input type="checkbox"/> Walking Stick
<input type="checkbox"/> Rifle	<input type="checkbox"/> Lake Fishing	<input type="checkbox"/> Backpacking/ Hiking	<input type="checkbox"/> Bugs, Bugs, Bugs!
<input type="checkbox"/> Basic Archery	<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Backcountry Cooking	<input type="checkbox"/> En Plein Aire
<input type="checkbox"/> Map & Compass	<input type="checkbox"/> Wild Edibles	<input type="checkbox"/> Boating & Safety	<input type="checkbox"/> Wilderness Survival
<input type="checkbox"/> Map & Compass – Beyond the Basics	<input type="checkbox"/> Kayaking	<input type="checkbox"/> GPS/GeoCaching	

**BECOMING AN OUTDOORS-WOMAN
BIG BAY MICHIGAN
May 31- June 2, 2013**



The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a pool and sauna. Lake Superior & Lake Independence is close by & accessible for swimming/boating. Participants will need to bring their own personal items. **Rooms are dorm style, some with bunk beds. Bathrooms/showers will be shared.** (Please see suggested items to bring)
YOU SHOULD PLAN ON BRINGING A WATER BOTTLE TO MOST CLASSES☺

Upon receipt of your registration and full payment, you will be notified by email or phone. Your class schedule will be sent by email/mail approximately two weeks before the workshop. **Questions please call Sharon Pitz at 906-228-6561 or email at pitzs@michigan.gov.**

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 know your own physical abilities. If the class is held inside for the entire time - that is noted as **inside.**

Introduction to Firearms & Firearm Safety

(PLEASE DO NOT BRING YOUR OWN FIREARMS. THEY WILL BE PROVIDED.) NOTE: This session is required of all participants **who do not** possess a hunter safety certificate or a valid hunting license **and plan to** take a Firearms or Archery course. Participants in this firearm safety session will receive instruction in the safe handling of firearms, at home and in the field. Opportunities to handle rifles, shotguns and handguns in a supervised setting will be presented. Classroom demonstrations and visual aids will be used to assist the participant in the learning process. **This class will take place Friday night.**

Shotgun - **M** - Learn and practice different shotgun shooting techniques. Emphasis will be on safety, determining your master eye, proper stance, proper fit, safety equipment, how a shotgun works, and hands-on time to shoot and break clay pigeons. It is a good starting point for trap, skeet, and sporting clays. If there is time at the end of class a gun cleaning demonstration will take place.

Handgun - **M** - Participants will learn the basics of safe and responsible handgun handling and shooting. An opportunity to shoot the basic types of handguns will be offered. If there is time at the end of class a gun cleaning demonstration will take place. **There is an additional charge of \$10 for this class for the ammo-please send a separate check (same address as registration materials).**

Rifle - **M** - Learn different types of rifle safety and marksmanship techniques, practice proper stance, handling and shooting. You will have a chance to shoot different types of high powered rifles. Hands-on shooting at targets will be offered.

Basic Archery - **M** - This class is for those who have never or seldom handled a bow, and want to get comfortable with the basics of archery. Learn about the equipment, safety, stance and shooting. Learn how to align the body to achieve correct posture for shooting bow and arrow, and then shoot at 3-D targets.

Building Confidence w/ Map and Compass - **M** - Acquire navigation skills for outdoor recreation by learning how to read basic maps while using a compass. You will be taught enough information to have confidence for going into the woods on your own. Your newfound skills will be tested when you set out through a short orienteering course through the woods and hopefully back!

Map and Compass - Beyond the Basics - **S** - This advanced class offers you the opportunity to hone your map and compass skills after your completion of the "*Building Confidence with Map and Compass*" course. Come prepared for a hike because the entire class will be held from start to finish in the woods. While in the field you will use both a map and compass to find a specific point of interest. Once there the group will plot a different course for our return trip to the vehicle all while experiencing what the great outdoors has to offer. Come share the fun! **This class will count as two class choices and will take place all day Saturday.** The "*Building Confidence with Map and Compass*" course **is a prerequisite** to insure that you understand the basics of using a map and compass together. *(if you've taken M&C before you do not have to repeat to take this class)*

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.

Fly Fishing - **M** - This class will provide you with basic skills in maneuvering a float tube, casting a fly rod, and catching pan fish. You will be transported to Sauxhead Lake to try out your new skills using float tubes with waders. **Fishing license is required.**

Lake Fishing - E - This session will include, basic rod and reel selection, tackle and lures, basic knots, as well as how to clean and filet fish. **This will be an all-day course and count as two sessions offered Saturday only.** You will be transported to the Hoist Basin (near Negaunee) and spend the day fishing. After the morning fish, you'll rest with a shore lunch then return to fish for the afternoon. We'll then transport you back in time for evening dinner at Bay Cliff. Participants may bring their own fishing equipment but, equipment is provided. **Dress for the weather (see items to bring page)**. This class will be very limited. **Fishing license required**.

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, and keep your finished fly. New flies will be tied for trout, bluegill & smallmouth bass.

Wild Edibles/Plant Id - E - This class will help you identify the many different types of plants and spring flowers found in the North Country, what is edible and what isn't and what you might find in your own backyard.

Kayaking - S - This class covers basic kayak touring safety, types of kayaks, and the essential paddle strokes needed to enjoy kayaking. The course will help you develop skills in solo kayaking. Paddlers will learn what techniques overcome physical strength in kayaking. Skills will be practiced on the lake.

Read a Good Forest, Lately? - E - Like a good mystery novel, every forest offers obscure clues to the deepest secrets. The clues are hidden to casual observers & say more than you'd expect. Hike through the forest, develop simplistic observational skills, expose the clues & read the hidden pages in the forest story.

Wilderness First Aid - E - What's in your first aid kit? Find out which items you "should have" and which items you "must have." What are the most common injuries and illnesses? Do you know how to treat them? With hands on practical instruction and a variety of outdoor scenarios, you'll learn what to do when emergency help is delayed! Are you prepared to save a life in a wilderness setting?

Backpacking/Hiking - S - Learn the basics of backpacking including where to go, what gear do I need, how do I fit everything in a pack, once I get outdoors, how do I use all this gear and how do I stay safe from everything from animals to storms. This class will have a short indoor session followed by a mock backpack trip to a local venue. We will be bringing a variety of equipment and resources. Be prepared to get hands on with the equipment. **You may also have the opportunity to wear a pack if you choose to. Wear comfortable shoes and bring your water!**

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 how to prepare 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.

Boating & Safety - M - Boating is fun and can be the means to get to the best fishing spots! Learn how to trailer a boat, back it down the ramp and launch it, then start the motor and operate the boat expertly and safely. You'll get pointers on driving the boat, rules of the waterways, anchoring, docking, and lots of great safety tips, too. Then, you'll motor the boat back to the dock and load it on the trailer again! Now, that's what we call independence! **A class on Friday evening will go over the safety portion that is a requirement for this class and to receive a boating safety certificate.**

GPS/Geocaching - M - Are you "lost" when it comes to using GPS technology? How would you like to be the one that leads with confidence in knowing exactly where to go without asking for directions! Have you heard "Geocaching" is fun, but never really understood what the term meant? In this class, we will teach you how to find your current location, where you were, where you're going and how long it will take to get there. Join the fun in the woods and know where you are at the same time. Be ready to take a short hike outside and explore places that otherwise might be overlooked. You will learn a new use for your GPS unit for free outdoor fun with the family of all ages. GPS units will be provided for class use. **(Bug spray, good shoes, and rain gear if weather calls for it, also small items to trade at the caches)**

Yoga - M - Yoga is an ancient art form that unites the mind, body and spirit. Through movement, breath, work and humility we tap into our connections both to one another and to the natural world around us. We will be learning a bit of history as well as having fun and exploring the health benefits of practice. Please wear clothing that allows for a wide range of movement and feel free to bring your own mat if you have one. Plenty of mats will be available for those who don't. No experience necessary! We will practice outside for at least part of the class if weather permits.

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.

Bugs, Bugs, Bugs! - M - This class will include an over view of the process of collecting, sorting and counting different macro-invertebrates found in the water. With certain bugs liking different cleanliness levels of water, you can determine how clean your watershed is by what bugs call it home. After the over view, we will strap on our waders (if needed) and head to the waters. We will learn how to collect the bugs, where to find the bugs and how to identify them. *The Yellow Dog Watershed Preserve holds a grant to set up a Volunteer based Stream Monitoring Program on the Salmon Trout River. All class participants are welcome to volunteer for this program, or look up your own watershed back at home to see how you can get involved.*

En Plein Aire - E - This class will rev up your artistic mind and hands through drawing and painting in the out of doors, identifying birds, flora and fauna, and to become immersed in the "sense of place" and record this natural beauty through artwork.

Wilderness Survival - M - Don't go into the Woods.....unprepared! Do you have the skills to survive a backwoods emergency? Do you know items you should never be without when you go into the woods? Let us show you some basic wilderness survival skills that will help you build the confidence you need to enjoy a hike, a float or any other outdoor experience. We will discuss survival skills such as fire building and basic shelter building and try your hand at building both. We'll talk about first aid and how to handle emergency situations. Don't let poor planning ruin a trip. The best time to practice these skills is before you need to use them.

YOUR BOW CREW WELCOMES YOU!





Dear BOW Participant and Instructor:

We would like to once again hold a silent auction this year to help provide scholarships to women who would like to come, but can't afford it. It will be a lot of fun and we get to send participants home with some wonderful outdoor equipment at the same time. We have already been able to send over 20 ladies to our programs because of your generosity!!

We are asking each participant and instructor to bring one or two items for the auction. It doesn't have to be anything big (but we won't complain if it is). It doesn't have to be anything new! Just bring something if you can! Below are some general guidelines, but don't let them stifle your creativity.

- ❖ It should have an outdoor theme, but doesn't have to be outdoor equipment. Examples – a lamp shade made of natural materials, homemade hat or mittens, a pair of mosquito earrings (you know that is our state bird!). Of course you're welcome to bring, a compass, tent, drink bottles, etc.
- ❖ It can be new or used, as long as it is in good condition! If you have a piece of outdoor equipment that you are no longer using or don't plan to use, or if you have a relative that camped out and he left you his perfectly good backpack, feel free to bring it!
- ❖ It can be worth 50 cents, \$5 or \$100 and anything over, under and in between.
- ❖ You can ask for donations from merchants and organizations. Feel free to show them this letter or have them call me if you need a tax deductible receipt or more information about this event.
- ❖ If you have an item to donate, please bring it to the Auditorium when you arrive for the weekend, we will have tables set up and a bid sheet for your item.

All proceeds from the auction will help pay for scholarships for future programs. If you have any questions, please contact me at 906-228-6561 or email at pitzs@michigan.gov. Thanks for participating!!

Sincerely,

Sharon Pitz
UP BOW Coordinator



MICHIGAN 2013 Becoming an Outdoor Woman (BOW) SCHOLARSHIP APPLICATION

Michigan BOW Scholarship applications are 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: April 29** for the May-June 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 – we will notify you no later than May 3rd if you qualify)*

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. *If you have been awarded a scholarship previously you are no longer eligible for another scholarship thru the Michigan BOW program.*

APPLICANT INFORMATION

Name _____ Phone (H) _____

Address _____ Phone (W) _____

City/State _____

Email _____

Are you a First Time Michigan BOW Participant? YES _____ NO _____
(Special considerations will 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 _____

<i>Office Use Only:</i> <i>Date Rec'd</i> _____ <i>Application #</i> _____ <i>Full or Partial</i> <i>First time BOW Participant Y or N</i>
--

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 are 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

Linens/pillows or sleeping bag/pillow - for your bed

Bath Towels/Wash Cloth	Short/Long sleeved shirts (depending on weather)
Shampoo/Soap	Long socks for tucking in pants
Sunglasses/Sunscreen	Rain Gear or poncho or wind breaker
Water Bottle /fanny pack or holder	Alarm Clock (battery or electric)
Jacket/Sweater	Flashlight/headlamp
Jeans/Shorts (depending on weather)	Sturdy Shoes and/or Hiking Boots
Anti-itch cream; Hair dryer; Personal Items	
Long underwear (watch the weather)	

Hat/cap (**NOTE**: hats/caps **not to be** worn while in the kitchen/dining room - Bay Cliff policy)

Insect Repellent (Try something with Deet in it to keep Black Flies, Ticks, and Mosquitoes off)

Swimwear -Thongs/flip flops - extra towel for pool/sauna

(**NOTE**: showers are open/shared with others -in pool area)

Cup/Mug (there are no drinking fountains in the bed room areas)

Earplugs if you're a light sleeper or a snorer in your room/rooms are dorm style - some rooms have bunk beds

**** Fly Fishing students - please bring for class**

baseball type hat; Polarized glasses; Nail clippers - we have several different size waders if you don't have your own☺ Clothes that blend into the surroundings - **not** bright colors or white

OPTIONAL ITEMS

Chapstick	Clothespins/rope (to hang up wet clothes)
Binoculars/Compass/GPS	Deck of cards/Small radio/book
Camera	Personal cooler
Cell Phone/Charger	Mountain Bike
Fishing Pole	Bike Helmet
Kleenex/medications/Head net	

Money for any souvenirs/gifts to buy (there are local shops in area plus - there is a small shop at Bay Cliff (all take cash/check/Visa/MC))

Don't forget to bring \$\$ for our **Silent Auction** - proceeds will be used to fund our BOW Scholarship Program!!

**PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A
NON-SMOKING, ALCOHOL - FREE FACILITY**

****PLEASE NOTE** - The pool and sauna will be available for our use in the evening. There are extra shared showers and bathrooms in the pool building and extra bathrooms in the Auditorium.

*******From where you will park your vehicle to your room there is a short hike. There are a few carts available near the entrance to Bay Cliff (in the parking lot area) that you may use. If you have your own, you might consider bringing it with you. Approximate distance is $\frac{1}{4}$ mile (paved). Try to pack for what you can carry on your own as the carts get used up quickly - you may have to wait a while before it gets brought back to the parking area.

**** PLEASE REMEMBER TO READ THE CLASS DESCRIPTIONS FOR ANY ITEMS YOU MAY NEED TO BRING WITH YOU FOR THE SPECIFIC CLASSES**😊

****FOLLOW THE **ORANGE** SIGNS** in the Marquette vicinity and in Big Bay that say **"BOW"** which will guide you to Bay Cliff along with using the below map.

Any questions - please contact Sharon at the Marquette DNR Office - **906-228-6561**

