



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 ON LINE AT OUR E-STORE!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE BAY CLIFF HEALTH CAMP BIG BAY MI (APPROX 30 MILES NORTH OF MQT)

WHEN JUNE 1-3, 2012 REGISTRATION STARTS AT 11 A.M. DEPARTS AFTER LUNCH JUNE 3RD

COST \$175 - INCLUDES ALL MEALS, LODGING AND EQUIPMENT (UNLESS SPECIFIED IN DESCRIPTION)

CANCELLATION DEADLINE MAY 4, 2012 NO REFUNDS ISSUED AFTER THIS DATE -- REGISTRATIONS STILL ACCEPTED UNTIL MAY 10TH

REGISTRATINOS WILL NOT BE ACCEPTED BY TELEPHONE, FAX OR 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, hunter safety class, and carpooling.

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:

MI DEPT OF NATURAL RESOURCES Attn: BOW 1990 US 41 SOUTH MARQUETTE MI 49855

OR

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:

MARQUETTE OSC - ATTN: BOW MI DEPT OF NATURAL RESOURCES 1990 US 41 SOUTH MARQUETTE MI 49855

FAX: 906-228-5245

For more information please contact Sharon Pitz at the Marquette OSC 906-228-6561 or email at pitzs@michigan.gov *** Please note you must send in this registration page and the first page of the class descriptions w/classes picked to the Marquette office if you register on line OR if you send it in the mail!!

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172



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) () ()	
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			
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 <u>top four (4) choices</u> .			
<input type="checkbox"/> Shotgun	<input type="checkbox"/> Lake Fishing (all day class)	<input type="checkbox"/> Read a Forest, Lately	<input type="checkbox"/> Backcountry Cooking
<input type="checkbox"/> Handgun	<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Rockclimbing	<input type="checkbox"/> Boating & Safety
<input type="checkbox"/> Map & Compass	<input type="checkbox"/> Perennial Gardening	<input type="checkbox"/> Backpacking/ Hiking	<input type="checkbox"/> GPS/Geocach
<input type="checkbox"/> Map & Compass – Beyond the Basics (all day class)	<input type="checkbox"/> Kayaking	<input type="checkbox"/> Birding	<input type="checkbox"/> Mail Bonding with Mother Nature
<input type="checkbox"/> Wilderness Survival	<input type="checkbox"/> Photography	<input type="checkbox"/> Wilderness First Aid	<input type="checkbox"/> Canoeing
<input type="checkbox"/> Fly Fishing	<input type="checkbox"/> Disc Golf	<input type="checkbox"/> Fly Tying	

**BECOMING AN OUTDOORS-WOMAN
BIG BAY MICHIGAN
June 1-3, 2012**



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)

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 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 because the cost of ammo has increased significantly. Send check with registration.**

Building Confidence w/ Map and Compass - S - 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!

Map and Compass - Beyond the Basics - M - This advanced class offers the opportunity to hone your map and compass skills after your completion of the "above Map & 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. (If you've taken M&C before you do not have to repeat to take this class)**

Wilderness Survival - M - Don't go into the Woods.....unprepared! Do you have the skills to survive a backwoods emergency? Do you what 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. 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.

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. **You will need to provide your own waders. (We do have a couple pair) If you have a float tube you may bring one but they will be provided. 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 will be provided. **Dress for the weather (see items to bring page).** This class will be limited. **Fishing license required.**

Mountain Biking - S - Learn the basic rules of the trail and riding techniques, such as shifting, braking, hill climbing and descent, body positioning and navigating obstacles. Learn basic bike repair and inspection and review the best bike for your budget and style of riding. See the latest technology in off-road bikes. Ready-to-ride Mountain Bikes and safety helmets are required for the class. Water bottle is suggested.

Perennial Gardening - E - (Inside/some outside) There is nothing more 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 create. We will also work with a design for Bay Cliff and take it outside and play in the dirt using different plants and flowers to brighten up one of the areas. 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.

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. If you have a wetsuit you may want to bring (water is chilly in June).

Outdoor Photography - E - Capturing images outdoors requires special knowledge, skills & patience. Learn basic camera operations, tips & techniques. Bring your camera, film & photos for critique. Time will be spent a-field.

Disc Golf - M - Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee. This course is designed to educate people in the basic rules, techniques, throwing options, and strategies of disc golf. Disc golf is a sport well suited for a lifetime leisure activity. Equipment is inexpensive and most courses are free to play at. For local course listing see www.pdga.com.

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.

Rock Climbing & Rappelling - S - Rock climbing and rappel class serves as an overall introduction to the sport of rock climbing. Class instruction includes discussion, demonstration, and practice in buckling the safety harness, securing the rope, belay safety techniques and communication commands. You can do this even if you have never climbed a tree before.

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 will take a hike, and may have the opportunity to wear a pack if you choose to. So wear comfortable shoes and bring your water!

Birding - E - Birding is an easy way to feel closer to nature. We'll start inside learning the basics of birds and binoculars. Afterwards, we'll go on a leisurely hike looking for bluebirds, robins, chickadees and others. Information on bird feeding will also be provided. Bring binoculars and a field guide if you have one, plus paper & pencil to this class.

Wilderness First Aid - E - 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. You will spend part of the time outside demonstrating different emergency scenarios.

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.

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.

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 only. (Bug spray, good shoes, and rain gear if weather calls for it, also small items to trade at the caches)

Mail Bonding with Mother Nature - E - (Inside) This fine (green) arts recycling sectional recognizes your gift of creativity and appreciation for aesthetics, NATURE and the planet!! We not only honor the ancient art and ritual of letter writing, we honor MOTHER EARTH by using materials and supplies otherwise destined for, but passionately rescued from the recycle bins! You will create strikingly exquisite and even "gift-worthy" postal art to encourage, inspire and excite the letter-writer and nature enthusiast in you! You will do the same for countless lucky and grateful recipients

of your pretty posts and marvelous missives in mailboxes everywhere! During the busy-ness and bustle of the BOW weekend you will enter the meditative calm of letter writing with NATURE in mind!

Canoeing - S - This class covers basic canoe safety, types of canoes, and the essential paddle strokes needed to enjoy canoeing. The course will help you develop skills in solo paddling as well as tandem paddling. Skills will be practiced on the lake. Prepare to have fun!

YOUR BOW CREW WELCOMES YOU!





Dear BOW Participant:

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 first tried this at one of our winter programs and raised \$1,275 for our scholarship program!!! – We have already sent several ladies to our programs because of this!

We are asking each participant to bring one(1) item 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 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: April 23** for the 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 4th 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.

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 \$175

_____ - Partial Scholarship \$100 (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 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)