



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 & Environment
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> .			
___ Shotgun	___ Fish Identification	___ Read a Forest, Lately	___ Woodburning
___ Handgun	___ Fly Fishing	___ Rockclimbing	___ Treasure Hunt 101
___ Basic Archery	___ Lake Fishing	___ Backpacking/ Hiking	___ Goods from the Woods
___ Map & Compass	___ Fly Tying	___ Birding	___ Wilderness First Aid
___ Map & Compass – Beyond the Basics	___ Perennial Gardening	___ Outdoor Cooking	
___ Wilderness Survival	___ Canoeing	___ Intro to the Deer Hunt	
___ Mountain Biking	___ Kayaking	___ Boating & Safety	

**BECOMING AN OUTDOORS-WOMAN
BIG BAY MICHIGAN
June 3-5, 2011**



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 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 because the cost of ammo has increased significantly.**

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 - 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 through the woods and hopefully back!

Map and Compass - Beyond the Basics - M - 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)*

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. 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.

Mountain Biking - S - Mountain Biking - 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.

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. **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.](#)

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.

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. **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.**

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!

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.

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.**

Outdoor Cooking - E - Eat well on the trail! Learn about various camp stoves available and how easy it can be to cook delicious meals on a single burner stove, some Dutch oven and campfire cooking for backpacking or campground camping. And you deserve to enjoy dessert after a vigorous day of activity, right? Beyond cans and freeze dried: see how grocery shopping can keep your pack weight light for backpacking so you enjoy your hike and your meals.

Introduction to Deer Hunting - E - This class is for those who are interested in Deer hunting or want to learn the basics of what you need to start hunting. You will learn hunting safety, scouting for deer, what types of equipment to use, where to look for a hunting site & what type of stand to use, and how to call in a deer. Inside the classroom, we will discuss cover scents, deer calls and costs involved for your successful hunt. Then we will venture outside to scout for "signs" of deer, find a good hunting spot, set up a ground blind, learn to track a deer and how to get it home after your successful hunt!

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.**

Woods, Wildlife and Woodburning - 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.

Treasure Hunt 101 - M - Did you know that there are treasures hidden in interesting places? They are called *Geocaches* and a basic membership is FREE at Geocaching.com. Explore places that otherwise might be overlooked. Take a hike and learn a new use for your *GPS* unit for free outdoor fun with the family. Come ready to hike outside. (Bug spray, good shoes, and rain gear if weather calls for it, also small items to trade at the caches) Having basic *GPS* skills is recommended but not necessary. Your own *GPS* is recommended for this class, but there will be some on hand if you need one.

Goods From The Woods - E - (Inside) Make *HUNTING* and *GATHERING* a part of your next outdoor adventure!! "Gathering" is another way to recreate in the great outdoors, enjoy fresh air, exercise, sunshine, solitude or quality time with family and friends when you harvest nature's bountiful gifts. Hone your "species-identification" skills; deepen your appreciation and connection with the earth and save money!! Enhance your *NATURAL* creativity and then share your art and your heart to create simple yet satisfying gifts and decor items that are thoughtful, whimsical and *FUNctional!!!* No art experience or expertise required!!

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 as well.

YOUR BOW CREW WELCOMES YOU!





Dear BOW Participant and Instructor:

We are trying something new this summer, we would like to 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 our winter program and raised \$1,275 for our scholarship program!!!

We are asking each participant and instructor to bring an 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 2011 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 22** for the June event at Bay Cliff.

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 _____

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)

SUGGESTED ITEMS TO BRING FOR THE WEEKEND

Linens/pillows or sleeping bag/pillow - for your bed - none provided

Bath Towels/Wash Cloth - none provided

Shampoo/Soap

Sunglasses/Sunscreen

Water Bottle/fanny pack or holder

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

Jacket/Sweater

Jeans/Shorts (depending on weather)

Short/Long sleeved shirts (depending on weather)

Long socks for tucking in pants

Sturdy Shoes and/or Hiking Boots

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

Rain Gear or poncho or wind breaker

Alarm Clock (battery or electric)

Flashlight/headlamp

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

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

Long underwear (watch the weather - might be cold at night/early morning)

Earplugs if you're a light sleeper/rooms are dorm style - some rooms have bunk beds

Anti-itch cream; Hair dryer; Personal Items

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

baseball type hat; Polarized glasses; Nail clippers

Waders (chest) - hip waders/short rubber boots will not work. (a few are available) Clothes that blend into the surroundings - not bright colors or white

OPTIONAL ITEMS

Chapstick

Binoculars/Compass/GPS

Camera

Cell Phone/Charger

Fishing Pole

Kleenex/medications/Head net

Clothespins/rope (to hang up wet clothes)

Deck of cards/Small radio/book

Personal cooler

Mountain Bike (**also for Mtn Biking students**)

Wetsuit (**Kayaking students - not necessary**)

Bike Helmet (**Mountain Bike Students**)

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.

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

Any questions - please contact Sharon at the Marquette Operations Service Center - 906-228-6561



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

JUNE 3-5, 2011
REGISTRATION STARTS @ 11 A.M.
DEPARTS AFTER LUNCH JUNE 5TH

COST

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

CANCELLATION
DEADLINE

MAY 6, 2011 NO REFUNDS ISSUED
AFTER THIS DATE

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, 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.

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 online or if you send it in the mail!

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172