

Jessica Arnold  
Northern Allegheny Outdoor Women's Association  
8514 Route 27  
Pittsfield, PA 16340

**WOW!**

Experience it today!

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**NORTHERN ALLEGHENY  
OUTDOOR WOMEN'S ASSOCIATION**

Presents

**Women's Outdoor Workshops!**

Come join us today!



**Saturday June 2<sup>nd</sup>, 2018**  
Chapman State Park



**Northern Allegheny Outdoor Women's Association** Mission Statement: Fostering a love and appreciation of the outdoors and our community through education, recreation, conservation and wellness.

The **NAOWA** team is the host and creator of this day-long women's event called **Women's Outdoor Workshops!** or **WOW!**. **WOW!** is designed to be a fun day for women to try new things, brush up on old skills and meet new people. We are excited to bring this opportunity to you and sincerely hope you will join us on June 2<sup>nd</sup> for the sixth annual **WOW!** Event!

**Like us on Facebook for additional updates:** Northern Allegheny Outdoor Women's Association

## The Important Stuff:

- ① Registration is \$40
- ② Registration deadline is May 18, 2018
- ③ Class sizes are limited so early registration is recommended!
- ④ Check-In Required. Plan to arrive at Chapman State Park between 8 and 8:15am.
- ⑤ The event will be over at approximately 5pm.
- ⑥ Confirmation with directions will be sent to you upon receipt of your registration form and workshop fee.
- ⑦ Minimum attendee age is 14. Ages 14 – 17 must attend with a parent or guardian.
- ⑧ Event is rain or shine and is entirely outdoors! For your safety and comfort, please bring the appropriate clothing for variable weather.
- ⑨ Any cancellations within 48 hours of the event will not be refunded. Substitute attendees are permitted with prior notice.

## What You Enjoy:

- ◇ Choice of 4 expertly instructed classes presented in an interactive and hands-on environment.
- ◇ A delicious BBQ Chicken lunch by Hog Wild BBQ.
- ◇ Equipment and materials provided for use in classes. You are welcome to bring your own equipment for use in any class too.
- ◇ Extra programming and activities to enjoy during the lunch hour.
- ◇ The opportunity to join in various raffles and games. Bring a little extra cash or your credit card to join in on some extra fun!

### Send Check and Registration to:

Jessica Arnold  
8514 Route 27  
Pittsfield, PA 16340

For additional information, contact  
Jessica Arnold  
(814) 436-1048 or (814) 688-0393  
Email: [jesarnold1967@gmail.com](mailto:jesarnold1967@gmail.com)

### REMINDER!!!

#### The Local Support Raffle

Bring any children's school supplies for donation to our local schools and we will enter you in a special prize raffle.

# Women's Outdoor Workshops!

## 2018 WOW! Class Choices and Descriptions

**Archery:** Whether you're interested in backyard recreation, competition target shooting or bow hunting you'll enjoy learning about this fast-growing sport. Learn the basics of equipment and safety. Experience the thrill of hitting the mark on the archery range.

**Backpacking 101:** Join Piper for a complete rundown of gear essentials: different backpacks, sleeping systems (hammocks, carbon tents, tree tents), water filters, cooking stoves, trekking poles and safety gear, followed by a rundown of excellent backpacking trails in the Allegheny National Forest. You'll learn how to properly pack gear in our packs, fit them for comfort, then head out with packs on a short hike.

**Beautify Your Yard with Native Plants:** Learn to use soil sampling equipment and planting tools, how to prepare soil, native vs. invasive plants, challenges to successful planting, plus tips on plants for sun and partial sun areas. You'll even get to plant some native plants in Chapman Park for wildlife and other benefits.

**Bird Watching:** Join our expert birder as he helps identify common birds in a variety of Chapman habitats, with emphasis on local breeding birds of the season. You'll be taking a Bird Walk, and with luck, you'll see an osprey or eagle! He'll also give tips on the selection/use of binoculars and other equipment (feel free to bring your own), plus suggestions for local bird watching areas.

**Cast Iron Cooking for 2018:** This year we take on a new and exciting change in cast iron cooking. Along with learning why and how to cook with cast iron, as well as how to clean it, we will also be teaching you the reason and methodology of cooking outdoors with Whole Plant Based Foods. We will be teaching, preparing, cooking, and eating some extremely healthy and delicious dishes!

**Essential Oils 101 Make-and-Take:** Join us for an informative session on the many benefits and uses for essential oils. Essential oils offer a more natural and holistic approach and an option for overall health and wellness. **\*\*Additional \$5.00 to cover supplies.\*\***

**Fly-Fishing Introduction:** Catch 'em on a fly! Practice basic fly casting techniques and learn about equipment, aquatic insects and fly selection. Participants will be introduced to the art and science of fly-fishing and discover places to fish in the Allegheny National Forest.

**Geocaching:** Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled Devices. You will navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Geocaches can be found all over the world and the search may often take you to some amazing places.

**Handmade Fishing Lures:** Learn how to tie fishing knots, identify parts of a fly, and decide when using bait or a lure is best. You'll make lures for yourself or to share with a friend.

**Hoop Dancing:** Be introduced to the wonderful world of Hoop Dancing (Hula Hooping)! You will learn about the numerous health benefits, different types of hoops and hooping styles. You'll also receive experience with different beginner level hoop tricks on and off the body, with hoops made for adults. No hooping experience necessary; this is great fun and great exercise!

**Mosaic Clay Pots:** You'll get to design and decorate a clay planting pot (to take home) with beautiful stained glass, after learning basic design skills, how to cut and adhere the glass, and grouting techniques. **\*\*Additional \$5.00 to cover supplies\*\***

**Mountain Biking:** Participants will learn about bikes, local trails, and biking organizations, then take a ride on one of the park trails. Bikes and helmets will be provided.

**Native Planter Box:** Learn how to use a wooden pallet to make your own planter box. Information on the use and purchase of native plants (and their value to native life) will be shared and you'll take your own box home! **\*\*Additional \$5.00 to cover supplies\*\***

**Photography in the Wild:** Put your camera or cellphone to good use learning how to take outdoor photos and capture scenes in a whole new light. You'll learn a few tricks of the trade while discovering your "inner photographer" in this hands-on course. Bring your own camera or smartphone.

**Power of Presence:** This informative workshop will offer insight to the mind-body connection. Aimee will guide participants through meditation, exercises in mindfulness, and aid in facilitating energetic self-healing.

**Primitive Skills:** For a primitive "twist" for 2018, join our Primitive Skills instructors at their own encampment. See and experience what a frontier camp was like, learn how to start a fire without a match or lighter, throw a tomahawk and sample some period correct food.

**Raised Bed Gardens:** Would you like to see, touch, build and learn about the advantages of Raised-Bed gardens? Why should you build a Raised Bed Garden? Are there any advantages? While learning how to build and use raised beds, you will help build one to be offered at the WOW! Auction at the end of the day.

**Rope Bridge Building:** If you were at WOW! 2017, you saw an incredible rope bridge being created. Join our knot-tying guru to learn how to tie knots that will come in handy just about anywhere. Participants will work on building the 2018 version of a WOW! "monkey bridge" out of poles and rope.

**Shooting Sports:** If you have never shot a firearm before or are looking for help to fine-tune your skills, this class is for you. You'll learn about shotguns, rifles and handguns. You'll be able to ask questions about "Personal Protection" and "Concealed Carry" options. You have options to shoot as well as openly discuss proper and safe firearm handling. **\*\*Additional \$5.00 to cover supplies\*\***

**Signs and More Signs!** Here's your chance to create a simple carved wood sign for your home, entryway or garden. You'll be using an electric rotary tool, and will have all the materials and step-by-step instructions needed to complete your project. You'll take "your sign" home, ready to display with pride. **\*\*Additional \$5.00 to cover supplies.\*\***

**Silk Painting:** This class teaches the basics of silk painting using the serti technique. Each participant will complete a handpainted bandana to take home. **\*\*Additional \$5.00 to cover supplies\*\***

**Vermiculture (The Art of Raising Worms):** Join our composting/raised bed instructor as he shares this sustainable adventure, which allows you to reduce your home waste up to 80% and provide for healthier garden veggies. You will build home vermiculture bins to be auctioned off at the end of the day.

**Vertical Gardening:** Give a new dimensional look to your garden and/or landscaping with vertical gardening features. Going vertical will not only give the garden an interesting look but more gardening in less space. Participants will leave the session with a container garden of vegetable and/or flower plantings. **\*\*Additional \$5.00 to cover supplies.\*\***

**A Walk in the Woods:** Walking in the woods is free—and good for you! Join our local forester to get a good workout as well as lots of information on the beauty surrounding us. You'll learn to identify trees, native plants and more, as well as tips on keeping healthy as you exercise.

**Women's Kubaton Self Defense Class:** Learn how to use an ancient Japanese weapon modified as a harmless key holder to defend yourself against attackers. Learn how to defend yourself using simple but effective ways to defeat punches, grabs and holds. Also covered: how to avoid dangerous situations and react in a confrontation, legal aspects of self-defense, levels of self-defense and directions how to make your own Kubaton to carry.

## Participant Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email Address (will send confirmation via email if provided) \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Please choose four (4) classes and four (4) alternates.

① \_\_\_\_\_ ② \_\_\_\_\_ ③ \_\_\_\_\_ ④ \_\_\_\_\_

Alt1 \_\_\_\_\_ Alt2 \_\_\_\_\_ Alt3 \_\_\_\_\_ Alt4 \_\_\_\_\_

The WOW! Event t-shirts can be pre-ordered with your registration fee. T-shirts are \$10 each and will be handed out at the event. Please indicate the size below if you would like to pre-order. T-shirt availability at the event will be limited.

\_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL

Payment Method (cash, check or credit card is accepted)

- \$ \_\_\_\_\_ Registration Fee (\$40.00)
- \$ \_\_\_\_\_ Additional Class Fee(s)
- \$ \_\_\_\_\_ WOW! T-Shirt (\$10.00 per shirt)
- \$ \_\_\_\_\_ TOTAL AMOUNT TO REMIT

Make checks payable to: NAOWA

OR Charge my credit card number \_\_\_\_\_ Circle One: VISA MC Discover AMEX

Last three digits on back of card \_\_\_\_\_ Exp Date \_\_\_\_\_ Signature \_\_\_\_\_

(please bring your credit card to the event in case there are questions)

**Mail the completed form along with the registration fee to:  
Jessica Arnold/NAOWA, 8514 Route 27, Pittsfield, PA 16340  
\*\* Deadline for registration is May 18, 2018 \*\***

### PARTICIPANT RELEASE

The participant, by signing below, acknowledges this program involves some risk and assumes responsibility for any action and for any injury that may result from participating and also waives and releases all other participants, the host, sponsors, instructors, officials, and/or other parties involved in the event from all claims and/or damage/injury incurred in connection with this event. In addition, participant grants the Northern Allegheny Outdoor Women's Association the unconditional right to use the name, voice and photographic likeness of the person listed above, in regards to any of the publications and audio/video productions.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent / Legal Guardian for Participants of Ages 14 – 17

\_\_\_\_\_  
Date