



7th Annual One Day Event

Saturday, June 17, 2006

8 a.m. — 6 p.m.

Location:

**Ashland Lake
Gun Club**



Sarah Hawthorne
11203 Mullinix Road
West Salem, OH 44287



Women in the Outdoors is dedicated to providing interactive educational outdoor opportunities for women ages 14 and older. Outdoor learning events featuring hands-on activities are conducted by local chapters throughout the nation.

The National Wild Turkey Federation's goal is to teach the importance of responsible wildlife management, increase participation in outdoor related opportunities and to preserve the hunting tradition.

The Women in the Outdoors Program will meet its goal by introducing more women to outdoor activities, training women as outdoor educators and providing a network for men and women with similar outdoor interests.

Directions:

Ashland Lake Gun Club
206 State Route 42
approximately 8.7 miles north of
Ashland, OH

For precise directions visit their web site,

www.ashlandlakegunclub.org

or request a map with registration.

Make checks payable to the
National Wild Turkey Federation,
and mail this completed form and \$50.00
Registration fee to :

Sarah Hawthorne
11203 Mullinix Road
West Salem, OH 44287
(419) 853-3148

dsawthorne@outdrs.net

Participant Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

E-Mail: _____

Emergency Contact:

Phone: (____) _____

Circle One
New Member or Renewal

Membership # _____

Participants 14-17 years old must have a
parent/guardian sign for them.

Your Paid Registration Includes:

- Your choice of four Women in the Outdoors courses
- Lunch
- 1 yr. Subscription to the Women in the Outdoors Magazine
- 1 yr. membership to the N.W.T.F. (extension of current membership)

Registration Deadline June 2, 2006

Silent Auction, Door Prizes, Raffles

Women in the Outdoors Courses

Choose your courses from the following selection and indicate your preference on the attached registration form.

Course Offerings: please rank in order of preference, 1 – 6 with 1 being your first choice and 6 being your last.

- | | |
|---|---|
| <input type="checkbox"/> Bowling Pin Shoot | <input type="checkbox"/> IDPA Pistol Shoot |
| <input type="checkbox"/> Highpower Rifles | <input type="checkbox"/> Trap & Skeet Shoot |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Basket Making |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Bird Walk |
| <input type="checkbox"/> Holistic Health | <input type="checkbox"/> Compass Navigation |
| <input type="checkbox"/> Sugar Snacks | <input type="checkbox"/> First Aid |
| <input type="checkbox"/> Dutch Oven Cooking | <input type="checkbox"/> Car Maintenance |
| <input type="checkbox"/> Wood Carving | <input type="checkbox"/> Flower Arranging |
| <input type="checkbox"/> Hunting Techniques | <input type="checkbox"/> Back Packing |
| | <input type="checkbox"/> Gourd Craft |

BOWLING PIN SHOOT: AKA bowling with bullets! Learn how to shoot bowling pins with a .22 pistol. Learn firearms handling, tips and techniques for knocking down the pins, and have a blast pistols and ammunition will be supplied, but attendee may bring her own handgun and ammunition if she wants.

IDPA PISTOL SHOOT: AKA combat pistol shooting, where target hits and time count. Shooter will engage cardboard silhouette

targets with a handgun. Firearm handling and shooting techniques will also be covered. Pistols and ammunition will be supplied, attendee may bring her own handgun and ammunition if she wants.

HIGHPOWER RIFLE: Bulls eye target shooting! Learn how to shoot AR-15 rifles (the semi-automatic civilian version of the currently issued military M-16). Some vintage rifles will also be available to

TRAP AND SKEET SHOOTING: Learn how to shoot clay birds with a shotgun. Try out these challenging shooting disciplines. Session includes firearm handling. Leading the birds and making your shots count. Shotguns and shells will be provided, but you are welcome to bring your own (20 or 12 gauge).

ARCHERY: An instructor will provide training in shooting compound and/or traditional bows at targets 10-15 yard away. Learn to select the right equipment for you.

TAI CHI: Instructor Mary Cuchna, will instruct you in learning about the benefits of Tai Chi. Tai Chi is a moving meditation, a powerful key to relaxation, increased focus and concentration.

BASKET MAKING: You ll go home with proof of your handy work! John Dewalt will introduce you to the art of basket making and guide you through your work of art.

BIRD WALK: Sponsored by the Greater Meriden Audubon Society, Tim Leslie and Barry Cowell, will be your leaders for this course. You could see and hear as many as 30 species of birds! Bring binoculars and field guides if you have them.

HOLISTIC HEALTH: Neil Fedio will introduce you to yourself through self observation, reflection of –by people and surroundings, Learn about body work (massage) , intuitive awareness, energy work (release physical, mental, emotional or spiritual blocks

COMPASS NAVIGATION: Learn how to navigate cross-country by using compass and approximate distance measurements. Learn to read and interpret the directions and 360 – degree gradation on the compass. Learn your pacing distance. Apply these skills with an actual cross county land navigation exercise. Compasses will be provided but you can bring you own,

GOURD CRAFT: Turn a gourd into a bowl with a woven pine needle rim. From start to finish, Rebecca Rosecrans, will instruct you on techniques for creating a useful item from gourds, Alternate rim materials will also be provided.

SUGAR NUTRITIONAL SNACKS: Do you have the sugar blues? Join Ellen Darby for a fun informative, interactive workshop. Learn to understand why we crave sweets.

FIRST AID: Learn basic outdoor first aid from the Ashland County Red Cross.

DUTCH OVEN COOKING: Achieve gourmet taste while cooking in the outdoors. Learn techniques and recipes for great Dutch oven cooking. You will be preparing simple to elaborate recipes and then get to enjoy results.

BASIC CAR MAINTENANCE: Learn what proper car maintenance is. Don t let you be at the mercy of Car care specialists can take you to the cleaners. As must for drivers.

WOOD CARVING: Learn the basics of wood carving in this hands on course. You will a finished piece by the end!

FLOWER ARRANGING: Learn to bring the beauty of nature into a gorgeous arrangement. Mr. Applegate from Kingwood Center will be showing how to create a flower arrangement.

HUNTING TECHNIQUES: Brad Williams, experienced and successful hunter, will be teaching you some of the tricks and techniques for hunting deer and turkey.

BACKPACKING: Join Karrie McAllister to find out about basic backpacking equipment procedure, how to plan a trip, and what feels like to carry a full backpack.

