

How about a "Staycation" weekend with your girlfriends? Everybody needs a little downtime!

Do you love the outdoors, but can't find time to enjoy it?

Are you tired of your typical weekend...errands, laundry, kids, cleaning, chores... the same old thing.

Have we got the Perfect Escape For You!

This is an opportunity to stretch your wings and try something new and exciting in a setting that encourages comfort and fun in the outdoors. It's like a camp for grown ups!

Grab your mom, sister, friend or co-worker, or grab all of them. Bring them along for a fun and exciting weekend of learning and fellowship.

For additional info please contact:

Jackie Flynn (814) 647-8401

Email: jaflynn@state.pa.us

OR

Tammy Mowry (724) 284-9201

Email: tammyntwf@zoominternet.net

Your paid registration includes:

- Friday evening, Saturday and Sunday activities
- Choice of 7 expertly instructed classes
- 1-year subscription to the *Women in the Outdoors* Magazine
- Friday evening snacks
- Saturday continental breakfast, lunch, supper
- Sunday continental breakfast and lunch
- Equipment & materials needed for use during classes

Class Selections — Saturday

8:30 – 9:30 a.m.

Birdwatching 101: Join Birding enthusiast Mark Johnson for an informative presentation on the popular pastime of bird watching. Learn about equipment, bird identification, habitat, and birding organizations. The program will conclude with a short birding hike. Binoculars and field guides will be available.

Mountain Bike Skills and Maintenance Clinic: Join us for a session on basic bike handling skills for women of all ages and skill levels, whether riding in the woods or rail-to-trails in PA. Skills will include basic bike maintenance and packing, log and rock maneuvering skills, and braking and steering techniques. No prior experience is needed. Smiles and enthusiasm welcomed, as this will be an excellent time to learn more and gain confidence to explore the magnificent Pennsylvania Wilds. Please indicate on your registration form if you will need a bicycle for this program.

Archery: Archery is a fun and exciting sport that has been around for 50,000 years. Join park staff members and discover the ins and outs of archery. Afterwards you can test your skills to find out if you are a true "Robin Hood". Topics will include safety, basic parts of the bow/arrow, proper shooting technique and additional opportunities around the area.

9:45 - 11:15 a.m.

Outdoor Photography: It's frustrating to be presented with a great natural scene, wildlife, holiday event or family reunion and wonder if your pictures "will turn out". Join noted outdoor photographer Curt Weinhold and learn to really use your film or digital camera. The class details the best camera for your use, lighting, composition and various lens. Bring along your camera, whether it be a point & shoot or an SLR. We plan to spend as much time as possible actually taking pictures of scenes in the Park from close-ups of plants to landscapes.

Basic Car Maintenance – Is everything under the hood of your car a complete mystery to you? Then you won't want to miss this interesting and informative session on basic car care. Get tips on jump-starting a car, changing your oil, and learn how to check fluid levels, change a tire, etc. Good information for anyone who operates a vehicle.

Archery: Same class description as Saturday 8:30 a.m.

12:15 – 1:45 p.m.

Kayaking: Sinnemahoning State Park is partnering with Rock River and Trail Outfitters of Lock Haven to offer a basic kayaking program. This class is intended for women who are interested in kayaking but have not had an opportunity to learn. Class is taught by certified instructors. Topics covered will include safety, choosing a kayak and basic paddling skills. Kayaks, paddles and life vests will be provided.

Mountain Biking: Same class description as Saturday 8:30 a.m.

Fly Fishing 101: Have you ever watched a fly fisherman execute a graceful cast and wished that you could do the same? Join fly-fishing guide Carl Sprouse for this program on the basics of this elegant sport. Learn about fly rods, reels, line, flies and the techniques used in this popular outdoor activity, then practice your new skills in the pristine waters of the First Fork of the Sinnemahoning.

2:00 – 3:30 p.m.

Kayaking: Same class description as Saturday 2:15 p.m.

Basic Fly Tying: Fishing flies are often just as much a work of art as they are a tool for catching fish. Join Trout Unlimited member Jim Hough for a program on the basics of fly tying. Learn about the different types of flies, and the materials and equipment used to produce them. Equipment and materials will be provided.

Camp Cooking: Do your open-fire cooking skills begin and end with blackening hot-dogs on a stick? Join us at the fire-pit area at Pavilion #1 to learn ways to prepare delicious meals over a campfire or portable stove, and some equipment that will make it easier. Recipes will be available.

SUNDAY

8:30—10:00 a.m.

Basic Car Maintenance: Same description as Saturday 9:45.

Bird Banding and Identification: Join veteran bird-bander Dave Hauber for an up-close and personal look at some of Sinnemahoning's resident songbirds. This program includes a demonstration of the techniques used to capture and band birds and the importance of banding in research on migration patterns, population trends, etc.

Classes continue on next page

Jackie Flynn
Sinnemahoning State Park
8288 First Fork Road
Austin, PA 16720

*Women in the
OUTDOORS*
NATIONAL WILD TURKEY FEDERATION

Come be a part of it!

Women in the
OUTDOORS
NATIONAL WILD TURKEY FEDERATION

DCNR

Friday—Sunday

June 12-14, 2009



Sinnemahoning
State Park
8288 First Fork Road
Austin, PA 16720
(Cameron County)

Event Sponsors
Sinnemahoning State Park
and the
Pennsylvania State Chapter
National Wild Turkey Federation
and

PREMIER HUNTING
ADVENTURES

Bicycling on Rails-to-Trails – Join park staff for an introduction to touring on Pennsylvania's rail-trail system. Learn the history of the Rails to Trails program and where you can get information on area trails. The program will include a ride on the park's Lowland's Trail, which has a Rails-to-Trails-type surface. Please indicate on your registration form if you will need a bicycle for this program.

10:15—11:45 a.m.

Canoeing: Meet at the boat launch area for a program on basic canoeing skills. Learn basic water and boating safety, paddle strokes, canoe types, and more. Afterwards, have fun practicing your new skills on the George B. Stevenson reservoir.

Women in the Field—Turkey: Join avid outdoorswoman Cindy Pavelosky for an outstanding program on hunting Pennsylvania's elusive wild turkey. Cindy will discuss: safety first!, what to take, know your bird, decoys, calling, making the shot, field care and cooking tips. Learn how to stalk the wild relatives of the turkeys that often graces our holiday tables, and come away with a new appreciation for this remarkable bird.

GPS/ Geo-caching: Join Bill Daly, member of the Keystone Cachers geo-caching club, to learn the in's and out's of the rapidly growing sport of geo-caching. Bill will explain GPS receivers; how they work, how to mark and find waypoints, and how they are used for this popular outdoor activity. The program will also include information on the history of "caching" and a chance to practice by locating of the caches in the park.

12:45 —2:15 p.m.

Canoeing: Same class description as Sunday 10:15.

Women in the Field – White-tailed Deer and Elk: Join Cindy Pavelosky for an outstanding program on hunting Pennsylvania's white-tailed deer and elk. Cindy will discuss safety, what equipment to use, provide an overview of how to identify each game animal, their preferred habits, foods, and calls, how to make the correct shot and field care and cooking tips. Even if you never plan to hunt, this program will provide valuable insights into an age-old tradition and give you new respect for the responsible hunter of today.

GPS/ Geo-caching: Same class description as Sunday 10:15.

We will have Raffles & a Silent Auction running during the weekend. Payment can be made with cash, checks and credit cards.

Mail the completed form along with registration fee to:

Jackie Flynn — Sinnemahoning State Park
8288 First Fork Road
Austin, PA 16720

A confirmation letter with directions to Sinnemahoning State Park will be mailed to you upon receipt of your registration form & workshop fee. Please arrive between 6:00 and 6:30 p.m. Friday evening. The event will be over on Sunday at approximately at 4:30 p.m.

GROUP ACTIVITIES

Friday Evening

7:00 pm **Get Acquainted Activities:** An introduction to the Women in the Outdoors program and a "Story of the Sinnemahone" program. Refreshments will be provided (campfire and S'mores)

Saturday

3:45—5:15 p.m. Primitive Fire-Making and Cordage-Making. Today making a fire is as simple as flicking a lighter. However, early humans had to rely on their fire-making skills for warmth and cooking. Join Adam Nestor, primitive skill enthusiast, to learn the ancient skill of fire-starting with a bow-drill or flint. **Cordage Making** - Have you ever wondered how ancient people tied things together to make tools, shelters, snares, nets, or fishing lines? Join Adam Nestor as he demonstrates various techniques for making cordage from natural materials, and have the chance to try your hand at making your own string.

5:30—6:30 p.m. Pizza Party!! (catered by Pizza Palace Plus — winner of Best Pizza in U.S. in 2007)

6:45—8:45 p.m. Free time to relax or Optional Chair Massages—Soluna Therapeutic Massage (Pavilion 1—40 Maples **(\$10.00 per session)**)

9:00—10:00 pm—Sinnemahoning Skies Astronomy Program — Join the park naturalists at the George B. Stevenson Dam Overlook for a closer look at the night skies of the Pennsylvania Wilds. You will have the opportunity to view the moon and other objects through one of several types of telescopes. Learn about "dark-sky" lighting and how you can avoid contributing to light pollution.

Sunday

2:30—4:00 Pontoon Boat Tour – The Wonder of Flight —Have you ever wondered at the spectacle of birds wheeling and soaring in the sky overhead? Join the park naturalist for a pontoon boat tour of the George B. Stevenson reservoir and enjoy an informative program on the mechanics of flight. You'll have the chance to examine the structures and adaptations that give birds their signature trait... the ability to fly. The tour will conclude with a look at the park's resident bald eagles' nest site, and hopefully, a glimpse of these magnificent birds.

Lodging List

Sinnemahoning State Park Campground ...35 campsites, 33 with electric hook-ups, modern restrooms with showers. Call 1-888-PA-PARKS for reservations, or go to DCNR's website at www.dcnr.state.pa.us

First Fork Lodge ... beautiful Victorian bed and breakfast in Costello, PA. Call 814-647-8644 or visit www.firstforklodge.com

Sinnemahoning Sportsman's Club ... a small campground, most sites with electric hook-ups. Call 814-546-2835 or visit www.sinnsports.com.

Austin Campground at Nelson Run ...128-site modern campground, rental rv's and cabins. Call 814-647-8777 or visit www.austincampground.com

Buttonwood Motel ... Emporium, PA. 814-486-0522

Prospect Motel ... Emporium, PA. 814-486-0935

Best Western Hotel ... St. Marys, PA. 814-834-0000

Kettle Creek Lodge ...Cross Fork, PA. 570-923-0778

(www.pavisnet.com/kcadventures)

Participant Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Date of Birth _____

E-mail Address _____

New Member _____ Renewal _____

WITO Membership Number _____

Emergency Contact _____

Emergency Contact Phone _____

Payment Method (cash, checks, and credit cards will be accepted)

- \$ _____ \$90 Registration Fee
 - \$ _____ \$10 Women in the Outdoors T-Shirt
 - \$ _____ I can't attend, but want to renew my membership (\$30)
 - \$ _____ TOTAL
- Make check payable to: **PA State Women in the Outdoors**
- Charge my credit card number _____

Circle one: Visa M/C Discover AMEX

Last three digits on back of card _____

Exp. Date: _____

Signature: _____

(please bring your credit card along)

Women in the Outdoors T-shirts can be ordered with your registration fee. T-shirts are \$10 each. T-shirts will not be available at the event, please indicate size you want. Deadline for ordering is May 12.

___ Small ___ Medium ___ Large ___ XL ___ XXL

Please choose make your class selections

SATURDAY

8:30—9:30 a.m.

#1 Choice _____

Alternate _____

Alternate _____

12:15 —1:45 p.m.

#1 Choice _____

Alternate _____

Alternate _____

9:45—11:15 a.m.

#1 Choice _____

Alternate _____

Alternate _____

2:00—3:30 p.m.

#1 Choice _____

Alternate _____

Alternate _____

SUNDAY

8:30—10:00 a.m.

#1 Choice _____

Alternate _____

Alternate _____

12:45—2:15 p.m.

#1 Choice _____

Alternate _____

Alternate _____

Ages 14-17 must attend with a parent or legal guardian.

No refunds after June 1 You may send a substitute if you cannot attend.

