

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

WOW!

Experience it today!

**NORTHERN ALLEGHENY
OUTDOOR WOMEN'S ASSOCIATION**

Presents

Women's Outdoor Workshops!

Come join us today!



Saturday June 1st, 2024
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! (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 1st for the tenth annual **WOW!** Event!

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

The Important Stuff:

- ① Registration is \$45
- ② Registration deadline is May 22, 2024
- 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 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) 688-0393

Email:

womensoutdoorworkshops@gmail.com

REMINDER!!!

Socks for Soldiers:

Support Our Troops!

Bring a pair of white crew socks, suitable for men and women serving in the military, and you will get a ticket for a chance on a great Summer Gift Basket! The socks will be donated to the Warren Co. Blue Star Mothers group to be included in their July Christmas shipment to Troops.

Women's Outdoor Workshops!

2024 WOW! Class Choices and Descriptions

Basic Car Care: Learn from a PATIENT expert on basics in caring for your car: changing a tire, monitoring tire wear, how to check important fluid levels, when and how to change wiper blades and just what all those warning lights mean!

Biking the Trails: With our local Jakes Rocks trail selected as Pennsylvania's Trail of the Year, this class is perfect for anyone looking to take up biking on trails. From beginners to seasoned riders, learn about trail safety, riding and equipment tips, trails to try, biking organizations and more. You will be riding a bike. Bikes and helmets will be provided but you're always welcome to bring your own.

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.

Cardio Percussion: Are you looking to learn a new and fun way to get active? This is a fun and invigorating class that incorporates, drumming and cardio for a great workout that will keep you smiling and healthy.

Create a Painting in 30 strokes: Embark on a creative journey as you create a painting in just 30 strokes. While it sounds challenging, you'll discover it is incredibly rewarding. You'll create your own masterpiece capturing the beauty and joy around you.

Disc Golf: (also called frisbee golf) Whether you want to get seriously competitive or just be the sandbagger at your next party, you want to take this class. Learn about the types of equipment used, options for play, where to play, how to play and more!

Felt Animal Making: Learn the popular art of felting live and in-person. That's right, you will not only see the project being done, but craft your own little animal to take home. This new skill will keep giving when you make unique gifts for family and friends.

****Additional \$5.00 to cover supplies.****

Fly Casting: The most important skill in Fly Fishing. If you can't present the fly to the fish, then success will allude you! We will practice the 3 casting skills every novice Flyfisher needs to know – the Overhead cast, the False cast, and the Roll cast. We will also introduce the key line management skills, how to strip line in and shoot line back out.

Fishing Lure Making: Learn to make your own lures and use the common fishing knots that you'll learn and soon you will be able to catch the big fish with your very own creative inline spinner lure that everyone will be in awe of!

Hot Backpacking Meals: Build your own Buddy Burner and learn how to prepare lightweight backpacking meals to cook on the trail or when camping with your family.

Knot Tying: Learn all the basic knots and tying skills that you need for everyday life. Helpful hints for household projects, camping, tying down loads and more.

Native Plants: Curious about native plants? What they are, what they look like, how can you find seeds, and WHY do people keep going on about pollinators? Here's your chance to learn about native plants and even to take some home with you.

Natural Bug Repellent: Do you want to spray or rub a bunch of chemicals you can't even pronounce on your skin? I know, I won't. Join our instructor who has researched a homemade formula using natural butters and oils to create a very efficient bug repellent. Learn how to make your own and even leave with a sample, list of materials and instructions to continue at home.

Nature Journaling: Learn how to document your outdoor adventures with a nature journal of your very own. You will learn the basics of sketching, making observations, phenology, and showing examples. You will leave this class not only knowing how to journal but you also have an entry started in your journal.

Nature Weaving: The magic of weaving will come alive with learning to nature weave. Learn how to make a wall hanging with flowers, grasses, seeds, sticks, shells, or anything from nature. Feel free to bring your own treasures to use in your weaving project!

Pickleball: The latest craze to get you out socializing, exercising and have fun. This class will help you understand everything from the rules and how to get started to fun strategies to beat your besties!

Rabbits 101: Ever thought of raising rabbits on your homestead and not sure what you need to get started? This is a basic overview of what to expect. We will go over how to select a breed, where to purchase, housing, feeding, and care.

Rainwater for Gardening & Fertilizer Teas: Learn about collecting rainwater from building structures for gardening. Learn to install fittings in food grade barrels and 275-gallon totes for use in garden landscapes and how to install a downspout water collection kit. The instructor will also discuss how to make "fertilizer teas" for your garden plants. Each participant will be provided with "Comfrey" to take home and start their own "tea". (2 barrels and 2 downspout kits will be available on the auction table)

Running Skills for Women: Do you like to run or jog? Would you like to start? Take this class to learn about running, specifically as it pertains to women. You'll cover safety, proper equipment, types of running, event and so much more.

Shooting Sports: If you have never handled or shot a firearm or are looking for help to "fine-tune" your shooting skills, this is for you. You will have an opportunity to shoot shotguns, rifles, or handguns. You'll be able to ask questions about "Personal Protection", "Concealed Carry" and more. You have the option to "Shoot" or "Not to Shoot" and we encourage you to openly discuss proper and safe handling of all firearms. ****Additional \$5.00 to cover supplies.****

Sun Printing: Botanical Cyanotypes: Create art, enjoy nature, and learn about a famous woman in history. This class will introduce you to the process of creating photographs using daylight on specially treated photosensitive paper. Create a greeting card to share this unique art with others.

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 \$15 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 (\$45.00)
- \$ _____ Additional Class Fee(s)
- \$ _____ WOW! T-Shirt (\$15.00 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 22, 2024 ****

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