

## PARTICIPANT REGISTRATION FORM MAY 18, 2019

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 Emergency Phone: ( ) \_\_\_\_\_  
 \_\_\_\_\_ New Member or WITO # \_\_\_\_\_ Renewal

**Participants 14-17 years old must have a parent or guardian sign and attend all classes with them.**

\_\_\_ I cannot attend but would like to renew my Women in the Outdoors membership for \$35. Payment is enclosed.

Registration	\$ _____
If applicable, Mother ___ or daughter 14-17 yrs ___ or 18+ yrs ___	
Materials Fee(s) [for top 4 choices only]	\$ _____
Shirts/Jackets (submit shirt order form)	\$ _____
General Raffle: Qty ___ 1/\$10 or 3/\$20	\$ _____
Gun Raffle: Qty ___ 1/\$10 or 3/\$20	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

\_\_\_ Check \_\_\_ PayPal email \_\_\_\_\_  
 For credit card payment, check PayPal box for invoice.

**Deadline for registering for the turkey hunt and pre-ordering the event shirts/jackets is May 8, 2019.**

Make checks payable to "NWTF" & mail/email this completed form with payment to: Leesa Lafferre-Thomas, 10101 Madison Road Montville, OH 44064, (440) 968.0150, GrandRiverWITO@gmail.com

**Course Offerings: IMPORTANT! Please rank in order of preference 1-8, with 1 being your first choice.**

- |  |   |
|--|---|
| <input type="checkbox"/> Beekeeping                | <input type="checkbox"/> Self-Protection Handgun                  |
| <input type="checkbox"/> Bird Walk                 | <input type="checkbox"/> Skeet                                    |
| <input type="checkbox"/> Fly Fishing               | <input type="checkbox"/> Small-Bore Rifle                         |
| <input type="checkbox"/> Hiking the AT             | <input type="checkbox"/> Trap Shoot                               |
| <input type="checkbox"/> Improvised Weapons        | <input type="checkbox"/> What to do After a Self-Defense Shooting |
| <input type="checkbox"/> Kayaking                  | <input type="checkbox"/> Active Shooter Response                  |
| <input type="checkbox"/> Leave No Trace*           | <input type="checkbox"/> Amazing Race WITO Style                  |
| <input type="checkbox"/> Personal Safety Awareness | <input type="checkbox"/> Ammo Jewelry*                            |
| <input type="checkbox"/> Preparing for a Hike      | <input type="checkbox"/> Canvas Painting*                         |
| <input type="checkbox"/> Self-Defense              | <input type="checkbox"/> Dog Training: Competition Skills         |
| <input type="checkbox"/> Tai Chi with Trees        | <input type="checkbox"/> Dog Training: Therapy Dog Work           |
| <input type="checkbox"/> Tomahawk Throwing         | <input type="checkbox"/> Edible & Medicinal Plants*               |
| <input type="checkbox"/> Wilderness Trauma Care    | <input type="checkbox"/> Friendship/Essential Oils Bracelet*      |
| <input type="checkbox"/> Slow Flow Yoga            | <input type="checkbox"/> Japanese Bamboo Deer Scare Fountain*     |
| <input type="checkbox"/> Gentle Yoga               | <input type="checkbox"/> Outdoor Cooking College*                 |
| <input type="checkbox"/> Archery                   | <input type="checkbox"/> Pie Making/Baking*                       |
| <input type="checkbox"/> 5-Stand/Sporting Clays    | <input type="checkbox"/> Soap Making*                             |
| <input type="checkbox"/> Handgun Basics            | <input type="checkbox"/> Stop the Bleed                           |
| <input type="checkbox"/> Holster Draw              | <input type="checkbox"/> Survival Make & Take*                    |
| <input type="checkbox"/> Intro to Shotgun/Trap     | <input type="checkbox"/> Wine Making                              |
| <input type="checkbox"/> Intro to Steel Challenge  | <input type="checkbox"/> Turkey Hunt                              |
| <input type="checkbox"/> Long-Range Rifle          |   |

\*Materials fee required (see course descriptions for amount)

**Be sure to check out the variety of 20<sup>th</sup> Anniversary shirts and jackets available this year (submit order form with your registration form)! Pre-orders only! Deadline for ordering shirts/jackets is May 8, 2019.**



### WITO GRAND RIVER CHAPTER T-SHIRTS

Pre-order your 100% cotton shirt or jacket to memorialize your experience with Women in the Outdoors and celebrate our event's 20<sup>th</sup> anniversary! Please specify quantity, size (small to 4XL), and style on the shirt order form. These will be pre-order only due to the special design this year, so guarantee yours by ordering now! Ordering deadline is May 8, 2019.

**Color and design may vary slightly from photos**



**REGISTRATION FEE** is \$65/individual or \$120 mother-daughter package (must be at least 14 years old; indicate age range for daughter). If mother-daughter, please include two registration forms but payment should be listed on only one of the forms. No refunds for any reason after May 4, 2019. Early Bird Special! All registrations received by April 27, 2019, will be entered in a special drawing.

**PAYPAL IS FAST & EASY!** Check the box on the registration form, then mail or email the form. If you have an existing PayPal account, be sure to include that email address. When we receive your registration form, we'll send you an invoice. You may then pay using your credit card or checking account. Payment will be due upon receipt of invoice, which will include a small fee to cover what PayPal charges us.

There will be continuous silent auctions and raffles throughout the day. Payment can be made with cash, check, or credit card. Preorder your raffle tickets! General Raffle: 1 sheet, including a bonus ticket, for \$10 or 3 sheets for \$20. Gun Raffle: 1 ticket for \$10 or 3 tickets for \$20. Winner need not be present for Ruger American 450 Bushmaster gun raffle.



*Actual gun will vary slightly from photo*

### YOUR PAID REGISTRATION INCLUDES:

- Choice of four Women in the Outdoors courses (unless you sign up for the turkey hunt or the Outdoor Cooking College class)
- Use of all equipment, program material, instruction
- One-year subscription to the NWTF Turkey Country magazine
- Light breakfast, lunch, beverages
- Lodging and campsite list available upon request or visit the files section of our Facebook group page to download the documents

## GRAND RIVER CHAPTER



NATIONAL WILD TURKEY FEDERATION

**20<sup>TH</sup> ANNIVERSARY (1999-2019)**

## WOMEN<sup>IN</sup>THE OUTDOORS MAY 18, 2019

7:30 a.m. – 6 p.m.



# NWTF

WOMEN<sup>IN</sup>THE OUTDOORS

## CROOKED CREEK CONSERVATION CLUB

4323 SR 534 • Harts Grove, OH 44085

Visit us on Facebook:

[www.facebook.com/groups/GrandRiverWITO/](http://www.facebook.com/groups/GrandRiverWITO/)

For additional information contact:

Leesa Lafferre-Thomas (440) 968-0150

GrandRiverWITO@gmail.com

Terri Herbert (440) 298-1636 • TerriHerbert@hotmail.com



A partnership project of the Grand River Chapter of the National Wild Turkey Federation, Crooked Creek Conservation Club and the ODNR Division of Wildlife

*Dedicated to providing interactive educational outdoor opportunities for women ages 14 and older. Local chapters and organizations throughout the nation conduct outdoor learning events, featuring hands-on activities. The National Wild Turkey Federation's goal is to teach the importance of responsible wildlife management, to increase participation in outdoor-related opportunities and to preserve the hunting tradition.*

# COURSES OFFERED

## OUTDOOR FUN

**NEW Beekeeping:** John and Candice Ransom, of Urbandale Apiary, believe that happy bees make the best honey. Learn how to get started in beekeeping and what products you can get from your hives. It is a popular and growing hobby.

**NEW Bird Walk:** Join Miriam Mandel for a fun and leisurely 90-minute bird walk through this beautiful property that offers many different habitats and the opportunity to see a wide array of birds. We will focus on the common backyard birds in NE Ohio while becoming familiar with their calls. You never know what birds the day will bring. Bring your own binoculars if you have a pair.

**Fly Fishing:** Matthew Siegel will teach participants the basics of fly fishing and will assist with casting techniques. Equipment and flies will be supplied, or you can bring your own. Participants must bring and wear eyeglasses.

**NEW Hiking the Appalachian Trail:** Phil Varketta was not with us last year as he was attempting a thru-hike (2200 miles) of the Appalachian Trail. Hear all about Phil's adventures—the good, the bad, and the ugly. Guaranteed to be an interesting presentation!

**NEW Improvised Weapons:** John McCreery, of Ohio Personal Protection, will help you to have fun while learning to use anything within reach to defend yourself. If you are willing, possibilities are endless.

**Kayaking:** Come and enjoy a session of basic kayaking on the water with Maggie Brown, ODNR Division of Parks and Watercraft. All the equipment will be provided for you. In this session, you will learn the basics of kayaking safety and paddle strokes. The class will be in the rain so long as there is no lightning or thunder. Please dress for the weather and bring a change of clothes and shoes in case you get wet.

**NEW Leave No Trace:** What are the 7 principles of "minimal impact"?

Where you hike, where you camp, what you wear, and what you bring all have an impact on the environment. Brenda Horton will teach you how to leave no trace while enjoying the outdoors. You will make a keychain and a booklet in this class. Please include the \$5 materials fee for this class with your registration payment.

**Personal Safety Awareness:** Sheila Hullahen, black belt with Madison Combined Martial Arts, will lead this course on situational awareness, staying safe, and defending yourself should the need arise.

All women should have these basic skills in self-protection and safety!

**NEW Preparing for a Hike:** Phil Varketta is back with another new class. Preparing and outfitting for a multi-day hike is very different than

preparing for a simple day hike. Learn how to prepare and pack for a multi-day hike from someone who has been there. What to bring, weight of pack, trail foods, and more will be covered.

**Self-Defense:** Learn how to protect yourself in this hands-on class. Sensei Jayne Butram, of Okinawan Karate Center, will lead you in this class on smart personal protection. Learn about layers of protection, staying safe at home, work, and out with your kids, how to respond to a home invasion and active shooter situation, and more. Wear comfortable clothes that allow you to move.

**Tai Chi with Trees:** Feel the flow with this low-impact class taught by Susan Hollabaugh. With experience in both Karate and Tai Chi, she will guide you in the Yang style Tai Chi and incorporate energy exercises from different styles. Please wear comfortable clothing.

**NEW Tomahawk Throwing:** Ever wanted to try this? Now is your chance! Clint Crawford will teach this intro class. Basic instruction and practice, practice, practice! You will learn throwing styles and how to adjust distance for optimal performance. Class will end with a competition.

**NEW Wilderness Trauma Care:** Join Cassie Sironen, RN, to learn how to handle emergencies in the wild. Go beyond first aid basics to learn what materials to use in the woods, how to get yourself or another injured individual out safely, how to treat shock naturally, and much more. Every outdoorswoman needs this class!

**NEW Yoga in the Yard: Slow Flow Yoga:** Join Leah Hartman, RYT, of Shanti Yoga Love, in this fun class in nature. Slow Flow Yoga connects accessible yoga postures with breath and fluid movement in a well-rounded practice. Dress comfortably and bring a yoga mat or towel.

**NEW Yoga in the Yard: Gentle Yoga:** In this class, Leah Hartman, RYT, of Shanti Yoga Love, will guide you through a practice that is appropriate for a wide spectrum of practitioners. Gentle doesn't necessarily mean easy, but it moves at a slow and steady pace. Asanas are primarily floor-based, reclined or seated. Dress comfortably and bring a yoga mat or towel.

## SHOOTING SPORTS & RELATED

**Archery:** Ken Weisbarth and Brian Collins will instruct you on shooting a compound bow at targets 10-15 yards away. Learn or refine your skills shooting at regular and 3D targets.

**Five-Stand Shooting/Sporting Clays:** Fun for a beginner and challenging for an experienced shooter. Join Mike Franks to learn why skeet and trap shooters enjoy this sport and small game hunters enjoy the challenge of shooting from 5 stations at targets from 7 different throwers. Try something different and fun! See if you can hit the rabbit! Shotgun will be provided or bring your own. If your shotgun uses different chokes, please bring them.

**Handgun Basics:** Learn to shoot a variety of handguns safely. Keith and Susan Vicars will provide a broad spectrum of information about the safety, operation, and fundamentals of shooting handguns. Practice target shooting with supplied handguns (.22 revolvers and semi-automatics) and ammo or bring your own.

**NEW Holster Draw:** The most dangerous times when handling a firearm are drawing from your holster and re-holstering. But it is a skill that you can learn. Abby Malson, facilitator for North Coast AG&AG and an NRA instructor, and Adam Litke, ICE and NRA Certified Instructor, will teach you the techniques that you need. You may also get in some practice on the range. Bring any caliber pistol with at least 2 magazines and 100 rounds of ammo, plus a stiff belt and an outside the waistband holster to fit your gun.

**Intro to Shotgun/Trap:** Dan Rogge will introduce you to the basics of shooting a shotgun, including learning the types and gauges, ammo, chokes and loads used, parts of a shotgun, safe handling, and safety equipment. Then practice shooting clay targets. Shotgun and ammo will be provided (20 gauge) or bring your own.

**Intro to Steel Challenge:** Abby Malson, facilitator for North Coast AG&AG and an NRA instructor, and Adam Litke, ICE and NRA Certified Instructor, will get you started in this fun and growing pistol sport. Learn basic range commands, rules, equipment, gun handling and safety, and then head to the range to practice. Gun must be in a range bag or case. Bring a .22 caliber pistol with at least two magazines and 100 rounds of ammo. (Loaner gun available upon request.)

**NEW Long-Range Rifle:** Paul Laslo will teach you all that you need to know about long-range rifle shooting. He will provide his national match .223 AR for your use, along with rest, bags, ammo, and electronic target. No need to walk down-range. Bring your smart phone or tablet to pair with his system to save a record of your shots at 200 yards.

**Self-Protection Handgun:** Shooting for self-protection is very different from target practice. John McCreery, of Ohio Personal Protection, will help you to become more comfortable with your defensive use of a handgun under stress. Start with lots of dry fire practice and refine your draw stroke. Then move on to target shooting at close ranges. Must bring your own gun, 50 rounds of ammo, and holster. Minimum 2 years of shooting experience required!

**Skeet:** This fun and challenging sport is popular throughout the world. Bill Dobson will teach you about equipment selection, including guns, clothing, and ammo. Learn to break birds at different and challenging stations. Bring your own shotgun and ammo or use ours.

**Small-Bore Rifle:** Don Helwick and Steve Shaver will teach you the basics of shooting safely. You will have the opportunity to shoot a variety of .22 rifles, including bolt-action, lever-action, and semi-automatic, with both open and telescopic sights. Rifles and plenty of ammunition will be supplied.

**NEW Trap Shoot:** Now that you can handle a shotgun (whether you just learned or are seasoned), Dan Rogge will lead you in a round (or 2!!) of trap. You will have fun! Use our 20 gauge guns and ammo or bring your own shotgun.

**What To Do After a Self-Defense Shooting:** This is a legal seminar for anyone who might become involved in a justified self-defense shooting. Trial attorney Richard H. French, Jr, with 35+ years of litigation experience and 50+ years of shooting experience, will be delivering the one-hour lecture, followed by questions and answers.

## CRAFTS, COOKING AND MORE FUN STUFF

**NEW Active Shooter Response:** What happens if you find yourself in an encounter with an active shooter, especially at a school, place of worship, an arena, or a medical or government office? Steve Tryon, Timberlake Village Chief of Police, will teach an informative class on what to do in these situations and more. Learn how to save your own life and those of others.

**NEW Amazing Race WITO Style:** Teams will compete by walking the grounds to solve puzzles, locate items and demonstrate outdoor skills. Diane McCreight will be your guide as you complete tasks and penalize opponents to beat them to the finish line.

**Ammo Jewelry:** Do you like earrings? And pendants? And ammo, too? Join Patty Sloan to learn how to make a pair of earrings and a pendant from spent ammo. You'll be able to choose from several styles, and you'll go home with some cool new jewelry. Please include the \$10 materials fee for this class with your registration payment.

**NEW Canvas Painting:** Become an artist when you join Lynnmarie Landwei-Phillips to turn a blank 16"x20" canvas into a work of art. Enjoy the guided, step-by-step journey to create a personal masterpiece in a relaxed, stress-free environment. Please include the \$10 materials fee for this class with your registration payment.

**NEW Dog Training: Competition Skills:** Have you wanted to get started in obedience, agility, rally, nose work, barn hunt, etc., with your dog but don't know what is involved or how to get started? Join Dr. Ann Spurrier and her dog Snow to get an introduction to these activities/competitions. Do NOT bring your dog.

**NEW Dog Training: Therapy Dog Works:** Find out what therapy dogs do and how they differ from service animals. Does your dog have what it takes to work in schools, libraries, hospitals, or nursing homes? Dr. Ann Spurrier and her therapy dog Snow will teach you what you need to know and what is involved in the testing process. Do NOT bring your dog.

**Edible & Medicinal Plants:** Join Laura Fry, of Heritage Homestead Classes, for a walk in the woods to discover useful wild plants that are edible or have medicinal value. Each participant will make and take home a salve. Please include the \$10 materials fee for this class with your registration payment.

**NEW Friendship/Essential Oils Bracelet:** Kristin Chandler will teach you to make a friendship bracelet that incorporates lava beads so that you will have a stylish, portable way to benefit from aromatherapy throughout the day. Please include the \$5 materials fee for this class with your registration payment.

**NEW Japanese Bamboo Deer Scare Fountain:** Donna Hutmacher is back with a totally new class. Learn how to make a tabletop faux bamboo fountain. It is said to scare deer or other animals away from your precious plants. But it's also soothing to listen to on your patio. Please include the \$15 materials fee for this class with your registration payment.

**NEW Outdoor Cooking College:** Learn the basic skills and how to improve even the most seasoned of outdoor cooks in this new OCC course. From roasting sticks to cast iron to solar cooking, we'll cover them all. You'll leave with lots of recipes and knowledge as we cook some wonderful tasties in the outdoors, gourmet style. All materials included. Hosted by Steve L Horton Jr, OCC graduate. Come hungry! This is a 2-session class (all morning). Please include the \$10 materials fee for this class with your registration payment.

**NEW Pie Making/Baking: The Perfect Pie:** Learn the secrets of making a fool-proof flaky crust and juicy apple pie filling from Laura Fry, of Heritage Homestead Classes. Everyone will make a pie to take home. Please include the \$10 materials fee for this class with your registration payment.

**NEW Soap Making:** Learn to make soap from scratch. Laura Fry, of Heritage Homestead Classes, will lead you through making a cold process batch of lye soap. Learn about additives, oils, and how to make your own lye and render your own tallow. You will take home two bars of soap. Please include the \$10 materials fee for this class with your registration payment.

**Stop the Bleed:** Seconds count during a severe bleeding event. In fact, a person who is bleeding can die from blood loss in less than 5 minutes. Tod Baker will teach you how and where to apply a tourniquet to save someone's life – maybe your own!

**NEW Survival Make & Take:** This course is designed to give you the basic skills and knowledge to help in an emergency wilderness situation. Lifetime Girl Scout Madison Horton will equip you with the materials needed to make a functioning utility belt, including most of the gear you would need for survival in the outdoors. Please include the \$10 materials fee for this class with your registration payment.

**NEW Wine Making:** Join award-winning winemaker Ed Trebets, of Urban Vintner in Willoughby, to learn the basics of getting started in wine making. Ed will discuss kinds and styles of wines, equipment needed, and much more.

## SPECIAL OFFER! TURKEY HUNT

This course is offered for up to 10 women on a first come, first served basis. Participants will be matched with a guide and a hunting location and will learn the basics of calling and hunting turkey. This is a 1-to-1 experience. Participants will be required to show a valid hunting license and proof of a hunter safety course, as well as basic shotgun experience. Participants are required to supply their own camo clothing, shotgun, and shells. This course will replace the participants' two morning sessions. Guides and participants will meet at 5 a.m. at Crooked Creek Conservation Club, hunt until noon, and return for lunch and two afternoon sessions. Since space is limited, please be sure to list this as your top choice if you want to participate. Preference will be given to FIRST TIME hunters.

