

SUNDAY

9:00 -- 10:30 a.m.

Canoeing: 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. We'll meet at the boat launch area for this class.

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.

Archery: see Saturday 8:30 class description.

11:00—12:30 p.m.

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.

Target shooting: see Saturday 10:15 class description.

Basic Fly Tying: Fishing flies are often more a work of art than a tool for catching fish. Join Trout Unlimited member Jim Hough and learn about the different types of flies, and the materials and equipment used to produce them. Equipment and materials will be provided.

GROUP ACTIVITIES

Friday Evening

7:00 pm Get Acquainted Activities S'mores and a Story Campfire Program – Native American Animal Stories – Jackie Flynn – EES – Sinnemahoning State Park

Saturday Evening

7:00 pm – Guided Elk Tour – The elk herd in PA is a unique resource...one that has special requirements and needs. Join the park naturalists for a tour into PA's elk range to learn about these majestic animals and their habitats. The tour will meet at the park office for a short discussion on elk watching tips and then we'll travel into the elk range to observe the elk. Bring your cameras! Binoculars will be provided.

9:00 pm—Sinnemahoning Skies Astronomy Program — Join the park naturalists at the Wildlife Viewing Area 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 an 8" telescope, located in the darkest area of the park. Learn about light pollution and what you can do to avoid contributing to it.

Sunday Afternoon

1:30 pm — Avoiding “Nature Deficit Disorder” – Teaching Kids About Nature — Environmental educators have noticed what seems to be a disturbing trend.... children don't often play in nature anymore. In fact, some are so disconnected from nature that they are frightened of the forest and wildlife. What is particularly alarming is that children who are not intimately connected to the environment will grow into adults who won't care about the environment, and therefore won't protect it. Join this lunch presentation on the benefits of teaching children about nature, and the dangers of not doing so.

3:00 pm—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 1-800-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)

We will have Raffles & a Silent Auction running throughout 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 3:30 p.m.

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 _____

Please choose make your class selections
SATURDAY
8:30—10:00 a.m. _____ **10:15—11:45 a.m.** _____
#1 Choice _____ #1 Choice _____
Alternate _____ Alternate _____
Alternate _____ Alternate _____
1:15 —2:45 p.m. _____ **3:00—4:30 p.m.** _____
#1 Choice _____ #1 Choice _____
Alternate _____ Alternate _____
Alternate _____ Alternate _____
SUNDAY
9:00—10:30 a.m. _____ **10:45—12:15 p.m.** _____
#1 Choice _____ #1 Choice _____
Alternate _____ Alternate _____
Alternate _____ Alternate _____

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 June 1. _____ Small
_____ Medium _____ Large _____ XL _____ XXL _____ XXXL

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 (\$25)
• \$ _____ 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)



No refunds after June 5. You may send a substitute if you cannot attend.

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

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: tammymwtf@zoominternet.net

Your paid registration includes:

- Friday evening, Saturday and Sunday activities
- Choice of 6 expertly instructed classes
- 1-year subscription to the *Women in the Outdoors* Magazine
- Friday evening snacks
- Saturday light breakfast, lunch, supper
- Sunday breakfast and lunch
- Equipment & materials needed for use during classes

Class Selections — Saturday

8:30 – 10:00 a.m.

Mountain Biking: Michelle Stopper, endurance mountain bike racer for VisitPA.com and sponsored by PA-made Cannondale Bikes, will host this 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. (<http://visitpa.com/visitpa/mtnRacing.pa>)

Archery: Archery is a fun and exciting sport that has been around for 50,00 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.

GPS / Geocaching: Join Bill Daly, member of the Keystone Cachers geocaching club, to learn about 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 the caches in the park.

10:15 - 11:45 a.m.

Target Shooting: Join with others for a program on target shooting that will include information on shooting positions, the importance of breathing and squeezing the trigger and determining your dominant eye. The importance of safety glasses and ear protection will also be discussed. .22 rifles will be provided for this session.

Kayaking: Sinnemahoning State Park is partnering with Rock River and Trail Outfitters of Lock Haven to offer a basic kayaking program. Topics covered will include safety, choosing a kayak and basic paddling skills. Kayaks, paddles and life vests will be provided.

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. You are expected to have read the camera instruction book and know some of the camera controls/buttons. We plan to spend as much time as possible actually taking pictures of scenes in the Park from close-ups of plants to landscapes.

1:15 – 2:45 p.m.

Basics of Birdwatching: Join Birding enthusiast Keith McKenrick 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.

GPS / Geo-caching: – see Saturday 8:30 class description.

Mountain Biking: – see Saturday 8:30 class description.

3:00 – 4:30 p.m.

Flyfishing: 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.

Archery: see Saturday 8:30 class description.

Women in the Outdoors—Turkey Hunting: Join avid outdoorswoman Cindy Pavelosky for an outstanding program on hunting PA'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 grace our holiday tables and come away with a new appreciation for this remarkable bird.

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 20-22, 2008



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

Presented by:
Sinnemahoning State Park
and the
Pennsylvania State Chapter
Women in the Outdoors Committee
National Wild Turkey Federation