

Though we hope the classes go perfectly, we reserve the right to cancel classes due to an unforeseen incident.

Your paid registration of \$45 includes:

- Choice of 6 expertly instructed classes
- 1 year subscription to Women in the Outdoors Magazine
- Light Breakfast
- Delicious lunch
- Use of all equipment, Program materials, and instruction
- 1 year membership to the NWTF (or extension of current membership)

Bring money for auctions and raffles throughout the day!

You will receive a conformation letter.



Send Registration to:

Heather Wells  
258 Shagbark Dr  
Cheswick, PA 15024



**Heather Wells**  
**258 Shagbark Dr**  
**Cheswick, PA 15024**



***YOU ARE CORDIALLY INVITED  
TO ATTEND THE***

**10<sup>th</sup> Annual Allegheny Valley Chapter  
Women in the Outdoors Event**

May 2, 2009

8:00 AM – 6:00 PM

Bullcreek Rod & Gun Club

Tarentum, PA (Allegheny County)

[www.freewebs.com/hmw2968](http://www.freewebs.com/hmw2968)

Cancellation Deadline:

April 18, 2009

(If you cancel after the deadline you will be responsible for the full program fee)

Registration Deadline:

April 25, 2009

(Any registration after this date will not be guaranteed the classes they want.)

For Additional Information Contact:

Heather Wells

724-265-4883

or

[HeatherWells531@msn.com](mailto:HeatherWells531@msn.com)

**Classes**

**Archery:** Always wondered how the American Indians did it?

**Marksmanship:** Learn to shoot rifles and handguns. The fundamentals of marksmanship will be covered with the opportunity to try different guns.

**Shotgunning:** You will become familiar with different types of shotguns, ammunition, and proper gun fitting with time on the range.

**Gorgeous Gourds:** Learn to make baskets, birdhouses, and much more out of gourds.

**Becoming a Wineaux:** Learn how to choose the proper wine. The fundamentals of creation and tasting will be covered.

**Trees to Home Decor:** This class will show you how to create furniture, plaques, and much more from trees.

**Dutch Oven:** Bring your cooking outdoors! Learn how to cook everything from stew to cherry cobbler on an open campfire.

**Bee Keeping:** Learn about the advantages of keeping bees. Discover the uses of the wax such as lip balm.

**Self Defense:** Learn how to protect yourself from even the biggest attacker on those lonely, dark streets.

**Fishing:** Learn the proper techniques for making the catch of a lifetime. Discover how to use a rod and reel.

**Herbal Remedies:** Learn how to cure that scratchy throat, sniffly nose, and coughing with nature's own medicine.

**Atl-atl:** Learn about this ancient sport of spear throwing! First timers can catch on to this easily hitting a bull's-eye on their targets!

**Outdoor Survival:** Learn how to keep yourself alive while waiting for a rescue team.

**Vehicle Care & Maintenance:** Learn what to do when you break down on the road. Also learn how to take preventative measures so that you don't break down.

**Spinning:** Learn how to spin your own thread like the pioneer women did. Start with sheep fur and create a spool of thread.

**Meteorology:** Learn about Weather Preparedness and Severe Weather from NOAA



Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_  
 Circle one: New Member    Renewal Member

Membership #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Payment Method:  
 \$\_\_\_\_\_ Check or money order  
 \$\_\_\_\_\_ Credit Card  
 Credit Card #: \_\_\_\_\_  
 Circle one: Visa    M/C    Discover  
 Exp. Date: \_\_\_\_\_ Id #: \_\_\_\_\_  
 (3 digit # located on the back of the card)  
 Signature: \_\_\_\_\_

Complete the blanks for each class using the classes listed within each box.

Class #1 (8:30-9:45)	
_____	<u>Classes offered:</u>
First Choice	Archery
_____	Trees to Decor
Alternative #1	Shotgunning
_____	Self Defense
Alternative #2	Outdoor Survival

Class #2 (9:50-11:05)	
_____	<u>Classes offered:</u>
First Choice	Archery
_____	Trees to Decor
Alternative #1	Self Defense
_____	Shotgunning
Alternative #2	Outdoor Survival
	Spinning

Class #3 (11:10-12:25)	
_____	<u>Classes offered:</u>
First Choice	Spinning
_____	Atl Atl
Alternative #1	Bee Keeping
_____	Marksmanship
Alternative #2	Gorgeous Gourds
	Wineaux

Class #4 (1:25-2:40)	
_____	<u>Classes offered:</u>
First Choice	Wineaux
_____	Atl Atl
Alternative #1	Bee Keeping
_____	Marksmanship
Alternative #2	Gorgeous Gourds
	Vehicles

Class #5 (2:45-4:00)	
_____	<u>Classes offered:</u>
First Choice	Meteorology
_____	Atl Atl
Alternative #1	Dutch Oven
_____	Fishing
Alternative #2	Herbal Remedies

Class #6 (4:05-5:20)	
_____	<u>Classes offered:</u>
First Choice	Dutch Oven
_____	Fishing
Alternative #1	Herbal Remedies
_____	Meteorology
Alternative #2	