

REGISTRATION FORM

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
E-mail Address _____
Emergency Contact _____

Emergency Contact Phone _____

Class Selections:

9:00—10:00 **10:15—11:15**

#1 Choice #1 Choice

Alternate Alternate

Alternate Alternate

12:30 —1:30 **1:45-2:45**

#1 Choice #1 Choice

Alternate Alternate

Alternate Alternate

- Check this box if you want the liability forms mailed, instead of sent by email.

Payments: Checks and Money Orders Accepted.

No Refunds.

- **____\$50 check payment (enclosed)**
- **____\$50 money order payment (enclosed)**
- **_____ T-shirt size**
- **All registrations must be received by April 14, 2023.**

Please make checks and money orders payable to: **PPFF**

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

Women In The Wilds

Enjoy a fun-filled day of activities at Black Moshannon State Park in a friendly non-competitive environment. Learn new skills, such as how to shoot a bow, paddling a kayak, or how to make stain glass. Many other skills will also be taught by friendly and informative instructors. Classes may be substituted if an instructor cancels.

Your paid registration gets you:

- ❖ Doughnuts and coffee for breakfast
- ❖ A delicious lunch
- ❖ 4 expertly taught classes
- ❖ Equipment needed during classes
- ❖ A Women In The Wilds T-shirt

This event is open to women beginning at age 14. Women from the ages of 14 to 17 must attend with a parent or legal guardian.

After your registration and payment is received, you will receive a confirmation packet with schedule information.

No Refunds. The participant can substitute someone else with the same class selections. If no substitutes, participants can pick up t-shirt at the park office up to one month after the event. Vouchers will no longer be given due to rising costs of shirts, food, and programs.

****All registrations must be received by April 14, 2023.** Registrations will not be accepted after this date. Limited to the first 150 women to sign up.

Please mail completed registrations and payment to:

Black Moshannon State Park
Attn: Women In The Wilds
4216 Beaver Rd
Philipsburg, PA 16866

Get
Outdoors
Pennsylvania



For more information

Black Moshannon State Park
Michelle McCloskey, EES
4216 Beaver Rd
Philipsburg, PA 16866
Phone: 814-342-5960
Email:
blackmoshannonee@pa.gov



pennsylvania
DEPARTMENT OF CONSERVATION
AND NATURAL RESOURCES

Women In The Wilds



May 13, 2023
Black Moshannon
State Park
Philipsburg, PA

Sponsored by the Friends of Black Moshannon and Black Moshannon State Park

Women In The Wilds Classes

Kayaking: Learn basic paddling strokes and boat control as well as safety on the water. Participants will be paddling on the lake. (limit 10 per class)

Archery: Try out your archery skills. Learn the basics to archery, such as different types of bows and how to shoot. (limit 16 per class)

Essential Oils: Discover the basics to using essential oils. Find out how some types of essential oils can be used and what the benefits are. (limit 12 per class)

Backyard Beekeeping: Learn the basics of beekeeping. Find out how to get started and interesting facts about bees. (limit 10 per class)

Wellness In The Wilds: Spend time in nature receiving the gifts of wellness and wisdom and reflect on the question of, "How do we support the health and wellbeing of the natural world?" (limit 10 per class)

Backpacking: Discover the basics of backpacking overnight in remote areas. Find out what to bring, what to wear, and what you can probably leave at home. Don't forget your survival gear! This instructor will also be able to answer your questions about what to do if you are in a survival situation while backpacking.

Basic Birding: What equipment is needed? Where are the best places to look? Join this class to find out tips and tricks to finding birds throughout the park and how to identify some of the more difficult birds.

Photography Skills: Learn about basic operations of DSLR or mirrorless cameras and how to use the exposure triangle (shutter speed, aperture, and ISO) for different shooting scenarios. This will be a hands-on class with live demonstration of various shooting modes such as aperture priority, shutter priority and full manual mode. Please do not pick a first choice 10:15 am class, as this class will run from 9 am to 11:15 am. (limit of 7 per class)

Natural Teas: Discover how to make teas from native plants.

Primitive Fire Building: Start a campfire without using a lighter. Try several different methods.

Sip and Solder: Make a stain glass succulent plant with Djday's Stained Glass. The class will run from 9 am to 11:15 am and a second class will be from 12:30 pm to 2:45 pm. There will be an extra \$20 charge for this class. You will be contacted after registering to pay for this separately. (limit 15 per class)

Auto Mechanics: Learn how to change a tire and make sure your vehicle is in working order before those long trips into the wilderness. This class will require transportation to our maintenance area.

Advanced Fishing Skills: Already know the basics of fishing? Join this class to get more in-depth information, such as tackle, knot-tying, targeting different species, and specialized equipment.

Foraging in the Wilds: Hungry? Join DCNR Ranger Hannah Wilson on a guided walk focused on edible plants & fungi of Black Moshannon.

Bring your hiking boots and a thirst for knowledge
Map and Compass: Planning to start taking long hikes or backpacking trips? Learn how to use a topographical map and compass to find your way. These skills are also useful for a beginning step into orienteering or can be used in a survival situation. (limit 12 per class)

Gourmet Campfire Cooking: Gourmet campfire chef, Denise DeSousa, will demonstrate how simple it is to cook delicious food with fire.

Spoon Carving: Learn how to carve a spoon by using coals from a fire! Please bring a bushcraft knife to use for carving. Do not pick a first-choice class for 1:45 pm, as this class will run from 12:30 pm to 2:45 pm. (limit 10 per class)

Leave No Trace Awareness Workshop: Join Leave No Trace Trainer, Leanna Keegan, for this informative LNT workshop! Get a LNT certificate for completing the class. (limit 25 per class)

Geo-caching: Modern Day Treasure Hunting using high-tech GPS technology. Explore your wilderness and have fun being healthy. (limit 10 per class)

Hand Embroidery: Learn some of the basic stitches used in hand embroidery and how to get started. Please bring a small, sharp scissors and a pen/pencil. (limit 10 per class)

Gun Cleaning: Find out the basics to cleaning different types of guns and how to do it safely.

Morning Yoga: An energizing yoga flow to include a Sun Salutation for everybody, very "doable.". And yoga breathing to get us moving for the day as well as managing stress. Bring a yoga mat or towel. (limit 20 per class)

Afternoon Yoga: A relaxing break to cool down from the day, or just giving yourself some quiet time. Gentle yoga stretching, relaxing, and resting to renew.

Bring a yoga mat or towel. (limit 20 per class)

Wildlife Safety and ID: Learn to ID the venomous snakes in PA and how to protect yourself if you come across a sick or aggressive animal while enjoying the outdoors.

Mandala Painting: The word mandala derived from a Sanskrit word that means center or circle. It holds great importance as a means to focus on one's psychological mindset as a representation of the universe. We will be using simple tools and acrylic paint to create our own personal mandala designs on basalt stones. (limit 15 per class)

Wind Chime: Make a wind chime with a touch of dried flowers to take home.

Mushroom ID: Find out how to ID some of the common mushrooms (and their look-alikes) found in this area and discover the best habitats to search for them. This will be an indoor class.

Herbalism: Interested in herbalism? Don't know where to start? Join this class to find out the basics!

Knitting: Learn some of the basic knitting stitches, how to get started, and how to finish a project. (limit 5 per class)

Arm Knitting: Learn the basics of arm knitting and make a cowl to take home! (limit 10 per class)

Disc Golf: Want to try out disc golf? Find out the rules to the game and try out a course set up on the Sleepy Hollow Trail.

Online registration is now available!!!! Pay online, receive a registration form, and email it!

<https://ppff.events/2023blackmo-witw>

*** Classes may be substituted if an instructor is unable to attend the event or the limit has been reached on a class.

***Be sure to fill out your second and third choice classes for the times. We will substitute any class available if alternates are not filled out.

Class Times

9:00 AM TO 10:00 AM

| | |
|--------------------------------|-----------------|
| Kayaking | Cooking |
| Essential Oils | Natural Teas |
| Wellness In The Wilds | Fire Building |
| Backpacking | LNT Awareness |
| Birding | Embroidery |
| Sip and Solder (9 am-11:15 am) | Morning Yoga |
| Photography (9 am-11:15 am) | Wildlife Safety |
| Foraging | Knitting |
| Geo-Cache | |

10:15 AM TO 11:15 AM

| | |
|-----------------------|-----------------|
| Kayaking | Cooking |
| Archery | Natural Teas |
| Essential Oils | Fire Building |
| Wellness In The Wilds | LNT Awareness |
| Backpacking | Embroidery |
| Birding | Wildlife Safety |
| Auto Mechanics | Arm Knitting |
| Foraging | Geo-Cache |
| Disc Golf | |

12:30 PM TO 1:30 PM

| | |
|-----------------------------------|------------------|
| Kayaking | Fire Building |
| Archery | LNT Awareness |
| Essential Oils | Embroidery |
| Backpacking | Wildlife Safety |
| Beekeeping | Gun Cleaning |
| Foraging | Mandala Painting |
| Map and Compass | Wind Chime |
| Spoon Carving (12:30 pm-2:45 pm) | Mushroom ID |
| Sip and Solder (12:30 pm-2:45 pm) | Herbalism |
| Geo-Cache | Disc Golf |

1:45 PM TO 2:45 PM

| | |
|-----------------|-----------------|
| Kayaking | Fire Building |
| Archery | LNT Awareness |
| Essential Oils | Embroidery |
| Backpacking | Afternoon Yoga |
| Fishing | Wildlife Safety |
| Foraging | Wind Chime |
| Map and Compass | Mushroom ID |
| Geo-Cache | |