

## 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.**

- \_\_\_\_\_ \$45 check payment (enclosed)
- \_\_\_\_\_ \$45 money order payment (enclosed)
- \_\_\_\_\_ T-shirt size
- **All registrations must be received by April 12, 2022.**

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 paint a landscape, paddling a kayak, or how to make a sun catcher. 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 for use 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 and directions to Black Moshannon State Park.

**No Refunds.** The participant can substitute someone else with the same class selection or receive a voucher for the next year (class selection not guaranteed).

\*\*All registrations must be received by April 12, 2022. Registrations will not be accepted after this date. Limited to the first 100 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: mmccloske@pa.gov



**pennsylvania**  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES

# Women In The Wilds



May 7, 2022  
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. Bring a change of clothes in case you get wet. (limit 10 per class)

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

3D Archery: Try out 3D archery shooting. The targets will be set up like a 3D course. Must have taken the archery class (here or somewhere else) and have basic shooting knowledge for this course. (limit 10 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.

Beekeeping- Learn the basics of beekeeping. Find out how to get started and interesting facts about bees and beekeeping. (limit 20 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.

Recycled Pallet Art: Make a small wall hanging from recycled pallets. The paint, stencils, and pallets will be supplied. (limit 15 per class)

Hiking Skills for Beginners: In this class we will cover: finding hiking partners, selecting a route, the ten essentials to carry, what to wear, and avoiding ticks and other critters. We will also discuss safety, what to do if you get lost, hiking with dogs, and etiquette on the trail.

Forest Bathing: When you don't have time to forest bathe, try a forest shower. Even a short amount of time spent in a natural environment provides health and wellness benefits. In this session, we will explore the concepts of nature-based wellness in the woods of Black Moshannon State Park. (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? What 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 to id birds.

Natural Cordage: Discover which plants and other materials work best for making natural cordage, then try to make some.

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)

Nature Painting Basics- This will be an entry level painting class. All materials will be provided, and no prior experience is necessary. The chosen photo will be a landscape, or something relating to nature. (limit of 10 per class)

Do-It-Yourself- Have fun making items from stuff you may already have at home or could obtain easily (cheaply). Make your own laundry detergent, cleaner, and try a few other do it yourself projects. (limit 10 per class)

Maple Sugaring- Learn how to collect sap and make your own maple syrup or sugar. Class includes an introduction to maple sugaring history, taste testing, and hands on practice tapping a tree. (limit of 20)

Sip and Solder: Make a sun catcher with Djday's Stained Glass. The sip part is up to you to provide and must be non-alcoholic. All other supplies will be available for use. 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.

Do not pick a 10:15 or 1:45 class if you want this. (limit 15 people 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.

Tomahawk Throwing: Learn how to throw a tomahawk at a wood target. Tomahawks and targets will be provided. (limit 10 per class)

Compass Skills: Discover the basic skills needed to use a compass. Find out what the basic parts of the compass are, how to use the compass, and what your pace is. These skills are a great introduction to the sport of orienteering.

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.

Outdoor Qigong Infused Yoga: Experience the benefits of practicing mindfulness in an outdoor setting. This 60-minute class incorporates elements of qigong, tai-chi, and yoga. It includes slow-flowing movements, easy to follow postures, breath work and a guided meditation.

Everyone is welcome, no previous experience required. (limit 20 per class)

Hand-Stitched Felt Bookmark: Make a hand-stitched felt bookmark using natural dyed wool felt and recycled wool. All supplies will be provided to make these unique bookmarks. (limit 10 per class)

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

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

## **Class Times**

### **9:00 AM TO 10:00 AM**

Kayaking	Natural Cordage
Essential Oils	Photography (9-11:15)
Pallet Art	Painting Basics
Hiking Skills	Maple Sugar
Forest Bathing	Solder (9-11:15)
Backpacking	Tomahawk
Basic Birding	Foraging

### **10:15 AM TO 11:15 AM**

Kayaking	Natural Cordage
Archery	Maple Sugar
Essential Oils	Tomahawk
Beekeeping	Compass
Pallet Art	Yoga
Hiking Skills	Bookmark
Forest Bathing	Foraging
Backpacking	

### **12:30 PM TO 1:30 PM**

Kayaking	Natural Cordage
Archery	Maple Sugar
Beekeeping	Solder (12:30-2:45)
Disc Golf	Auto Mechanics
Hiking Skills	Tomahawk
Backpacking	Map and Compass
Foraging	Bookmark

### **Campfire Cooking**

### **1:45 PM TO 2:45 PM**

Kayaking	Natural Cordage
3D Archery	Painting
Hiking Skills	Maple Sugar
Backpacking	Advanced Fishing
DIY	Tomahawk
Campfire Cooking	Foraging

\*\*\* 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. This is to help with scheduling if a class is full. We will substitute any class that's available if alternates are not filled out.