

## 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, 2024.**

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, 2024. 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



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

<https://ppff.events/2024blackmo-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.

### For more information

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



# Women In The Wilds



May 11, 2024  
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)

Forest Shower In The Wilds: Experience Forest Bathing's next of kin Forest Showering. A forest shower is perfect for when you are limited in the amount of time you have available to spend in nature or your nearby nature options are limited. Whether you bathe or shower, you will benefit from the wellness and wisdom of spending time in the natural world. (limit 10 per class)

Intro To Backpacking: Have you ever wanted to camp away from an established campground? Hike in more remote locations for multiple days? Not sure what gear you need or how to use it for extended hikes? If you answered yes to any of these, then this is the class for you! We'll have multiple examples of all kinds of camping/backpacking gear for you to look at and ask questions about. We'll cover setting up your shelter, building a fire, food, water, and more! This class is an open forum with discussion on outdoor gear and demonstrations.

Basic Birding: Take a short hike to learn how to identify and discover birds that can be found at Black Moshannon. Binoculars will be available to borrow. (limit 15 per class)

Warbler Walk: Bird by both sight and sound in this more advanced birding class. Learn how to identify migratory birds by their songs and other habits. Binoculars will be available to borrow. (limit 15 per class)

Photography Skills: This class will offer a brief overview of basic camera functions and how they apply to the environment around you. We will cover types of gear to assist in your shoot and protection for your gear. We will finish up with composition and processes to capture your photography vision.

Natural Teas: Discover how to make teas from native plants. (limit 25 per class)

Self Defense Basics: Learn basic self-defense and situational awareness to help keep you safe. This class will have light physical activity. (limit 16 per class)

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)

Basic Map and Compass Orientation: How to navigate when your phone doesn't work: This class will help the participants gain a basic knowledge of topo map reading. Participants will also learn to orient themselves using a map and a compass.

Exercises will consist of locating features on the map and describing what they are as well as navigating a short trip using a compass and a ruler.

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)

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

Nature After Dark: If you're only exploring nature during the day, you're missing half the fun. Learn what happens after the sun sets in the natural world around you, and how you, your family, and your friends can enjoy a wild night out.

3D Nature Wall Art: Make wall art with a picture frame and natural materials.

Reflexology: Use gentle pressure on hands and feet to provide relaxation and stress relief. Learn about some of the techniques at this class.

Fly-fishing: Learn the basics of fly-fishing! Casting, knot-tying, and setting up a fly rod will be covered. (limit 6 per class)

Campfire Cooking: Find out tips and tricks to cooking delicious meals over a campfire! Several techniques will be shown.

Paper-making: Make decorative paper out of recycled and natural materials. (limit 10 per class)

Invasive Plant ID: Learn to identify invasive plants that grow in the forest and possibly, in your yard or flower gardens. Find out some tips to getting rid of them.

Primitive Fire Starting: Try several different ways of starting a fire without matches or a lighter. Learn how to use flint and steel, then try fire by friction! (limit 6 per class)

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)

Mindful Based Stress Reduction Workshop (MBSR): This workshop will introduce participants to mbsr as a very practical strategy for managing everyday stressors.

Techniques presented will include relaxing breathing exercises, guided visualization and introduction to meditation. Option of a guided walking meditation on the lake walk path. Participants may want to have a blanket or towel or yoga mat to sit on.

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.

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.

Disc Golf- Learn the basics of one of the fastest growing sports in the world. Drive, approach, and putt your way to fun! Discs will be available to borrow. (limit 10 per class)

Spa Day-Homemade Sea Salt Scrub: Learn how to make your own all-natural salt scrub and make two jars. You'll take one home, but use the other to treat yourself to a pedicure while learning about the different kinds of life jackets and find out which type you'd need to survive a day at sea from a boating safety expert. (limit 12 per class)

Enjoying the Outdoors Safely with Tips, Tricks, and Techniques: Take a short hike while discussing preparation and planning, equipment including apps, go bags, and maps, and safety in the outdoors. (limit 12 per class)

## Class Times

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

Kayaking	3D Wall Art
Forest Shower	Reflexology
Backpacking	Campfire Cooking
Birding	Paper-Making
Photography	Wildlife Safety
Natural Teas	Fly-Fishing
Sip and Solder (9 am - 11:15 am)	Primitive Fire
Map and Compass	Geo-Cache
Leave No Trace	Nature After Dark

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

Kayaking	3D Wall Art
Archery	Reflexology
Forest Shower	Campfire Cooking
Backpacking	Paper-making
Warbler Walk	Wildlife Safety
Photography	Mushroom ID
Natural Teas	Morning Yoga
Map and Compass	Enjoying the Outdoors
Leave No Trace	Fly-Fishing
Nature After Dark	Geo-Cache
Primitive Fire	

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

Kayaking	3D Wall Art
Archery	Reflexology
Backpacking	Invasive Plant ID
Photography	Wildlife Safety
Self Defense	Disc Golf
Sip and Solder (12:30 pm to 2:45 pm)	
Spoon Carving (12:30 pm to 2:45 pm)	
Map and Compass	Spa Day
Leave No Trace	Fly-Fishing
Gun Cleaning	Geo-Cache
Nature After Dark	Primitive Fire

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

Kayaking	3D Wall Art
Archery	Reflexology
Backpacking	Invasive Plant ID
Photography	Wildlife Safety
Self Defense	Disc Golf
Map and Compass	MBSR
Leave No Trace	Spa Day
Nature After Dark	Enjoying the Outdoors
Geo-Cache	Primitive Fire