



Kentucky Dept. of Fish & Wildlife Resources
#1 Sportsman's Lane
Frankfort, KY 40601
Visit our website: fw.ky.gov



**BEYOND BECOMING AN OUTDOORS-WOMAN
CARTER CAVES STATE RESORT PARK, OLIVE HILL, KENTUCKY
FRIDAY, APRIL 4 – SUNDAY, APRIL 6, 2008**

This Beyond BOW weekend workshop will offer classes designed not only for individuals but families as well. Your registration fee to KDFWR will include three weekend workshop sessions as well as bonus evening programs while your room/meal fee (paid separately) to Carter Caves includes two night's accommodations and 6 meals beginning with dinner Friday thru lunch Sunday. Children must be at least 8 years old to attend.

WEEKEND AGENDA

During this workshop classes will be structured with not only novice adults in mind but family oriented classes will be offered as well. Registration will begin **Friday, April 4th** at **5pm** followed by dinner at 6pm. At 7pm the group will participate in a caving tour through Cascade Cave. Cascade Cave is one of the largest caves in Carter County and is noted for its large chambers and numerous cave formations. A highlight of the tour is an underground waterfall over 30 feet high. The tour is easy walking with about 225 stairs through the cave electrically lit. **Saturday, April 5th** will start with breakfast at 7:30am then a day filled with classes. **Session I** will be from 8:30am to 11am followed by lunch. **Session II** will run from 1 to 3:30pm followed by an afternoon of free time to explore the Park's surrounding trails, challenge your climbing skills by reaching the top of the National Guard climbing wall or hitting the putt-putt course. Dinner will be served at 6pm followed by another evening of group activities. On **Sunday, April 6th** you'll have the option to attend a devotional time at 7am. Breakfast is served at 7:30 followed by **Session III** taking place from 8:30 to 11am. The weekend will wrap-up with lunch.

SPECIAL CONSIDERATIONS

ACCOMMODATIONS: Overnight lodging arrangements must be made directly through Carter Caves State Resort Park lodge prior to Thursday, March 20, 2008. Please call 1 800 325-0059 and ask for the BOW package. Please advise the lodge if you have a particular person(s) you would like as a roommate otherwise one will be assigned for you. Single accommodations are available at an extra charge.

REGISTRATION: One person per registration form however, photocopies are accepted.
Registration closes Thursday, March 20, 2008. Registrations postmarked after that time will result in a \$25 late fee or may not be accepted.

QUESTIONS OR CONCERNS: Please call 1 800 858-1549 and ask for Naomi Wilson, BOW Assistant Coordinator or e-mail Beth Minch, BOW Coordinator at beth.minch@ky.gov

CANCELLATION: Deadline is **Thursday, March 20, 2008.** If notification is received by that date you will receive a full refund of your deposit. After that date, a \$50 processing fee will be assessed to all cancelled registrations. Registrants who do not attend and do not cancel by **March 20** will forfeit the full deposit however, substitutes are accepted.

CONFIRMATION: Upon receipt of your registration form and deposit you will be sent an electronic confirmation to the e-mail address you provided confirming your class selection, as well as packing suggestions, reminders and directions to the Park. If you do not provide an e-mail address your confirmation will be sent by regular mail. **If you do not receive confirmation by March 24 please contact Naomi Wilson at 1 800 858-1549 to verify receipt of your registration.**

If you are planning to use a KNOW membership discount that must be applied to the original registration fee to KDFWR.

The Kentucky Department of Fish and Wildlife Resources is funded through the sale of hunting and fishing licenses and boat registrations. KDFWR receives no general fund tax dollars. KDFWR does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities.



Please complete both sides of the registration form and mail postmarked by March 20, 2008.

Include your registration fee of \$50 per adult \$25 per child (8 years old to 17 years old)

Along with any extra fees applicable for classes registered for made

Payable to: KY Department of Fish & Wildlife Resources (KDFWR)

To reserve your spot for this weekend workshop.

You may also register with KDFWR by credit card at 1 800 858-1549

**REMEMBER YOU MUST CONTACT THE PARK AT 1 800 325-0059 TO RESERVE YOUR
OVERNIGHT ACCOMMODATIONS PRIOR TO MARCH 20, 2008**

AND ALL ROOMING/MEAL FEES ARE PAYABLE TO CARTER CAVES STATE RESORT PARK

PARK ROOM/MEAL RATE PER ADULT: 2 NIGHTS ACCOMMODATIONS AND 6 MEALS

SINGLE \$165 PLUS TAX

DOUBLE \$120 PLUS TAX

TRIPLE \$111 PLUS TAX

QUAD \$107 PLUS TAX

PARK ROOM/MEAL RATE PER CHILD (8-17): 2 NIGHTS ACCOMMODATIONS AND 6 MEALS
\$58 PLUS TAX

Mail your registration fee, extra class fees and completed registration form to:

Beth Minch

P.O. Box 35

Stamping Ground, KY 40379

REGISTRATION FORM / PLEASE PRINT CLEARLY

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Room with: _____ **OR PLEASE ANSWER. I'M A**

___ Night owl ___ Early to bed and to rise ___ Snore ___ Restless sleeper ___ Up many times

EMERGENCY MEDICAL AUTHORIZATION

In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order necessary medical procedures, or surgeries, deemed necessary by the extent of the medical emergency. I give consent for the KY Department of Fish and Wildlife Resources to provide medical attention, transportation and emergency medical services as warranted by the severity of the situation. To my knowledge, I am in good physical condition. I am not aware of a physical problem, disease or injury that would be aggravated, or result in my being injured, by participating in any of the BOW workshop programs except as designated below:

Pre-existing injury, illness or disease: _____

Medication allergies? _____

What medications are you currently taking? _____

Approximate date of your last Tetanus shot? _____

Insurance Company: _____

Name of policyholder & number: _____

I AS A PARTICIPANT RECOGNIZE THAT:

I may be exposed to some environmental/physical risk due to the nature of the workshop, I assume full responsibility for any intentional action or injury that may result from my participation, photographs and video may be taken during sessions and be used in future support of the program, and in the unavoidable event of a class or event cancellation, evening program or instructor change, BOW will provide excellent alternatives should these situations arise.

Applicant Signature

Date

CLASS SELECTION

Please note which class you wish to take in ALL sessions by marking it with the number 1. Select one alternate class you wish to take by marking it with the number 2 should your first choice not be available. Some classes are limited to participation (indicated) and once capacity is reached participants will be scheduled for their alternate class. Classes with less than 4 participants are subject to cancellation.

PLEASE NOTE: Participants 8-13 years old must be accompanied by an adult (18 years and up) to all classes.

SATURDAY, APRIL 5TH SESSION I 8:30 A.M. THRU 11:00 A.M.

- Basic to Archery / Family Version
- Basics of Hiking **3 HOURS**
- Basics of Wild Caving **3 HOURS AND LIMITED TO 12 PARTICIPANTS**
- Campfire Cooking / Family Version **LIMITED TO 12 PARTICIPANTS**
- Canoeing and Kayaking / Adult Version **LIMITED TO 12 PARTICIPANTS**
- Firearms Use, Safety and Selection / Family Version
- Fishing 101 / Family Version
- Horseback Riding **LIMITED TO 12 PARTICIPANTS EXTRA FEE**
- Making a Nature Keepsake **EXTRA FEE LIMITED TO 12 PARTICIPANTS**
- Nature Journaling and Wildlife Identification **LIMITED TO 8 PARTICIPANTS**
- Walking Sticks **EXTRA FEE**

SATURDAY, APRIL 5TH SESSION II 1:00 P.M. THRU 3:30 P.M.

- Basic to Archery / Adult Version
- Basics of Golf / Adult Version **EXTRA FEE LIMITED TO 12 PARTICIPANTS**
- Basics of Hiking **3 HOURS**
- Basics of Wild Caving **3 HOURS LIMITED TO 12 PARTICIPANTS**
- Campfire Cooking / Adult Version **LIMITED TO 12 PARTICIPANTS**
- Canoeing and Kayaking / Family Version **LIMITED TO 12 PARTICIPANTS**
- Firearms Use, Safety and Selection / Adult Version
- Fishing 101 / Adult Version
- Horseback Riding **LIMITED TO 12 PARTICIPANTS EXTRA FEE**
- Making a Nature Keepsake **EXTRA FEE LIMITED TO 12 PARTICIPANTS**
- The Night Flyers - Bats and Owls of Kentucky
- Nature Games / Family Version

SUNDAY, APRIL 6TH SESSION III 8:30 A.M. THRU 11:00 A.M.

- Campfire Cooking / Family Version **LIMITED TO 12 PARTICIPANTS**
- Canoeing and Kayaking Adult Version **LIMITED TO 12 PARTICIPANTS**
- Edible Wild Plants - The Backyard Gourmet
- Falconry: Hunting with Birds of Prey **LIMITED TO 8 PARTICIPANTS**
- Firearms Use, Safety and Selection/ Family Version
- Fishing 101 / Family Version
- Horseback Riding **LIMITED TO 12 PARTICIPANTS EXTRA FEE**
- Walking Sticks **EXTRA FEE**

CLASS DESCRIPTION

Basics to Archery -- Whether you are coming into the world of archery for hunting or to learn an outdoor skill that could put you into the Olympics, come join us on the archery range to learn terminology, equipment and quick techniques to hitting the bull's eye.

Basics of Golf -- During this class participants will spend the majority of the class on the range learning golf terminology, basic strategy, swing and position and course management.
EXTRA FEE OF \$15 PER PARTICIPANT, LIMITED TO 12 PARTICIPANTS

Basics of Hiking -- Participants must be 12 yrs or older to participate. During this class we will go over the proper hiking equipment and what to expect while going hiking. Along the trail you see three of the park's Natural Bridges, views of the secluded Smoky Lake and some early spring wildflowers in bloom. You will learn some leave no trace hiking ethics that keeps our backcountry in pristine shape for future generations to enjoy. The hike will be 3.5 miles long. **REQUIRED EQUIPMENT:** Long pants, broken-in hiking boots, a snack, water, and a small back or fanny pack to carry your stuff. **OPTIONAL EQUIPMENT:** Hat, sunscreen, sunglasses and a camera. **3 HOURS**

Basics of Wild Caving -- Participants must be 13yrs or older. This is an introduction to wild caving program. We'll go over what to expect when you explore a cave and the equipment you will need. Caving techniques, safety, and conservation will be discussed. You will get to visit two wild caves on the trip. The trip will include information on geology, cave life, and cave formations. The trip will involve some stooping, bending, hand and knee crawls and a couple belly crawl passages. There is a 1-mile surface hike to get to and from the caves. You will encounter some water on this trip so have a change of clothes for after the trip. **PROVIDED EQUIPMENT:** Helmet, Headlamp and Kneepads. **REQUIRED EQUIPMENT:** A backup flashlight with new batteries, long pants, layered a short sleeve and a long sleeve shirt, sturdy broken in boots that cover the ankle, leather or non-insulated gloves, water and a pack to carry your equipment in. **OPTIONAL EQUIPMENT:** Elbow pads, a camera (needs to be in a protective case) and a change of cloths for after the trip. **3 HOURS, LIMITED TO 12 PARTICIPANTS**

Campfire Cooking -- Do you wish you knew more about cooking in the outdoors? If so, this is the class for you. Cooking around the campfire can be simple and you don't need a lot of equipment. There are several ways to cook without pots and pans. Cook food inside other food like cabbage or lettuce leaves, in paper or cans, in clay, on rocks or on coals. We'll do it all including deciding how and where to build a fire for cooking. Make sure and come with an appetite because we will eat what we prepare. **LIMITED TO 12 PARTICIPANTS**

Canoeing and Kayaking -- During this class participants will learn about the advantages of being on the water in a personal craft such as a canoe or kayak. Safety and terminology will be discussed all the while preparing for a friendly game of tag on the water. Introduction to the ease of using a smaller boat to get to that record fish will also be discussed. **LIMITED TO 12 PARTICIPANTS**

Edible Wild Plants - The Backyard Gourmet -- Learn to identify 20 common wild plants and fruits that are nutritious, delicious, and best of all, FREE for the harvest! And they can help you survive if you are stranded in the wild.

Falconry: Hunting with Birds of Prey -- Meet Belle, the red-tailed hawk and share her adventures in hunting. Falconry is one of the oldest hunting sports where humans get to participate in the "wild" hunt. After training and following guidelines from state and federal fish and wildlife agencies, falconers are allowed to trap wild birds of prey and train them so they can hunt along with their birds for rabbits, squirrels, pheasants and other prey. Instructor and falconer, Nancy Theiss, will share her experiences in falconry and introduce you to this fascinating sport. **LIMIT 8 PARTICIPANTS.**

Firearms Use and Safety -- In this class you will be provided basic information and practical training necessary to safely handle and shoot a shotgun, rifle or pistol. Class held on the range in a controlled environment. Hearing and eye protection are required and provided. You'll be hitting the mark in no time.

Fishing 101 -- Learn about the use of live bait, lures, rods and reels and how to rig your equipment on your own. We will discuss fish habitat and where to find different kinds of fish and of course, go fishing! **PARTICIPANTS MUST HAVE A VALID KENTUCKY FISHING LICENSE TO PARTICIPATE IN THIS SESSION.**

Horseback Riding -- Experience horseback riding at the Park while learning about grooming and saddling, picking hoofs and placing the bit in the horse's mouth. The ride itself will encompass 2 hours of the class. **EXTRA FEE OF \$20 PER PARTICIPANT, LIMITED TO 12 PARTICIPANTS**

Making a Nature Keepsake -- Take home not only memories on your outings, learn how to create simple jewelry from things you find in nature --- stones, shells, river washed glass and twine. We'll also create basket necklaces. **EXTRA FEE OF \$5 PER PARTICIPANT, LIMITED TO 12 PARTICIPANTS**

Nature Games -- Sound Off! Bat Moth! Mother's Babies! Nature/Un-Nature, The 100-Inch Hike and Meet a Tree. These are just some of the games that challenge unique ways to challenge our senses, learn about predator/prey relationships and look at nature through a hand lens! These activities have been used over the years by naturalists to engage children to experience nature in unique ways. Some activities include blindfolds.

Nature Journaling and Wildlife Identification -- Learn simple techniques for observing and recording wildlife that can turn this hobby into a lifetime pursuit. You will learn journaling techniques used by well-known naturalists such as Aldo Leopold and Henry David Thoreau. Participants will go on a nature walk for wildlife identification and experiment with drawing and writing tips that will aid in recording the pleasure of nature observations. **LIMIT 8 PARTICIPANTS.**

The Night Flyers - Bats and Owls of Kentucky -- Come and find out what really goes BUMP in the night! Learn to identify the bat and owl species you are most likely to hear or see when in the Kentucky wilds.

Walking Sticks/Hiking Staff -- Create your own hickory hiking or walking stick. We will discuss uses of walking sticks, styles, designs, accessories; materials used in fashioning walking/hiking sticks. Participants make and decorate (paint, wood burn, stain) their own hiking stick to take home. **EXTRA FEE OF \$5 PER PARTICIPANT LIMIT 6 PARTICIPANTS**

**THE KENTUCKY DEPARTMENT OF FISH AND WILDLIFE RESOURCES
HOSTS THIS WORKSHOP IN PARTNERSHIP WITH**



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OUTDOOR WOMEN, SALATO WILDLIFE EDUCATION CENTER, KY AFIELD TV
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