



Ohio Women's Outdoor Adventures



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Ohio Department of
**NATURAL
RESOURCES**

**AUGUST 28-30, 2015
SHAWNEE STATE PARK LODGE
& CONFERENCE CENTER**

2015 OHIO WOMEN'S OUTDOOR ADVENTURES

August 28-30, 2015 at Shawnee State Park and Conference Center

Ohio Women's Outdoor Adventures (OWOA) is a weekend filled with workshops that focus on a variety of outdoor skills. Whether your interests are power boating, paddling, fishing, archery or geocaching, OWOA is a special opportunity to:

- Learn more and/or improve your boating and outdoor skills
- Learn a new skill from qualified instructors
- Have a fun weekend filled with new adventures and activities

Registration opens June 1. Cost is \$201.00. Download a registration form at watercraft.ohiodnr.gov/owoa.

AGENDA

FRIDAY, AUGUST 28

1:30-2:30 PM	Guest arrival and registration (<i>Main Lobby</i>)
2:30-3:00 PM	General session (<i>Moccasin Room</i>)
3:00-4:00 PM	Check-in
4:00-6:00 PM	SESSION 1
6:00-6:30 PM	Break
6:30-7:30 PM	Dinner buffet (<i>Moccasin Room</i>)
7:30-10:00 PM	Evening events

SATURDAY, AUGUST 29

7:00-8:00 AM	Early morning activities
8:00-9:00 AM	Breakfast buffet (<i>Moccasin Room</i>)
9:00-9:30 AM	Break
9:30 AM-12:30 PM	SESSION 2
12:30-1:30 PM	Lunch
1:30-4:30 PM	SESSION 3
4:30-6:00 PM	Break
6:00-7:00 PM	Dinner buffet (<i>Scioto Room</i>)
7:00-7:30 PM	Break
7:30-10:00 PM	Evening events

SUNDAY, AUGUST 30

7:00-8:00 AM	Early morning activities
8:00-9:00 AM	Breakfast buffet (<i>Moccasin Room</i>)/ Check-out
9:00-9:30 AM	Break
9:30 AM-12:30 PM	SESSION 4
12:30-1:00 PM	Departure

WORKSHOP DESCRIPTIONS

BOATING

Each of these workshops will require you to get in the water. Please dress accordingly.

Basic Jon-Boat Handling. Are you ready to jump into a Jon boat and learn how to get to all those secret fishing holes in search of “the one that got away?” Well, now is your chance! Jon boats are easy to power, economical to own, and have been a favorite of anglers, hunters, and recreational boaters for hundreds of years. Join our ODNR Division of Watercraft instructors in an on-the-water Jon boat adventure, where you will learn the basics of operating a tiller-steered outboard motor safely and effectively.



Boat Trailing, Launching & Loading. Set course to explore Ohio’s waterways near and far by learning how to trailer and launch your boat. Trailering allows you to explore the best boating spots in Ohio and adds a whole new dimension to the sense of freedom that comes with boating. In this workshop, you will learn the art of turning, backing, preparing your boat for launch, and preparing your boat for the road. Come join us at the ramp, and don’t forget to bring your drain plug!

Canoeing. Certified instructors from the ODNR Division of Watercraft will teach you all about equipment and techniques and have you on the water paddling like a pro in no time. We’ll do our best to keep you dry, but dress as if you’ll get wet.

Kayaking. Looking to get your feet wet and see if kayaking is for you? This course is a great introduction to kayaking basics and the essentials for a safe day on the water. Certified instructors will teach you paddling basics and techniques to prepare you for a flat-water kayaking adventure. Plan to dress to get wet.

Personal Watercraft (PWC) Operation. “Jet Skis,” “Waverunners” and “Sea Doos” are a fast and exhilarating way to experience the Ohio River during the summer. Come and learn from certified ODNR instructors on how to safely operate these unique and exciting jet-propelled watercraft. Plan to get wet!

Power Boating Basics. If you already have a passion for boating and the outdoors, you can “power-up” your skills on one of the ODNR Division of Watercraft’s 19-foot, center-console, Boston Whalers. This on-the-water adventure will allow you to experience standing, rather than sitting, at the helm. A certified instructor will guide you through the division’s new Power Boating Basics

course, where you will learn to effectively approach and depart a dock, execute a 360-degree turn in close quarters, set an anchor, retrieve a fallen skier and much, much more!



Stand-Up Paddleboarding (SUP). Learn everything you will need to know to get started in the exciting new sport of Stand-Up Paddleboarding (SUP). “SUP” offers a great body workout and is a wonderful activity to do in lakes, rivers and the ocean. In this workshop, you will learn the proper stance for balance and control, essential paddling strokes and turning techniques, as well as tips on how to choose the right board and paddle. Come with us to enjoy the outdoors and learn how it feels to walk on water!

FISHING

Each fishing workshop requires a current fishing license for individuals aged 16 years old and older.

Kayak Fishing. Get a crack at a “fish of a lifetime,” but also learn the skills you need to catch it while on a kayak. Fishing kayaks are stable and much more comfortable than some of the kayaks of the past. You will receive instruction on paddling and using your boat, as well as fishing techniques that are related to the species of fish that will be targeted. Come and receive first class instruction on using a kayak to get to the fish others cannot access!

River Fishing Basics. You don’t have to smoke a pipe and wear a funny hat to fly fish. Our instructors will show you how easy it is to select and use these graceful outfits, and then you will be down at the lake to practice on bass and bluegills. We will furnish all the equipment needed, but you can bring your own if you have it.



FLORA & FAUNA

Animal Tracking & Scat Identification. Naturalists study all sorts of strange and interesting things. We love birds, flowers and trees. We also study scat (also known as animal droppings), but what people may not know is that studying scat is important. People can track animals by their scat and learn about the animal's diet, health and age. Join ODNR Park Naturalist Erin Shaw for a fun and hilarious session, and learn how to identify different animals by making your own scat samples to take home. We will use clay, fur, birdseed, paint and other natural items to make realistic looking scat that will help you identify and track animals. As our clay scat dries, we'll take a hike to look for scat and animal tracks.



Bird Watching Basics. Get up close and personal with sparrows, chickadees, warblers and woodpeckers. Yes you will become familiar with these and numerous other song birds in this course designed to help you discover the identity of birds by sight and sound. Bring your own binoculars, if you have them.

Horseback Riding. Ohio State Parks and state forests offer more than 500 miles of bridle trails through all types of landscapes and terrain. Come and enjoy a two-hour trail ride through Shawnee State Forest, where you will see some of the most beautiful scenery in the state. *(There will be a \$45 rental fee charged by the stables for this option.)*



Raptors & Reptiles. Join a naturalist and visit up close with both our feathered and scaled residents of Shawnee State Park. Learn about the lifestyles, habits and unique adaptations that these closely related creatures use every day to survive in the wild.

SOS Survival Ohio Style. Are you any good at trivia? How about your powers of observation? Join a state park naturalist and test your skills. This is a fun chance to see what you might already know about the outdoors and see if you can master a few basic survival techniques. A great way to meet new people!

Stream Quality Monitoring. Dragonflies, crayfish and clams, oh my! Get your feet wet and learn about the aquatic critters who call the river their home. Through this hands-on course, you'll learn to identify water loving "bugs" who can tell us if the stream is 'healthy' or needs a little help. You'll also pick up some great tips on choosing appropriate flies for fly fishing.

Tree Trivia. Can't tell a maple from an oak or an ash from a hickory? You will after joining our naturalists on a walk that will teach you how to identify many of Ohio's hardwood species by leaf, bark and bud.

Wild Edibles. "Can I eat that?" To be honest, there are many things you might eat out there. But only a few things are really worth your lunch plate. Join your Ohio State Park naturalists and learn the difference between what you shouldn't eat and what you can eat.

MAP & COMPASS

Geocaching. Hand-held global positioning satellite (GPS) receivers are in wide use by boaters, anglers and hikers. There is something comforting about knowing where you are, and it is still important to know how to get to where you want to go. Geocaching is an adventure game for GPS users. Come play the game that involves seeking hidden treasures using GPS satellite coordinates, while discovering GPS potential for other recreational uses.

Orienteering. With handheld GPS units becoming commonplace and smart phones showing digital maps plotting your exact location, how can anyone ever get lost? But what to do if your batteries die? In this class, we will give instruction on how to read a standard topographic map and find your way through the wilderness with nothing but a map, a compass and your wits.



READY, SET, AIM



Disc Golf. Long distance throws, uphill jabs, strange angles or very unique obstacles. Ever want to try your hand at disc golf? Come play a few rounds with our experts, and let them give you a few tips. You will be surprised how much fun throwing around a disc can be.

Golf Scramble. Did you know Shawnee State Park has a 18-hole championship golf course? We will be offering a women's 9-hole scramble on Friday afternoon. Play the course's signature hole that over looks the river valley and is often voted the "most scenic" hole in the tri-state area. Sign up with friends or as a single. We will pair you up into a foursome that will guarantee you to have a fun, relaxing afternoon meeting new people or catching up with old friends. *(An extra fee of \$20.00 is required. The fee covers the 9-hole scramble and cart. Prizes will be given to the longest drive, longest putt and closest it the pin. Space is limited and you must have your own clubs.)*



Intro to Archery. Learn how to select bows, arrows and other accessories to get the most out of your hidden talent. Expert instructors will join you on the range to help you shoot compound bows and crossbows.



Outdoor Photography. Wildflowers, wildlife and water. Bring your camera, phone or anything that will take a picture. We'll head out and explore the Shawnee area with the aim to help you take better photographs in the outdoors.

MORNING FITNESS

Early-Bird Run in the Park. For those of you who are fitness "gurus," come join a watercraft officer for a casual run in the picturesque Shawnee State Park. Run (or walk) as far as you would like, but don't forget breakfast at 8 a.m.



Awakening Yoga. Get your blood flowing in the morning with Awakening Yoga! Yoga helps to create a sense of space, time and awareness in the body that will carry with you throughout your entire day. This gentle yoga class will lead you through a series of poses that will stimulate the mind, body and senses preparing you for your busy day of learning. No experience required. *(Bring your yoga mat if you own one.)*

EVENING EVENTS

Welcome Bonfire. Join the ODNR staff, volunteers and instructors to usher in the second annual Ohio Women's Outdoor Adventures (OWOA)! Meet fellow participants, eat marshmallows and discuss the weekend's coming events. Don't forget to bring your camp chair and bug repellent.

Evening Canoeing. Experience the beautiful Shawnee area as it settles quietly into the night as you paddle surrounded with the sounds and sights of the woodland nightlife. Your certified canoe instructors and naturalist guides will provide insight into your surroundings and help you to identify all the many types of Ohio native wildlife that you will see.

Evening Catfishing. Interested in catfishing? Reserve your spot now! Whether you are newly interested in catfishing, or have been a time or two, catfishing at night for beginners is designed with you in mind. Topics covered include collecting bait, basic gear you will need, how to rig a pole for catfishing and actual fishing from shore.

Moth Madness. Did you know that July 18-26 is National Moth Week? Though we'll be a month late in doing so, come celebrate it by joining our ODNR naturalists as they use special baits and lights to lure moths and other nighttime insects into view. In addition to light set-ups at their "mothing" station, they will have a bait trail and a night-time pollinator field to explore.



The Owl Prowl. Ever wonder what is making all of those noises in the night forest? During this evening program, get up close and personal with a live owl to see its amazing adaptations for living in a dark world. Then hike the shadowy trails around Shawnee to listen for these and other creatures of the night that make the evening come alive with sound.

Inflatable BB Gun Range. Try your hand at a unique shooting opportunity with the ODNR Division of Wildlife's inflatable BB Gun Range. This safe, self-contained shooting range allows shooters to hone their target shooting skills inside an inflatable BB range. Two shooters can shoot at the same time so bring a friend and see who the best shot is.

Spirit of Dead Man's Hollow. Who is the Tinker in Dead Man's Hollow? Does he really follow hikers out of the Hollow? Or could there be a more natural explanation for the sounds and laughter that echo from the hollow? Join a naturalist and the volunteers from Haunted Hocking as we explore the fun possibilities. Meet at the lodge lobby for a short bus ride over to Dead Man's Hollow.

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August 28-30, 2015

Shawnee State Park and Conference Center
4404B State Route 125
West Portsmouth, Ohio 45663

Cost is \$201.00. Registration opens June 1 and closes July 13 or when filled.

Download a registration form at watercraft.ohiodnr.gov/owoa



Sponsored by:
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