

Lake Metigoshe State Park presents...

# WOW Weekend

*The Wild Outdoor Women (WOW) Weekend at Lake Metigoshe State Park is primarily for ladies over the age of 16 who wish to learn or improve on skills associated with several outdoor recreational activities.*

## Friday, February 22

### Session I (Mini) - 6:30pm-8:30pm

DIY Custom Fishing Rod (\$220), Tracking Trek (\$25), Who Gives a Hoot? (\$25), Tubing at the Bottineau Winter Park (\$15) and Self-Guided Snowshoe OR X-Country Ski in the Moonlight (\$20)

## Saturday, February 23

### Session II - 8:30am-12:00pm

DIY Custom Fishing Rod (Cont.), Darkhouse Spearfishing (\$60), Fur Handling (\$60), Snowshoe Lacing (\$125), Beanies 'Round the Fire (\$25), Introduction to X-Country Skiing (\$35), In the Right Direction (\$35) and Fun with Necropsy: Where Ecology Meets Anatomy (\$35)

### Session III - 1:30pm-5:00pm

DIY Custom Fishing Rod (Cont.), Darkhouse Spearfishing (Cont.), Fur Handling (Cont.), Snowshoe Lacing (Cont.), Introduction to Downhill Skiing (\$55), Arm Knitting (\$25), WOW Triathlon (\$35) and Processing Wild Game (\$35)

### Session IV (Mini) - 6:30pm-8:30pm

Snowshoe Lacing (Cont.-Optional), Write by Fire (\$25), Things that Go Bump in the Night-On Snowshoes! (\$25), String Art 'Round the Fire (\$25), Self-Defense (\$25), Snow Much Fun with Science (\$25) and Self-Guided X-Country Ski in the Moonlight (\$20)

## Sunday, February 24

### Session V - 8:30am-12:00pm

Darkhouse Spearfishing (until 4:30pm-\$60), Advanced X-Country Skiing (\$35), Tree Cookie Creations (\$35), Winter Survival (\$35), Snowshoe Yoga (\$35), Snowmobile Safety (\$30) and Tie One On; Intro to Fly Tying (\$35)

## Event Information:

- \* Registration opens January 9, 2019 at noon via [www.ticketleap.com](http://www.ticketleap.com) and closes February 1, 2019 at 12am. *There will be no Ticket Leap fees; fees are being absorbed by the park.* Registration via telephone and email will not be accepted.
- \* Participants register by purchasing tickets for desired number of sessions in addition to optional meals (breakfast \$7, lunch \$9 & supper \$12), lodging in the Lake Metigoshe State Park dorm facilities (\$10/night) and WOW apparel.
- \* Registration fees cover costs affiliated with state park facilities, equipment rentals, honorariums for volunteer instructors, snacks/beverages and various session materials needed for the event.
- \* All recreational equipment and materials are provided unless otherwise stated in descriptions.
- \* Participation is limited due to the hands-on nature of the activities and equipment available; ticket sales are limited to one ticket/person/session.
- \* Participants older than 16, yet under the age of 18 at the time of the event, need to attend event with a parent/guardian.

*Thanks to our event partners!*



**WOW Event Contact:**

**Amy Schimetz,**  
**Lake Metigoshe State Park**  
**[aschimetz@nd.gov](mailto:aschimetz@nd.gov)**  
**701-263-4514**

# WOW Weekend

**Friday, February 22, 2019**

**Session I-6:30pm-8:30pm**

<b>I=Indoors</b>	<b>Easy Physical Activity</b>
<b>O=Outdoors</b>	<b>Moderate Physical Activity</b>
	<b>Arduous Physical Activity</b>

## **DIY Custom Fishing Rods (I-Easy)**

**Instructor: Chuck DeRemer**

Don't miss out on the opportunity to build your own custom fishing rod! We'll cover the basics of building a rod including proper design and construction. In addition, we'll discuss proper maintenance and simple repairs. This activity continues through Session II and III. Registration fees cover basic materials and instruction; upgrades will be available during the session for additional fee(s). Due to drying time, fishing rods will need to be picked up on Sunday morning.

## **Tracking Trek (I/O-Easy)**

**Instructor: Elisha Mueller & Tiffany Mueller**  
(ND Game & Fish Department)

In this mini-session, you will get a hands-on introduction to North Dakota's native wildlife by investigating the skulls, antlers, talons and pelts of a number of different species. We will explore their behaviors and where they fit into their ecosystems before delving into the fundamentals of tracking these animals across the landscape. After learning the basics, we'll go for a short walk to look for and identify animal tracks, so make sure to bring some warm layers as well as a flashlight or headlamp to light your way.

## **Who Gives a Hoot? (I-Easy)**

**Instructor: Molly Skadsen**  
(ND Parks & Recreation Department)

Meet the owls of North Dakota and learn their different calls! Owls are uniquely adapted to survive and thrive in the dark. We will take a closer look at owls by exploring their adaptations which will include looking at what they eat through owl pellet dissection.

## **Tubing (O-Easy/Moderate)**

**(Bottineau Winter Park)**

Feel like a kid again and experience all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down the seven tubing lanes at the Bottineau Winter Park. Participants will meet and leave from the dining hall at 6:15pm prior to driving themselves approximately 8 miles to the Bottineau Winter Park.

## **Self-Guided Cross-Country Skiing or Snowshoeing in the Moonlight (O-Moderate/Arduous)**

The moon will be at approximately 86% this evening so if it is clear, there will be some ambient light for you to explore the park at dark! You'll have assistance in fitting and obtaining gear. Afterwards, spend the majority of the time trying out gear and exploring the park on your own. Those that have their own gear are welcome to join the group without having to register for this activity as there is no formal instruction; this is a self-guided adventure. It is highly suggested that ladies take a trail map (available on-site), wear bright/reflective clothing and bring a headlamp or flashlight. To ensure safety, participants will cross their names off the list upon their return to indicate they are off the trails for the evening.

# WOW Weekend

**Saturday, February 23, 2019**

**Session II-8:30am-12:00pm**

<b>I= Indoors</b>	<b>Easy Physical Activity</b>
<b>O= Outdoors</b>	<b>Moderate Physical Activity</b>
	<b>Arduous Physical Activity</b>

## **Make & Take Custom Fishing Rods-Cont.**

### **Darkhouse Spearfishing (I/O-Easy)**

**Instructors:** Jeff Long (ND Game & Fish Department), Tighe Teets, Cody Clemenson, Al Burgard and Jacob Krause

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss needed gear, teach you how to set up, spend time fishing and hopefully fillet fish to get a taste of the day's catch! Equipment provided. Participants required to drive/carpool onto a nearby lake.

Dressing in layers is highly recommended. Fish houses will be heated, but participants need to be wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet available nearby.

We'll wrap up in a heated shop where we'll demonstrate how to fillet fish, providing an opportunity to try it and bag your fish to take home. Participants are not required to purchase a fishing license for this event, unless they've spearfished at prior event.

All need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants need to either register for lunch (boxed lunch for those spearfishing) or bring their own food/drink as lunch will be taken on the ice! Spearfishing spans Session II and III.

### **Snowshoe Lacing (I-Easy)**

**Instructors:** Jackie Jacobson and Lynda Knutsen

Participants will use an Ojibway style snowshoe kit that includes white ash frames and woven nylon lacing. Instructors will assist participants in completing the lacing pattern.

Ladies will work at their own pace towards snowshoes that can be used outdoors, as an heirloom or as décor. This activity spans Session II & III. Session IV is optional (no additional cost) for those that want to have additional time with the instructors. The majority of the participants will get one snowshoe done by the end of Session III. Ladies that wish to register for different Session IV activity, who are willing to complete snowshoes on their own, are welcome to do so.

### **Fur Handling (I-Easy)**

**Instructors:** Stephanie Tucker (ND Game & Fish Department) and Chad Tucker

Make the most of what you catch by learning how to properly skin your catch, flesh it, stretch it and get ready to sell or ready to tan for garment use or décor. Please consider wearing clothes you don't mind getting dirty as well as comfortable shoes. The day will consist of a lot of standing as you work. Critters will be provided! This activity is a day-long activity, spanning Sessions II and III.

## **In the Right Direction (I/O-Easy)**

**Instructor:** Molly Skadsen

(ND Parks & Recreation Department)

In this activity, methods both old and new will be used to find your way around the park. We'll start with a discussion about orienteering and how to use a map and compass. Afterwards, get introduced to geocaching and head outdoors with a GPS unit to find some caches hidden in the park.

## **Beanies "Round the Fire (I-Easy)**

**Instructor:** Elisha Mueller

Gather 'round the fireplace to learn the basics of crocheting and, if time allows, finish a beanie you can wear to keep warm the remainder of the weekend! You will need to purchase and bring two skeins of bulky yarn (weight- 5 ply) of your color/pattern choice and an 5mm crocheting hook (size L).

## **Intro to X-Country Skiing (O-Moderate/Arduous)**

**Instructors:** Terri Lundberg & Lisa Kudelka

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto the beautifully groomed trails located within LMSP. We'll start out with a little history and discuss equipment. Participants will learn how to get fitted for skis, boots and poles in addition to some tips and tricks from staying upright to how to fall and get back up! Please dress in layers; depending upon the weather, you will appreciate being able to layer up or down. Equipment is provided. Those that have their own skis are welcome to bring their own or utilize provided equipment.

## **Fun With Necropsy: Where Ecology Meets Anatomy (I-Easy)**

**Instructor:** Shubham Datta

(Dakota College at Bottineau)

Participants will roll up their sleeves and perform necropsies (autopsies) on various ND wildlife species in the lab at Dakota College. Along the way, we will explore and discuss anatomical structures as well as their related ecological and physiological functions to better understand how various species survive. Participants are responsible for their own travel to DCB, approximately 15 mi. Please meet the instructor in the dining hall to collectively leave at 8:15am.

# WOW Weekend

**Saturday, February 23, 2019**

**Session III-1:30pm-5:00pm**

**I=Indoors**  
**O=Outdoors**

**Easy Physical Activity**  
**Moderate Physical Activity**  
**Arduous Physical Activity**

## **DIY Custom Fishing Rods (Continued)**

## **Darkhouse Spearing (Continued)**

## **Snowshoe Lacing (Continued)**

## **Fur Handling (Continued)**

## **Introduction to Downhill Skiing (O-Moderate/Arduous)**

**Instructors: Bottineau Winter Park Staff**

Spend some time on the Turtle Mountain slopes at the Bottineau Winter Park! Participants will get equipment, approximately an hour of private lessons, a lift ticket and time on the slopes. There may be an opportunity to grab a tube to head down their tubing runs as well! Please come prepared and dressed to hit the slopes. Participants should meet in the LMSP Dining Hall at 1pm prior to driving to the Bottineau Winter Park. Those that register for this activity are required to stop by the Bottineau Winter Park on Friday, February 22 between 12pm and 9pm to get fitted for equipment. This will save time and ensure that everyone's equipment fits for the Saturday afternoon session. Participants are responsible for their own travel and should be prepared to depart the dining hall at 1:15pm.

## **Arm Knitting (I-Easy)**

**Instructor: Julie Thompson**

Learn the basics of arm knitting and complete your own super-soft, chunky cowl. Ideal for beginners! No prior knitting knowledge is necessary. Makes a great gift for yourself or someone else. Those taking this session will need to purchase and bring two skeins of either worsted or bulky weight yarn (106 yards each). Feel free to get your favorite color or combination of colors. Come prepared to use your arms instead of knitting needles!

## **WOW Triathlon (O-Arduous)**

**Instructors: Emily Mercer & Lisa Kudelka**

This session is for those that have some experience pertaining to archery, cross-country skiing and snowshoeing as there will be minimal instruction. All equipment will be provided, but if you have your own and want to bring it to use it, you'd be welcome to do so. We'll start with some discussion, fit everyone with gear, take a few minutes to practice archery (practice arrows only) and review the triathlon route. Afterwards, it's up to you to either simply enjoy the trail or compete with fellow wild outdoor women for bragging rights!

## **Processing Wild Game (I-Easy)**

**Instructor: Russ Senske and Lucas Senske  
(Backcountry Hunters and Anglers)**

You've had a successful fall and now you may feel a little overwhelmed with what to do with all of the amazing game that is now in your freezer. Don't fret, we'll be going through proper techniques and common tools of the trade to efficiently process your wild game. Please be prepared as this will be a hands-on activity. Don't forget to bring your appetite to sample some conventional and unconventional recipes as we'll be working with deer, squirrel, pheasant, fish and porcupine!

# WOW Weekend

**Saturday, February 23, 2019**

**Session IV-6:30pm-8:30pm**

**I=Indoors**  
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**Easy Physical Activity**  
**Moderate Physical Activity**  
**Arduous Physical Activity**

## **Snowshoe Lacing-Continued**

### **Write by Fire (I-Easy)**

**Instructors: Pam Ihmels & Alegra Powers**

Pyrography is the art of decorating natural material with burn marks enabling you to create designs on wood, birch bark, gourds and leather using simple and readily available tools. We will learn a few of the basics and create our own one of a kind natural art piece.

### **Things That Go Bump in the Night-On Snowshoes! (O-Moderate)**

**Instructors: Erika Kolbow**  
**(ND Parks & Recreation Department)**

Put on some snowshoes and face your fears of the dark! Learn about the creatures of the night and your own adaptations that help you get around the park after dark. Please no light up or glow objects-flashlights and cell phones must remain in your pockets. Snowshoes will be available, but registered participants are welcome to bring their own. Dress in layers and be prepared for frequent stops along the trail for various activities and discussions.

### **String Art "Round the Fire (I-Easy)**

**Instructor: Glee Mayer**

Join us as we gather 'round the fire to learn how and create a beautiful wall hanging using simple supplies like wood, string and nails. Instructions are provided to guide you through every step of the way. There will be several designs to chose from! All of the supplies are provided.

### **Self-Defense (I-Moderate)**

**Instructor: Josette Severson, 3rd DAN TaeKwonDo**  
**(Prairie Patriot Firearms)**

Basic. Simple. Practical. Protecting yourself is your right and obligation. You are the only one who can commit to being your own security guard. In this hands-on session, ladies will learn awareness, prevention and basic defensive move skills in addition to every day tools to protect yourself and your loved ones. Please dress in comfortable clothes and be ready to participate!

### **Snow Much Fun with Science (I-Easy)**

**Instructor: Dr. Christina Hargiss**

**(NDSU-Natural Resources Management Program)**

This session will get you a working, hands-on understanding the science of snow and the outdoors in a fun way. We will look at how snow is measured and the moisture content of that snow, understanding crystals and how they form, make your own snow slime, ice cube fishing, creating a snowball thrower using physics principles, and so much more! This activity will take place indoors, other than stepping outside to get some snow or play in it for a few minutes. All materials needed for the experiments will be provided.

### **Self-Guided Cross-Country Skiing in the Moonlight (O-Moderate/Arduous)**

The moon will be at approximately 78% this evening so if it is clear, there will be some ambient light for you to explore the park at dark! You'll have assistance in fitting and obtaining gear. Afterwards, spend the majority of the time trying out gear and exploring the park on your own. Those that have their own gear are welcome to join the group without having to register for this activity as there is no formal instruction; this is a self-guided adventure. It is highly suggested that ladies take a trail map (available on-site), wear bright/reflective clothing and bring a headlamp or flashlight. To ensure safety, participants will cross their names off the list upon their return to indicate they are off the trails for the evening.

# WOW Weekend

**Sunday, February 24, 2019**

**Session V-8:30am-12:00pm**

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**Easy Physical Activity**  
**Moderate Physical Activity**  
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## **Darkhouse Spearfishing (I/O-Easy)**

**Instructors:** Jeff Long (ND Game & Fish Department), Tighe Teets, Cody Clemenson, Al Burgard and Jacob Krause

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*Darkhouse spearfishing is a day-long activity and will go until 4:30pm.*

## **Advanced X-Country Skiing (O-Moderate/Arduous)**

**Instructors:** Terri Lundberg, Emily Mercer & Lisa Kudelka

Add to your basic skills by learning different x-country skiing techniques. Take some time to try those techniques as you go through a winter wonderland. This outing is for those that have experience cross-country skiing and are ready for a more advanced and longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Equipment is provided, but you are welcome to bring your own!

## **Tree Cookie Creations (I-Easy)**

**Instructor:** Erika Kolbow (ND Parks & Recreation Department)

Whip up your creative side and go wild! We will be transferring images to tree cookies and creating tree cookie owls. Gather some ideas and images as we will be asking for photos ahead of the session so we can have them ready for the image transfer.

## **Winter Survival (I/O-Easy)**

**Instructor:** Annabelle Raines (ND Parks & Recreation Department)

Learn how a few everyday items can save your life. We'll start fires, make shelters, tie knots, use compasses and more! Afterwards, you'll look at your survival kit in a completely different way and may even want to re-pack it! The first portion will be indoors; the second will be spent outdoors testing your survival skills so dress appropriately!

## **Snowshoe Yoga (I/O-Easy/Moderate)**

**Instructor:** Char Binstock (ND Parks & Recreation Department)

Feel energized and reconnect with nature with a morning session of Snowshoe Yoga! We will start out by learning some relaxation techniques and indoor yoga prior to heading outdoors for a moderate snowshoe hike on a beautiful LMSP trail. While resting in a peaceful clearing, we will practice some poses using our snowshoes for traction. Warm refreshments will be provided to warm up after the hike. Please be prepared for frequent stops along the trail; dressing in layers is recommended. Feel free to bring your own yoga mat. Should you not have a yoga mat, please email [aschimetz@nd.gov](mailto:aschimetz@nd.gov) to make arrangements.

## **Snowmobiling Safety Course (O-Easy)**

**Instructors:** Erik Dietrich and Ben Potts (ND Parks & Recreation Department)

Safe riding is the key to any successful outing on a snowmobile. Learn how to safely operate a snowmobile, wear appropriate gear and become familiar with ND laws and regulations. After successfully passing this course, each participant will get a certification card. This is a hands-on session so please be dressed appropriately to do a bit of riding. Snowmobiles and helmets provided, but if you have your own snowmobiling helmet, feel free to bring it.

## **Tie One On: Intro to Fly Tying (I-Easy)**

**Instructor:** Rick Nelson, Rich Barrios & Tim Brubakken  
Develop basic skills and learn essential fly tying techniques required of most patterns, how to read a fly pattern recipe, parts of a fly, understand the different types of flies (dry, wet, streamer, nymph), become familiar with fly tying terminology, learn the parts of the hook, the types of tools needed to tie flies and how these tools are used. You will tie a simple, standard fly pattern that will let you practice these basic skills.

# Schedule

## Friday, February 22

**5:00pm—6:15pm**

**Check-in/Supper**

**6:00pm**

**Welcome/Announcements**

**(Tubing folks leave for BWP at 6:15p)**

**6:30pm—8:30pm**

**Session I (Mini-Session)**

**8:30pm—9:00pm**

**Check-in for late travelers**

**8:30pm—**

**Campfire Social**

## Saturday, February 23

**7:00am—8:00am**

**Check-in/Breakfast**

**8:00am**

**Welcome/Announcements**

**(Necropsy folks leave for DCB at 8:15a)**

**8:30am—12:00pm**

**Session II**

**12:00pm—1:30pm**

**Lunch/Check-in**

**(Downhill skiers leave for BWP @ 1:15pm)**

**1:30pm—5:00pm**

**Session III**

**5:00pm—6:15pm**

**Supper/Check-in**

**6:30pm—8:30pm**

**Session IV (Mini Session)**

**8:00pm—**

**Campfire Social**

## Sunday, February 24

**7:00am—8:00am**

**Check-in/Breakfast**

**8:15am**

**Announcements**

**8:30am—12:00pm**

**Session V**

**12:00pm—1:00pm**

**Lunch**

**(Darkhouse Spearfishing wrap up at 4:30pm)**

# WOW Event-Lake Metigoshe State Park

February 22-24, 2019

Contact: Amy Schimetz 701-263-4514 or [aschimetz@nd.gov](mailto:aschimetz@nd.gov)

## General Information

### Registration

Registration will open on January 9, 2019 at 12:00pm and will close on February 1, 2019 at 12:00am via [www.ticketleap.com](http://www.ticketleap.com). Participants will purchase tickets that represent their registration for the number of sessions they wish to participate in as well as desired activities, lodging needs, optional meals and size/style of shirt(s) that will be available for purchase. Ticket Leap fees for this event will be absorbed by Lake Metigoshe State Park. Actual tickets do not need to be presented at the event; they simply reserve your spot in activities, at meals, in our lodging and represent the size/style of shirt you desire and assist us in creating such lists for the event. As a result, you will need to provide your name and potentially your email address for every ticket purchased. Through Ticket Leap, you will be able to view which activities have availability, pay online and get confirmation upon checkout. Registration fees cover costs affiliated with state park facilities, equipment rentals, honorariums for volunteer instructors, snacks/beverages and various session materials needed for the event.

Participation is very limited due to the hands-on nature of these activities and the equipment involved. It is highly recommended to register early to increase your chances of getting into desired sessions and activities; activities have filled within 20 minutes. Although we understand that some ladies would prefer to attend the event with a friend or family member, we want to provide everyone an equal opportunity to register for the event. Therefore, registrants will be limited to purchasing one ticket/person for all activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in availability at that time.

Please note that we've included information for each activity as to if it will take place indoors, outdoors or a combination thereof. We've also included a physical activity rating on a Easy, Moderate or Arduous scale. This is provided so you are able to factor that into your decision as to the activities for which you'd like to register.

### Arrival Prior To All Sessions/Locations of Activities

Participants should meet at the kitchen/dining hall (located near the entrance of the park) about 30 minutes prior to all sessions to get last-minute announcements, meet instructors and organize arrangements to get everyone to the locations where each activity will take place. This is done to collectively get participants where they need to go for their activities more effectively so sessions are able to start on time. A majority of the sessions will take place within the state park boundary, but may require a short drive to get to the facility/area where the activity will take place; see info below about off-site activities that meet and depart a little earlier due to the driving time. Please do your best to be on time for all of your activities so other participants aren't held up waiting for your arrival.

### Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend, you are able to send a replacement as long as prior notification is given via email [aschimetz@nd.gov](mailto:aschimetz@nd.gov) and necessary liability waivers have been completed. Any participants that do not attend will waive their full registration amount. If, for whatever reason, Lake Metigoshe State Park needs to cancel the event, full refunds will be provided. Lake Metigoshe State Park will provide refunds if, for whatever reason, specific activities need to be cancelled.

### Weather

Should weather forecast not be ideal, the event will go on. What's a wild outdoor woman that can't take the cold?! Please plan and pack appropriate gear as well as a positive attitude. Adjustments will be made where possible to include more breaks to warm up, if needed.

### Lodging

The two dorm facilities at Lake Metigoshe State Park are large rooms with bunk style beds. One dorm will be for late nighters, the other for early risers. There are no assignments-just claim a bunk upon arrival! Those staying in dorms will need to provide their own towels, bedding and toiletries. Consider bringing slip-on shoes for walking to and from the adjacent comfort stations, which is where flushing toilets, sinks, and showers are located. Lodging in the LMSP dorm facilities for this event are \$10/person/night.

### What to Bring

Although equipment is provided for all of the activities, everyone is welcome to bring their own recreational equipment (skis, snowshoes, etc.) if they so choose. Please be prepared for changing weather conditions as well as morning versus evening temperature changes to maximize your safety, comfort and enjoyment. Consider bringing additional items to include, but not be limited to, ear plugs (for those sleeping in dorms), slip-on shoes, lip balm, sunscreen, ball cap, hand/toe warmers, face mask, scarf, extra socks, extra gloves, sunglasses, re-fillable coffee cup, re-fillable water bottle, personal prescriptions, cards/games, camera and camp chair. As a reminder, those staying in dorms will need to provide their own towels, bedding and toiletries.

### Meals & Snacks

Meals will be available in the amounts of \$7/breakfast, \$9/lunch and \$12/supper. Snacks will be provided to those registered for session II, III, and/or V. If you are a vegetarian, have allergies or special dietary requirements, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) as our caterers are very accommodating. There will be Lenten meal option on Friday night for all that are interested. A refrigerator and microwave will be available for those with dietary needs and/or requirements that need or desire to bring their own food.

### Campfire Socials

There's nothing like meeting new folks or reconnecting with old friends while swapping stories 'round a fire! There will be campfire socials on Friday and Saturday evenings. These socials will be in either/both dorms. All registered participants are welcome to attend. Feel free to bring snacks, beverages and games! Limited seating is available so consider bringing your favorite camping chair. The dining hall will be available as well should folks want a place to gather for board games, cards, etc.

### Off-Site Activities

Those that sign up for Darkhouse Spearfishing, Tubing, Downhill Skiing and/or Fun with Necropsy: Where Ecology Meeting Anatomy activities will need to utilize their own vehicle and/or carpool to travel off-site. Darkhouse Spearfishing will take place on Long Lake approximately 8 miles from the state park. Tubing and Downhill Skiing will take place at the Bottineau Winter Park about 8 miles from the state park. Those going to Dakota College at Bottineau for the Fun with Necropsy: Where Ecology Meeting Anatomy activity, please know that it is approximately 14 miles from the state park. All other sessions will take place within the state park boundary, but may require a short drive to get to the facility/area where the activity will take place. Participants should feel free to work out potential car pools in dining hall prior to each session.

### WOW Apparel

A women's style/cut hooded pullover sweatshirt (\$25.50) will be available in addition to a unisex style/cut hooded t-shirt (\$24). Info about the color, design and sizes available will soon be available via the Facebook event listing and will be sent out to those on email list. If registration is open, feel free to contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) to inquire on color, design and size availability. WOW apparel is optional and needs to be purchased via Ticket Leap prior to the February 1 registration deadline. Additional inventory will not be available for purchase at the event. When ordering, please understand that the women's sizing is smaller and more fitted than the unisex sizing and style.