

# WILD OUTDOOR WOMEN

WOW is primarily for ladies over the age of 16 who wish to learn or improve skills associated with a variety of outdoor recreational activities.

**SEPTEMBER  
13-15**



**Thanks to these amazing  
sponsors and collaborations!**



## Questions?

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**REGISTRATION OPENS  
AT 12PM ON AUGUST 5 VIA  
[HTTPS://BIT.LY/LMSPSHOWCLIX](https://bit.ly/LMSPSHOWCLIX)**  
Registration closes at 11:59pm on  
September 4 or as activities are sold out

# WOW Event Schedule & Fees

## Friday, September 13

6:00pm-8:00pm	<b>Session I</b> <i>Intro to Handguns (Groups A &amp; B-\$65)(CONTINUES-NOTE TIME IN SESSION II)</i> <i>Intro to Pickleball (\$30)</i> <i>Adventure Labs (\$25)</i>
8:15pm Dark	<b>WOW Welcome - Dining Hall Not required, but a great time to learn about LMSP/WOW and to ask questions!</b> Campfire Social (South side of Dining Hall)

## Saturday, September 14

8:00am-8:45am	Breakfast (Dining Hall) food served until 8:30am
8:45am-9:00am	Break/Travel to Assigned Activity Location
9:00am-12:30pm	<b>Session II</b> <i>Handguns Group A Range Time 9am-10:30a/ Handguns Group B Range Time 10:30am-12pm</i> <i>Custom Antler Handled Knives (\$75)</i> <i>Dutch Oven Cooking (\$40)</i> <i>Nature's Harvest (\$40)</i> <i>Beginner's Fly Fishing (\$35)</i> <i>Intro to Canoeing (\$35)</i> <i>Angler Adventures (\$40)</i> <i>Beginner's Archery (\$35)</i> <i>Squawk to Package (\$35)</i>
12:30pm-1:15pm	Lunch (Dining Hall) food served until 1:00pm
1:15pm-1:30pm	Break/Travel to Activity Location
1:30pm-3:30pm	<b>Session III</b> <i>Clue - Survival Edition (\$40)(CONTINUES THROUGH SESSION IV)</i> <i>Dutch Oven Cooking (\$40)(CONTINUES THROUGH SESSION IV)</i> <i>Fly Tying (\$30)</i> <i>Fish Adaptations &amp; Gyotaku (\$30)</i> <i>TREEmendous Trees (\$25)</i> <i>Canoeing Adventures (\$25)</i> <i>Nature Journaling (\$25)</i> <i>Pollinator Power (\$25)</i>
3:30pm-4:00pm	Break /Travel to Activity Location
4:00pm-6:00pm	<b>Session IV</b> <i>Clue - Survival Edition (CONTINUED)</i> <i>Introduction to Dutch Oven Cooking (CONTINUED)</i> <i>Introduction to Kayaking (\$30)</i> <i>Waterfowl Basics (\$25)</i> <i>Bike Maintenance (\$25)</i> <i>Emergency Preparedness (\$25)</i> <i>Basics of Walleye Fishing (\$30)</i> <i>Nature Journaling (\$25)</i>
6:00pm- 6:45pm	Supper (Dining Hall)
6:45pm- 7:00pm	Break/Travel to Activity Location
7:00pm- 8:00pm	<b>Carmen's Honor-In Memory of Carmen Ruud</b>
8:00pm-9:00pm	Free Time
9:00pm-9:15pm	Break/Travel to Activity Location
9:15pm-11:00pm	<b>Session V</b> <i>Metigoshe Night Life Hike (\$20)</i> <i>Hunting With Hounds (\$20)</i>
9:30pm	Campfire Social (South side of Dining Hall)

## Sunday, September 15

8:00am-8:45am	Breakfast (Dining Hall)
8:45am-9:00am	Travel to Assigned Activity Location
9:00am-12:30pm	<b>Session VI</b> <i>Hunter's Education Review, Testing &amp; Certification (\$24.95)</i> <i>Gouache Painting (\$45)</i> <i>Custom Antler Handled Knives (\$75)</i> <i>Fly-Fishing via Float Tubes (\$35)</i> <i>Quest of the Wild Wanderers (\$35)</i> <i>Power Tools 101 (\$35)</i> <i>Fall Birding (\$35)</i> <i>Kayaking w/ Portage to Canada (\$40)</i>

Safe Travels Home!

## General Event Information

Wild Outdoor Women (WOW) events are primarily for ladies ages 16 and over looking to learn or improve upon various outdoor recreational skills in a safe, hands-on setting. Due to the hands-on nature of the activities affiliated with this event, participation is limited due to equipment and/or the comfort level of the instructor(s).

We look forward to offering classic activities, bringing back a few by popular demand and introducing a few new activities for the upcoming event. We are confident that ladies will find several activities for which to register whether you are a returning or new participant ready to try something new, refine skills or simply meet other outdoor enthusiasts.

## Registration

**Registration will open on August 5, 2024 at 12pm via <https://bit.ly/LMSPShowClix> and will close September 4, 2024 at 11:59pm unless sold out.** Participants register online by purchasing tickets that represent the number of sessions and activities for which you want to participate in addition to optional lodging and meal options. Take note of the times for which activities take place as there are activities that span multiple sessions; ShowClix will not alert you if you double-book yourself. Upon registration, participants will receive a confirmation email generated by ShowClix. If you do not obtain it, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) to verify your email address and/or get confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered.

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering. We highly encourage registering upon opening to increase the chances of getting into the desired activities. Activities have been known to fill quickly, often within minutes. Waiting lists are not managed (see cancellation policy).

Although many ladies would like to come to the event with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all of the activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time.

## Welcome Session

We welcome all of the new WOW participants that attend each event. We've added an informational welcome session to Friday night for those that are new to the event, new to the park or those that simply have questions. Please feel free to attend and ask all of the questions you may have—everyone is welcome!

## Email Addresses

Email addresses that are provided during registration process will be very important as email will be utilized to obtain your confirmation for registration as well as updates and notifications surrounding the event. Check your email often and consider checking junk folders, looking for emails from ShowClix and/or [aschimetz@nd.gov](mailto:aschimetz@nd.gov).

## Registration Fees

Registration fees are determined by factoring in overall costs affiliated with planning and hosting this event. Event costs include the use of all of the park facilities affiliated with the event (kitchen, dining hall, dorms, lodging for instructors, auditorium), equipment usage for the activities (archery equipment, canoes, kayaks, etc.), catering services, additional materials purchased for specific activities, any external rental equipment needed and costs to cover the staff it takes to plan, host, teach and wrap-up the event. Ticketing platform fees are absorbed. We do our best to keep our costs lower by seeking partners and volunteers.

## State Park Entrance Fees

Entrance fees apply to all motorized vehicles that enter any North Dakota State Park. Entrance fees are \$7/vehicle/day, annual passes are available for \$35 and family passes (two for those in same household) are \$55; all 2024 annual permits are valid through April 30, 2025. Annuals are available onsite or via <https://bit.ly/NDPRDEntrance>. Thanks to Souris River Telephone (SRT) and our local Starion Bank, WOW participants will get their entrance fees waived while they are here for the event. Please be prepared to indicate the days for which you be at Lake Metigoshe State Park, if you already have a 2024 annual permit or if you are riding with someone in their vehicle.

## Veteran Scholarship

Annie's House Adaptive Recreation Program is supporting veterans as well as the upcoming event by providing a great opportunity for women veterans that have a 10% service connected disability or greater. Contact [annies.house@annecenter.org](mailto:annies.house@annecenter.org) for information about this scholarship.

## Meals

Tickets representing optional catered meals for Saturday's breakfast, lunch and supper as well as Sunday's breakfast are available. All other meals will be on your own. Catered meals will be provided by Marie's of Bottineau and will be served out of the park's dining hall. Those with dietary restrictions, allergies, etc. should plan to bring your own food. A refrigerator, freezer and microwave will be available for you to utilize. Those bringing any food, snacks or beverages need to label it with name, contents and date. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com/eat/>.

## 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 AND necessary liability waivers have been completed and sent back via email to [aschimetz@nd.gov](mailto:aschimetz@nd.gov) prior to **Wednesday, September 11th at 5pm**. Any participants that do not attend will waive their full registration amount. If, for whatever reason, Lake Metigoshe State Park needs to cancel a portion of the event or the event in its entirety, refunds will be provided.



## Optional Insurance

Any optional insurance that was purchased through the registration process is between registered participants that opted for it and the insurance company; LMSP/WOW is not involved with processing any optional insurance claims or affiliated documentation. To get information, please visit their website at <https://help.requestmyrefund.com/general/>; it does route you to a list of covered scenarios, exclusions and provisions.

## Activity Ratings

Each activity has a fitness level rating to include Easy, Moderate and Arduous. Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find that information helpful when choosing activities. In addition, participants are able to establish how to dress for their activities by the indication of where each activity takes place within its description.

## Campfire Socials

There will be outdoor campfire socials on both Friday and Saturday nights that will take place at the campfire ring located on the south side of the LMSP Dining Hall. There's built-in seating available, but feel free to bring your own camping chair. Kindling and firewood will be available nearby. The first one there starts the fire and the last one to leave ensures the fire is out for the night. This is a great opportunity for outdoor enthusiasts to meet, share WOW memories, talk outdoor gear/equipment, swap trail experiences or discuss the go-to places for some of your favorite activities.

## Arrival & Activity Locations

Activity locations will be communicated to registered participants prior to the event via email. It is crucial for registered participants to check their email, including junk or spam folders, to ensure emails are received. A majority of the sessions will take place within the state park boundary, but may require a short drive. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 6 miles). Activities that take place more than one mile outside of the state park indicate the location and distance within its activity description. A map of the state park can be found at <https://bit.ly/LMSPmap>. If there are any further questions as to where the locations are once they are announced, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) prior to the event as it may be difficult to find staff during the event.

Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake. Follow a North Dakota map in addition to local road signs. Look for the flag poles and large entrance sign.

Out of respect for staff, instructors and other participants please do your best to be on time; those that are late run the risk of not catching up to the group and/or activity.

## Weather

Should weather forecast not be ideal, the event will go on to the best of its ability. What's a wild outdoor woman that can't take a little rain and/or cold? Please plan and pack appropriate gear as well as a positive attitude for this North Dakota outdoor event.

## Lodging, Camping & Restrooms

The Lake Metigoshe State Park dorms facilities will be available for the upcoming event at the rate of \$12/night. Those interested in staying within the dorms need to purchase a ticket to represent the night(s) lodging, if desired. Lodging tickets need to be purchased on or prior to 11:59pm on September 4, 2024. To make onsite campsite reservations at Lake Metigoshe State Park, please call 1-800-807-4723 or visit <https://reserveNDparks.com>. Modern (electricity and water) and primitive (no electricity or water) campsites will be available for \$20-\$25/night and \$15/night respectively. Reservations should be made prior to the event.

Comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms and within the modern campground loops. The comfort station near the beach, having flushing toilets and sinks, may be available.

Those looking to experience camping that do not have a tent should contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov) as there are a few tents that can be made available to those interested in gaining that experience with us in our campgrounds. We'll provide a tent, participants would need to bring all camping supplies and make their own campsite reservations.

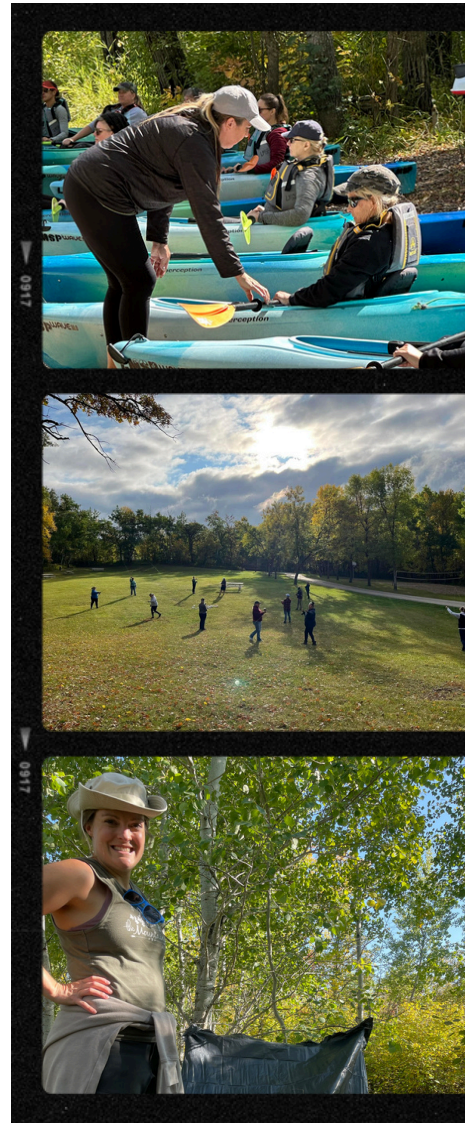
Local hotel lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit [www.bottineau.com](http://www.bottineau.com) for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit [www.metigosheministries.com](http://www.metigosheministries.com) for additional information.

## What to Bring

Items to consider bringing include confirmation and emails to reference, camping chair, lip balm, sunscreen, various clothing layers to adjust to changing weather conditions, ball cap, sunglasses, bug spray, good hiking shoes and any gear described within activity descriptions for which you are registered. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloths and personal toiletries. Ear plugs and slip-on shoes come highly recommended for those staying in dorms.

## Gear & Equipment

Participants are asked to carefully read activity descriptions to reference valuable information related to items to bring and/or what to wear. Most gear and materials are provided unless otherwise noted in activity descriptions. Although items such as yoga mats, field guides, binoculars, life jackets, etc. will be available, ladies are welcome to bring their own should they feel more comfortable.



## Activity Descriptions

### Session I

Friday, September 13

6:00pm-8:00pm

#### Intro to Handguns

**Instructor: Josette Dupree, Dupree Firearms Training**      **Easy/Indoors-Outdoors**

Education is the key to firearms! The evening session will consist of learning in a low-stress, fun-oriented setting aimed to instill confidence in handling and shooting a handgun, while providing fundamental knowledge and safety practices. All participants registered for Intro to Handguns participants will meet indoors to complete drills learning safe gun handling and function on Friday evening (Session I 6:00pm-8:00pm). On Saturday morning, you'll have the option to sign up for Group A or Group B to shoot live-fire drills at the range on Saturday morning for the hands-on portion of Intro to Handguns. Group A will continue the next morning at the range during Session II 9:00am-10:30am. Group B will continue at the range during Session III (10:30am-12:00pm). This is to maximize the one-on-one time with instructors and your time at WOW. During the registration process, you'll purchase a ticket for Intro to Handguns AND you'll have to register for a free ticket to get yourself into either Group A or B to secure your range time. At the range, participants have the opportunity to utilize the skills they learned while gaining experience shooting semi-automatic, .22lr, .380 and 9mm handguns. All materials will be provided; please do not bring your own handgun(s). **Please note this activity spans Sessions I and will continue in EITHER Session II (Group A) or III (Group B). You will need to purchase a ticket for Intro to Handguns to obtain the fundamentals AND a free ticket to Group A or Group B to secure your range time.**

#### Intro to Pickleball

**Instructors: Allen and Becky Kluth**

**Moderate/Outdoors**

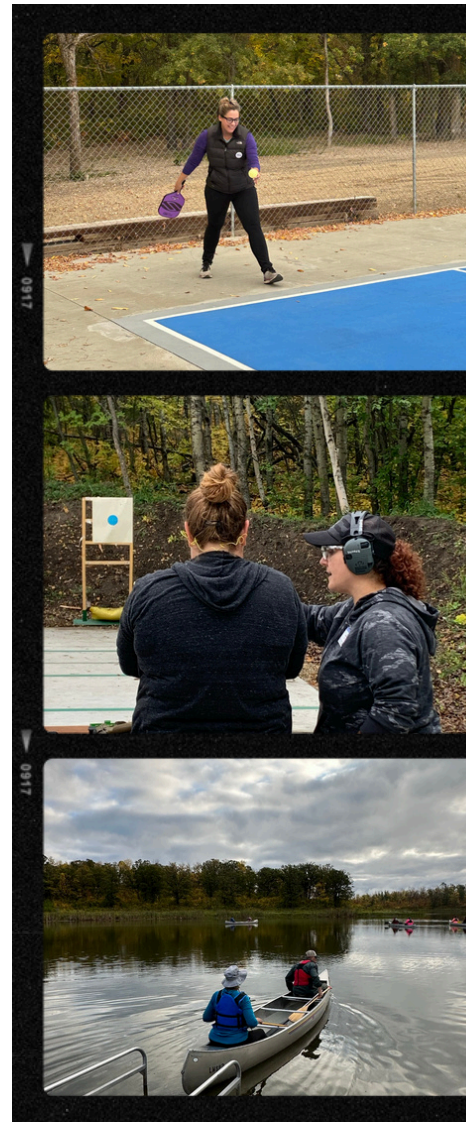
This fun sport combines many elements of tennis, badminton and ping-pong. A paddle sport created for all ages and skill levels. The rules are simple and the game is easy to learn! Participants are encouraged to bring water and to wear loose, comfortable clothing. Ladies may bring their own paddle, if they have one. Either way, there will be enough brought so no one will need to share. We'll be meeting and playing at the Lakeview Pickleball Courts, roughly 2 miles west of Lake Metigoshe State Park's entrance and next to the Metigoshe Drive-in.

#### Adventure Labs

**Instructor: Erika Kolbow, ND Parks & Recreation Dept**

**Easy/Indoors-Outdoors**

Adventure Labs are a series of virtual, location-based geocaches where players explore new areas with the use of a smartphone, answering location-based questions to advance to the next location. Download the free Adventure Lab app and join us to learn more about this new recreational activity within several of the ND State Parks through a collaboration with the ND Geocaching Association. Discover the role and importance of Franklin D Roosevelt's New Deal Program, the Boy Scouts of America and the Youth Conservation Corps had in the creation and establishment of Lake Metigoshe State Park while exploring the trails at the same time.



# Activity Descriptions

## Session II

**Saturday, September 14**

**9:00am-12:30pm**

### **Intro to Handguns Range Time - Continued (Group A 9am-10:30am OR Group B 10:30am-12pm)**

#### **Custom Antler Knife Handle**

**Instructor: Thomas Marrs**

**Easy/Indoors**

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character. Participants are welcome to bring their own antlers should they want to incorporate them into their knife.

#### **Dutch Oven Cooking**

**Instructors: Mary Kay Tokach, Doreen Yantzer & Kathy Peterson**

**Easy/Outdoors**

This hands-on session will get you cooking! We'll go over various fuel sources, care, seasoning and storage of your cast iron cookware. You will prepare and make an Italian meal to include pasta entrée, bread, veggie bake and dessert demonstrating these methods. No need to register for lunch! Please dress for the weather and bring a camping chair. This activity may be adjusted pending any fire and/or burn ban restrictions.

#### **Nature's Harvest**

**Instructor: Erika Kolbow, ND Parks & Recreation Dept**

**Easy/Indoors-Outdoors**

In this session, we will learn about traditional medicinal and culinary uses of plants. We will start at the basics of identification, best collection practices, and sample some of the uses. Suggested materials: camera (phone camera is great), pen/pencil and notebook.

#### **Beginner's Fly-Fishing**

**Instructors: Emily Joynt and Elisha Mueller, ND Game & Fish Department**

**Easy/Outdoors**

Learn about the gear needed for fly-fishing as well as basic fly casting techniques before heading to the lake to refine your newly acquired skills! You will not need a ND Fishing license as this educational activity is in collaboration with the ND Game & Fish Department.

#### **Introduction to Canoeing**

**Instructors: Terri Lundberg & Todd Sivertson, ND Parks & Rec Department**

**Moderate/Outdoors**

Gain confidence and gain the knowledge to select the appropriate gear, how to safely enter/exit a canoe, utilize fundamental paddle strokes and how to be prepared for an emergency. There will be plenty of paddle time as we explore the lake and take in the start of fall foliage! Weather permitting, volunteers will demonstrate how to get back into a tipped canoe, so consider packing a swimsuit and towel! Other items to consider bringing include sunscreen, ball cap, dry bag (for keys, phone, etc.) and sunglasses. Equipment will be provided, but ladies are welcome to bring their own life jackets and/or paddles if they have them.

#### **Angler Adventures**

**Instructor: Emily Mercer, ND Parks & Recreation Department**

**Easy/Outdoors**

We'll spend a relaxing morning on a pontoon learning how to tie on a hook, set the hook and hopefully catch fish! We'll also compare and contrast fishing poles, baits and fish species you can catch. Fishing is a great way to spend some time outdoors so come give it a try! You will not need a ND fishing license as this educational activity is in collaboration with the ND Game & Fish Department.

#### **Beginner's Archery**

**Instructor: Brooke Johnson**

**Easy/Outdoors**

Whether you're simply interested in trying archery or you want to start bow hunting, this introductory course will show you the basics. Get familiar with different types of bows, learn the groundwork and start shooting! You'll establish eye dominance, gain proper shooting technique and learn how to safely start what could be your new hobby. When registering, be sure you indicate whether you are right or left handed. Equipment is provided. If you are interested in bringing your own bow, please contact [aschimetz@nd.gov](mailto:aschimetz@nd.gov).

#### **Squawk to Package**

**Instructor: Dr. Jim Bartlett, Bartlett Farms**

**Moderate/Outdoors**

Learn How to confidently catch, transport, dispatch, scald, pluck, cool, cut and package broiler chickens for your year-round supply by visiting us at Bartlett Farms! Bartlett Farms is located roughly 4 miles from the park entrance. Please be prepared to provide your own transportation.

# Activity Descriptions

## Session III

Saturday, September 14

1:30pm-3:30pm

### Clue-Survival Edition - CONTINUES

**Instructor: Kathy Duttonhefner, ND Parks & Recreation Dept. & Dutt Klan**

**Moderate/Indoors-Outdoors**

Unleash Your Inner Detective! Embark on a thrilling adventure that fuses outdoor survival, cutting-edge technology, and the intrigue of a classic mystery! Put your outdoor skills to the test. Each Crime Scene presents a unique survival task to conquer before obtaining an elusive clue. From building a shelter to starting a fire, embrace the elements and enhance your survival prowess. **THIS ACTIVITY CONTINUES THROUGH SESSION IV.**

### Dutch Oven Cooking - CONTINUES

**Instructors: Mary Kay Tokach, Doreen Yantzer & Kathy Peterson**

**Easy/Outdoors**

This hands-on session will get you cooking! We'll go over various fuel sources, care, seasoning and storage of your cast iron cookware. You will prepare and make Mexican themed meal demonstrating these methods. No need to register for supper! Please dress for the weather and bring a camping chair. This activity may be adjusted pending any fire and/or burn ban restrictions. **THIS ACTIVITY CONTINUES THROUGH SESSION IV.**

### Fly-Tying

**Instructor(s): Alecia & Chris Pulver**

**Easy/Outdoors**

Develop basic skills and learn essential fly tying techniques required of most patterns, 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. Join us- you'll be hooked!

### Fish Adaptations and Gyotaku

**Instructor: Emily Mercer, ND Parks & Recreation Department**

**Easy/Indoors**

Fish have various adaptations that assist in their survival. Discover how the shape of their tail impacts how fast a fish swims or how the placement of their mouth determines what or where they eat. We'll also be doing Gyotaku art, a traditional form of Japanese art that began over 100 years ago as a way for fishermen to keep a record of the fish they caught.

### TREEmendous Trees

**Instructor: Cody Clemenson, ND Forest Service**

**Easy/Outdoors**

We will start with a short guided hike on one of the state park trails. Along the way, we will be talking about wild edibles, tree biology, tree care and more! We will also make tree cookie coasters where you can get creative by choosing to paint, wood burn or collect leaves or flowers, covering them with mod-podge or a clear coat.

### Canoeing Adventures

**Instructors: Terri Lundberg & Todd Sivertson, ND Parks & Recreation Dept.**

**Moderate/Outdoors**

Gain confidence and gain the knowledge to select the appropriate gear, how to safely enter/exit a canoe, utilize fundamental paddle strokes and how to be prepared for an emergency. We will explore the lake and take in the start of fall foliage! Other items to consider bringing include sunscreen, ball cap, dry bag (for keys, phone, etc.) and sunglasses. Equipment will be provided, but ladies are welcome to bring their own life jackets and/or paddles if they have them.

### Nature Journaling

**Instructor: Emily Laaveg, ND Parks & Recreation Department**

**Easy/Outdoors**

Embark on a journey of discovery through the intricate tapestry of the natural world with our immersive nature journaling class! Learn to keenly observe and draw the subtle nuances of flora and fauna, capturing their essence through sketching, writing, and reflection. Under expert guidance, cultivate your artistic and observational skills amidst serene landscapes along a guided hike through Lake Metigoshe State Park's trails. Join us as we unlock the secrets of nature's beauty, nurturing creativity and mindfulness with each stroke of the pen!

### Pollinator Power

**Instructor: Amy Koehler, NDSU Extension Master Gardener**

**Easy-Moderate/Outdoors**

Learn about the importance of native pollinator plants in our natural environment. This activity will include a hike where we will learn how to find and identify native pollinator plants. Learn how to sustainably collect and propagate native pollinator plants to create your own NDSU Extension Certified Pollinator Garden. This guided hike will conclude with a seed propagation demonstration and a pollinator "seed bomb" project that you will be able to take home with you. Please wear sturdy footwear, bring bug spray and be prepared to walk approximately 1.5-2 miles on uneven ground.

# Activity Descriptions

## Session IV

Saturday, September 14

4:00pm-6:00pm

### Clue-Survival Edition (CONTINUED)

### Dutch Oven Cooking (CONTINUED)

### Intro to Kayaking

**Instructor(s):** Amanda Anstrom, Angie Morrison and Amber Schroeter

#### Moderate/Outdoors

A class for all skill levels! We'll start with the basics on land then hit the water for hands-on learning. This class will focus on how to enter and exit a kayak, paddling techniques, portaging and water safety. All participants will gain experience in utilizing a single as well as a double kayak. Dress appropriately; you will get wet. Explore the prettiest area of Lake Metigoshe State Park where we're sure to see wildlife, beaver dams/lodges, birds and the start of the beautiful fall foliage colors. All equipment will be provided, but if ladies want to bring their own kayaks, paddles or life jackets they are welcome.

### Waterfowl 101

**Instructor:** Seth Owens, Pheasants Forever

#### Easy/Outdoors

Waterfowl hunting season is right around the corner! Whether you're looking to knock the rust off your skills or get your (webbed) feet wet for the first time, this session is for you! We'll cover the basics of decoy techniques and calling, regulations, how to ID birds on the wing and what to do with the meat you harvest. Prep yourself for this fall so you don't miss out!

### Bike Maintenance

**Instructor:** Todd Sivertson, ND Parks & Recreation Dept.

#### Easy/Indoors

Have you ever wondered how to change a tire, properly clean and lube your bike, adjust your shifting or brakes? Well, if you have, this activity is for you! We will start with cleaning our bikes and proceed from there, becoming familiar with the tools that are needed to maintain and adjust your bike along the way. Participants are encouraged to bring their own bikes, but it is not a requirement.

### Emergency Preparedness

**Instructor:** Amber Havard

#### Easy/Indoors

Create your own personal plan of action to prepare for various disasters, both natural and manmade. There will be demonstrations related to portable solar panels with solar generator, water filtration and chemical treatment, water pumps, various ways to stay warm, cooking devices, how to maintain sanitation, communication with the outside world and first aid kit components. Many references will be given for further reading. Join us and be prepared!

### Basics of Walleye Fishing

**Instructor:** Chris Pulver

#### Easy/Indoors

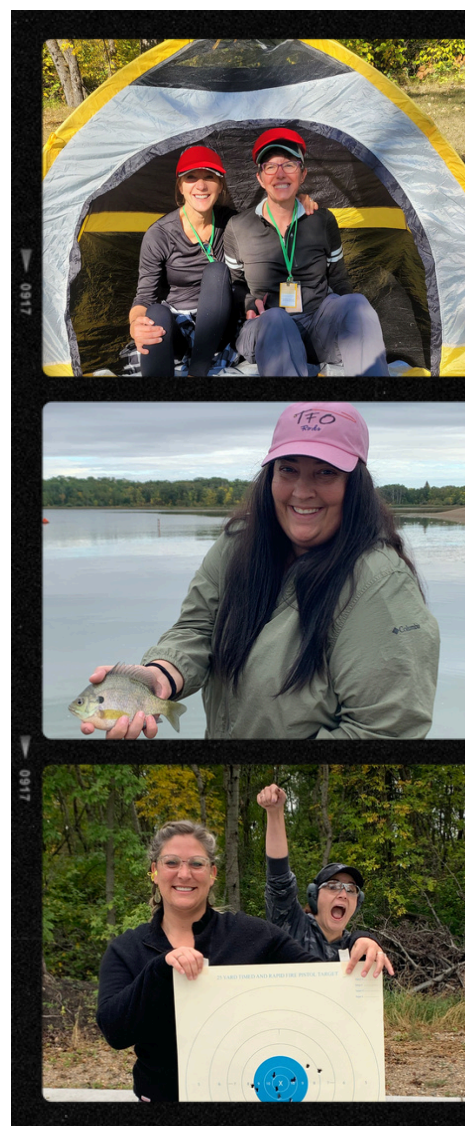
Learn basic techniques of fishing for walleyes while learning some of walleye behaviors with a focus on open water fishing. We will discuss mostly boat fishing techniques but will learn some ways to target them from shore. Participants will tie Lindy rigs and spinners to take on their next angling adventure!

### Nature Journaling

**Instructor:** Emily Laaveg, ND Parks & Recreation Department

#### Easy/Outdoors

Embark on a journey of discovery through the intricate tapestry of the natural world with our immersive nature journaling class! Learn to keenly observe and draw the subtle nuances of flora and fauna, capturing their essence through sketching, writing, and reflection. Under expert guidance, cultivate your artistic and observational skills amidst serene landscapes along a guided hike through Lake Metigoshe State Park's trails. Join us as we unlock the secrets of nature's beauty, nurturing creativity and mindfulness with each stroke of the pen!



**Carmen's Hour**  
**Saturday, September 14**  
**7:00pm-8:00pm**

# *In Memory of Carmen Ruud...*

Carmen LaRae Ruud left this world and rode up to Heaven on Monday, September 11, 2023, in a Fargo, ND hospital surrounded by family.

Carmen was born June 26, 1972, in Minot, ND to Clara (Moseng) Hauck and Budd Redding and baptized and confirmed at Hjerdal Church. Carmen grew up in the rural Velva, ND areas. She attended Velva Public School where she played volleyball and ran hurdles in track. She played saxophone and piano and sang in the choir. She earned the John Philip Sousa award for her commitment to and accomplishments in band and choir her senior year. She graduated in the spring of 1990. Carmen received her associate degree from Minot State University in medical coding and her hair stylist license at the Headquarters Academy in Minot, ND. Carmen enjoyed her career as a hairstylist so much that she continued to cut hair for family and friends even after her careers changed.

Carmen met the love her life, "Bossman" Jeffrey Ruud at a 4th of July rodeo in Towner, ND. They were married August 5, 2000, on the family farm in Parshall, ND. Her biggest pride & joy which she poured her endless energy into was her family, especially her four boys: Garrett (1997), Jace (2001), twins Logan and Alex (2004). Carmen proudly claimed the title "Mama Ruud" & "mama'd" everyone who came to the ranch. Carmen loved to spend time with her boys celebrating all their accomplishments and milestones, big or small. She was their biggest cheerleader.

Carmen was known for lighting up a room with her beautiful smile, laughter, and quick "one-liners". She cared about everyone she met. Carmen was a great nurturer but was one tough cowgirl and could hang with the cowboys. She cherished all of the seasons of her life competing in rodeos, racing her ponies on the Towner racetrack, competing in the all-girl ranch rodeo team as the best left-handed roper in the pen, farming in the combines and tractors, hunting, acting as branding pen boss, and fishing especially her fishing trip to Alaska and her time spent in the Women On The Water ND Tournament. Carmen was a wonderful cook. She enjoyed making meals for the cowboys and was known for introducing those cowboys to new and adventurous foods. Carmen loved making lefse with her kids, sisters, and friends. Carmen was an animal lover but had a soft spot for dogs and horses. She was very artistic excelling in leatherwork, beading, crafting, and gardening.

Carmen was diagnosed with pancreatic cancer on May 3, 2021. Carmen met that diagnosis head on with her cowgirl "kickass" attitude. On December 27, 2021, Carmen rang the bell at Roger Maris Cancer Center with a hopeful heart that while she was so thankful for all that they had done she wouldn't be seeing those nurses' faces anymore. Four months later the cancer had returned and had moved to her liver. Throughout the entire journey of surgery and chemo treatments Carmen maintained an upbeat, positive outlook often saying, "there's always, always, always something to be thankful for". Carmen always looked to give back to others in every situation and that thought process guided her cancer treatment decisions. Carmen was a perfect example of how to continue to live with happiness and joy even in an imperfect life.

Carmen was recruited to WOW events by her dear friend, Alecia Pulver. After Carmen was diagnosed, she told Amy Schimetz that she was going to keep making outdoor memories and keep coming to WOW as long as she could. She went on to recruit her sister, Maria Norby, and had plans for more wild women to join them, including her cousin, for the fall 2023 event, but they weren't able to make it as Carmen passed the week of WOW one year ago.

Let's all take in "Carmen's Hour" to celebrate and remember Carmen's beautiful smile, adventurous personality, positive attitude and her love of the outdoors by taking to the trails and shorelines. Do what you like to do or try something new whether it is hiking, biking, fishing, paddling, geocaching, completing LMSP's Adventure Lab or simply finding a quiet spot to enjoy the sunset or read - whatever you like to do in the great outdoors!



## Activity Descriptions

### Session V

Saturday, September 14

9:15pm-11:00pm

#### Hunting with Hounds

**Instructor: Cody Hilliard, North Dakota Houndsman Association**

**Moderate/Outdoors**

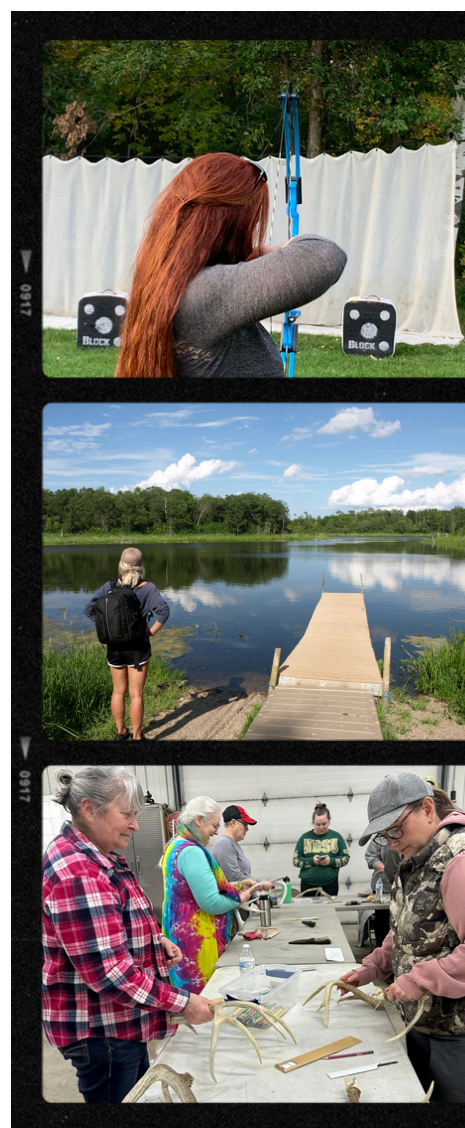
We'll focus on hound hunting basics, including tracking game with dogs. Things will get eventful as we turn the dogs loose in search of raccoons. Listen to the sound of the hounds as they go through the woods and catch up to them to see what's found at the tree. Wear comfortable footwear, potentially waterproof boots, and bring a flashlight for this adventure!

#### Metigoshe Night Life Hike

**Instructor(s): Kathy Duttonhefner, ND Parks & Recreation Dept. & Dutt Klan**

**Easy/Outdoors**

Crickets, chorus frogs and constellations. Join us for a night hike through the dark woods and learn the sounds of the park night life. From learning how to call owls to a friendly game of glow-in-the-dark bocce, it is sure to be a night you won't soon forget.



## Activity Descriptions

### Session VI

**Sunday, September 15**

**9:00am-12:30pm**

#### Hunter Education Review, Testing & Certification

**Instructor: Ross Reimche, ND Game & Fish Department Hunter Education Instructor**

**Easy/Indoors-Outdoors**

Interested in hunting this fall or simply learning how to safely handle a variety of hunting firearms? Complete your North Dakota Hunter Education Certification with other Wild Outdoor Women! Register by obtaining a free ticket through ShowClix so we know who and how many to expect as well as your contact information so we can communicate the next steps. **An email will be sent your way, outlining all of the pre-coursework that is required to be completed ahead of the WOW event. This email will include instructions for the online coursework, safety rules and information about the testing process. Participants will need to complete a separate registration as there is a \$24.95 Hunter's Education class fee.** This WOW session will include additional hands-on instruction and review as well as the Hunter Education test. If there is anyone that wants to take in this opportunity that may need special accommodations, please email [rreimche@gmail.com](mailto:rreimche@gmail.com).

#### Gouche Painting

**Instructor: Erika Galloway**

**Easy/Indoors**

This beginner-friendly class will introduce participants to gouache, a water-based paint similar to watercolor, but even easier to use! A landscape or nature inspired image of your choice will be traced onto a wooden canvas in a DIY paint by number style that you can paint over using techniques taught in class. No drawing or painting experience required! Participants are encouraged to bring their own images printed in color onto plain paper, but options will be provided during class for anyone without access to a printer.

#### Custom Antler Handled Knives

**Instructor: Thomas Marrs**

**Easy/Indoors**

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character. Participants are welcome to bring their own antlers should they want to incorporate them into their knife.

#### Fly-Fishing via Float Tubes

**Instructor(s): Alecia & Chris Pulver and Elisha Mueller, ND Game & Fish Dept.**

**Moderate/Outdoors**

Join us for a casting refresher along the shore before putting on waders and getting into float tubes to continue our fishing in the water! This will allow us to fish new areas and better target where we think the fish will be hiding! The North Dakota Game & Fish Department is hosting this activity and will not require you to purchase a fishing license for this educational session. It would be extremely helpful if participants have previously taken a beginner's session or have previous fly-fishing experience, as there will be minimal one on one coaching while we are in the water.

#### Quest of the Wild Wanderers

**Instructor(s): Kathy Duttonhefner, ND Parks & Recreation Dept & Dutt Klan**

**Moderate/Outdoors**

Embark on the Quest of the Wild Wanderers! Are you ready to test your navigation skills and unveil the wonders of the Turtle Mountains? Join us in an extraordinary treasure hunt where every step is an adventure, and every challenge reveals a fragment of the coveted treasure map. Assemble all the map fragments and unveil the location of the hidden treasure. The journey itself is a testament to your navigation prowess, and the treasure is the reward for those who dare to wander where few have tread.

#### Power Tools 101

**Instructor: Todd Sivertson, ND Parks & Recreation Department**

**Easy-Moderate/Indoors-Outdoors**

This session is designed for those interested in learning how to use power tools safely and properly. You will gain experience utilizing a table saw, miter saw, drill, jig saw, reciprocating saw, saws all, belt sander, orbital sander, pneumatic-nailer and chain saw. Participants will put together skills utilizing these tools to construct a birds and/or a picture frame. All of the supplies will be provided. Participants welcome to bring their own leather work gloves and/or safety glasses, if you have them.

#### Fall Birding

**Instructor: Seth Owens, Pheasants Forever**

**Easy/Outdoors**

The southbound migration is beginning to ramp up! Many birds will begin their incredible trips southward, stopping to refuel at LMSP. Join us on a walk through Lake Metigoshe's forested trails, where we will target these southbound migrants, winter newcomers, and full time residents of the area!

#### Kayaking w/ Portage to Canada

**Instructor(s): Amanda Anstrom, Angie Morrison and Amber Schroeter**

**Moderate-Arduous/Outdoors**

We'll review the basics to include entering and exiting a kayak, paddling techniques, water safety and portaging prior to hitting the water with our paddles and portaging into Canada. All participants will be utilizing single kayaks; all participants must be able to carry 40lbs for about 280 yards utilizing team carry method. Dress appropriately; you will get wet. Explore the beautiful scenery - we're sure to see wildlife, beaver dams/lodges, birds and the start of beautiful fall colors. All equipment will be provided, but ladies are welcome to bring their own kayaks, paddles or life jackets if they so choose.