

# WILD OUTDOOR WOMEN

## SEPTEMBER 12-14



### Questions?

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

NORTH  
**Dakota** | Lake Metigoshe  
Be Legendary.™ STATE PARK



Registration opens  
at 12pm on July 23 via  
<https://bit.ly/LMSPShowClix>

Thanks to these amazing sponsors and collaborations!



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.



## Schedule & Fees

Meeting locations will be sent via email to registered participants ahead of the event.

### Friday, September 12

- 1pm-5pm **Session I—Pre-WOW Self-Guided Adventures**  
 Central Time **Self-Guided Mtn. Biking (\$18) and Self-Guided Kayaking (\$18)**  
 (Supper on your own)
- 6:00pm-8:00pm **Session II**  
**Intro to Handguns (Groups A & B-\$65)(CONTINUES-NOTE TIME IN SESSION IV), Intro to Pickleball (\$30), Map Reading Skills (\$25) and Home Food Preservation: Water Bath Canning (\$30)**
- 8:15pm -9:00pm **WOW Welcome** (not required—great opportunity to ask questions and p/u WOW apparel!)
- 9:00pm - 10:30pm **Session III**  
**Wandering Into the Darkness (\$25)**
- Campfire Social (Dorms)

### Saturday, September 13

- 8:00am-8:45am Breakfast (\$16-Dining Hall) food served until 8:30am  
 8:45am-9:00am Travel to Assigned Activity Location
- 9:00am-12:30pm **Session IV**  
**Handguns Group A Range Time 9am-10:30a/ Handguns Group B Range Time 10:30am-12pm (CONTINUED), Beginner's Fly Fishing (\$40), Angler Adventures (\$40), Nature's Harvest (\$40), Dutch Oven Cooking (\$40), Nature Canvas Painting (\$45), Custom Antler Knives (\$75), Drone Pilot School (\$35) and Intro to Kayaking (\$40)**
- 12:30pm-1:15pm Lunch (\$18-Dining Hall)/WOW apparel pick-up (food served until 1:00pm)  
 1:15pm-1:30pm Break & Travel to Activity Location
- 1:30pm-3:30pm **Session V**  
**Fly Tying (\$35 CONTINUES THROUGH SESSION VI), Clue: Survival Edition (\$40 CONTINUES THROUGH SESSION VI), Dutch Oven Cooking (\$40 CONTINUES THROUGH SESSION VI), Fillet With Me (\$25), Tree Prints (\$25), Nature Journaling (\$25), Knot Today, I Came Prepared (\$25), Intro to Archery (\$30), Intro to Canoeing (\$25) and Backing Basics (\$25)**
- 3:30pm-4:00pm Break & Travel to Activity Locations
- 4:00pm-6:00pm **Session VI**  
**Fly Tying (CONTINUED), Clue - Survival Edition (CONTINUED), Dutch Oven Cooking (CONTINUED), Intro to Canoeing (\$25), Beginner's Orienteering (\$25), Fish Gyoatoku (\$25), GPS Technology (\$25), Knot Today, I Came Prepared (\$25), Bike to the Border (\$25 Have Bike/\$40 w/ Bike Rental) and Backing Basics (\$25)**
- 6:00pm-7:15pm Supper Break (\$22-Dining Hall) food served until 6:45pm  
 7:15pm-7:30pm Travel to Activity Location
- 7:00pm-9:00pm **Session VII**  
**Wild Fiber Papermaking (\$50), Succulent Pumpkin Arrangements (\$75) and Night Land Navigation (\$25)**
- 9:00pm-9:15pm Break/Travel to Activity Location
- 9:15pm-11:00pm **Session VIII**  
**Metigoshe Night Life Hike (\$20) and Hunting With Hounds (\$20)**
- 9:30pm - Campfire Social (South side of Dining Hall)

### Sunday, September 14

- 8:00am-8:45am Breakfast (\$14-Dining Hall) food served until 8:30am  
 8:45am-9:00am Travel to Assigned Activity Location
- 9:00am-12:30pm **Session IX**  
**Wild Fiber Papermaking (CONTINUED), Angler Adventures (\$40), Fly Fishing w/Float Tubes (\$40), Quest of the Wild Wanderers (\$35), Intro to Kayaking (\$40), DIY Essential Oils (\$40) and Self-Guided Mtn Biking (\$18)**

## 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 July 23, 2025 at 12pm via <https://bit.ly/LMSPShowClix> and will close August 24, 2025 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 \$61.25; all 2025 annual permits are valid through April 30, 2026. 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 2025 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/>.

### Saturday, September 13

Breakfast \$16 - Eggs, Bacon, Sausage, Caramel Rolls and Fruit

Lunch \$18 - Protein Bowls (chicken, rice, toppings), Mexican Street Corn Dip, Queso, Chips and Choice of Apple or Pumpkin Bars

Supper \$22 - Pasta Bar (chicken, alfredo sauce, marinara sauce), Fresh Salad, Dinner Roll and Dessert

### Sunday, September 14

Breakfast \$14 - Breakfast Sandwiches (choice of ham/Havarti OR sausage/cheddar with egg), fresh fruit, yogurt and granola

## 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 10th 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 August 24, 2025. 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, camping chair 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.



## Fall 2025 WOW Event Apparel Pre-Sale Only!

Purchase a ticket on or prior to **11:59pm August 24** registration deadline that represents the garment style and size you would like order. Apparel orders can simply be picked up at the event before or after Friday evening WOW Welcome or during lunch on Saturday (kitchen/dining hall). Due to team member and/or volunteer availability, we cannot guarantee alternative times so please plan accordingly. We will have ShowClix reports that reference names as well as size, quantity and style of garment(s) ordered. A minimum order is required. Should minimum quantity not be met, refunds will be provided.

**There will be no on-site options to purchase or exchange apparel; we will be ordering exactly what is needed to fulfill the order in terms of quantity and sizes. Please reference the fit guide and sizing information below to assist you in establishing the garment(s) you'd you like to order.**

Garment options include a long sleeve t-shirt as well as a hooded sweatshirt option:

**JTRLS Women's Tri-Blend Long Sleeve (\$35)** - 4.7 oz. - 50% Polyester, 37% cotton, 13% Rayon  
Super soft tri-blend makes this a very comfortable garment. Available in S-2XL. Classic Fit.

**CCHD Men's Hooded Sweatshirt (\$56)** - 8.5 oz. - 55% Cotton and, 45% Polyester  
Classic sweatshirt that will keep you warm and cozy any time of year! Available S-3XL. Relaxed Fit.

<b>MENS</b> CHEST	<b>S</b> 34-37	<b>M</b> 38-40	<b>L</b> 41-43	<b>XL</b> 44-46	<b>2XL</b> 47-49
<b>WOMENS</b> CHEST	<b>S</b> 33-34	<b>M</b> 35-36	<b>L</b> 37-38	<b>XL</b> 39-40	<b>2XL</b> 41-42

**Blue**  
84

24PTX  
SHARD OAK TREES/HIKER GAL FS

PRICE LEVEL:  
\$34-\$48 PC

LAKE METIGOSHE STATE PARK  
BOTINEAU, ND



WILD OUTDOOR WOMEN  
2025



## FIT guide

### MENS



**RELAXED FIT:**  
Comfortable loose  
fit in both the  
sleeves and body



**CLASSIC FIT:**  
Slightly fitted in  
both the sleeves  
and body

### WOMENS



**RELAXED FIT:**  
Roomy and relaxed



**CLASSIC FIT:**  
Shaped to contour  
the body with room  
to move



**FITTED:**  
Shaped close to  
the body

## Activity Descriptions

### Session I – Pre-WOW Self-Guided Adventures

Friday, September 12

1pm–5pm

#### Self-Guided Mtn. Biking

#### Moderate–Arduous/Outdoors

Lake Metigoshe State Park has almost 12 miles of hiking and biking trails within the park, having biking available on the wider, multi-use trails as well as the single track trails located in the northwest area of the park. Grab a map and take some time explore the park on your own while mountain biking. Be sure to wear good footwear and non-baggy clothing. Bring drinking water and a bike helmet, if you have one; there are bike helmets available at the park available for those in need. Upon registration, we will ask your height to ensure you have a mountain bike that fits you. Those with their own bikes that want to go during this time do not need to register, just show up and join in for this self-guided adventure; this is simply a rental opportunity for those without gear. Participants are expected to show up at 1pm to obtain gear; gear needs to be returned by 5pm.

#### Self-Guided Kayaking

#### Moderate/Outdoors

This is a great opportunity to round up some friends for a group paddle along the shorelines or experience a quiet paddle on your own to enjoy some peace and quiet. Opportunities to see beautiful fall views and wildlife species to include deer, western painted turtles and various birds species. Single kayaks, paddles and life jackets are included; participants are welcome to bring their own life jackets if they so choose. Those with their own personal kayaks that want to go during this time do not need to register, just show up and join in for this self-guided adventure; this is simply a rental opportunity for those without gear. Participants are expected to show up at 1pm to obtain gear; gear needs to be returned by 5pm.



## Activity Descriptions

### Session II

**Friday, September 12**

**6:00pm–8:00pm**

#### **Intro to Handguns – CONTINUES**

**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 II 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 IV 9:00am–10:30am. Group B will continue at the range during Session IV (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). **This activity continues in Session IV (Group A 9am–10:30am) or IV (Group B – 10:30am–12:00pm). You will need to purchase a ticket for Intro to Handguns to obtain the fundamentals AND the 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.

#### **Map Reading Skills**

**Instructor: Thomas Marrs**

**Easy/Indoors-Outdoors**

Learn how to read a topographic map and interpret other map data, how to set waypoints, use phase lines and more! Learn how to measure distance while you walk and keep track of your distance with a custom paracord pace counter that you'll make and take with you for future use.

#### **Home Food Preservation: Water Bath Canning**

**Instructor: Joshua Steffan, ND Parks & Recreation Department**

**Easy/Indoors**

Learn the basics of water bath canning to preserve seasonal foods you can enjoy all year long. This workshop will focus on the safe preservation of high-acid foods such as tomatoes and pickles. But the same principles will apply to fruits, jams, and jellies. Best for those new to food preservation/canning. Participants will take home some of the food you preserved to enjoy later!



### Session III

**Friday, September 12**

**9:00pm–10:30pm**

#### **Wandering Into The Darkness**

**Instructors: Erika Kolbow, ND Parks & Recreation Department**

**Moderate/Outdoors**

Wander into the darkness with us! We will be highlighting some animals of the night, their adaptations as well as our own. Weather permitting, we will spend a bit of time highlighting constellations, features of the night sky, and their stories behind them. This light-free hike is an outdoor adventure and will cover about two miles.

## Activity Descriptions

### Session IV

**Saturday, September 13**

**9:00am–12:30pm**

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

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

**Instructor: Elisha Mueller, ND Game & Fish Department and Chris & Alecia Pulver**

**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.

##### **Angler Adventures**

**Instructor: Bryan & Emily Mercer**

**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! ND residents will not need a ND fishing license as this educational activity is in collaboration with the ND Game & Fish Department.

##### **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.

##### **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 Canvas Painting**

**Instructor: Tracy Burke-Carriere**

**Easy/Indoors-Outdoors**

This nature immersive canvas painting class will combine the natural art and beauty of the Lake Metigoshe area plants growing in and around the park with a spray painting technique that creates a negative type image on the canvas. The class will discuss composition, color theory, and negative space to help them choose which plants will be ideal subjects. We will go on a short, hiking excursion to collect a variety of plants, leaves or branches before releasing our inner artist. No prior art experience is required. Participants will be using spray paint to create works of amazing art they will be proud to display, so you are encouraged to bring an over shirt, art apron or wear clothing that you do not mind getting painted. Paint, canvas and gloves will be provided.

##### **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.

##### **Drone Pilot School**

**Instructors: Linda Burbidge & Michelle Cauley, Dakota College at Bottineau**

**Easy/Indoors-Outdoors**

Ever wanted to fly your own drone to take photographs and videos of your adventures outdoors? Take your aspirations to new heights in this session! Work with certified drone pilots from Dakota College at Bottineau to get your TRUST recreational certificate and spend some flight time exploring Metigoshe State Park. Learn the basics of unmanned aircraft rules and regulations, try your hand at pilot school, and learn more about all of the opportunities available to drone pilots in the field!

##### **Intro to Kayaking**

**Instructors: Amanda Anstrom, Angie Morrison & 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 operating single kayaks. 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.

# Activity Descriptions

## Session V

**Saturday, September 13**

**1:30pm–3:30pm**

### **Fly-Tying – CONTINUES**

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

**Easy/Indoors**

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! **THIS ACTIVITY CONTINUES THROUGH SESSION VI.**

### **Clue-Survival Edition – CONTINUES**

**Instructor: Kathy Duttenhefner, 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 VI.**

### **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 a Cajun entree and a Pork Chop meal to include, bread, and dessert 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.**

### **Fillet With Me**

**Instructor: Bryan Mercer**

**Easy/Indoors**

Fish have various adaptations that assist in their survival. Discover how the shape of their tail impacts how they swim, how the placement of their mouth determines what or where they eat and more! Gain hands-on experience filleting a variety of fish and discuss some favorite recipes to utilize in the future.

### **Tree Prints**

**Instructor: Emily Mercer**

**Easy/Indoors**

We'll start with a short hike to identify some local trees. Afterwards, we'll turn those trees into beautiful works of art by burning wood cookies and using their patterns to make prints on paper.

### **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!

### **Knot Today, I Came Prepared**

**Instructor: Bridget Portmann**

**Easy/Indoors**

Come enjoy the fresh air and learn a few knots that are as useful as they are easy to master. You'll learn a few super handy knots that are easy to tie, easy to untie, and surprisingly useful in everyday life—no sailor skills required. Whether you're bundling gear, hanging a hammock, or just trying to look outdoorsy, we've got you covered. We'll finish by turning your new knot know-how into a cool paracord bracelet you'll make yourself. It's chill, it's outside, and involves light physical activity.

### **Beginner's Archery**

**Instructor: Chris Pulver**

**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, you'll have the choice of a right or left handed bow – this is dependent upon your eye dominance. If you do not know your eye dominance, opt for right handed bow ticket if you are right handed and left handed bow if you are left-handed and we'll work with you during the session. Equipment is provided. You may bring your own bow, if you have one, but we ask that you please bring arrows with practice tips.

### **Intro to Canoeing**

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

### **Backing Basics**

**Instructor: Cayla Bendel, ND Game & Fish Department**

**Easy/Outdoors**

Looking to hone your back-up skills with a trailer? In this casual, hands-on course, we'll walk through the basics of hooking up a boat trailer, backing it up on land and down a ramp, launching and loading, and North Dakota ANS regulations. We'll be using a truck and boat trailer but this will be applicable to other trailers. This will be held on a closed course and women can participate as much as they feel comfortable and confident to do so.

# Activity Descriptions

## Session VI

**Saturday, September 13**

**4:00pm–6:00pm**

**Fly Tying (CONTINUED)**

**Clue–Survival Edition (CONTINUED)**

**Dutch Oven Cooking (CONTINUED)**

### Intro to Canoeing

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

### Beginner's Orienteering

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

**Easy/Outdoors**

Do you know how to use a compass? In today's era of Global Positioning Systems, compasses built into the rearview mirrors of our cars, and our phones being able to give us verbal directions to just about anywhere in the world, it's easy to write off this simple tool. However, technology can always fail us, so in this class we will be covering the basics of how to read a map and use a compass through hands on activities.

### Fish Gyotaku

**Instructor: Emily Mercer**

**Easy/Indoors**

Fish have various adaptations that assist in their survival. Discover how the shape of their tail impacts swimming or how the placement of their mouth determines what they eat or their habitat. 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.

### GPS for Recreation

**Instructor: Danielle Moe, Frontier Precision**

**Easy/Indoors–Outdoors**

GPS is becoming ever present in our world from phones to shoes. In this session, we will learn how GPS works and how to best utilize it for recreation. We will also talk about resources to find public lands using public geographic information systems data. Please bring your smart phone as we will use free software and talk about best practices. This session will be a combination of indoor discussion/presentation as well as outdoor hands on activities.

### Knot Today, I Came Prepared

**Instructor: Bridget Portmann, ND Parks & Recreation Department**

**Easy/Indoors**

Come enjoy the fresh air and learn a few knots that are as useful as they are easy to master. You'll learn a few super handy knots that are easy to tie, easy to untie, and surprisingly useful in everyday life—no sailor skills required. Whether you're bundling gear, hanging a hammock, or just trying to look outdoorsy, we've got you covered. We'll finish by turning your new knot know-how into a cool paracord bracelet you'll make yourself. It's chill, it's outside, and involves light physical activity.

### Bike to the Border

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

**Moderate/Outdoors**

Whether you want to further explore the park's trails or meet other like-minded enthusiasts, we'll have a great time. After making sure everyone is comfortable on their bikes, we'll set out for a guided adventure on the park's trails, making our way to the International border. Please wear comfortable clothes and good footwear. Bring a helmet, if you have one; we do have extra for those that may be in need. Be prepared to bike roughly 4–6 miles pending the level of experience in the group and number of stops made along this leisurely bike ride. We have bikes available; upon registration you will be asked to provide your height to help ensure you have a bike that fits you. If you have and plan to bring your own bike, please register for the ticket that indicates you have your own bike.

### Backing Basics

**Instructor: Cayla Bendel, ND Game & Fish Department**

**Easy/Outdoors**

Looking to hone your back-up skills with a trailer? In this casual, hands-on course, we'll walk through the basics of hooking up a boat trailer, backing it up on land and down a ramp, launching and loading, and North Dakota ANS regulations. We'll be using a truck and boat trailer but this will be applicable to other trailers. This will be held on a closed course and women can participate as much as they feel comfortable and confident to do so.

## Activity Descriptions

### Session VII

**Saturday, September 13**

**7:00pm–9:00pm**

#### **Wild Fiber Papermaking – CONTINUES**

**Instructor: Deirdre Lee, ND Parks & Recreation Department**

**Easy/Indoors-Outdoors**

Explore the beauty of natural materials in this workshop focused on creating handmade paper from wild plant fibers such as: cattail, thistle, little bluestem, goldenrod, and other plants native to our region. You'll learn the full process of forming and drying your own unique sheets of paper using pre-prepared pulp, that was harvested over the summer. In addition to papermaking, we'll craft a simple woven cover using cattail reeds—perfect for binding your handmade sheets into a small booklet, later at home. No experience necessary and all materials provided. Come prepared to get a bit wet & messy. **THIS ACTIVITY CONTINUES ON SUNDAY IN SESSION VIII.**

#### **Succulent Pumpkin Arrangements**

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

**Easy/Indoors**

Dive into the world of creative plant design with this engaging class! Learn how to create a charming seasonal pumpkin centerpiece using real succulents' plants. In addition to crafting stunning arrangements, you'll also discover the essentials of succulent care, including watering techniques, sunlight needs, and maintenance tips to keep your plants thriving year-round. Whether you're a seasoned green thumb or just starting out, this class promises inspiration, education, and a touch of autumn magic.

#### **Night Land Navigation**

**Instructor: Thomas Marrs**

**Easy/Indoors-Outdoors**

Establish your pace count and learn utilize it along with a compass while navigating to different points in the dark. Learn tips and tricks for night movements utilized in the military. You may work as a team or as an individual. Participants are encouraged to bring a flashlight or headlamp; some will be available for participant to borrow.



### Session VIII

**Saturday, September 13**

**9:15pm–11:00pm**

#### **Metigoshe Night Life Hike**

**Instructor: Kathy Duttonhefner, ND Parks & Recreation Department & 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.

#### **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!

## Activity Descriptions

### Session IX

**Sunday, September 14**

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

#### **Wild Fiber Papermaking (CONTINUED)**

##### **Angler Adventures**

**Instructor: Bryan & Emily Mercer**

**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! North Dakota residents do not need a ND fishing license as this educational activity is in collaboration with the ND Game & Fish Department.

##### **Fly-Fishing w/ Float Tubes**

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

##### **Intro to Kayaking**

**Instructors: Amanda Anstrom, Angie Morrison & 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 operating single kayaks. 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.

##### **Essential Oils DIY**

**Instructor: Kylene Lessig**

**Easy/Indoors**

Did you know most plants have a protein/allergy free substance called essential oil? The medicinal properties of each oil will be our main focus. We'll also learn how to use them to be prepared for anything. Everyone gets to make a few DIY projects to take home.

##### **Self-Guided Mtn. Biking**

**Moderate-Arduous/Outdoors**

Lake Metigoshe State Park has almost 12 miles of hiking and biking trails within the park, having biking available on the wider, multi-use trails as well as the single track trails located in the northwest area of the park. Grab a map and take some time explore the park on your own while mountain biking. Be sure to wear good footwear and non-baggy clothing. Bring drinking water and a bike helmet, if you have one; there are bike helmets available at the park available for those in need. Upon registration, we will ask your height to ensure you have a mountain bike that fits you. Those with their own bikes that want to go during this time do not need to register, just show up and join in for this self-guided adventure; this is simply a rental opportunity for those without gear. Participants are expected to show up at 9am to obtain gear; gear needs to be returned by 12:30pm.

