

# WOW EVENT

SEPTEMBER 16-18, 2022  
LAKE METIGOSHE STATE PARK-  
BOTTINEAU, NORTH DAKOTA

*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.*



NORTH  
**Dakota**  
Be Legendary.™

Lake Metigoshe  
STATE PARK



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

**REGISTRATION**  
opens **August 3, 2022 at 12pm**  
via [www.showclix.com/tickets/wow-event-2022](http://www.showclix.com/tickets/wow-event-2022) and closes  
**August 24, 2022 at 11:59pm.**  
Participants register by purchasing tickets online that represent the number of desired sessions and activities in addition to optional meals and/or lodging. Registration fees vary according to the number of sessions for which participants register, as well as the materials required for the individual activities.

**RECREATIONAL**  
equipment and materials are provided unless otherwise noted. Ladies may bring their own items as noted various descriptions.

**LOCATIONS**  
of activities will be announced via email after registration, prior to event. Please be sure to check email address provided during registration process for updates and announcements.

## OUR PARTNERS



Bryan Schweitzer, Agent  
Bottineau, ND 58318  
Bus: 701-228-3022



Game and Fish



# REGISTRATION FEES & SCHEDULE

## Friday, September 16

6:00pm-8:00pm

### Session I

Firearms (\$65)(CONTINUES THROUGH SESSION II) - Auditorium  
Pickle Ball (\$30) - Lakeview Courts (W of Metigoshe Drive-in)  
Duck Stamp Program & Painting Party (\$40)- Maintenance Shop  
Escape Room (\$25) - Warming House Parking Lot

Dark

Campfire Social (South side of Dining Hall)

## Saturday, September 17

7:45am-7:45am

Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

8:00am-11:30am

### Session II

Firearms (CONTINUED) - LMSP Private Range  
Whittle Me This (\$40) - Maintenance Shop  
Introduction to Canoeing (\$35) - Warming House  
Hunter's Ed Certification (\$19.95) - Dining Hall  
Dutch Oven Cooking (\$40) - White Pelican Cabin  
Beginner's Fly Fishing (\$35) - Kitchen/Dining Hall Meadow  
Climbing & Swinging (\$45) - Camp Metigoshe  
Bird Nerds (\$45) - Auditorium

11:30am-12:45pm

Lunch (Dining Hall)

12:45pm-1:00pm

Travel to Assigned Activity Location

1:00pm-3:00pm

### Session III

Clue (\$35)(CONTINUES THROUGH SESSION IV) - Slemmen  
Dutch Oven Cooking (\$40)(CONTINUES THROUGH SESSION IV)  
Introduction to Kayaking (\$30) - Warming House  
Beginner's Archery (\$25) - Kitchen/Dining Hall Meadow  
Adventure Labs (\$25) - Maintenance Shop  
Metigoshe Yoga Hike (\$35) - Warming House Trailhead  
Photography (\$25) - Auditorium  
TREMENDOUS Hike - (\$25) - Across from Loon Lodge to the North

3:00pm-3:30pm

Break

3:30pm-5:30pm

### Session IV

Clue (CONTINUED)  
Dutch Oven Cooking (CONTINUED)  
Introduction to Kayaking (\$30) - Warming House  
Tackle Box Basics (\$30) - Auditorium  
Beginner's Archery (\$25) - Kitchen/Dining Hall Meadow  
Wildflower Jams & Jelly (\$30) - Kitchen/Dining Hall  
Adventure Labs (\$25) - Maintenance Shop  
Guided Mtn Biking Adventure (\$25) - Kitchen/Dining Hall Deck

5:30pm-7:15pm

Supper On Your Own

7:15pm-7:30pm

Travel to Assigned Activity Location

7:30pm-9:30pm

### Session V

Fly-Tying (\$30) - Auditorium  
Traps & Trapping (\$25) - Kitchen/Dining Hall  
Escape Room (\$25) - Warming House Parking Lot  
Metigoshe Night Life (\$25) - Warming House  
Saggar Wood Firing (\$30) - Maintenance Shop

Dark

Campfire Social (South side of Dining Hall)

## Sunday, September 18

7:00am-7:45am

Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

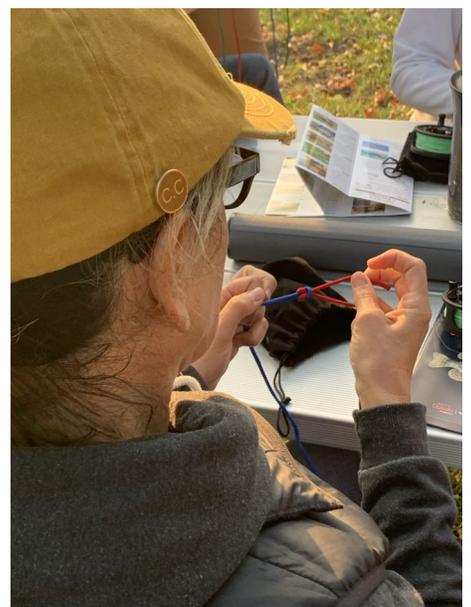
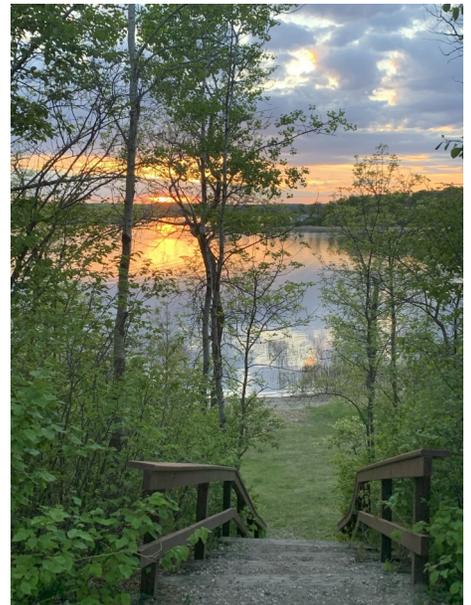
8:00am-11:30am

### Session VI

Whittle Me This (\$40) - Maintenance Shop  
Introduction to Canoeing (\$35) - Warming House  
Advanced Fly-Fishing (w/Float Tubes) (\$35) - Kitchen/Dining Hall  
Pollinator Power (\$35) - Across from Loon Lodge to the North  
Hide & Seek: Get Into the Game (\$35) - Slemmen  
Survival Skills (\$35) - Auditorium

11:30am

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

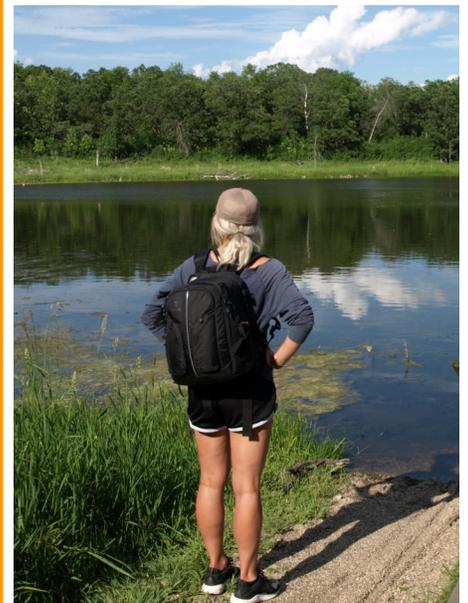
Registration will open on **August 3, 2022 at 12pm** via [www.showclix.com/tickets/wow-event-2022](http://www.showclix.com/tickets/wow-event-2022) and will close **August 24, 2022 at 11:59pm**. Participants register online by purchasing tickets that represent the number of sessions and activities for 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.

## 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 it often and consider checking junk folders.



## 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

Special thanks to Starion Bank, State Farm Insurance Agent-Bryan Schweitzer and Souris River Telephone (SRT) Communications for their support in purchasing advertising that covers the state park entrance fees for all registered WOW participants while they are here for the event. Entrance fees are \$7/vehicle/day or \$35 for an annual permit.

## 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. This is a limited opportunity so please contact [Rachael.Buss@annecenter.org](mailto:Rachael.Buss@annecenter.org) for details.

## Meals

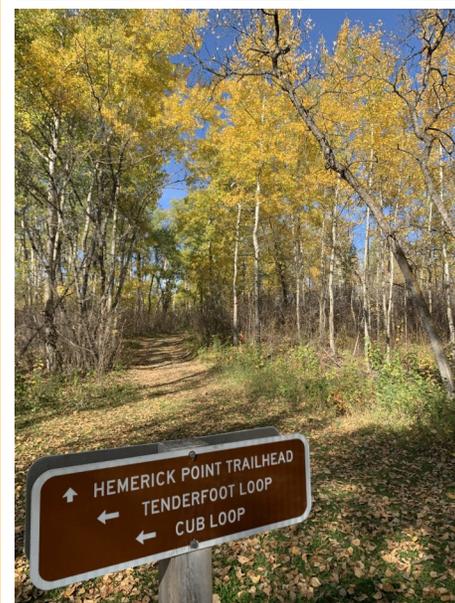
Tickets representing optional catered meals for Saturday's breakfast and lunch in addition to Sunday's breakfast are available. All other meals will be on your own. Catered meals will be provided by Marie's of Bottineau and will be served out of the park's dining hall. There are very limited breakfast options available at the lake in September. Breakfasts and lunch will be full, sit-down meals. 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 Friday, September 9th 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.

## 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 \$10/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, 2022. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries.

To make onsite campsite reservations at Lake Metigoshe State Park, please call 1-800-807-4723 or visit <https://travel.parkrecnd.com>. Modern (electricity and water) and primitive (no electricity or water) campsites will be available for \$25/night and \$17/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.

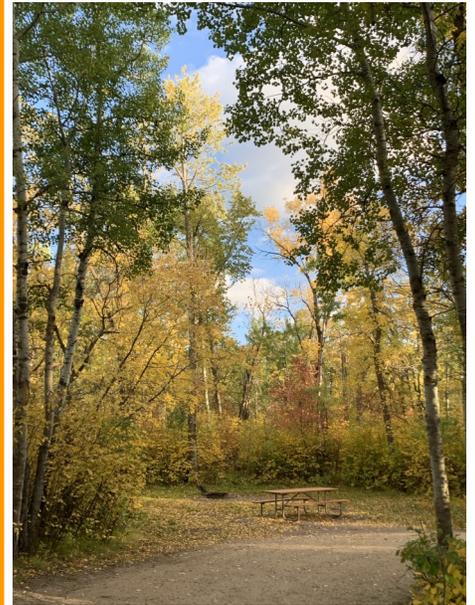
Local hotel lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit [www.bottineau.com](http://www.bottineau.com) for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each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

## 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. Please do not bring your own archery equipment or firearms should you be taking those sessions.



## Physical 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.

## Indoors or Outdoors

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

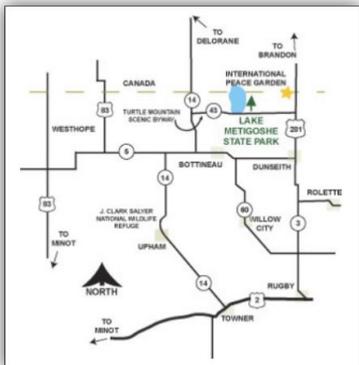
There will be outdoor campfire socials on both Friday and Saturday nights that will take place at the campfire ring located on the south side of the LMSP Dining Hall. There's built-in seating available, but feel free to bring your own camping chair. Kindling and firewood will be available nearby. The 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.



Lake Metigoshe State Park is located 15 miles NE of Bottineau, North Dakota. The park entrance is located along the Lake Loop Road, about 3 miles off of Highway 43.



# Activity Descriptions

## Session I

Friday, September 16

6:00pm-8:00pm

### Introduction to Handguns (CONTINUES THROUGH SESSION II)

**Instructor:** Josette Severson, Dupree Firearms Training

**Physical Activity Rating:** 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. The next morning, participants will utilize what they learned on the gun range where they will complete drills to learn safe gun handling and function prior to shooting live-fire drills. We'll focus on using semi-automatic, .22lr, .380 and 9mm handguns. All materials will be provided; please do not bring your own handgun. **Please note this activity spans Sessions I and II.**

### Pickleball

**Instructors:** Allen and Becky Kluth  
**Physical Activity Rating:** 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.

### Duck Stamp Program & Painting Party

**Instructors:** Cayla Bendel, ND Game & Fish Department & Rachel Bush

**Physical Activity Rating:** Easy (Indoors)

Join us to celebrate the 2022 National Duck Stamp Competition being hosted in Bismarck, North Dakota later this month! This 88-year-old prestigious art competition simultaneously raises awareness for wetland and waterfowl conservation and is the only federally sponsored art competition. The winner's painting is featured on the following year's Federal Duck Stamp, a mandatory stamp that must be purchased prior to hunting migratory birds in the United States with 98% of proceeds going towards wetland conservation! We'll learn a little about the importance of wetlands in North Dakota and you'll get to paint your very own "duck stamp" via a recorded instructional video by Creatively Uncorked. All supplies included.

### Escape Room: Cabin in the Woods

**Cabin's Host:** Emily Mercer  
**Physical Activity Rating:** Easy, but mentally challenging! (Indoors)

Hidden in a dark forest, there's a cabin in the woods holding secrets and mysteries. You're invited to step inside where your group will try their luck at solving a series of puzzles to escape the cabin. Will you make it out or will the cabin hold you captive? For this activity, we will meet at the warming house parking lot and travel as a group to the cabin in the woods. Once we arrive at the cabin, your host will put you into three groups; we will do our best to accommodate those that want to escape together! Should your group find themselves escaping sooner than expected, you can stay in the cabin to visit and attempt additional brain teasers.



# Activity Descriptions

## Session II

Saturday, September 17

8:00am-11:30am

### Introduction to Handguns (CONTINUED)

#### Whittle Me This!

**Instructor:** Emily Laaveg  
**Physical Activity Rating:** Easy (Indoors)

Plan to carve our some time this weekend to learn how to whittle tools and art! We will go over some of the basics cuts used in wood carving, what types of wood to look for when carving and how to properly care for your carving knives. After learning the basics, we will get hands-on and learn how to carve some stars, and if you have additional time, possibly spoons and/or wooden faces. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives and carving gloves will be provided; participants will be able to keep the gloves.

### Introduction to Canoeing

**Instructors:** Terri Lundberg & Todd Sivertson  
**Physical Activity Rating:** 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.

### Hunter's Education Certification

**Instructors:** Cayla Bendel, ND Game & Fish Dept and Rachel Bush  
**Physical Activity Rating:** Easy (Indoors)

Interested in hitting the field this fall? Or simply learning about how to safely handle a variety of hunting firearms? Complete your North Dakota hunter education certification in this hybrid-model course. We'll meet once virtually on August 30 at 6 PM central time (required) to review some content and direct you to the online course. Then you'll have 10 days to complete the online course material before meeting again at WOW to review, answer questions, take the final practical and written exam and walk away hunter ed certified! You need to obtain the free ticket via ShowClix registration to use as a place holder. Once registration comes through ShowClix, further instruction will follow. This online course will cost \$19.95, which you'll pay directly to a separate host site. **YOU MUST COMPLETE THE ONLINE MATERIAL AND ONLINE TEST PRIOR TO ATTENDING THIS COURSE ON SEPTEMBER 17 TO COMPLETE THE WRITTEN TEST AND PRACTICAL EXAM.**

### Dutch Oven Cooking

**Instructors:** Mary Kay Tokach and Doreen Yantzer  
**Physical Activity Rating:** 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.

### Beginner's Fly-Fishing

**Instructors:** Elisha Mueller, ND Game & Fish Department and Emily Joynt  
**Physical Activity Rating:** 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! North Dakota Game & Fish Department is hosting this activity and will not require you to purchase a fishing license for this educational session.

### Climbing & Swinging

**Instructors:** Camp Metigoshe Staff-Emily Mercer and Katie Saykally  
**Physical Activity Rating:** Arduous (Outdoors)

Fly high at Camp Metigoshe on their giant swing. In addition, climb their rock wall which offers different challenges for climbers at every level. Climbers are safely harnessed at all times. Everyone will set goals, gain confidence and persevere during these incredibly fun and challenging adventure. Camp Metigoshe is about 6 miles from LMSP.

### Bird Nerds

**Instructors:** Erika Kolbow, ND Parks & Recreation Department  
**Physical Activity Rating:** Easy (Indoors/Outdoors)

Are you interested in our feathered friends, but clueless about who you are seeing in your backyard or at your feeder? No matter your skill or degree of bird nerd you are, all are welcome in this session. We will be learning the basics and nuances of bird identification, building some resources for you to take home for your backyard and heading out for a bird walk to test your newly developed bird identification skills. Feel free to bring your own binoculars and field guides; some will be available for those that do not have any.



# Activity Descriptions

**Session III**  
**Saturday, September 17**  
**1:00pm-3:00pm**

## **Clue: Survivor Edition** **(CONTINUES THROUGH** **SESSION IV)**

**Instructors: Kathy Duttenhefner**  
**Physical Activity Rating: Moderate**  
**(Outdoors)**

Unfortunately, you've arrived a bit too late to meet Aspen Mae as she's been murdered! The 28 year old victim was well-known outdoor enthusiast, global adventurer and renowned wilderness professional. Her expertise got her to the top of mountains and the depths of the sea. Aspen kept her 173.4K Instagram followers updated constantly with her latest outdoor adventures and world travels. Her most recent post claimed "I am the only true outdoors woman. There is nothing I can't do, and no one who can do it better." To prove this point, she had signed up for the event here at LMSP, but was mysteriously murdered prior to the event. To win this game, you must demonstrate your survival skills and answer the following questions. 1. Who done it? 2. Where? 3. What was the weapon? **Please note this activity spans Sessions III and IV.**

## **Dutch Oven Cooking** **CONTINUES THROUGH** **SESSION IV)**

**Instructors: Mary Kay Tokach and Doreen Yantzer**  
**Physical Activity Rating: 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 meals to include pasta entrée, bread, veggie bake 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. **Please note this activity spans Sessions III and IV.**

## **Intro to Kayaking**

**Instructors: Amanda Anstrom, Angie Morrison and Amber Schroeter**  
**Physical Activity Rating: 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.

## **Beginner's Archery**

**Instructors: Emily Mercer and Brooke Johnson**  
**Physical Activity Rating: Easy**  
**(Outdoors)**

Whether you are looking to get into hunting or simply shooting a bullseye, you'll need to know the basics! Get introduced to different types of bows, establish eye dominance, learn proper shooting technique and how to do simple equipment adjustments to safely start what could potentially be your new hobby. When registering for archery, be sure you are registering according to whether you are right-handed or left-handed. Equipment is provided; please do not bring your own.

## **Adventure Labs**

**Instructor: Erika Kolbow, ND Parks & Recreation Department**  
**Physical Activity Rating: Easy/Moderate**  
**(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.

## **Metigoshe Yoga Hike**

**Instructor: Crystal Grenier**  
**Physical Activity Rating: Moderate**  
**(Outdoors)**

An outdoor adventure to practice stillness and BE present. Leave your mat, bring your shoes. As we take in the uneven elements of trails, we will be weaving in a subtle yoga practice of simple poses, a natural connection to all our senses and a new choice of breath awareness. Let go of distractions to focus on this challenging yet rewarding experience through movement, breath, balance & pose. Please wear cross trainer tennis or hiking shoes and dress in layers appropriate for the activity and afternoon weather. Pre-spray for bugs and don't forget your water. Namaste'

## **Photography**

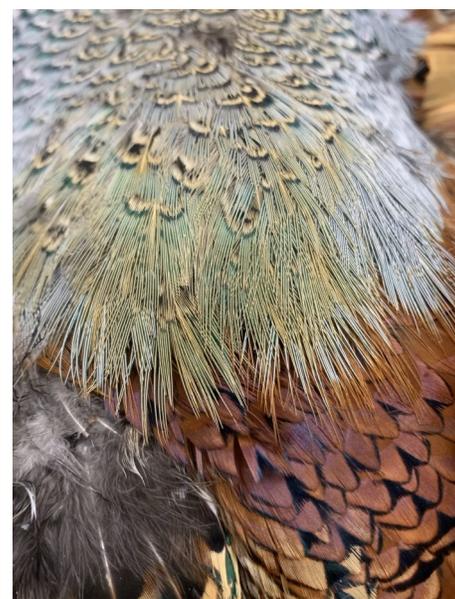
**Instructor: Todd Sivertson, ND Parks & Recreation Department**  
**Physical Activity Rating: Easy**

With advancements in cameras and cell phones, amazing pictures once reserved for professionals, are now possible for anyone. Many modern cameras and phones have so many features that it is mind boggling. We will review some of the basics features that almost every camera or phone offers in addition to the basics of photography. Participants should bring either a camera or phone to capture the moment, all while exploring the park and focusing on the natural world.

## **TREEmendous Hike**

**Instructor: Cody Clemenson and Beth Hill, ND Forest Service**  
**Physical Activity Rating: Easy-Moderate**  
**(Outdoors)**

Take a walk with the North Dakota Forest Service! On this hike, we will be talking about edible foods in the forest, tree biology, tree care and more! This guided hike will conclude with a mushroom log 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 mile on uneven ground.



# Activity Descriptions

**Session IV**  
**Saturday, September 17**  
**3:30pm-5:30pm**

## **Clue: Survivor Edition (CONTINUED)**

## **Dutch Oven Cooking (CONITNUED)**

## **Intro to Kayaking**

**Instructors: Amanda Anstrom, Angie Morrison and Amber Schroeter**  
**Physical Activity Rating: 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 have the opportunity to utilize 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.

## **Tackle Box Basics**

**Instructor: Alecia Pulver**  
**Physical Activity Rating: Easy (Indoors)**

Learn and use the knots needed to create your own lindy rigs and spinners for open water walleye fishing. We'll be discussing supplies needed as well as a variety of tips and tricks related to organizing your tackle box. You will leave the class with around a dozen lindy rigs and spinners so you can target walleye out on the open water.

## **Beginner's Archery**

**Instructors: Emily Mercer and Brooke Johnson**  
**Physical Activity Rating: Easy (Outdoors)**

Whether you are looking to get into hunting or simply shooting a bullseye, you'll need to know the basics! Get introduced to different types of bows, establish eye dominance, learn proper shooting technique and how to do simple equipment adjustments to safely start what could potentially be your new hobby. When registering for archery, be sure you are registering according to whether you are right-handed or left-handed. Equipment is provided; please do not bring your own.

## **Wildflower Jams & Jelly**

**Instructor: Katie Saykally**  
**Physical Activity Level: Easy (Indoors)**

Floral jellies are made by creating a tea from flower petals. Participants will be able to sample different types of jelly and complete the process from start to finish with local wild flowers. Participants will also get to take a jar of their jelly home!

## **Adventure Labs**

**Instructor: Erika Kolbow, ND Parks & Recreation Department**  
**Physical Activity Rating: Easy/Moderate (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.

## **Guided Mountain Biking Adventure**

**Instructor: Todd Sivertson, ND Parks & Recreation Department**  
**Physical Activity Rating: Moderate/Arduous (Outdoors)**

**Ladies need to bring their own mountain bikes for this guided adventure along the Lake Metigoshe State Park multi-use trail.** Whether you want to further explore the park's trails or meet other like-minded enthusiasts, we'll have a great time on this guided experience. We'll discuss light maintenance, safety and general mountain biking tips and tricks before taking to the trails. 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.



# Activity Descriptions

**Session V**  
**Saturday, September 17**  
**7:30pm-9:30pm**

## Fly-Tying

**Instructor: Alecia Pulver**  
**Physical Activity Rating: Easy-Moderate (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!

## Traps & Trapping

**Instructor: Thomas Marrs**  
**Physical Activity Rating: Easy (Indoors)**

Get a glimpse of the history of trapping and learn why and how trapping is often utilized as an important game management technique. We'll discuss trap types, safety, setting traps & snares and go into a bit of fur handling and ways to use fur to make clothing and other items. If traps intimidate you, this is a great hands-on opportunity to learn the safe way to handle and set a few!

## Escape Room: Cabin in the Woods

**Cabin Host: Emily Mercer**  
**Physical Activity Rating: Easy, but mentally challenging! (Indoors)**

Hidden in a dark forest, there's a cabin in the woods holding secrets and mysteries. You're invited to step inside where your group will try their luck at solving a series of puzzles to escape the cabin. Will you make it out or will the cabin hold you captive? For this activity, we will meet at the warming house parking lot and travel as a group to the cabins in the woods. Once we arrive at the cabins, your host will put you into one of three groups; we will do our best to accommodate those that want to escape together. Should your group find themselves escaping sooner than expected, you can stay in the cabin to visit and/or attempt an additional escape room activity. Please bring your thinking cap and sense of adventure.

## Metigoshe Night Life

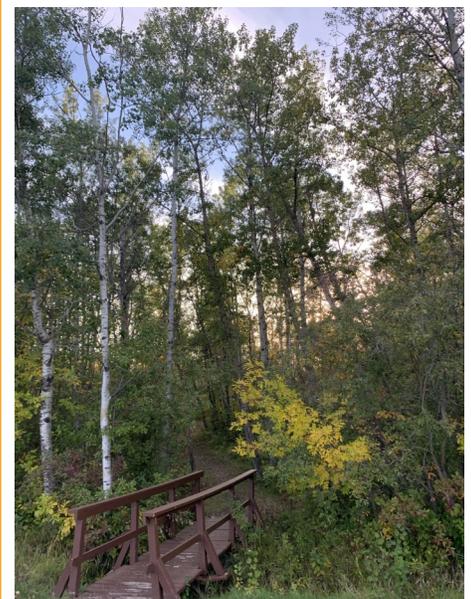
**Instructors: Kathy Duttonhefner**  
**Physical Activity Rating: Easy (Outdoors)**

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.

## Saggar Wood Firing

**Instructor: Katie Saykally**  
**Physical Activity Rating: Easy (Indoors)**

Saggar wood firing is a unique way to include nature into your decorative ceramic pieces. This class will allow participants to learn a little about the process of creating ceramics, a small amount of the chemistry of the firing process, a few different finishing techniques and take home their own creation. We will explore local plant life to include into our firing process, which takes overnight to complete. This technique will allow you to create a one-of-a-kind look! Participants will need to stop back on Sunday to pick up their pieces or make arrangements with other participants to do so in their absence.



# Activity Descriptions

**Session VI**  
**Sunday, September 18**  
**8:00am-11:30am**

## Whittle Me This!

**Instructor: Emily Laaveg**  
**Physical Activity Rating: Easy (Indoors)**

Plan to carve our some time this weekend to learn how to whittle tools and art! We will go over some of the basics cuts used in wood carving, what types of wood to look for when carving and how to properly care for your carving knives. After learning the basics, we will get hands-on and learn how to carve some stars, and if you have additional time, possibly spoons and/or wooden faces. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives and carving gloves will be provided; participants will be able to keep the gloves.

## Introduction to Canoeing

**Instructors: Terri Lundberg**  
**Physical Activity Rating: 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.

## Advanced Fly-Fishing

**Instructors: Elisha Mueller, ND Game & Fish Department; Emily Joynt and Alecia Pulver**  
**Physical Activity Rating: Easy-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.

## Pollinator Power

**Instructor: Amy Koehler, NDSU Extension Master Gardener Intern**  
**Physical Activity Rating: 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.

## Hide & Seek:

### Get Into the Game!

**Instructor: Kathy Duttonhefner, ND Parks & Recreation Department**  
**Physical Activity Rating: Easy-Moderate (Outdoors)**

Hide & Seek is a digital scavenger hunt, a quest for hidden treasures. Join in on this treasure hunting game where you use a GPS to hide your cache and seek containers with other WOW participants. This year instructors have added an extra twist-you get the opportunity to create your custom cache and use a GPS to hide it in your community! You will be using a GPS to find other WOW participants' hidden caches and geocaches cleverly hidden by the session instructors! GPS units and geocache materials will be supplied. Caches you make, you get to bring home to create your hide & seek adventure! Most of this adventure is on trails and roadways with short excursions off the beaten path, so hiking boots or sneakers are necessary.

## Survival Skills

**Instructor: Todd Sivertson, ND Parks & Recreation Department**  
**Physical Activity Rating: Easy (Indoor/Outdoor)**

Explore several ways to start a fire, collect drinking water, gather food, establish cardinal directions and take a bearing with a compass. In addition, learn how a few everyday items can save your life when used in a non-traditional way. We'll start fires, make shelters, tie knots and more! After this session, you'll look at your survival kit completely different and re-think how you pack for future hunting and camping trips as well as day trip adventures in the great outdoors. To maximize your experience, please dress appropriately for the weather conditions. This session will be a mixture of indoor and outdoor instruction and activities. Get ready to test your survival skills!

