

# WOW EVENT

SEPTEMBER 15-17, 2023  
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 2, 2023 at 12pm** via <https://bit.ly/LMSPShowClix> and closes **September 10, 2023 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



NORTH  
**Dakota**  
Be Legendary.™

Game and Fish





# FEES & SCHEDULE

## Friday, September 15

10:00am—4:30pm	Pre-WOW ND Concealed Carry Test Class (includes lunch)
6:00pm-8:00pm	Session I
	Intro to Handguns (Groups A & B-\$65)(CONT. IN SESSION II OR III)
	Stick to Staff (\$65) (CONTINUES THROUGH SESSION II)
	Intro to Pickleball (\$30)
	Nature's Harvest (\$35)
8:30pm	WOW Welcome Meeting - Dining Hall
	Not required, but will have great information for first-timers!
Dark	Campfire Social (South side of Dining Hall)

## Saturday, September 16

7:00am—7:45am	Breakfast (Dining Hall)
7:45am—8:00am	Travel to Assigned Activity Location
8:00am—10:00am	Session II
	Intro to Handguns Group A ONLY (CONTINUED)
	Stick to Staff (CONTINUED)
	Beginner's Fly Fishing (\$35) (CONTINUES THROUGH SESSION III)
	Climbing & Swinging (\$45) (CONTINUES THROUGH SESSION III)
	Dutch Oven Cooking (\$40) (CONTINUES THROUGH SESSION III)
	Introduction to Canoeing (\$25)
	Pollinator Power (\$25)
	Nature's Harvest (\$35)
10:00am-10:30am	Break
10:30am-12:30pm	Session III
	Intro to Handguns Group B ONLY (CONTINUED)
	Beginner's Fly Fishing (CONTINUED)
	Climbing & Swinging (CONTINUED)
	Dutch Oven Cooking (CONTINUED)
	Introduction to Canoeing (\$25)
	Metal Craft (\$35)
	TREEmendous Trees (\$25)
	Paracord Accessories (\$30)
12:30am—1:15pm	Lunch (Dining Hall)
1:15pm-1:30pm	Travel to Assigned Activity Location
1:30pm-3:30pm	Session IV
	Clue (\$40)(CONTINUES THROUGH SESSSION V)
	Dutch Oven Cooking (\$40)(CONTINUES THROUGH SESSION V)
	Introduction to Kayaking (\$30)
	Beginner's Archery (\$25)
	Paracord Accessories (\$30)
	TREEmendous Trees (\$25)
	Shotgunning (\$25)
	Metal Craft (\$35)
3:30pm-4:00pm	Break
4:00pm—6:00pm	Session V
	Clue (CONTINUED)
	Dutch Oven Cooking (CONTINUED)
	Introduction to Kayaking (\$30)
	Beginner's Archery (\$25)
	Guided Mtn Biking (\$25)
	Traps & Trapping (\$25)
	Shotgunning (\$25)
	Hiking to Backpacking: What Do I Need to Take That Step? (\$25)
6:00pm— 6:45pm	Supper (Dining Hall)
6:45pm— 7:15pm	Break
7:15pm— 7:30pm	Travel to Assigned Activity Location
7:30pm-9:30pm	Session VI
	Bird Carving & Painting (\$60) (CONT. THROUGH SESSION VIII)
	Saggar Wood Firing (\$25)
	Origami Flowers (\$25)
	Fire Building (\$25)
9:00pm-10:30pm	Metigoshe Night Life Hike (\$20)
	Hunting With Hounds (\$20)
9:30pm	Campfire Social (South side of Dining Hall)

## Sunday, September 17

7:00am-7:45am	Breakfast (Dining Hall)
7:45am-8:00am	Travel to Assigned Activity Location
8:00am-11:30am	Session VII
	Bird Carving & Painting (CONTINUED)
	Advanced Fly-Fishing (w/Float Tubes) (\$35)
	Intro to Geocaching (\$35)
	Nature Photography (\$35)
	Field to Fork (\$45)
	Camp Craft (\$35)





# 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 2, 2023 at 12pm via <https://bit.ly/LMSPShowClix> and will close September 10, 2023 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.**

## Pre-WOW Opportunity

NEW! We are offering a pre-WOW Concealed Carry Test on Friday, September 15 from 10am-4:30pm. Registration fee is \$180, and will be conducted by Dupree Firearms Training. More information can be found with activity descriptions. Pre-registration and payment is required. Participation is limited to 20 ladies. Please contact Josette Dupree at 701-571-1029 with questions or to register.

## 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 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

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 2023 annual permits are valid through April 30, 2024. Annuals are available onsite or via [bit.ly/2023permits](https://bit.ly/2023permits).

## 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 [Rachael.Buss@annecenter.org](mailto:Rachael.Buss@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 13th 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://support.showclix.com/s/a/Ticket-Insurance-FAQs>; it does route you to a list of covered scenarios, exclusions and provisions.





## 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 10, 2023.

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. 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. 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.

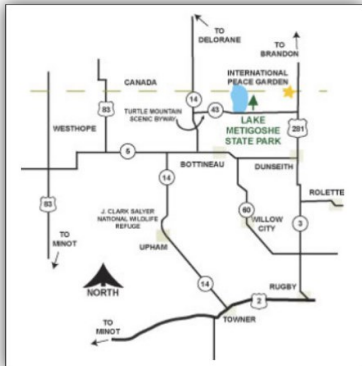
## Arrival & Activity Locations

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.

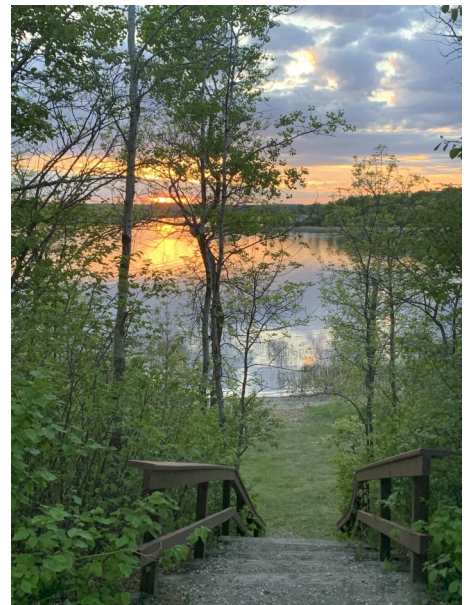
Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake.

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.





# **-Pre-WOW event opportunity- ND CONCEALED CARRY TEST (Class 1 or 2)**

**\*PRE-REGISTRATION & PAYMENT REQUIRED\***

**Who:** WOW ladies

**Date:** Friday, September 15

**Time:** 10:00am-4:30pm (includes lunch)

**Location:** LMSP Main Office Auditorium & Private Range

**Registration Fee:** \$180—Deadline to register is September 13

**Cancellation Policy:** 24 hrs prior to course to avoid forfeiture of fee

**Rescheduling Policy:** Prior to 24 hrs, students may re-schedule  
\*ONE\* time only. Only emails within the cancellation policy time frame to [dupreetraining2021@gmail.com](mailto:dupreetraining2021@gmail.com) will be accepted for cancellations or rescheduling.

**Limited to 20 participants**

## **What's the difference between Class 1 and Class 2 licenses?**

Reciprocity (states that recognize your ND CWL). Class 1 has 40 of states reciprocity, Class 2 has 26 states of reciprocity.

## **What does this opportunity cost and what does it include?**

The Concealed Carry Test Class costs \$180 and includes:

- Lunch and use of classroom at LMSP
- Class instruction / test fee
- Fingerprint Cards
- Passport Photos
- BCI addressed envelop with postage
- Copy of your Drivers License
- \$60 Money Order made to the ND Attorney General
- Range Fee / admin for Class 1

## **What to bring to your Class 1 test session?**

- Your handgun
- Hip holster for your gun – Wear a belt
- Eye and ear protection
- Two magazines for your handgun, or a speed loader for your revolver
- Min. 75 rounds of ammo for your handgun

## **This is TEST day!**

We encourage you to practice the course of fire prior to testing for your Class 1 license.

## **Testing Tips!**

We highly encourage all testers to take a look at the manual prior to the test session to familiarize yourself with the course material. The current ND CWL Manual can be accessed on the ND Attorney General's website under concealed weapons licenses.

Strongly consider taking the DFT Pre-Test Class 1 training. We will prepare you for passing the course of fire for the ND Class 1 CWL test. Course fee is \$75.

- A small carry gun - like a Ruger LCP - may be your choice of carry, we suggest using a larger frame gun to test with.
- Do not rely on lasers for the test.
- A .22 works perfectly for this test.
- Practice beforehand.
- Practice with your support hand.
- Practice drawing from your holster.
- Don't bring a brand-new gun. Familiarize yourself with the gun – spend time shooting it.
- Wear appropriate clothing – no open-toe shoes, low cut blouses, yoga pants.
- Make sure your gun is in full working order.

## **Course of Fire for Class 1**

The target will consist of an 8 ½ by 11-inch colored piece of paper. 1 point will be awarded for any shot that either completely or partially penetrates the colored paper. Pistol magazines will be loaded with 6 rounds of ammunition. Revolvers cylinders will be fully loaded (5, 6, 7, 8 or 9 rounds depending on the weapon design). Total number of rounds depends on the firearm.

## **Stage 1, 7-yard line**

On the firing command shooters will draw the handgun from a secured holster and fire 1 magazine or 1 fully loaded cylinder with the normal shooting hand, reload and then fire 1 magazine or 1 full loaded cylinder with the normal support hand. All rounds will be fired from a standing position. The time limit for this stage will be 45 seconds for a 5 shot revolver; 55 seconds for a pistol or 6 shot revolver; 60 seconds for a 7-shot revolver; or 65 seconds for an 8 or 9 shot revolver.

## **Stage 2, 15-yard line**

On the firing command shooters will draw the handgun from a secured holster and fire 1 magazine or 1 fully loaded cylinder from a standing position, reload and then fire 1 magazine or 1 fully loaded cylinder from a kneeling position. The time limit for this stage will be 50 seconds for a 5 shot revolver; 60 seconds for a pistol or 6 shot revolver; or 65 seconds for a 7-shot revolver; or 70 seconds for an 8 or 9 shot revolver.

## **Minimum passing score (70%):**

5 shot revolver – 14 points  
Pistol or 6 shot revolver – 17 points  
7 shot revolver – 20 points  
8 shot revolver – 23 points  
9 shot revolver – 26 points

**TO REGISTER:**  
**Contact Josette Dupree**  
**701-750-1029**



**DUPREE FIREARMS TRAINING**

406 W Main Street, Suite # 5 Mandan, ND  
701-751-1029



# Activity Descriptions

## Session I

Friday, September 15

6:00pm-8:00pm

### Intro to Handguns

**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. 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 8:00am-10:00am. Group B will continue at the range during Session III (10:30am-12:30pm). 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.**

### Stick to Staff

**Instructor:** Pam Ihmels and Alegra Powers

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

Participants will choose from a selection of diamond willow pieces prior to rolling up their sleeves to create a customized hiking staff! Please bring leather gloves as we'll be working with a variety of tools. **Please note this activity spans Sessions I & II.**

### Intro to 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.

### Nature's Harvest

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

**Physical Activity Rating:** 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.





# Activity Descriptions

## Session II

Saturday, September 16

8:00am-10:00am

### Intro to Handguns Group A ONLY—Range (CONTINUED)

### Stick to Staff (CONTINUED)

### 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. **Please note this activity spans Session II & III).**

### Climbing & Swinging

**Instructors:** Camp Metigoshe Staff

**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. **Please note this activity spans Session II & III).**

### Dutch Oven Cooking

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

**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. **Please note this activity spans Session II & III.**

### Introduction to Canoeing

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

**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.

### Pollinator Power

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

**Physical Activity Rating:** Easy-Moderate (Outdoors)

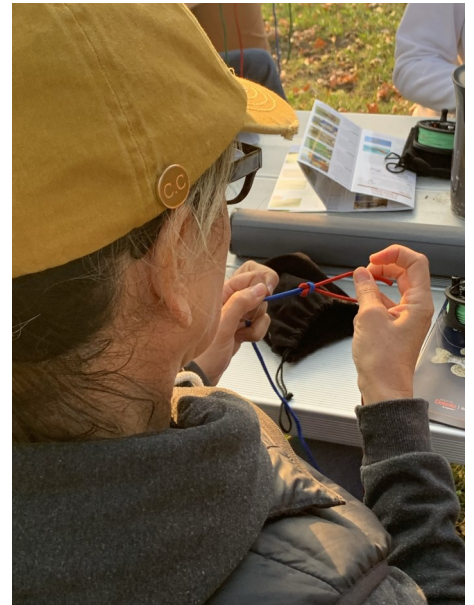
Learn about the importance of native pollinator plants in our natural environment. This activity will include a hike where we will learn how to find and identify native pollinator plants. Learn how to sustainably collect and propagate native pollinator plants to create your own NDSU Extension Certified 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.

### Nature's Harvest

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

**Physical Activity Rating:** 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.





# Activity Descriptions

## Session III

Saturday, September 16

10:30am-12:30pm

### Intro to Handguns

Group B ONLY  
(CONTINUED)

### Beginner's Fly-Fishing (CONTINUED)

### Climbing & Swinging (CONTINUED)

### Dutch Oven Cooking (CONTINUED)

### Introduction to Canoeing

Instructors: Terri Lundberg & Todd Sivertson, ND Parks & Recreation Department

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.

### Metal Craft

Instructor: Glee Mayer

Physical Activity Rating: Easy (Indoors)

Bring your creativity to design and make decorative trees or other outdoor shapes—the only limitation is your creativity! We'll be utilizing wood, sheet metal, angle grinders and other simple tools for this make and take activity. A few examples will be available—materials will be provided.

### Treemendous Trees

Instructor: Cody Clemenson, ND Forest Service

Physical Activity Rating: 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.

### Paracord Accessories

Instructor: Nikki Marrs

Physical Activity Rating: Easy (Indoors)

The true workhorse of the U.S. Military, the Type III Nylon (550) Parachute Cord should be considered an absolute essential part of anyone's kit. Whether you need to secure a load, build a shelter, make a bow drill, replace a broken shoelace, craft a primitive weapon, or improvise a belt for your pants—paracord can make it happen! Discover how to make a number of outdoor accessories from zipper pulls, key lanyards, ID tags, bracelets and more! We will have plenty of cordage on hand for this hands-on interactive class.





# Activity Descriptions

**Session IV**  
**Saturday, September 16**  
**1:30pm-3:30pm**

## Clue: Survivor Edition

**Instructors:** Kathy Duttonhefner, ND Parks & Recreation Department & Dutt Klan

**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 IV & V.**

## Dutch Oven Cooking

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

**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. You will want to put off lunch or count this as an early 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 Session IV & V.**

## 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

**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. time.

## Paracord Accessories

**Instructor:** Nikki Marrs

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

The true workhorse of the U.S. Military, the Type III Nylon (550) Parachute Cord should be considered an absolute essential part of anyone's kit. Whether you need to secure a load, build a shelter, make a bow drill, replace a broken shoelace, craft a primitive weapon, or improvise a belt for your pants—paracord can make it happen! Discover how to make a number of outdoor accessories from zipper pulls, key lanyards, ID tags, bracelets and more! We will have plenty of cordage on hand for this hands-on interactive class.

## Treemendous Trees

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

**Physical Activity Rating: 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.

## Shotgunning

**Instructors:** Cayla Bendel, ND Game & Fish Department and Karla Meikle

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

Learn eye dominance, shotgun anatomy, basic firearm safety, the differences between trap and clay shooting and get the opportunity to shoot a variety of shotguns. We'll supply you with everything that is needed and provide you hands-on instruction.

## Metal Craft

**Instructor:** Glee Mayer

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

Bring your creativity to design and make decorative trees or other outdoor shapes—the only limitation is your creativity! We'll be utilizing wood, sheet metal, angle grinders and other simple tools for this make and take activity. A few examples will be available—materials will be provided.





# Activity Descriptions

**Session V**  
**Saturday, September 16**  
**4:00pm-6:00pm**

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

## **Dutch Oven Cooking (CONTINUED)**

## **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  
**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. time.

## **Traps & Trapping**

**Instructor:** Thomas Marrs, ND Parks & Recreation Department  
**Physical Activity Rating:** Easy  
**(Outdoors)**

Learn to use, set and stay safe with various kinds of traps. Get hands-on experience on trap placement by setting traps and implementing bait, scent and attractants. Don't miss this opportunity to try and check out readily available tools and equipment.

## **Guided Mtn Biking Adventure**

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

Ladies need to bring their own mountain bikes. In addition, please bring your bike stand and cleaning equipment (if you have it) for this guided adventure along the Lake Metigoshe State Park trails.

Whether you want to further explore the park's trails or meet other like-minded enthusiasts, we'll have a great time. You will learn and perform light maintenance on your bikes, and we'll cover 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.

## **Shotgunning**

**Instructors:** Cayla Bendel, ND Game & Fish Department and Karla Meikle  
**Physical Activity Rating:** Easy  
**(Outdoors)**

Learn eye dominance, shotgun anatomy, basic firearm safety, the differences between trap and clay shooting and get the opportunity to shoot a variety of shotguns. We'll supply you with everything that is needed and provide you hands-on instruction.

## **Hiking to Backpacking: What Do I Need to Take That Step?**

**Instructor:** Melissa Kilde  
**Physical Activity Rating:** Easy  
**(Indoors/Outdoors)**

After a day of hiking, have you ever wanted to stay out longer to enjoy the beauty and wonder of the outside world (and escape housework and other chores a little longer)? Why not hang out, eat dinner, watch the sunset, see the stars and milky way, hear the coyotes, watch the sunrise and hike a little more? It's not as big of a leap as you might think. Come for great discussions and learn what gear and other tools you need to enjoy the wonders of backpacking!





# Activity Descriptions

## Session VI

Saturday, September 16

7:30pm-9:30pm

### Bird Carving & Painting

**Instructor:** Emily Laaveg

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

Wood-n't you like to learn to create birds from trees? In this course, we will learn about the basics of whittling by carving out birds from blocks of wood. Through this hands-on practice, we will learn how to and not to cut into the wood for best results, the fundamentals of 3D figure carving, and how easy it can be to create anything out of a hunk of wood. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives, carving gloves, and painting supplies will be provided; participants will be able to keep the gloves and carving knife at the end of the class. **This activity spans Session VI & VII.**

### 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.

### Origami Flowers

**Instructor:** Kathy Warberg

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

Origami flowers are undeniably beautiful and appear to be complex and difficult to make, but there are only a few steps to it! It takes five pieces of paper, one to form each petal, and some glue. Bring your creativity and learn how to make paper flowers, whether you want to make them for decorative bouquets for friends or parties or just learn to have a fun activity when the weather isn't favorable for outdoor adventures.

### Fire Building

**Instructor:** Thomas Marrs, ND Parks & Recreation Department

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

Join us around the campfire ring and learn a myriad of fire building skills such as wood harvesting techniques, use of tools, axes, hatchets, knives and saws. We'll also discuss how to use flint and steel, ferro rods, and jute matches. This is a great opportunity to get some hands-on experience, ask some questions and enjoy nature's TV.

9:00pm-10:30pm

### Metigoshe Night Life Hike

**Instructors:** Kathy Duttenhefner

**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.

### Hunting with Hounds

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

**Physical Activity Rating:** 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 VII**  
**Sunday, September 17**  
**8:00am-11:30am**

## **Bird Carving & Painting (CONTINUED)**

### **Advanced Fly-Fishing**

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

## **Intro to Geocaching**

**Instructor:** Kathy Duttonhefner, ND Parks & Rec Department & Dutt Klan  
**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.

## **Nature Photography**

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

**Participants need to bring their own cameras (no cell phone cameras).** In addition, please bring lenses, tripods and laptops (if you have them). We'll go through basic operations and concepts to include aperture, manual settings, shutter speeds, lens choices & limitations, exposure and more prior to getting outdoors to take landscape, macro and wildlife photos. Afterwards, we'll download and share photos, sending all participants home with a few prints of their best pictures taken. All skill levels are welcome for this beginner to intermediate session.

## **Outdoor Living Skills**

**Instructor:** Thomas Marrs, ND Parks & Recreation Department  
**Physical Activity Rating:** Easy (Outdoors)

This session will cover many aspects of setting up a dynamic and functional backwoods camp. Examples include: canoe shelters, equipment caches, harvesting and producing drinking water and an introduction to bushcraft. This is a great way to familiarize yourself with outdoor tools and have a look at some innovative gear and see them in action.

## **Field to Fork**

**Instructors:** Jeff Benda, Wild Game & Fish Media

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

Learn to take your game birds from field to fork in this hands-on butchering and cooking class. Each participant will have the opportunity to clean a pen-raised pheasant, watch a live cooking demonstration from wild game chef, Jeff Benda, and go home with the pheasant meat and plenty of wild game recipes.



Jeff Benda is the founder of Wild Game & Fish Media where he works with businesses in the hunting, fishing, and shooting industries. With 25 years of past experience in the restaurant industry, he is now a full-time wild game and fish recipe developer and food blogger living in Fargo, North Dakota. His goal is to celebrate local fish and wild game and provide achievable, bright recipes designed to build confidence for new cooks, and inspire everyone to elevate their cooking. Thanks to North Dakota Games & Fish Department and the Capitol City Ladybirds for sponsoring the Field to Fork session.

