

WOMEN OWNING WOODLANDS (WOW) WORKSHOP

May 31 – June 2, 2019

Watoga State Park & Calvin Price State Forest (Pocahontas County)

For women who own (or are part owner) of some woodland - we are planning a weekend workshop to learn and network – if you would like to join us please register:

REGISTRATION – due by May 24th SPACE IS LIMITED SO DON'T DELAY

Please fill this form out and submit via email or regular mail. If mailing via postal service, *please advise via email that you wish to attend so we can get a good count for planning purposes.*

Name: _____

Address: _____

Phone numbers (home) _____ (cell phone) _____

NOTE: CELL PHONE SERVICE IS VERY LIMITED IN THIS AREA (POCAHONTAS COUNTY)

Email address: _____

Do you have any dietary restrictions? _____

What are you hoping to learn at this event? _____

Is there someone else attending this event with whom you would wish to share a cabin? _____

If so who? _____

Registration fee \$150 includes:

- Cabin space for two nights
- Dinner on Friday, Lunch and Dinner on Saturday
- Instructional materials and facilities

All cabins come with a full kitchen with all the basic necessities, bedding and towels are provided.

What to bring: toiletries, breakfast food, snacks & beverages for after hours (detailed list follows agenda)

You can **pay on line or mail a check** (Payable to: WV Division of Forestry) to:

WV Division of Forestry,
330 Harper Park Drive, Suite J,
Beckley, WV 25801
Attention: B. Breshock

Questions: contact Barb Breshock at breshock@hotmail.com or (304) 934-6777

AGENDA

FRIDAY AFTERNOON – Picnic Shelter 1:00 PM – 5:00 PM

1:00 PM – 5:00 PM Chainsaw safety – Johnny King, (Service Forester & Chainsaw Safety Instructor, WV DOF) tree felling/chainsaw safety & personal protective equipment

6:00 PM Dinner at Rec Hall

SATURDAY

7:00 AM Optional bird walk – Tiffany Beachy (NRCS wildlife biologist, golden-winged warbler project)

9:00 AM Introduction to the WOW program – Barb Breshock (Retired, WV DOF) & others

Everyone introduce themselves and something about them/their land/what they want to learn.

Mapping your land – Barb Breshock & Amy Cimarolli (Private Consultant and Forester for WV Land Trust) – Cognitive Mapping Activity

Forest ecology 101, - Melissa Thomas-Van Gundy (Research Forester, USDA Forest Service, Fernow Experimental Forest) start to prep us for the woods.

Noon: Lunch – Rec Hall – provided

CALVIN PRICE STATE FOREST – each topic will be discussed at each stop.

Tree & plant ID – Holly May (Forester, Alliance for the Bay) – introduction to the basics and then add more species as we conduct the other activities.

Forest Ecology – Melissa Thomas-Van Gundy – cover the basics and at each stop discuss what is there.

Wildlife habitat improvements – Jessie Reese (WV DNR Wildlife Biologist working with NRCS farm bill programs) with Barb Breshock

Measuring the value in your forest – Barb will kick this off, and then we can break up into 4 smaller groups with a forester to help each group to learn how to use a small cruiser stick. Tie this back into basic forest ecology and wildlife habitat to help the women understand what they are measuring is more than board feet. If we run out of time, we can move this to Sunday morning.

6:00 PM Dinner at the Rec Hall

SUNDAY – Calvin Price State Forest

Bird Walk/Wildlife Watching – Jessie Reese & others

Growing Shiitake mushrooms – Rosie Santerre (WVDOF Service Forester) – choosing and inoculating logs to grow shiitake mushrooms

Open discussion and wrap up.

Finish by noon

What to bring:

CLOTHING

NOTE: We will be outside rain or shine

- Extra socks
- Poncho or raincoat
- Warm clothes - it can get cool in the mountains in the evenings/early morning that time of year
- Sturdy hiking shoes or boots
- Second pair of dry shoes

PERSONAL ITEMS

- Water bottle or canteen
- Toiletries
- Flashlight with batteries
- Bug repellent
- Sunscreen
- Lip balm
- Sunglasses
- Hat
- Medications

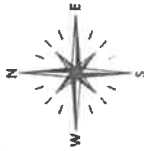
OPTIONAL

- Field guides
- Binoculars
- Camera
- Pack for carrying items
- Walking stick
- If you are a light sleeper, consider bringing earplugs, head phones or a fan for white noise, you will be in a multiple occupancy cabin

NOTE: MAP IS ON FOLLOWING SHEET. WHEN DETERMINING YOUR ROUTE, DO NOT TRY TO COME UP LITTLE CREEK (CR-16) FROM GREENBRIER COUNTY – IT IS NOT PASSABLE

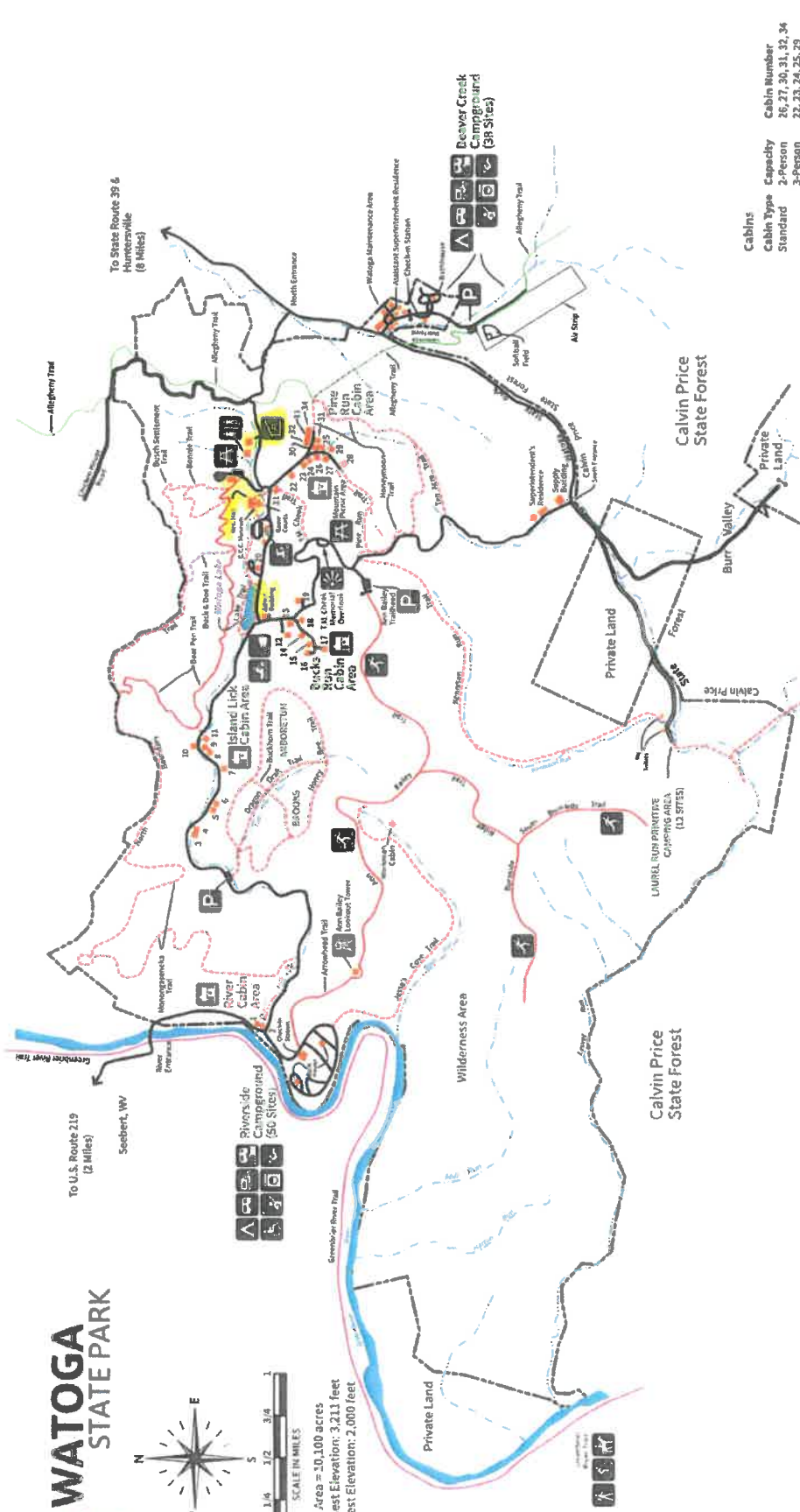


WATOGA STATE PARK



0 1.4 1.2 3/4 1
SCALE IN MILES

Park Area = 10,100 acres
Highest Elevation: 3,211 feet
Lowest Elevation: 2,000 feet



ADMIN. BLDG. PICK UP KEYS TO CABINS

REC HALL SATURDAY MORNING EVENTS

PICNIC SHELTER 1A FRIDAY AFTERNOON (1PM-5PM) EVENTS

Women Owning Woodlands
Personal Health History and Medical Form

Please complete this form and return to Barb Breshock by Monday, May 27, 2019.

By email: breshock@hotmail.com or

Mail to: Barbara Breshock, WV DOF, 330 Harper Park Drive, Suite J, Beckley, WV 25801.

PART 1 - EMERGENCY INFORMATION

Attendee First and Last Name: -

In Case of Emergency Notify:

Name: _____ Relationship: _____

Daytime Phone: _____ Cell Phone: _____

Name: _____ Relationship: _____

Daytime Phone: _____ Cell Phone: _____

Personal Physician: _____ Daytime Phone: _____

PART 2 - EMERGENCY MEDICAL INFORMATION

Circle all items that apply. Explain any "YES" answers.

Allergies: (Food, Medicine, Plant, Animal or Insect toxin) Yes No

Explain:

If yes, do you carry an Epi-pen or other emergency medications? Yes No

Asthma: Yes No **Diabetes:** Yes No

Heart Trouble: Yes No **Convulsions/Seizures:** Yes No

Hemophilia: Yes No **Fainting Spells:** Yes No

List any condition which may require special care or medication:

List any other details about the medication that the staff will need to know:

PART 3 – DIETARY CONCERNS

Do you have any dietary restrictions (vegetarian, vegan, do not eat pork, etc.)? Please list restrictions.

Do you have any food allergies?

CONFIDENTIAL This document is for internal use only for the Women Owning Woodlands workshop. WV Division of Forestry