Women of Rescue Conference Agenda

Friday, November 6th

7 pm	Trivia Hosted by The Lost Paddle

Saturday, November 7th

8 am	Registration	Sign up & get your Conference Packet in The Lost Paddle, with vendors, coffee, and snacks
9 am – 9:20 am	Welcome	Starting the Day! Introductions
9:20 am – 10:50 am		Opening Speech by Laura Arrington *Claiming the Seat*
11 am – 11:30 am		Cancer Research Update by Foster
11:30 am –12:30 pm		Ret. Colonel Eileen Bjorkman, Author of *The Fly Girls Revolt*
12:30 pm – 1:30 pm	Lunch	Resource Luncheon: Cancer Registry at The Lost Paddle (on-site)
1:30 pm – 3 pm		First WV Wildland Firefighter, Jessica Sutton
3 pm – 4:30 pm	Break Out / Hands-On	Stop the Bleed, Kathy Zerkele National Park Service Get Stronger with Elyse Kornmiller, Parkersburg FF
4:30 pm	Wrap Up	Final thoughts, next steps and goals! *Please fill out our surveys!*
5 pm – 8 pm	Mixer	Enjoy drinks and socialize!

Sunday, November 8th

9 am – 5 pm	Vehicle Extrication & Stabilization Seminar with Matheny

Welcome Speech from Laura Arrington

Claiming the Seat: Owning your power, finding your people, and leading the way

Your career rarely unfolds exactly as planned. Claiming the Seat is an interactive session about finding your voice, building meaningful connections, recognizing your own potential, and having the courage to create opportunities when they don't already exist.

Cancer Research Update

Lara Foster will be presenting on her cancer prevention research from her University of Miami Training in Occupational Research on Cancer via Heterogenous Epidemiology Skills (TORCHES) Firefighter Cancer Prevention Fellowship. With this work, Foster aims to expand ways in which female firefighters can serve and be well.

Eileen Bjorkman, Retired Air Force Colonel and Author

Author of *The Fly Girls Revolt: The Story of the Women Who Kicked Open the Door to Fly Into Combat*, Bjorkman lived the experience of fighting for a role that society put limits on because of her gender. Bjorkman was commissioned through Officer Training School in 1980 and served nearly 30 years in the Air Force, retiring as a colonel. During her military career, she served as a Flight Test Engineer, Instructor and Test Squadron Commander. She is a retired U.S. Air Force colonel with 700+ hours of flying time as a flight test engineer in 25 different types of military aircraft, primarily the F-4, F-16, C-130, and C-141.

First WV Wildland Firefighter, Jessica Sutton

Sutton has been a wildland firefighter since 2009, when she was unexpectedly introduced to the occupation, and along with a friend and coworker, became one of the first women to join a West Virginia wildland fire crew on a western assignment. She will share her experiences and how that piece fits into her life of community organizing. Sutton serves as the Interim Director of Outdoor Community Development with the WVU Smith Outdoor Economic Development Collaborative, where she helps West Virginia communities plan, deliver, and maintain outdoor recreation projects and economies.

Break Out / Hands-On Training

Choose between our hands-on training sessions:

- *Stop the Bleed:* No PPE required. With Kathy Zerkle of the National Park Service.
- *Get Stronger:* No equipment required. With Parkersburg Firefighter Elyse Kornmiller

Wrap Up

Closing of the conference. Please give us feedback so we can improve next year! Let us know what additional classes, tools, or sessions you would like to see. Be sure to stick around for our mixer after! It is sure to be a good time!