



Friday Afternoon, August 24

10:00-11:00 a.m. Registration and Check in

11:00-12:00 p.m. Welcome and Introductions

12:00-1:00 p.m. Lunch

1:00-4:30 p.m. Session I

- A. Firearm Safety and Handling
- B. Fly Fishing
- C. Tackling Trailers (NEW)
- D. Kayaking
- E. Food Dehydrating
- F. Naturalist Skills (NEW)
- G. Hammock Camping

4:30-6:00 p.m. Social Hour

6:00-7:00 p.m. Dinner

7:00-8:00 p.m. Evening Program



Saturday Morning, August 25

7:00-8:00 a.m. Breakfast

8:00-11:30 a.m. Session II

- H. Rifle Markswoman
- I. Beginning Shotgun
- J. Self Reliance
- K. Dutch Ovens
- L. Beginning Fishing
- M. Wildlife Habitat
- N. Heartsaver CPR (NEW)
- O. niRVana (NEW)

11:45-12:45 p.m. Lunch

Saturday Afternoon, August 25

1:00-4:30 p.m. Session III

- P. Rifle Markswoman
- Q. Beginning Shotgun
- R. Fly Fishing
- S. Cleaning/Cooking Pheasant
- T. Making Fire (NEW)
- U. Paddle Sports
- V. Healthy Herbs (NEW)

4:30-6:00 p.m. Social Hour

6:00-7:00 p.m. Dinner

7:00-8:00 p.m. Evening Program

Sunday Morning, August 26

7:00-7:45 a.m. Breakfast

7:45-8:00 Closing Comments and Door Prizes in the Auditorium

8:00-11:00 a.m. Session IV

- W. Fly Tying
- X. Beginning Fishing
- Y. Grouse Hunting (NEW)
- Z. Canoeing
- AA. Archery/Bowhunting
- BB. Cleaning/Cooking Fish
- CC. Backpacking

11:00-12:00 p.m. Pack up, grab a snack for the road, see you at BOW 2019!

This program is for you if...

You have never tried some of these activities but have hoped for an opportunity to learn.

You are a beginner who wants to improve your skills.

You know how to do some of these activities but would like to try new ones.

You enjoy the camaraderie of like-minded individuals.

www.uwsp.edu/cnr-ap/bowwi
www.facebook.com/WisconsinBOW

BOW for college credit: call 715-346-4681

Request more info: pfarrell@uwsp.edu

Beginners are Welcome!

Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Workshop activities are balanced between hunting and shooting, fishing and boating, and non-consumptive activities like camping and canoeing. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age and older.

Our participants range in age from 18-80+

August 2018



CLASS CHOICES

PHYSICAL ACTIVITIES RATINGS:

BOW classes are geared toward beginners and most are suitable for people of all physical ability levels. Classes below are described according to the level of physical activity required to participate fully. We've done this to help you decide if the class is right for you. If you are not sure, just ask us for more information. We're happy to help!

LEISURELY - Class is not physically demanding.

MODERATE - Class requires moderate level of physical activity; for example, lifting an eight pound chainsaw or shotgun, paddling a canoe or kayak.

RUGGED - Class is fairly strenuous, and may require hiking/climbing over uneven terrain.

A. Firearm Safety & Handling LEISURELY
Learn about guns and safe firearm handling in this hands-on class. You will become comfortable around firearms in an information-packed, upbeat session. This is a safe and empowering learning session. No actual shooting occurs in this class. (Participants must take this class, show valid Hunter Ed. Certification, or have significant gun handling experience to participate in Rifle or Shotgun sessions.)

B. Fly Fishing LEISURELY to MODERATE
Explore this time-honored and relaxing activity that gets you into the water, teaches you the basics and let's you enjoy the poetry of fly fishing. You will learn casting techniques and which flies to use for your favorite fish. (Participants must have a valid Wisconsin fishing license to participate in this session. A trout stamp is NOT needed.)

C. Tackling Trailers LEISURELY
Trailer can be a source of fear, frustration and fury to many outdoors-women. Learn how to tow, maintain, and back a trailer in this no-pressure, hands-on, confidence-building class.

D. Kayaking LEISURELY to MODERATE
Glide across a quiet lake in this learn-by-doing class. You will gain confidence by practicing basic paddle strokes to safely and comfortably move across the water. You will also learn how to "wet exit" and practice self-rescue techniques.

E. Preserving the Harvest: Dehydrating Food LEISURELY
Learn food drying techniques for meats, fruits and vegetables that can be used to make tasty and healthy trail snacks or camping meals. Taste-testing and recipes to take home are included!

F. Naturalist Skills (NEW) LEISURELY
This class will give you a basic understanding of the principles of wildlife and plant ecology in the Great Lakes region. You will develop wildlife observation and identification skills plus knowledge relative to Wisconsin fish, reptiles amphibians, birds and mammals. Classroom instruction will be followed by a 1-hour nature hike where the instructor will serve as a roving guide and interpreter of the things we discover.

G. Hammock Camping LEISURELY
Spend a comfortable night in one of the latest camping hammocks. This is the perfect class for those who would like to camp with less weight, less bulk, sleep in the outdoors, but not on the hard ground. Other topics covered will be tree straps, sleeping bags, bug nets, top and under quilts as well as choice of rain flies and tarps.

H. Rifle Markswoman LEISURELY
Learn to shoot safely, comfortably, and with confidence. You will have one-on-one coaching from a patient instructor at the shooting range. Participants may choose to shoot a wide variety of rifles and handguns in this safe & empowering class. (Session A, hunter safety certification, or significant shooting experience required to participate in this session.)

I. Beginning Shotgun LEISURELY to MODERATE
Step up and take aim at some pigeons - clay ones, that is! This is a fabulous opportunity for participants who are new to shooting or for those who want to polish their skills. Learn how to comfortably handle a shotgun and have fun with the shooting games of trap and skeet. (Session A, hunter safety certification, or significant shooting experience required to participate.)

J. Outdoor Self-Reliance LEISURELY
"Survival" in the outdoors doesn't have to be a grueling experience. You will learn self-reliance tips and techniques through a variety of activities including making a fire without a match, identifying wild plant food sources, purifying water, knot tying, and more.

K. Dutch Oven Cooking LEISURELY
You can roast, bake, stew, steam, and simmer over coals with just one tool - the humble Dutch oven. Learn how to cook in and care for a Dutch oven in this hands-on class. Recipes will be shared and sampled during social hour.

L. Beginning Fishing LEISURELY
Learn how to set up and cast a basic spin-cast rod and reel combo while fishing on a nearby lake. Knot tying and lure selection, safety and regulations will all be covered. Participants will fish from shore for whatever species is biting that day! (A valid Wisconsin fishing license is required.)

M. Wildlife Habitat LEISURELY to MODERATE

Learn to interpret signs left by wildlife and relate observations to wildlife behavior. You will be guided on a hike to find animal tracks, scent stations, food sources, nest sites, burrows, watering sites, variations in ecosystems and movement corridors. Bring your critter questions and enjoy a morning in the woods.

N. Heartsaver® CPR (NEW) LEISURELY

The skills learned in this course will help you recognize cardiac arrest, get emergency care on the way quickly, and help a person until EMS arrives.

O. niRVana (NEW) LEISURELY

Love the idea of camping but hate the idea of bugs, bad weather, and sleeping on hard ground in a tent? NiRVana is a class for those people seeking outdoor overnights with all of the creature comforts of home. Learn about RV's, travel trailers, fifth wheels, campgrounds, and gear to keep you comfortably enjoying the outdoors.

P. Rifle Markswoman LEISURELY Repeat of session "H".

Q. Beginning Shotgun MODERATE Repeat of session "I".

R. Fly Fishing LEISURELY to MODERATE Repeat of session "B".

S. Cooking Pheasant LEISURELY

Learn how to field dress a pheasant, preserve the pelt of feathers, and cook a delicious meal all in this hands-on, learn by doing class.

T. Making Fire (NEW) LEISURELY

Fire was an essential tool in early human cultural development. In this class you will: Learn how to prepare, construct, and maintain a campfire; Gain an understanding of various fire starting methods; Learn the principles of primitive friction fire-making.

U. Paddlesports LEISURELY to MODERATE

With the wide variety of watercraft available today, wouldn't it be nice to try before you buy? You will have the opportunity to paddle a sit-on-top kayak, recreational and coastal kayaks, and stand-up paddleboards. Basic instruction to help you get acquainted with the different kinds of boats will be provided. Grab a paddle and play in the water!

V. Healthy Herbs LEISURELY

Learn about the history of using wild plants as natural remedies. This class covers identification, safety, ethical harvesting and benefits of common Wisconsin plants. Sample wild edibles, teas and syrups, and get an herbal steam facial and create a lotion and liniment to take home.

This class is not intended to diagnose, treat, or cure any illness.

W. Fly Tying - Bass and Panfish LEISURELY

Bass and panfish are two of our most popular gamefish and great targets for the fly tyer, both novice and experienced. Eager and aggressive, both species are happy to attack surface and subsurface flies. The workshop will introduce participants to a variety of flies for both species, tried and true patterns that are both productive and easy to tie. All materials and tools provided.



X. Beginning Fishing

Repeat of session "L".

LEISURELY

Y. Grouse Hunting (NEW)

Ruffed grouse are one of the most popular upland game birds to hunt. Learn about grouse biology and habitat, hunting strategies and tips, hunting with dogs, safety and ethics.

LEISURELY

Z. Beginning Canoeing

Grab a paddle and a personal flotation device (PFD) and get ready to glide on the water. You will get a feeling for boating the old-fashioned way while you learn basic paddle strokes, how to enter and exit a canoe, and how canoe with a partner in the boat and remain friends!

LEISURELY

AA. Archery & Bowhunting

Learn about equipment selection, safety, ethics, distance judging, and have lots of time to practice shooting on the archery range too. Patient coaches will provide one-on-one instruction to get you hitting the target in no time.

LEISURELY

BB. Cooking and Cleaning Fish

It was a good day of fishing and you caught your limit. Now what? Learn how to clean fresh fish to get them ready for cooking. You will cook the fish you clean and then enjoy taste testing.

LEISURELY

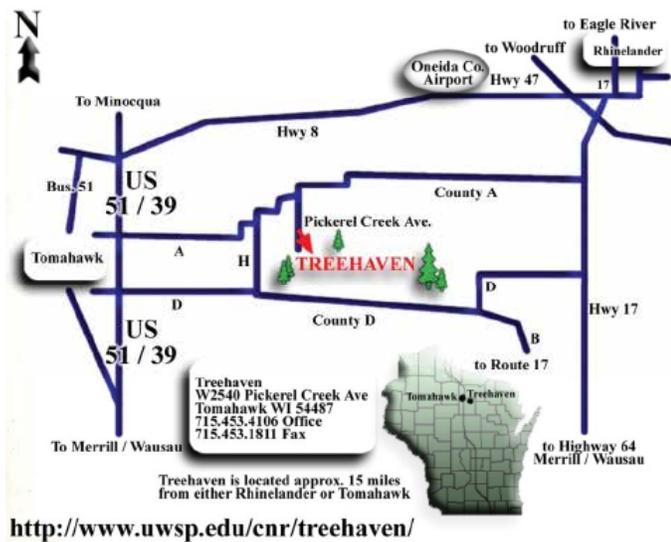
CC. Backpacking

Whether you take a day hike or plan on hiking the Appalachian Trail, this class is for you. Learn about and try out numerous styles of backpacks and see how they will apply to your style of hiking. Explore the essentials such as sleeping bags, Pads, stoves, emergency supplies and sample some backpucker meals during class.

LEISURELY

**Register online through our events page at
www.uwsp.edu/cnr-ap/bowWI/Pages/Events.aspx**





College Credit Option:

Earn one undergraduate or one graduate credit by participating in this workshop. This is a great continuing education opportunity for teachers! Please call Peggy Farrell at 715/346-4681 for more information.

Treehaven Field Station, Tomahawk, WI

WORKSHOP NOTES

August 2018

CONFIRMATION

Upon receipt of your registration & payment, you will be sent a confirmation letter, along with a map to Treehaven & a list of suggested clothing & gear to bring.

CANCELLATION

A \$150 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, August 3, 2018 will be assessed the full program fee. You may send a substitute.

SCHOLARSHIPS

Limited funds are available for scholarships to first-time participants. Please send a letter explaining your need for a scholarship along with the registration form & a check for \$175.00. Preference will be given to students, low-income households, & Wisconsin residents.

LODGING

Treehaven's dorm rooms each have a private bathroom and shower. Rooms have new bunk beds and furniture. Please mark on the registration form if you are willing to sleep on a top bunk. If special arrangements are necessary, please call 715/346-4681 at least two weeks prior to the program. If you do not wish to stay at camp, please note that on your registration form. A list of area hotels will be sent to you upon request.

SPECIAL NEEDS

If you have any special needs, including dietary needs, please indicate this on the registration form. We will try to accommodate your needs.

EQUIPMENT

All equipment will be provided. Feel free to bring your own equipment. Instructors will safety check all firearms & bows brought by participants.

WHAT TO BRING

Classes are outdoors & hands-on. For your safety & comfort, it is important for you to bring clothing suitable for Wisconsin's unpredictable weather. A complete list of suggested clothing & gear will be mailed with your confirmation letter.

SPECIAL CLASS FEES

Some classes require an additional fee for materials or equipment rental. You may include the additional fee with your registration, or you may choose to have an invoice sent for the additional fee.

Participants understand that: 1) photographs may be taken during sessions & may be used in future support of the program, & 2) in the event of an unavoidable cancellation, evening programs & instructors may change. BOW will provide excellent alternatives if this situation arises.



REGISTRATION FORM
28th ANNUAL BOW
AUGUST 24-26, 2018

Name _____
 Address _____
 City/State/Zip _____
 Phone Day (____) _____
 Evening (____) _____
 Fax (____) _____
 E-mail _____

T-shirt Size (Women's style)

SM M LG XL XXL

Workshop Fee:

___1. **\$399.** Includes 2 nights lodging at Treehaven & 7 meals, Friday lunch through Sunday lunch.

Do you have special dietary needs or requests?

Vegetarian Diabetic Gluten-free Other (please explain)

Roommate preferences:

Treehaven provides dorm-style lodging. There will be 3 or 4 persons per room. Please list up to three friends.

Are you willing to sleep on a top bunk?

Yes No No Preference

Are you a:

Night Owl Early Bird Either

Session Choices, August 2018

During each session, you will participate in one of the classes.

Please mark your first (1), second (2), & third (3) choice for each of the four sessions:

Session I	Session II	Session III	Session IV
<i><u>Friday Afternoon</u></i>	<i><u>Saturday Morning</u></i>	<i><u>Saturday Afternoon</u></i>	<i><u>Sunday Morning</u></i>
___A. Firearm Safety	___H. Rifle	___P. Rifle	___W. Fly Tying
___B. Fly Fishing	___I. Shotgun	___Q. Shotgun	___X. Beginning Fishing
___C. Tackling Trailers	___J. Self Reliance	___R. Fly Fishing	___Y. Grouse Hunt (NEW)
___D. Kayaking	___K. Dutch Ovens	___S. Cooking Pheasant	___Z. Canoeing
___E. Food Dehydrating	___L. Beginning Fishing	___T. Making Fire (NEW)	___AA. Archery/Bowhunt
___F. Naturalist Skills (NEW)	___M. Wildlife Habitat	___U. Paddle Sports	___BB. Cooking Fish
___G. Hammock Camping	___N. Heartsaver CPR	___V. Healthy Herbs	___CC. Backpacking
	___O. niRVana		

Complete and send registration form to:

Wisconsin BOW
 800 Reserve Street
 Stevens Point, WI 54481

Include a check or money order **payable to**

UWSP

Or provide VISA, MASTER CARD, DISCOVER

Name on card _____

Card Number _____

Expiration Date _____

If you prefer, you may print and send the form without payment, then pay the registration fee online at

<https://www.eventbrite.com/e/28th-annual-becoming-an-outdoors-woman-treehaven-workshop-tickets-35269471940>

You will receive a confirmation notice after your registration has been received and processed.

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AUGUST BOW 2018 INSTRUCTORS & VOLUNTEERS

Chris Cold
Nancy Cygan
Peggy Farrell
Mike Fitzgerald
Lisa Gleason
Tina Glynn
Kara Halbrook
Scott Hygnstrom
Susan Jester
Paul Melchior
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Rich Olds

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www.uwsp.edu/cnr-ap/treehaven