



This program is for you if...

- You have never tried one 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 your hand at new ones.
- You enjoy the camaraderie of like-minded individuals.

22ND ANNUAL WINTER WORKSHOP - February 14-16, 2020 Treehaven Field Station

Friday Afternoon, February 14

10:00-11:00 a.m. Registration
 11:00-12:00 Welcome/Introductions
 12:00-1:00 Lunch

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

A. Firearm Safety and Handling
 B. Sewing with Fur (Coyote Hats)
 C. Snowshoeing
 D. Winter Ecology
 E. Kayaking (Yes, Kayaking!)
 F. Canning Venison **NEW**
 G. Gun Cleaning

4:30-6:00 p.m. Social Hour
 6:00 p.m. Dinner
 7:00 p.m. - Evening Program

8:00-? Social time around the campfire outside or the cozy fireplace inside. Bring an instrument if you play, including your singing voice.

Saturday Morning, February 15

6:15 a.m. Sunrise Yoga (optional)
 7:00-8:00 a.m. Breakfast

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

H. Sewing with Fur (Blue & Red Fox Muffs) **NEW**
 I. Winter Survival
 J. Cross-Country Skiing
 K. Archery/Bowhunting
 L. Map and Compass
 M. Ice Fishing

Saturday Afternoon, February 15

11:30-12:30 p.m. Lunch

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

N. Cross-Country Skiing
 O. Dutch Ovens
 P. Preparing for a Wilderness Trip
 Q. Rifle Markswoman
 R. Snowshoeing
 S. Build a Bee House **NEW**

4:30-6:00 p.m. Social Hour
 6:00 p.m. Dinner
 7:00 p.m. Evening Program followed by the Big BOW Raffle & Silent Auction
 8:30-? More campfire social time.

Sunday Morning, February 16

7:00-7:45 a.m. Breakfast
 7:45 a.m. Wrap-up and Door Prizes

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

T. Canine First Aid
 U. Snowshoeing
 V. Woodworking for Wildlife
 W. Road Warrior
 X. Birding
 Y. Nature Journaling

11:30-12:00 p.m. Check out
 Grab a snack for the road!

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+

Beginners are Welcome!

Workshop Classes

February 14-16, 2020

PHYSICAL ACTIVITIES RATINGS

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.

LEISURELY - Class is not very physically demanding.

MODERATE - Class requires moderate level of physical activity.

RUGGED - Class is fairly strenuous, and may require hiking/skiing 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 this information-packed, upbeat class. *Participants must take this class, show valid Hunter Ed. Certification, or have significant gun handling experience to participate in Rifle Markswoman.*

B. Sewing with Fur (Coyote Hats)

LEISURELY

Create your own unique coyote fur hat to keep you warm in winter. You will be guided step by step in hand-sewing using a special needle and sinew thread. Bring your questions about fur bearer ecology and management. You will learn a lot and go home with a beautiful hat.

There is an additional \$125.00 fee for the materials used in this class.

C. Snowshoeing

MODERATE

Learn to hike through the snow with ease as you explore the the Treehaven property. You will hike 1-2 miles and discover some beautiful vistas in the winter woods. Snowshoes will be provided.

D. Winter Ecology

LEISURELY

This class will take a look at living things and their winter environment. Plants and animals alike have winter adaptations that help them survive in the cold and snow. Join us for a hike to look for tracks, scat, sign, and all things wonderfully winter!

E. Kayaking (Yes, Kayaking!)

MODERATE

Winter is great time to practice for next summer's adventures. Participants will travel to a local, indoor heated pool to learn flatwater kayak self-rescue techniques and basic paddle strokes. This class is perfect for beginners who want to build confidence in a warm, safe learning environment.

F. Preserving Venison

LEISURELY

Learn about food preservation safety and techniques through pressure canning venison from a locally harvested deer. Participants will prepare and can the meat, and sample recipes for "Venison Stew" and "Tender Venison".

G. Gun Cleaning

LEISURELY

Learn the proper techniques for cleaning and caring for your firearms. This class will cover gun disassembly, cleaning, reassembly, and maintenance.

H. Sewing with Fur (Blue and Red Fox Muffs) NEW

LEISURELY

Create a beautiful hand warmer muff using both blue and red fox fur. You will be guided step by step in hand-sewing using a special needle and sinew thread. Bring your questions about fur bearer ecology and management. You will learn a lot and go home with a beautiful muff.

There is an additional \$125.00 fee for the materials used in this class.

I. Winter Survival

LEISURELY

Cold weather survival requires a special set of skills and knowledge. In this fun interactive class, we'll learn tips on staying warm, how to create a fire when there are snowy conditions, and we'll build quinzhee snow shelters that participants may actually sleep in on Saturday night.

J. Cross-Country Skiing

LEISURELY to MODERATE

Learn basic cross-country skiing skills at your own pace. Participants will practice the art of gliding on skis through Treehaven's beautiful wooded trails. This session is geared toward beginners and no experience is necessary. We provide the skis, poles, and boots.

K. Archery/Bowhunting

LEISURELY

You can draw back a compound bow, and hit the target too! Our talented team of coaches will give you confidence and expert tips in this learn-by-doing class that includes lots of time at the archery range. Equipment selection, safety, and hunting information will also be covered.

L. Map and Compass

LEISURELY

GPS is fun and effective, but what do you do if your device stops working? Find your way through the woods and meadows with confidence using a compass and topographic maps. This class will show you how!

M. Ice Fishing

LEISURELY

Learn how to fish through a hole in the ice! You will learn about ice safety, equipment and bait selection, and more. Hot chocolate and a warming house will be provided. *You must have a valid WI fishing license to participate in this class.*

N. Cross-Country Skiing LEISURELY to MODERATE

Learn basic cross-country skiing skills at your own pace. Participants will practice the art of gliding on skis through Treehaven's beautiful wooded trails. This session is geared toward beginners and no experience is necessary. We provide the skis, poles, and boots.

O. Dutch Oven Cooking LEISURELY

You can roast, bake, stew, steam, and simmer over coals with just one tool - the humble Dutch oven, and yes, it works in winter too!. 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.

P. Preparing for a Wilderness Trip LEISURELY

If the call of the wild is singing, but you still have questions or reservations, here is the class that will help you answer the call! Learn how to properly prepare for a wilderness trip like the Isle Royale BOW Adventure. Gear, food, clothing and more will be demonstrated in this information-packed packing class.

Q. Rifle Markswoman LEISURELY

Join our award-winning team of shooting instructors from the North Central Wisconsin Gun Collectors to learn how to shoot with confidence. 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).*

R. Snowshoeing MODERATE
Repeat of Session C



S. Bee Safe Powertools

NEW LEISURELY
Powertools can be loud and intimidating, but it doesn't have to "bee" that way! Learn how to use powertools in this safe and supportive class. We will be using a variety of powertools to make a Mason Bee house for you to take home and show some pollinator love. *There is an additional \$10 fee for materials.*

There are about 140 species of mason bees native to North America. All are solitary bees. The males do not have a stinger, and the females will only sting if trapped or squeezed. This makes them an ideal neighbor for the home garden, since they pose little to no threat of stinging.

T. Canine First Aid LEISURELY

Whether your dog is a hunter, a herder, a companion, a watch dog, an athlete, or all of the above, your best friend can get in a tangle that might require you to provide care until you can get to your vet. Learn how to help your pet feel more comfortable when an injury occurs.

U Snowshoeing MODERATE
Repeat of Session C

V. Woodworking for Wildlife LEISURELY

Learn about biology, habitat, and habits of bluebirds, wood ducks, and Wisconsin bats. Then build a wood duck house in class to take home for the wildlife in your area. *There is an additional \$15 fee for materials.*

W. Road Warrior LEISURELY

Enjoying the outdoors includes getting there! This class will help you prepare for your road trip and deal with unexpected travel issues. Learn planning techniques, vehicle preparation, and how to handle roadside breakdown issues like changing tires and towing. Safety, navigation and emergency kits for several scenarios will also be discussed in class to ensure troublefree traveling in any season.

X. Beginning Birding LEISURELY

Learn the basics to help you spot and identify common Wisconsin birds. Field guides and binoculars, bird behavior, feeding birds, ethics, resources and more will be covered.

Y. Nature Journaling LEISURELY

When we collect our observations they enhance our connection to the natural world. This class will help you build skills and share hands-on journaling activities to capture your thoughts in the field, tree stand, boat and beyond. You will make your own hand-bound journal, then have an opportunity to make your first journal entry before leaving Treehaven.



REGISTRATION FORM
Winter BOW 2019

Name _____

Address _____

City/State/Zip _____

Phone Day (____) _____

Evening (____) _____

E-mail _____

T-shirt Size

SM M LG XL XXL

Workshop Fee: Check Option 1 or 2

___1. ON-SITE LODGING, \$399.

Includes 2 nights lodging at Treehaven & 7 meals,
2/14/2020 through 2/16/2020.

___2. OFF-SITE LODGING, \$319 Includes 7 meals

Do you have special dietary needs or requests?

- Vegetarian meals 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

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
<u>Friday Afternoon</u>	<u>Saturday Morning</u>	<u>Saturday Afternoon</u>	<u>Sunday Morning</u>
___A. Firearm Safety	___H. Sewing with Fur - Muffs NEW	___N. X-Country Ski	___T. Canine First Aid
___B. Sewing with Fur - Hats	___I. Winter Survival	___O. Dutch Ovens	___U. Snowshoeing
___C. Snowshoeing	___J. X-Country Ski	___P. Wilderness Trips	___V. Woodworking
___D. Winter Ecology	___K. Archery/Bowhunt	___Q. Rifle	___W. Road Warrior
___E. Kayaking (Yes! Kayaking)	___L. Map and Compass	___R. Snowshoeing	___X. Beginning Birding
___F. Canning Venison NEW	___M. Ice Fishing	___S. Build a Bee House	___Y. Nature Journaling
___G. Gun Cleaning			

Print this form and mail to:

WI BOW, 800 Reserve St, Stevens Point, WI 54481

Method of Payment:

___1. Check or Money Order payable to UWSP

___2. VISA, MASTER CARD, DISCOVER

Name on card _____

Card Number _____

Expiration Date _____

Please contact Peggy Farrell if you would like to pay in installments. We are happy to work with you to make it easier for you to attend the workshop.

Amount of Payment:

- On-site lodging \$399
- Off-site lodging \$319

Additional Class Fees

- B. G. Sew with Fur \$125
- T. Bee House \$10
- W. Woodworking \$15

Thurs night lodging \$45

Total _____

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

WORKSHOP NOTES

February 14-16, 2020



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, January 24, 2020 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 provides dormitory-style lodging with three or four persons to a room. Modern rooms have bunk beds and private bathrooms. 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 warm clothing, including winter boots, hats & gloves. 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 pay upon arrival to the workshop.

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 and instructors may change. BOW will provide excellent alternatives if this situation arises.

THANK YOU, BOW 2020 SPONSORS

Your support makes a world of difference for thousands of women every year.

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WINTER BOW 2020 INSTRUCTORS & VOLUNTEERS

Stephanie Boismenu
Kayla Boraca
Lynn Clark
Nancy Cygan
Peggy Farrell
Laura Fitzgerald
Mike Fitzgerald
Shauna Holmes
Lisa Gleason
Tina Glynn

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