



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.

20TH ANNUAL WINTER WORKSHOP - February 16-18, 2018. Treehaven Field Station

Friday Afternoon, February 16

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. Raptors of the Great Lakes (NEW)
- C. Cross-Country Skiing 101
- D. Dehydrating Food
- E. Kayaking (Yes, Kayaking!)
- F. Sewing with Fur (NEW Project!)

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

6:00 p.m. Dinner

7:00 p.m. - Evening Program: "Eagles and Ospreys" presented by wildlife educator Christian Cold

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 17

6:15 a.m. Sunrise Yoga (optional)

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

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

- G. Dog-Powered Sports (NEW)
- H. Winter Survival
- I. Snowshoeing 101
- J. Archery/Bowhunting
- K. Furbearer Ecology: Intro to Trapping
- L. Fishes of Wisconsin (NEW)

Saturday Afternoon, February 17

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

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

- M. Cross-Country Skiing 102
- N. Fish Cleaning and Cooking
- O. Preparing for a Wilderness Trip
- P. Rifle Markswoman
- Q. Dutch Oven Cooking
- R. So You Got a Deer!

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 18

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

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

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

- S. Canine First Aid
- T. Snowshoeing
- U. Open Ski
- V. Woodworking for Wildlife
- W. Ice Fishing

11:30-12:00 p.m. 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 16-18, 2018

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. Raptors of the Great Lakes NEW CLASS! LEISURELY

Learn about hawks, owls, osprey and eagles of the Great Lakes Region. You will develop ID skills and gain an understanding of the behavioral habits, habitats, and particular roles (niches) of raptors on the landscape.

C. 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. No experience is necessary. We provide the skis, poles, and boots.

D. 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!

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. Sewing with Fur LEISURELY

Create your own unique coyote fur hat to keep you warm this winter. You will be guided step by step in handsewing 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.)

G. Dog-Powered Sports NEW CLASS! LEISURELY

Do you have a dog or two that you'd like to run, skate, ski, or sled with? Learn about working with your dog on dry-land and snow. Conditioning, nutrition, and equipment will be covered, and there will be a guest appearance by a canine friend or two.

H. 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.

I. 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 provided.

J. 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.

K. Furbearer Ecology: Intro to Trapping LEISURELY

Managing furbearer populations is important to the environment. You will learn basic trapping skills, including how to safely set traps. Pelts from every furbearing animal in Wisconsin will be available for participants to handle.

L. Fishes of Wisconsin: LEISURELY

Did you know there are more than 160 fish species in Wisconsin and throughout the Great Lakes and Mississippi watershed? Learn how to identify the fish most commonly caught by Wisconsin anglers, along with other fish species of importance in the state. Participants will take home "fish flashcards" and a field guide for future reference.

www.uwsp.edu/cnr-ap/bowwi
www.facebook.com/WisconsinBOW
BOW for college credit: call 715-346-4681
Request more info: pfarrell@uwsp.edu



R. [So you Got a Deer](#) MODERATE

Imagine you've just had the good fortune to harvest a deer. Now what? This class will teach you step by step how to field dress and cut up a whitetail deer from a Wisconsin game farm. Class includes a cooking demo with venison samples.

S. [Canine First Aid](#) LEISURELY

Your canine best friend that is! 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.

T. [Snowshoeing 101](#) MODERATE

This session is a repeat of session "I"

U. [Open Skiing](#) LEISURELY to MODERATE

Feeling confident enough to hit the trails on your own? Wrap your workshop with a glide through the Sunday morning woods before packing up for home. *This session does not include instruction. It is included for those who would like to have time to explore Treehaen in an informal setting.*

V. [Woodworking for Wildlife](#) LEISURELY

Learn about biology, habitat, and habits of bluebirds, wood ducks, and Wisconsin bats. Then choose a bird, duck, or bat house to build in class and take home for the wildlife in your area. *There is an additional \$5 fee for materials.*

W. [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.*

M. [Cross-Country Skiing 102](#) MODERATE to RUGGED

This class is for skiers who want a little more adventure. You will cover a longer distance on the trails where you will practice gliding, turning and navigating small hills. This class is the perfect next step if you have some basic skiing experience.

N. [Fish Cleaning and Cooking](#) LEISURELY

It was a good day of ice fishing for bluegills 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.

O. [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.

P. [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).*

Q. [Dutch Ovens](#) LEISURELY

Yes, you can cook outside even in winter! Learn about the history, selection, and care of cast iron cookware, then get hands on to cook up a variety of dishes over coals outside. Recipes will be shared.



REGISTRATION FORM
Winter BOW 2018

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,
2/16/2018 through 2/18/2018.

___2. OFF-SITE LODGING, \$329 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
Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
___A. Firearm Safety	___G. Dog-Powered Sports	___M. X-Country Ski	___S. Canine First Aid
___B. Raptors	___H. Winter Survival	___N. Fish Cleaning/Cooking	___T. Snowshoeing
___C. X-Country Ski	___I. Snowshoeing	___O. Wilderness Trips	___U. Open Ski
___D. Dehydrating Food	___J. Archery/Bowhunt	___P. Rifle	___V. Woodworking (\$5)
___E. Kayaking	___K. Furbearers	___Q. Dutch Ovens	___W. Ice Fishing
___F. Sewing with Fur (\$125)	___L. Fishes of WI	___R. So you Got a Deer	

Complete this form and email to pfarrell@uwsp.edu,
then pay ON-LINE THROUGH OUR SECURE Eventbrite page:
<https://www.eventbrite.com/e/20th-annual-bow-in-the-snow-tickets-40880561861>

Or print and mail your completed registration form to:
WI BOW, UWSP College of Natural Resources
800 Reserve Street, 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 _____

Amount of Payment:

On-site lodging \$399

Off-site lodging \$329

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

WORKSHOP NOTES

February 16-18, 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, January 26, 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 provides dormitory-style lodging with three or four persons to a room. Newly-remodeled 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 & instructors may change. BOW will provide excellent alternatives if this situation arises.



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WINTER BOW 2018 INSTRUCTORS & VOLUNTEERS

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