



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.

**21<sup>ST</sup> ANNUAL WINTER WORKSHOP - February 15-17, 2019 Treehaven Field Station**

**Friday Afternoon, February 15**

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. Birds of Prey
- C. Snowshoeing
- D. Fish Cleaning and Cooking
- E. Kayaking (Yes, Kayaking!)
- F. Wellness Tea **NEW**

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 16**

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

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

- G. Build Your Own Ice Fishing Rod **NEW**
- H. Winter Survival
- I. Cross-Country Skiing
- J. Archery/Bowhunting
- K. Baking Bread **NEW**
- L. Map and Compass
- M. Ice Fishing

**Saturday Afternoon, February 16**

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

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

- N. Cross-Country Skiing
- O. The Can Cooker **NEW**
- P. Preparing for a Wilderness Trip
- Q. Rifle Markswoman
- R. Winter Skin Care (\$10) **NEW**
- S. Ice Fishing
- T. Knife Making (\$30) **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 17**

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

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

- U. Canine First Aid
- V. Snowshoeing
- W. Woodworking for Wildlife (\$10)
- X. Snowmobile Safety
- Y. Fishes of Wisconsin
- Z. Campfire Meals & More **NEW**

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 15-17, 2019

## 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. Birds of Prey LEISURELY

Get an in-depth look at raptor biology, ecology, field identification and management. This class gives a basic account on the life histories of the twelve species of owls, twelve species of hawks, two species of eagles and osprey in the Great Lakes region. A hands-on owl pellet analysis, raptor anatomy (cadaver specimens) plus display and interpretation of live raptors round out the 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. Fish Cleaning and Cooking LEISURELY

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.

### 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. Wellness Tea LEISURELY

Celebrate winter wellness with a par-TEA! Learn how to identify and harvest late-fall and winter wild edibles that are good for you. We will create a custom wild herbal tea blend personalized just for you. We will also make rose hip jelly to sweeten the experience.

### G. Build Your Own Ice Fishing Rod LEISURELY

Create a high quality, custom made fishing rod. Learn about pole choices, handle and guide styles, wrapping and finishing techniques. You will take home a completed ice fishing rod ready for fishing. (Epoxy's and adhesives will be used in this indoor class for those who may be sensitive to odors.)

### 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. 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.

### 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. Baking Bread LEISURELY

Learn the art and science of baking bread from scratch. We will bake rustic no-knead breads, chop bread, and focaccia in Dutch ovens outside, along with some fancy (but easy!) breads baked inside, followed by taste testing.

### 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.*

[www.uwsp.edu/cnr-ap/bowwi](http://www.uwsp.edu/cnr-ap/bowwi)  
[www.facebook.com/WisconsinBOW](https://www.facebook.com/WisconsinBOW)  
BOW for college credit: call 715-346-4681  
Request more info: [pfarrell@uwsp.edu](mailto:pfarrell@uwsp.edu)

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. The Can Cooker LEISURELY  
The Can Cooker takes the cattle drive tradition of cooking in a cream can and updates it for today's busy lifestyle. This class will utilize can cookers for cooking venison, elk and other wild game. Pack the Can Cooker with ingredients and enjoy a mouthwatering, slow-cooked meal in a fraction of the time.

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. Winter Skin Care LEISURELY  
Winter can be brutal on an outdoors-woman's skin. In this class you will learn about several plants with skin care benefits. We will make herbal infused hand lotion, foot salve and lip balm for participants to take home.  
*There is an additional \$10 fee for materials.*

S. 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.*

T. Knife Making LEISURELY  
This introductory class will teach you to assemble your own custom knives. Learn about different kinds of knives and how they are made. Discover resources available to supply you with knife making parts and materials. Participants will get to assemble their own fixed blade knife from start to finish.  
*There is an additional \$30 fee for materials.*

U. First Aid for Your Best Friend 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.

V. 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.

W. 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 \$10 fee for materials.*

X. Snowmobile Safety LEISURELY  
Learn basic snowmobile safety and handling skills along with maintenance and trouble-shooting when you break down. Participants will have the opportunity to drive a snowmobile on Treehaven's trails to hone their skills.

Y. 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.

Z. Campfire Meals and More LEISURELY  
Learn how to choose a site and build a fire for cooking, then cook up some all-time favorite camping meals like Hobo Tin Foil Dinners, pudgie pies and more. Recipes and taste testing included.





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,  
2/15/2019 through 2/17/2019.

\_\_\_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	___G. Build an Ice Fishing Rod <b>NEW</b>	___N. X-Country Ski	___U Canine First Aid
___B. Birds of Prey	___H. Winter Survival	___O. The Can Cooker <b>NEW</b>	___V. Snowshoeing
___C. Snowshoeing	___I. X-Country Ski	___P. Wilderness Trips	___W. Woodworking (\$10)
___D. Fish Clean and Cook	___J. Archery/Bowhunt	___Q. Rifle	___X. Snowmobiles
___E. Kayaking	___K. Baking Bread <b>NEW</b>	___R. Winter Skin Care (\$10) <b>NEW</b>	___Y. Fishes of Wisconsin
___F. Wellness Tea <b>NEW</b>	___L. Map and Compass	___S. Ice Fishing	___Z. Campfire Meals <b>NEW</b>
	___M. Ice Fishing	___T. Knife Making (\$30) <b>NEW</b>	

Register online through Constant Contact:

<http://events.constantcontact.com/register/event?llr=r9rpm5sab&oeidk=a07eft9cfcj14a22048>

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 \$319

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



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# WORKSHOP NOTES

February 15-17, 2019

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## 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 25, 2019 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 2019 SPONSORS

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

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## WINTER BOW 2019 INSTRUCTORS & VOLUNTEERS

Tom Boisvert  
Stephanie Boismenu  
Chris Cold  
Nancy Cygan  
Peggy Farrell  
Laura Fitzgerald  
Mike Fitzgerald  
Shauna Holmes  
Lisa Gleason  
Tina Glynn  
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### Treehaven

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