

24th Annual Winter BOW Workshop

Treehaven Field Station

Feb 4-6, 2022



outdoors-Woman®



Friday Afternoon, February 4

12:00-1:00 p.m. Early registration

1:00-5:00 p.m. Registration and Check in

1:00-4:30 p.m. Optional classes
Sewing with Fur & Leather
Red fox gauntlet gloves (\$125)

Winter Wildlife Ecology

Animal adaptations to winter, snowshoe hike to look for tracks, sign, and critters (no additional fee)

Dutch Oven Cooking - Appetizers!

How to, history, hands-on!
Menu: Jalapeno poppers, Sriracha honey venison meatballs, chicken wanton tacos, salmon croquettes, beer pretzel nuggets(\$25)

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

7:00-8:00 p.m. Evening Program - Bats! Learn about Wisconsin Bats from Jennifer Summers, program development coordinator for UWSP's Wisconsin Center for Wildlife

Saturday Morning, February 5

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

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

- A. **Firearm Safety**
- B. **Sewing with Leather (bags)**
- C. **Fly Tying**
- D. **Winter Survival**
- E. **Cross-Country Ski**
- F. **Fish Cleaning and Cooking**
- G. **Kayaking!**

12:00-1:00 p.m Lunch

Saturday Afternoon, February 5

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

- H. **Beginning Rifle**
- I. **Camp Cooking**
- J. **Paddleboard Yoga**
- K. **Archery/Bowhunting**
- L. **Cross-Country Ski**
- M. **Ice Fishing**

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

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

7:15-8:00 p.m. Evening session

Silent auction closes

Sunday Morning, February 6

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

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

- N. **Sewing with Fur (hat)**
- O. **Map and Compass**
- P. **Journal Making**
- Q. **Snowshoeing**
- R. **Build a Birdfeeder**

11:00-12:00 p.m. Pack up, grab a snack for the road, see you at October 7-9 BOW 2022!

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

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+



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February 2022 Class Choices

Saturday Morning

A. Firearm Safety & Handling

LEISURELY, ALL INDOORS

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. Sewing with Leather

LEISURELY, ALL INDOORS

Create your own unique "possibles bag" using leather, beads, feathers and other adornments. You will be guided step by step in hand sewing using a special needle and sinew thread. You will learn a lot and go home with a beautiful piece big enough to hold binoculars or other possibles. (There is an additional \$80.00 fee for the materials used in this class.)

C. Fly Tying

LEISURELY, ALL INDOORS

Bass and panfish are two of our most popular gamefish and great targets for the fly tyer, both novice and experienced. 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.

D. Winter Survival

MODERATE, INDOORS AND OUTSIDE

"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, purifying water, knot tying, and making a snow shelter that you can sleep in overnight, if you're adventurous!

E. Cross-Country Skiing

LEISURELY to MODERATE, MOSTLY OUTDOORS

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.

F. Fish Cleaning and Cooking

LEISURELY, MOSTLY INDOORS

Learn how to turn freshly caught fish into a tasty, bone-free dinner. The class is hands-on - you will clean and prep fish for various types of presentations. Topics include safe fish cleaning and filleting, anatomy, and preservation techniques. Recipes, cooking styles and equipment needs for baking, deep frying and pickling will also be covered.

G. Kayaking!

MODERATE, ALL INDOORS

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.

Saturday Afternoon

H. Beginning Rifle

LEISURELY, MOSTLY OUTDOORS

This class is geared to first-time or beginning shooters. Learn to shoot safely, comfortably, and with confidence. You will have one-on-one coaching from patient instructors at the shooting range in this safe & empowering class.

(Session A, hunter safety certification or similar experience required to participate in this session.)

I. Camp Food and Fire NEW

LEISURELY, INDOORS AND OUTSIDE

Learn how to cook no-fuss, delicious campfire meals for your next outing. Prep, planning, and cooking techniques will be covered, and recipes will be shared.

J. Paddleboard Yoga

LEISURELY to MODERATE, ALL INDOORS

An introduction to paddleboarding followed by gentle stretch and relax yoga for beginners. You don't need experience in yoga or paddling! This class takes place in a heated pool.

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.

K. Archery/Bowhunting

LEISURELY, INDOORS AND OUTSIDE

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.

L. Cross-Country Skiing

LEISURELY to MODERATE, MOSTLY OUTDOORS

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.

M. Ice Fishing

LEISURELY, MOSTLY OUTDOORS

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. (A valid Wisconsin fishing license is required.)

Sunday Morning

N. Sewing with Fur

LEISURELY, ALL INDOORS

Sew a fur headband to keep you warm for the rest of winter and many winters to come. You will be guided step by step in hand sewing using a special needle and sinew thread. You will go home wearing a gorgeous hat!

(There is an additional \$100 fee for materials used in this class.)

O. Map and Compass

LEISURELY, INDOORS AND OUTSIDE

GPS is great, but a back-up method of finding your way will make you feel secure, and it's fun! Learn the basic of map reading and compass use, then put the two together to practice navigating.

P. Journal Making

LEISURELY, ALL INDOORS

Make your own journal in this relaxing and creative class. You will take home a beautiful hand-bound book to fill with reflections and memories!

(All materials provided)

Q. Snowshoeing

LEISURELY to MODERATE, MOSTLY OUTDOORS

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.

R. Woodworking for the Birds

LEISURELY, INDOORS IN A HEATED SHED

Build a bird box or bird feeder to take home. Safe operation of power tools and information on feeding birds are included.

(There is an additional \$10 fee for materials used in this class.)

From BOW Alumnae...

"It was very nice to see women come together to share similar interests that are focused on enjoying the outdoors"

"My experience was far beyond my expectations, I felt confident, safe and welcomed."

"Becoming familiar with the outdoors provides me a sense of empowerment that I would like other women to experience."

"I want to personally thank you and the University of Wisconsin Stevens Point for sponsoring such a wonderful and empowering program. This is definitely a one of a kind workshop!"

"I attended my first BOW and had no idea what to expect. It was such a positive experience. The community of women was great, the attention to people's needs...was supportive and kind. What an amazing impact you're having - Thank you!"



WORKSHOP NOTES

2022

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

In the event of workshop cancellation due to COVID-19 conditions, full refunds will be given. All other cancellations will have a \$150 processing fee. Registrants who do not attend & do not cancel by Friday, January 21, 2022 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 \$200.00. Preference will be given to students, low-income households, & Wisconsin residents.

LODGING

Treehaven's dorm rooms each have a private bathroom and shower. No more than 2 people will be assigned to each room. You may request a specific roommate. If you are attending solo, you will have a single room and no roommate. 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 do our best 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 sent 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
23th ANNUAL BOW February 4-6, 2022

Workshop Fee:

1. **\$475.** Includes 2 nights lodging at Treehaven plus 6 meals, Friday dinner through Sunday lunch.

Do you have special dietary needs or requests?

Vegetarian Diabetic Gluten-free Other (please explain)

Name _____

Roommate requests:

Address _____

City/State/Zip _____

Phone Day (____) _____

Evening (____) _____

If you are traveling solo, you will be assigned to a single room with no roommate

E-mail _____

Session Choices, February 2022

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 three sessions:

Session I

Saturday Morning

- A. Firearm Safety
- B. Sewing with Leather (bags)
- C. Fly Tying
- D. Winter Survival
- E. Cross-Country Ski
- F. Fish Cleaning & Cooking
- G. Kayaking!

Session II

Saturday Afternoon

- H. Rifle
- I. Camp Cooking
- J. Paddleboard Yoga
- K. Archery/Bowhunt
- L. Cross-Country Ski
- M. Ice Fishing

Session III

Sunday Morning

- N. Sewing with Fur (hat)
- O. Map and Compass
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- Q. Snowshoeing
- R. Build a Bird Feeder

One-Click Online Payment

After paying online, you can email this registration form to pfarrell@uwsp.edu

Please do not email credit card information. Use the online link to pay, then send your form.

NOTE: Online payment is for the basic registration fee of \$475 only. If you select extra optional classes, or classes with a course fee for materials, you will be billed separately.

To register by mail, print and send 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 _____

- Optional Friday Classes (circle your choice)

Dutch Oven Appetizers	\$25
Sewing with Fur & Leather (\$125 Pay your instructor at the workshop)	
Winter Wildlife Ecology (No additional fee)	

- Class Materials Fee Birdfeeders \$15
- Registration Fee \$475

Total Payment _____

(Materials fees for Sewing with Fur and Leather classes will be paid directly to the instructor at the workshop)

THANK YOU, BOW SPONSORS

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

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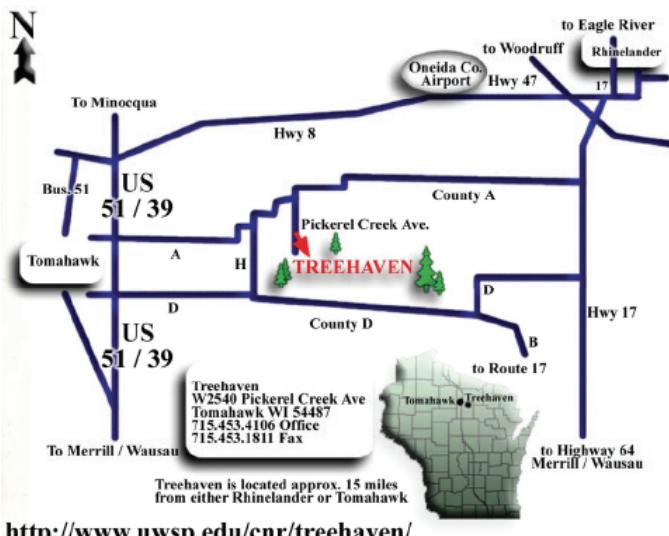
WINTER BOW 2022 INSTRUCTORS & VOLUNTEERS

Stephanie Boismenu
Lynn Clark
Lisa Curtin
Karen Devine
Peggy Farrell
Mike Fitzgerald
Lisa Gleason
Tina Glynn

Celia Groff
Shauna Holmes
Scott Hygnstrom
Susan Jester
Tim Pflieger
Angie Schuman
Jennifer Summers
Darrell Toliver
John Von Wald
Joe Theiler



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