



WORKSHOP SCHEDULE

Friday Afternoon, August 25

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. Sewing with Fur
- D. Kayaking
- E. Dutch Ovens
- F. Self-Reliance

4:30-6:30 p.m. Social Hour
 6:30-7:30 p.m. Dinner
 7:30-8:30 p.m. Evening Program



Saturday Morning, August 26

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

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

- G. Rifle Markswoman
- H. Beginning Shotgun
- I. Hammock Camping
- J. Chainsaw Safety
- K. Beginning Fishing
- L. Wildlife Habitat
- M. Paddle Sports

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

Saturday Afternoon, August 26

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

- N. Rifle Markswoman
- O. Beginning Shotgun
- P. Fly Fishing
- Q. Aldo Leopold Benches
- R. Tree Camping
- S. Wild Edibles
- T. Road Warrior

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

Sunday Morning, August 27

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

- U. Fly Tying for Bass and Panfish
- V. Beginning Fishing
- W. Hiking and Mindfulness
- X. Canoeing
- Y. Archery/Bowhunting
- Z. Calls and Camo

11:00-12:00 p.m. Pack up, grab a snack for the road, see you at BOW 2018!

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+



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. Sewing with Fur

LEISURELY

Create your own unique red fox fur hat to keep you warm this coming 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.)

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. 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.

F. 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.

G. 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.)

H. 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.)

I. Hammock Camping

NEW

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.

J. Chainsaw Safety

MODERATE to RUGGED

As the old saying goes, when you cut your own wood, it warms you twice. But you don't need to be a weightlifter to be able to run a chainsaw. Learn how to safely use a chainsaw to remove small trees, trim unwanted tree limbs, and cut firewood.

K. 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.)

L. 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.

M. 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!

N. Rifle Markswoman LEISURELY Repeat of session "G".

O. Beginning Shotgun MODERATE Repeat of session "H".

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

Q. Aldo Leopold Benches

LEISURELY

Aldo Leopold is considered the father of conservation ecology. In this class you will build a garden bench patterned in the style of the famous Leopold benches. These charming benches fit naturally in to the landscape. They will also fit in your car for transporting home! (There is an additional \$30 fee for the materials used in this class.)

R. Tree Climbing

RUGGED

View the forest from the canopy. You will learn how to safely climb a tree with the aid of ropes and a harness. We will rig "tree boats," which are like modified hammocks, between two trees. If you're feeling really adventurous, you can choose your own height and sleep in a tree Saturday night. (You are NOT required to sleep outside if you sign up for this class).

S. Wild Edibles

LEISURELY

Learn how to find and identify the edible parts of plants, and how to recognize poisonous plants. Participants will experiment with cooking and tasting roots, leaves, seeds, berries, flowers and fungi.

T. 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.

U. 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 will be provided.



V. Beginning Fishing

Repeat of session "K".

LEISURELY

W. Hiking and Mindfulness **NEW**

LEISURELY

This class will explore appreciating your surroundings through mindfulness and meditation. Experience nature while hiking, and what it means to really connect. This class is a great way to wrap up your BOW weekend by nurturing your soul, mind and spirit.

X. Beginning Canoeing

LEISURELY

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!

Y. Archery & Bowhunting

LEISURELY

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.

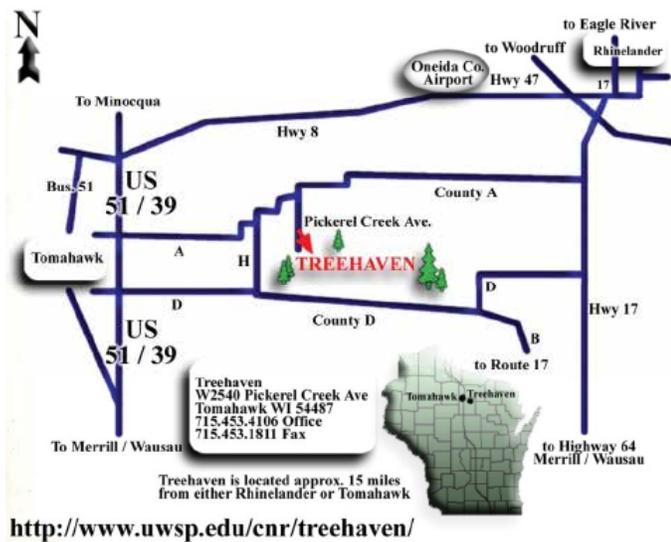
Z. Calls and Camo

LEISURELY

Learn about different game calls that can be used to bring animals close for either hunting or photography. You'll have a chance to try a wide variety of calls including different styles of turkey calls, buck grunts, goose and duck calls, predator calls, owl and crow calls, and more. You'll also learn about camouflage clothing and patterns, and how to use them to your advantage.

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 2017

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 4, 2017 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
27th ANNUAL BOW
AUGUST 25-27, 2017

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. **\$369.** 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 2017

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><i>Friday Afternoon</i></u>	<u><i>Saturday Morning</i></u>	<u><i>Saturday Afternoon</i></u>	<u><i>Sunday Morning</i></u>
___A. Firearm Safety	___G. Rifle	___N. Rifle	___U. Fly Tying- Bass Panfish
___B. Fly Fishing	___H. Shotgun	___O. Shotgun	___V. Beginning Fishing
___C. Sewing Fur (\$125)	___I. Hammock Camping	___P. Fly Fishing	___W. Hiking/Mindfulness
___D. Kayaking	___J. Chainsaws	___Q. Leopold Benches(\$30)	___X. Canoeing
___E. Dutch Ovens	___K. Beginning Fishing	___R. Tree Camping	___Y. Archery/Bowhunt
___F. Self-Reliance	___L. Wildlife Habitat	___S. Wild Edibles	___Z. Calls and Camo
	___M. Paddle Sports	___T. Road Warrior	

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/o/becoming-an-outdoors-woman-bow-in-wisconsin-11398673059>

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

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

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AUGUST BOW 2017 INSTRUCTORS & VOLUNTEERS

Nancy Cygan
Tara Dallman
Wendy Dallman
Lori Edgington
Peggy Farrell
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www.uwsp.edu/cnr-ap/treehaven