



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.

## 26<sup>TH</sup> ANNUAL WINTER WORKSHOP - February 9-11, 2024 Treehaven Field Station

### Friday Afternoon, February 9

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. Winter Survival
- C. Snowshoeing
- D. Winter Animal Tracks
- E. Sewing with Fur - Trapper Hat
- F. Fish Cleaning and Cooking

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

### Raptor Education with Live Birds



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

### Saturday Morning, February 10

6:15 a.m. Stretch and Relax Yoga (optional)  
 7:00-8:00 a.m. Breakfast

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

- G. Ice Fishing
- H. Knot Tying
- I. Cross-Country Skiing
- J. Archery/Bowhunting
- K. Kayaking (Yes, Kayaking!)
- L. Fur Slippers Part 1 **NEW**

### Saturday Afternoon, February 10

12:00-1:00 p.m. Lunch

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

- M. Fur Slippers Part 2 **NEW**
- N. Cross-Country Skiing
- O. Intro to Indoor Rock Climbing
- P. Feather Craft **NEW**
- Q. Map and Compass
- R. Winter Travel Safety **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 11

6:15 a.m. Stretch and Relax Yoga (optional)  
 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. Dutch Ovens-Brunch **NEW**
- T. Snowshoeing
- U. Woodworking for Wildlife
- V. Fly Tying
- W. Journal Making

11:30-12:30 p.m. Check out and Enjoy brunch food from the Dutch Oven cooking class!

**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 9-11, 2024

## 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 - Not very physically demanding.

MODERATE - 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 Handgun Safety.

### B. 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.

### 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 Animal Tracks LEISURELY

This class will take a look at animals their winter environment. Learn to identify animal tracks in the snow and learn about adaptations that help them survive in winter. Join us for a hike to look for tracks, scat, sign, and all things wonderfully winter!

### E. Sewing with Fur - Coyote Trapper Hat 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.

### F. Fish Cleaning and Cooking LEISURELY

Learn essential techniques of cleaning and cooking fish. The class begins with an introduction to common Wisconsin fish, fish anatomy, and understanding how to best use different species in cooking. Explore a variety of cooking methods, including grilling, and pan-frying, to bring out the unique flavors and textures of different fish.

### G. 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.

### H. Knot Tying LEISURELY

Knot tying is an essential skill used in many fields, including camping, boating, rock climbing, fishing, and everyday life. You will learn practical applications for a variety of knots and gain an understanding of different types of ropes and their optimal applications.

### 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. 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.

L. and M. Sewing with Fur-Beaver Fur Slippers  
(2-part class) LEISURELY  
Sew your own warm slippers, one in the morning and one in the afternoon on Saturday! There is an additional \$200.00 fee for the materials used 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. Intro to Indoor Rock Climbing MODERATE  
Get ready to rock climb by practicing at an indoor climbing wall. Climbing engages your mind and body making it a holistic experience. This class is for everyone. You can do it! Safety harnesses, helmets, and patient instructors will help you reach new heights.

P. Feather Craft LEISURELY  
This class will create original jewelry with real feathers and other materials used in tying flies for fishing. All the tools and supplies are provided. Bring your artistic side and let the feathers inspire you.

Q. 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!

R. Winter Travel Safety 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.

S. Dutch Oven Brunch 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.

T. Snowshoeing MODERATE  
Repeat of Session C

U. 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.

V. Fly Tying LEISURELY  
...where art and science converge to create effective and beautiful fishing flies. Learn the art of crafting their own flies in this hands-on class. Fly tying is not only a practical skill for anglers but also a creative and meditative hobby.

W. Journal Making LEISURELY  
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)

[www.uwsp.edu/cnr-ap/bowwi](http://www.uwsp.edu/cnr-ap/bowwi)  
[www.facebook.com/WisconsinBOW](https://www.facebook.com/WisconsinBOW)  
Request more info: [pfarrell@uwsp.edu](mailto:pfarrell@uwsp.edu)



REGISTRATION FORM  
Winter BOW 2024

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Workshop Fee: Check Option 1 or 2

\_\_\_1. ON-SITE LODGING, \$529

Includes 2 nights lodging at Treehaven & 7 meals,  
2/9/2024 through 2/11/2024.

\_\_\_2. ON-SITE LODGING, single room \$599

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 2-4 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.. Ice Fishing	___ M. Fur Slippers (part 2)	___ S. Dutch Oven Brunch
___B. Winter Survival	___H. Knot Tying	___N. Cross-Country Skiing	___T. Snowshoeing
___C. Snowshoeing	___I. Cross-Country Skiing	___O. Rock Climbing	___U. Woodworking
___D. Winter Animal Tracks	___J. Archery/Bowhunt	___P. Feather Crafts	___V. Fly Tying
___E. Sewing with Fur	___K. Kayak (indoor pool)	___Q. Map and Compass	___X. Journal Making
___F. Fish Cleaning and Cooking	___L. Fur Slippers (part 1)	___R. Winter Travel Safety	

**ONE-CLICK ONLINE REGISTRATION**

After paying online, 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 \$529 only. If you select classes with a course fee for materials, and/or a single room, you may pay the additional fees at the workshop.

**OR - Print this form and mail to:**

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

**Check or Money Order payable to UWSP**

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

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

---

# WORKSHOP NOTES

February 9-11, 2024

---



## CONFIRMATION

Upon receipt of your registration & payment, you will be sent a confirmation letter, along with directions 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 13, 2024 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 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 pay special class fees 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 2024 SPONSORS

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

## International BOW Sponsors

Browning  
Ducks Unlimited  
Federal Cartridge Company  
Leupold  
Pheasants Forever  
Pope and Young Club  
Rocky Mountain Elk Foundation  
Safari Club International Foundation  
UWSP Foundation Inc.  
University of Wisconsin-Stevens Point,  
College of Natural Resources  
Contributors: Lodge Manufacturing

## Wisconsin BOW Sponsors

BOW Inc.\*  
Dawn Slater  
Jerome Heike  
Judith Bloom  
Ada Duffy  
Friends of NRA/WPRA  
N. Central WI Gun Collectors  
Safari Club International WI Ch.- 28 Year Sponsor  
UWSP College of Natural Resources  
UWSP Foundation Inc.  
Wisconsin Department of Natural Resources

## WINTER BOW 2024 INSTRUCTORS & VOLUNTEERS

Mike Bellile  
Lynn Clark  
Nancy Cygan  
Peggy Farrell  
Mike Fitzgerald  
Quinn Erdman  
Tina Glynn  
Celia Groff  
Kara Halbrook  
Susan Jester

Cindy Kusserow  
Sydney Paoli (Student Intern)  
Tim Pflieger  
Angie Schuman  
Tricia Smith  
Darrell Toliver  
Kelly VanLaanen  
John Von Wald  
Jessica Webster



**University of Wisconsin  
Stevens Point**

### Treehaven

W2540 Pickerel Creek Road

Tomahawk, WI 54487

(715) 453-4106

[www.uwsp.edu/cnr-ap/treehaven](http://www.uwsp.edu/cnr-ap/treehaven)



\*BOW Inc. is a registered 501c3 non-profit entity that manages the BOW Scholarship Fund.

Our current Board members are:

Ada Duffy, President

Sally McGinty, Vice President

Peggy Farrell, Treasurer

Lori Anderson, Secretary