



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.

## 27<sup>TH</sup> ANNUAL WINTER WORKSHOP - February 7-9, 2025 Treehaven Field Station

### Friday Afternoon, February 7

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. Land Navigation **NEW**
- B. Paracord Projects **NEW**
- C. Snowshoeing
- D. Winter Ecology
- E. Sewing with Fur - Ladies Hat
- F. Camp Cooking

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 near the cozy fireplace inside. Bring an instrument if you play, including your singing voice.

### Saturday Morning, February 8

6:15 a.m. Stretch & Relax with Karen (optional)  
 7:00-8:00 a.m. Breakfast

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

- G. Fish Cleaning and Cooking
- H. Knot Tying
- I. Winter Survival
- J. Power Tools
- K. Home Firearm Safety and Storage
- L. Cross-Country Skiing

### Saturday Afternoon, February 8

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

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

- M. Dehydrating Meals **NEW**
- N. Cross-Country Skiing
- O. Feather Craft
- P. Archery/Bowhunting
- Q. Sewing with Fur - Hand Muff
- R. Hunting with Dogs 101 **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 9

6:15 a.m. Stretch & Relax with Karen (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. Ice Fishing
- T. Snowshoeing
- U. Outdoor Photography
- V. Nature Embroidery Journal **NEW**
- W. Taking Kids Outdoors **NEW**

11:30-12:30 p.m. Check out and grab a snack for the road. See you at October BOW 2025!

**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 7-9, 2025

## 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. LAND NAVIGATION LEISURELY

Find your way through the woods and meadows with confidence using a compass and topographic maps. This class will also cover GPS/map apps like Avenza and OnX.

### B. PARACORD PROJECTS LEISURELY

Parachute cord, or Paracord, is a strong, lightweight nylon rope that has been used by the military and was even once used to repair the Hubble Space Telescope. In this class you will make a bracelet or dog collar using decorative knots, and learn over 50 uses for Paracord in survival situations and every day life.

### 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 ECOLOGY WALK LEISURELY

Begin your winter BOW retreat with a wander through the Treehaven grounds. Class starts inside with a brief conversation to get acquainted and to connect with our inner flora and fauna kin. Walkers will be invited to allow the sights, sounds, and smell of the forest to guide you in reflection on the natural world.

### E. SEWING WITH FUR - LADIES HAT LEISURELY

Create a unique fox 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 \$100.00 fee for the materials used in this class.

### F. CAMP COOKING LEISURELY

Build your camp cooking skills while learning how to plan delicious and nutritious meals for the outdoors. Cooking over a wood fire as well as using a camp stove will be safely practiced. No one needs to lose their eyebrows due to a camp stove!

### G. FISH CLEANING & 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.

### H. KNOT TYING LEISURELY

Knot tying is an essential skill used in many activities, 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. 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 choose to sleep in on Saturday night.

### J. POWER TOOLS LEISURELY

You will learn how to safely use hand tools and power tools like drills, saws, and nail guns to make a wood project that you can take home. There is an additional \$15 fee for materials.

### K. HOME FIREARM SAFETY LEISURELY

Learn about safe firearm storage and 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.

### L. 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.

[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)

## M. DEHYDRATING MEALS LEISURELY

Preserve fresh meats, fish, vegetables, fruits, pasta, grains, and more into ready-to-eat meals for the trail, campsite, or pantry. Participants will take home a meal-in-a-bag that will store safely until your next adventure.



## 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. 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.

## P. 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.

## Q. SEWING WITH FUR - HAND MUFF LEISURELY

Create a unique fox fur hand muff 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.

## R. HUNTING WITH DOGS 101 LEISURELY

Do I need a dog for hunting? What breed should I get? Can I train my own dogs? These questions and many more will be answered while you enjoy the company of a couple different types of hunting dogs and their human counterparts. Fitness, nutrition, and first aid will also be covered.

## 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. 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.

## U. OUTDOOR PHOTOGRAPHY LEISURELY

Learn how to step away from auto settings on your camera to have more creative control. Learn tips and tricks to take photos to the next level whether shooting DSLR, point and shoot, or even cell phone. A portion of the class will be held outdoors to put your new skills to work and the course will conclude with a creative discussion of the images taken.

## V. NATURE EMBROIDERY JOURNAL LEISURELY

Dive into your creative side by crafting a journal on fabric in an embroidery hoop. This class will start with a walk to find inspiration in the forest. Inside around the stone fireplace, we will practice basic embroidery stitches, and map out a plan to keep track of a year in nature. Then you will draw and stitch your first images and/or words! All materials will be provided for you to begin and continue a personal, unique, beautiful project that highlights the best of your year!

## W. TAKING KIDS OUTDOORS LEISURELY

Children who spend time in nature grow up caring about and loving nature. And being active outdoors is good for the body and soul no matter your age! Join a professional naturalist-turned-stay-at-home-momma to learn games, activities, and experiences you can share with kids outside in all seasons.



REGISTRATION FORM  
Winter BOW 2025

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Would you like a long sleeve t-shirt for an  
additional \$15? If yes, please write down size.

\_\_\_\_\_

Workshop Fee: Check Option 1 or 2

\_\_\_1. ON-SITE LODGING, \$579

Includes 2 nights lodging at Treehaven & 7 meals,  
2/7/2025 through 2/9/2025.

\_\_\_2. ON-SITE LODGING, single room \$679

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
<u>Friday Afternoon</u>	<u>Saturday Morning</u>	<u>Saturday Afternoon</u>	<u>Sunday Morning</u>
___ A. Land Navigation	___ G.. Fish Clean/Cook	___ M. Dehydrating Meals	___ S. Ice Fishing
___ B. Paracord Projects	___ H. Knot Tying	___ N. Cross-Country Skiing	___ T. Snowshoeing
___ C. Snowshoeing	___ I. Winter Survival	___ O. Feather Crafts	___ U. Outdoor Photography
___ D. Winter Ecology	___ J. Power Tools	___ P. Archery/Bowhunting	___ V. Embroidery Journal
___ E. Sewing with Fur (Hat)	___ K. Firearm Safety	___ Q. Sewing w/ Fur (Hand Muff)	___ W. Taking Kids Outdoors
___ F. Camp Cooking	___ L. Cross-Country Skiing	___ R. Hunting with Dogs 101	

**ONE-CLICK ONLINE Payment**

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 \$579 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 with cash or check.

\*Or try the Google form!

You can submit your registration by using the  
[Winter BOW 2025](#) form.

**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  
easier for you to attend the workshop.

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

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# WORKSHOP NOTES

February 7-9, 2025

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## 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 \$200 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, January 11, 2025 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 \$250.00. 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.



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

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## WINTER BOW 2025 INSTRUCTORS & VOLUNTEERS

Mike Bellile  
Lynn Clark  
Lisa Curtin  
Karen Devine  
Peggy Farrell  
Mike Fitzgerald  
Tina Glynn  
Celia Groff  
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**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

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Peggy Farrell, Treasurer

Lori Anderson, Secretary