



Schedule

(Choose one from each session - class descriptions on pages 2-3 - registration form is on page 5)



Friday Afternoon, October 6

1:00-5:00 p.m. **Registration** and
Check in - Bear Track Lounge
and optional classes below

5:00-6:00 p.m. **Welcome**

1:00-5:00 p.m. Limited space in these
Optional Add-on Classes Friday afternoon
(choose one)

I. Wild Edibles Discover how to identify,
ethically harvest, and prepare edible wild
plants as food. We will choose common
plants that can be found close to home so
that you can find and enjoy them again after
your BOW weekend. (There is no additional
fee)

II. Sewing Natural Fur Can Koozies
Hand-sew two can koozies to wrap your
favorite beverage in. Fun to use in the winter
for ice fishing or sitting around the fire to
keep your hands warm. A kit with all the
materials will be provided. (\$50 class fee)

III. Firearm Safety & Handling
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. (This
class is recommended if you sign up for the
shotgun and/or rifle classes. There is no
additional fee)

6:00-7:00 p.m. Dinner
7:30-8:30 Evening program

Saturday Morning, October 7

6:15-6:45 a.m. Stretch and Relax Yoga
7:00-8:00 a.m. Breakfast

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

A. Woodworking Leopold Bench

B. Sewing with Fur NEW

Muskrat Hoop



C. Beginning Fishing

D. Survival

E. Kayaking

F. Beginning Rifle

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

Saturday Afternoon, October 7

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

G. Beginning Shotgun

H. Turkey Hunting 101

I. Fly Fishing

J. Canoeing

K. Dutch Oven Cooking

L. Sewing with Fur - Headband

4:30-6:00 p.m. Social Hour
6:00-7:00 p.m. Dinner
7:00-8:30 Evening program

Sunday Morning, October 8

6:15-6:45 a.m. Stretch and Relax Yoga
7:00-8:00 a.m. Breakfast

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

M. Outdoor Photography

N. Fly Tying

O. Backpacking

P. Archery/Bowhunting

Q. Making Home Compost NEW

R. Backing a Trailer

11:00-12:00 p.m. Pack up, grab a
snack for the road, see you at
Winter BOW 2024!

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+

October 2023



CLASS CHOICES

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. Woodworking

LEISURELY

You will learn how to safely use power tools while building an Aldo Leopold bench to take home (we'll help you disassemble to fit in your vehicle if needed!) (There is an additional \$50 fee for materials.)



B. Fur and Leather Hoop

LEISURELY

Create your own unique piece of decor for your cabin or other outdoor-themed space. You will be guided in making a hooped muskrat pelt with leather lacing. The hoops are fashioned from willow and you can choose from a variety of feathers and beads to add to your creation. (There is an additional \$75 fee for the materials used in this class.)

C. Beginning Fishing

LEISURELY

Learn how to set up and cast a basic 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.)

D. Outdoor Survival

LEISURELY to MODERATE

"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.

E. 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.

F. Beginning Rifle

LEISURELY

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 a patient instructor at the shooting range in this safe & empowering class. (We recommend you take the Friday Firearm Safety class if you have no prior experience with guns).

G. 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. (We recommend you take the Friday Firearm Safety class if you have no prior experience with guns).

H. Turkey Hunting 101

LEISURELY

Learn about wild turkey biology, habitat, behavior, and history. Safety, guns and gear, clothing, scouting, and calling will also be covered. This class is full of strategies for getting up close to Wisconsin's largest game bird - with a gun or a camera.

I. 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.)



J. Beginning Canoeing LEISURELY to MODERATE
 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!

K. 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.

L. Sewing with Fur LEISURELY
 Create your own fun and stylish raccoon fur headband. 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 hat. (There is an additional \$100.00 fee for the materials used in this class.)

M. 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.

N. Fly Tying 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 provided.

O. Backpacking 101 LEISURELY to MODERATE
 Whether you take a day hike or plan on hiking the Appalachian Trail, this class has a lot to offer. Learn about and try out numerous styles of backpacks and see how they will apply to your style of hiking. Explore the essentials such as sleeping bags, pads, stoves, emergency supplies and sample some backpacker meals during class.

P. 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.

Q. Making Home Compost LEISURELY
 Turn your food scraps and other organic materials into nutrient-rich compost to supercharge your garden and potted plants. Home composting doesn't need to be complicated or smelly. Learn what to compost and how in all things organic class!

R. Backing a Trailer LEISURELY
 You can do this. Really. Patient instructors will guide you in safely backing up a boat trailer, and they'll give tips for safe loading and towing too. You'll gain confidence and skill for hauling kayaks, yard waste, a pop-up trailer, or anything you want to pull behind your vehicle.

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

2023

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 \$200 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, September 22, 2023 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's dorm rooms each have a private bathroom and shower. Rooms will have 2-3 people each. You may request a specific roommate(s). Single rooms are available for an additional \$70 (includes both nights). 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 sent with your confirmation letter.

SPECIAL CLASS FEES

Some classes require an additional fee for materials or equipment rental. Fees are listed in this brochure.

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
33rd ANNUAL BOW October 6-8, 2023

Workshop Fee:

___1. **\$529.** 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 _____

Address _____

City/State/Zip _____

Phone Day (____) _____

Evening (____) _____

E-mail _____

Roommate requests:

I am requesting a single room for an additional \$70 (billed separately)

Session Choices, October 2023

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. Woodworking (\$50)
- ___B. Fur and Leather Hoop (\$75)
- ___C. Beginning Fishing
- ___D. Survival
- ___E. Kayaking
- ___F. Rifle

Session II

Saturday Afternoon

- ___G. Shotgun
- ___H. Turkey Hunting 101
- ___I. Fly Fishing
- ___J. Canoeing
- ___K. Dutch Oven Cooking
- ___L. Sewing with Fur (\$100)

Session III

Sunday Morning

- ___M. Photography
- ___N. Fly Tying
- ___O. Backpacking
- ___P. Archery/Bowhunt
- ___Q. Home Composting
- ___R. Backing a Trailer

One-Click online secure payment \$529 full fee

or \$200 non-refundable deposit with balance due September 1, 2023

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: If you select classes with a course fee for materials, and/or a single room, you will be billed separately.

To register by mail, print and send to:

Wisconsin BOW
800 Reserve Street
Stevens Point, WI 54481

Include a \$529 check or money order payable to UWSP

Optional Friday Classes choose one

- Wild Edibles (No additional fee)
- \$50 Fur Can Koozies (Pay your instructor at the workshop)
- Firearm Safety (No additional fee)

\$50 Woodworking Class Materials Fee

Total Payment _____

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

I paid online

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Questions?

Please contact Peggy Farrell, 715-346-4681
or email pfarrell@uwsp.edu



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