



Schedule

Choose one class from each session - class descriptions on pages 2-3

Registration form is on page 5



Friday Afternoon, October 3

10:00-11:00 am Registration
11:00-12:00 pm Welcome
and Introductions
12:00-1:00 pm Lunch

1:00-4:30 pm Session I
A. Firearm Safety and Handling
B. Sourdough Bread
C. Fly Fishing
D. Naturalist Hike
E. Campfire Popcorn
F. Bushcraft Carving

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

Saturday Morning, October 4

6:15-6:45 am Stretch & Relax Yoga
7:00-8:00 am Breakfast

8:00-11:30 am Session II
G. Cooking Over Coals
H. Forest Bathing
I. Beginning Fishing
J. Wilderness Survival
K. Kayaking
L. Beginning Shotgun

12:00-1:00 pm Lunch

Saturday Afternoon, October 4

1:00-4:30 pm Session III
M. Beginning Rifle
N. Woodworking
O. Fly Fishing
P. Canoeing
Q. Pine Needle Basketry
R. Knot Tying

4:30-6:00 pm Social Hour
6:00-7:00 pm Dinner
7:00-8:30 pm Evening program

Sunday Morning, October 5

6:15-6:45 am Stretch & Relax Yoga
7:00-8:00 am Breakfast

8:00-11:00 a.m. Session IV
S. Outdoor Photography
T. Intermediate Fishing
U. Backpacking
V. Archery/Bowhunting
W. Wild Cordage
11:00-12:00 p.m. Pack up, grab a snack for the road, see you at Winter BOW 2026!



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 2025



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. 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. (This class is recommended if you sign up for the shotgun and/or rifle classes.)

B. Artisan Sourdough Bread NEW CLASS

LEISURELY

Discover the timeless craft of sourdough baking in this hands-on class designed for beginners. You will create and care for your own wild yeast starter, mix and knead dough using traditional techniques, and learn the art of fermentation, shaping, and scoring. All materials and ingredients are provided – just bring your curiosity (and an appetite)!

C. 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.)

D. Naturalist Hike

LEISURELY

Join us for a guided outdoor experience where nature becomes your classroom. This class explores local ecosystems, wildlife, and plant communities. As we walk through diverse habitats, you'll learn how to recognize native flora and fauna, and interpret natural signs. This class fosters a deeper connection with the natural world and encourages a lifelong appreciation for the environment.

E. Campfire Popcorn NEW CLASS

LEISURELY

Dive into the world of popcorn—from its ancient origins to modern popping techniques. Explore the science behind the pop, discover various kernel types, and experiment with different popping methods. Enjoy plenty of sampling and take home popcorn on the cob and a selection of popped varieties.

F. Bushcraft Carving NEW CLASS

LEISURELY

Tap into your inner woodswoman with this fun introduction to bushcraft. In this class, you'll learn how to safely carve your own slingshot using natural materials and basic tools. We'll talk about responsible use, safety tips, knife safety, and simple target practice techniques. You'll leave with a handmade slingshot and the skills to make more on your own.

G. Cooking Over Coals NEW CLASS

LEISURELY

Learn how to cook delicious, wild meals over an open fire. This class covers how to prepare and cook fish, venison and other campfire dishes using hot coals and simple tools. We'll go over fire safety, seasoning tips, and cooking techniques perfect for camping or backyard meals. Come hungry and ready to taste your creations!

H. Forest Bathing NEW CLASS

LEISURELY

Experience the calming practice of forest bathing—a mindful, sensory immersion in nature designed to reduce stress and enhance well-being. This class combines gentle forest walks, reflective journaling, and the creation of natural self-care products like sugar scrubs and essential oil blends. Ideal for those seeking relaxation, creativity, and a deeper connection with nature.

I. 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.)

J. Wilderness Survival

LEISURELY to MODERATE

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. You will also learn what to do - and what not to do - if you get lost!

K. 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.

L. Beginning Shotgun

LEISURELY

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).

M. Beginning Rifle

LEISURELY to MODERATE

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).

N. Woodworking

LEISURELY

You will learn how to safely use power tools while building a woodworking project to take home (we'll help you disassemble to fit in your vehicle if needed!) (There is an additional \$15 fee for materials.)

O. 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.)

P. 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!

Q. Pine Needle Basketry NEW CLASS

LEISURELY

Learn the traditional art of basketry using pine needles from Wisconsin's red, white, and Jack pine trees. Practice tree ID with real samples and craft a small basket to take home, perfect for holding keys or jewelry. We'll also discuss responsible and ethical harvesting practices while exploring the forest.

R. Knot Tying

LEISURELY

Learn about ropes and knots used in everyday life, in survival situations and also while boating, camping, and kayaking. From this basic class, participants will become familiar with and learn how to successfully tie several different knots.

S. 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.

T. Intermediate Fishing NEW CLASS

LEISURELY

Take your fishing to the next level by improving your technique and strategy. Learn how to choose the right tackle, read water conditions, and cast with better accuracy. Perfect for anglers who know the basics and want to catch more fish with confidence.

U. 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.

V. 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.

W. Wild Cordage NEW CLASS

LEISURELY

Learn to create strong, sustainable cordage from natural plant fibers. Discover which plants work best, how to ethically harvest them, and twist fibers into cord up to seven times stronger than the original. You'll leave with a bracelet-sized sample and a valuable survival skill for the outdoors.

from BOW Alumnae...

"An opportunity to meet with and share experiences and skills with like minded women. Finding time for myself in this crazy world!"

"It makes the outdoors and learning new skills available to a broad audience of women who may otherwise not have the resources or confidence to enjoy the outdoors."

"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

2025

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 5, 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'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 \$100. If you do not wish to stay at camp, please note that on your registration form. \$60 will be discounted from the registration fee.

SPECIAL NEEDS AND ACCESSIBILITY

If you have any special needs, including dietary needs, please indicate this on the registration form. We will try to accommodate you. Interested participants with limited mobility are asked to contact the event organizer about accessibility options in advance of the event.

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
35th ANNUAL BOW October 3-5, 2025

Workshop Fee:

___ 1. **\$579.** Includes 2 nights lodging at Treehaven plus 7 meals, Friday lunch 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 _____

E-mail _____

☐ I am requesting a single room for an additional \$100 (billed separately)

☐ Would you like a T-Shirt for \$15? (billed separately)
Unisex sizes (circle one) S M L XL XXL

Session Choices, October 2025

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

Friday Afternoon

- ___ A. Firearm Safety
- ___ B. Sourdough Bread
- ___ C. Fly Fishing
- ___ D. Naturalist Hike
- ___ E. Campfire Popcorn
- ___ F. Bushcraft Carving

Session II

Saturday Morning

- ___ G. Cooking Over Coals
- ___ H. Forest Bathing
- ___ I. Beginning Fishing
- ___ J. Wilderness Survival
- ___ K. Kayaking
- ___ L. Shotgun

Session III

Saturday Afternoon

- ___ M. Rifle
- ___ N. Woodworking
- ___ O. Fly Fishing
- ___ P. Canoeing
- ___ Q. Pine Needle Baskets
- ___ R. Knot Tying

Session IV

Sunday Morning

- ___ S. Photography
- ___ T. Intermediate Fishing
- ___ U. Backpacking
- ___ V. Archery/Bowhunt
- ___ W. Wild Cordage

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

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Questions?

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



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