

35th Anniversary Celebration Workshop

Treehaven Field Station October 9-11, 2026



Schedule

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

Friday Afternoon, October 9

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. Wilderness Survival
C. Backing the Trailer
D. Fly Fishing
E. Sourdough Bread
F. Bushcraft Carving

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

Saturday Morning, October 10

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

8:00-11:30 am Session II
G. Forest Bathing
H. Knots & Knives
I. Homemade & Healthy -
Yogurt & Granola
J. Kayaking
K. Beginning Shotgun
L. Nature Journaling & Sketching

12:00-1:00 pm Lunch

Saturday Afternoon, October 10

1:00-4:30 pm Session III
M. Beginning Rifle
N. Wild Edibles
O. Power Tools
P. Canoeing
Q. Beginning Fishing
R. Backpacking

4:30-6:00 pm Social Hour
6:00-7:00 pm Dinner
7:00-8:30 pm
RAFFLE! SILENT AUCTION!
BINGO! CELEBRATION!

Sunday Morning, October 11

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

8:00-11:00 a.m. Session IV
S. Archery/Bowhunting
T. Bees & Balms - (Beekeeping)
U. Dutch Oven Cooking
V. Fish Cleaning and Cooking
W. Outdoor Photography
X. Exploring Treehaven

11:00-12:00 p.m. Pack up, sample
the treats from the cooking classes,
see you at Winter BOW 2027!



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+



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 handling a variety of shotguns, rifles, and pistols in an information-packed, upbeat session. This is a safe and empowering learning experience. No actual shooting occurs in this class. (This class is recommended if you sign up for the shotgun and/or rifle classes.)

B. 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, basic first aid, shelter building and more. You will also learn what to do - and what not to do - if you get lost!

C. Backing the 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.

D. 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.)

E. Artisan Sourdough Bread

LEISURELY

Discover the timeless craft of sourdough baking in this hands-on class designed for beginners. You will learn how to create and care for a wild yeast starter, mix and knead dough using traditional techniques, and learn the art of fermentation, shaping, scoring, and baking. All materials and ingredients are provided. Participants will take home a jar of 15-year old starter!

F. Bushcraft Carving NEW Project

LEISURELY

Learn one of the most fundamental tools in bushcraft—the baton. Often called a “wooden striker,” a baton is used for controlled wood-splitting, fire prep, and carving support. Participants will create a durable baton from raw wood using safe knife and carving techniques. You'll take home a functional tool and the skills to make and use one confidently in the field. Perfect for beginners or anyone wanting to build foundational outdoor skills. Tools and materials included.

G. Forest Bathing

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.

H. Knots & Knives NEW

LEISURELY

Two essential skills for outdoors folks - knot tying and knife sharpening! First, learn about ropes and knots used in survival situations, boating, camping, hunting, and everyday life. You will learn to tie several different knots. Next, bring your favorite hunting or culinary knife to class. This session will ensure you go into the field or kitchen with sharp tools that will make your tasks a pleasure. This is a very safe, hands-on class with various types of knives, sharpening tools and methods covered.

I. Homemade & Healthy -Yogurt & Granola NEW

LEISURELY

Learn the basic science of making yogurt, why it's good for you, and how easy it is! In this class you will make yogurt from scratch, learn about fermentation, and mix up a custom homemade granola with different grains, fruits, nuts, and natural sweeteners. Participants will take home a sample of each.

J. 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.

K. Beginning Shotgun

LEISURELY to MODERATE

Step up and take aim at some pigeons - clay pigeons, 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).

L. Nature Journaling & Sketching NEW

LEISURELY

You don't have to be a poet or a painter to express your creativity. Treehaven is the perfect setting for inspiration to put your ideas in words and pictures. We'll practice using all the senses to connect with nature, and use creative prompts to help you record your observations in a mini-journal to take home. Sketch pencils, pens, and watercolor pencils will also be provided for the class.

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. Wild Edibles

LEISURELY

Foraging food from nature is addicting and fun! You will learn about finding, identifying, and using wild edibles that can be commonly found even in urban areas. Participants will go on a guided hike to gather a variety of plants to prepare. Samples of edibles from other seasons will also be shared. The class also includes discussion of safety and ethics when harvesting.

O. Power Tools

LEISURELY

You will learn how to safely use hand tools and power tools including drills, saws, and nail guns while building a woodworking project to take home. (There is an additional \$15 fee for materials.)

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 feel 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. 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. Fish from shore for whatever species is biting that day! (A valid Wisconsin fishing license is required.)

R. 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.

S. 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.

T. Bees & Balms -Intro to Beekeeping NEW

LEISURELY

Learn the basics of bees (queen, worker, and drone) and what you will need to start beekeeping. We will cover the importance of finding a mentor or club to join as a new beekeeper, equipment, types of hives and where to purchase your bees. We'll also talk about inspecting your hive, swarming, hive pests, harvesting honey and how to get your bees ready for winter. We'll finish the class with making beeswax lip balm to take home!

U. 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. Your culinary creations will be served for lunch on Sunday.

V. Fish Cleaning & Cooking

LEISURELY

Learn essential techniques for 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.

W. 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.

X. Exploring Treehaven NEW

LEISURELY to MODERATE

Finish up your BOW weekend with relaxed wander to some of the special places on the Treehaven property. We will visit Dragonfly Pond, the "Labyrinth," the "Listening Place," the Beaver Meadow loop, Pickerel Creek, and the Old Growth Pines, about 2 miles of guided hiking with lots of stops for nature appreciation moments!



WORKSHOP NOTES

2026

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 11, 2026 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.

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!"



REGISTRATION FORM
35th ANNIVERSARY BOW
October 9-11, 2026

Workshop Fee:

___ 1. **\$599**. 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 _____

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

E-mail _____

Session Choices, October 2026

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. Wilderness Survival
- ___ C. Backing a Trailer
- ___ D. Fly Fishing
- ___ E. Sourdough Bread
- ___ F. Bushcraft Carving
NEW PROJECT

Session II

Saturday Morning

- ___ G. Forest Bathing
- ___ H. Knots & Knives NEW
- ___ I. Yogurt & Granola NEW
- ___ J. Kayaking
- ___ K. Shotgun
- ___ L. Journal & Sketch NEW

Session III

Saturday Afternoon

- ___ M. Rifle
- ___ N. Wild Edibles
- ___ O. Power Tools
- ___ P. Canoeing
- ___ Q. Beginning Fishing
- ___ R. Backpacking

Session IV

Sunday Morning

- ___ S. Archery/Bowhunt
- ___ T. Bees & Balms NEW
- ___ U. Dutch Ovens
- ___ V. Fish Clean & Cook
- ___ W. Photography
- ___ X. Explore Treehaven NEW

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 \$599 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 - pfarrell@uwsp.edu - 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.

THANK YOU, BOW 2026 SPONSORS

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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Treehaven

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