



Friday Afternoon, February 3

1:00-5:00pm Registration

Bear Track Lounge

Optional classes (1:00-4:00)

Sewing with Fur - Can Koozies. Choose from a variety of fur types to make 2 koozies with leather handles for holding your favorite beverage. \$50 for materials

Winter Ecology - Learn how plants and animals adapt to survive in winter, hike the trails to look for and identify animal tracks and sign. No additional fee.

Dutch Oven Cooking - 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. No additional fee.

6:00-7:00pm Dinner



Saturday Morning, February 4

7:00-8:00 a.m. Breakfast

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

- A. Firearm Safety
- B. Sewing with Fur -Mittens
Red Fox Gloves \$100 for materials
- C. Winter Survival
- D. Cross-Country Ski
- E. Fish Cleaning & Cooking
- F. Climbing Wall

12:00-1:00 p.m Lunch

Saturday Afternoon, February 4

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

- G. Winter Camping
- H. Beginning Rifle
- I. Outdoor Photography
- J. Kayaking!
- K. Archery/Bowhunting
- L. Cross-Country Ski
- M. Ice Fishing

4:30-6:00 p.m. Social Hour

6:00-7:00 p.m. Dinner

7:00-8:30 Evening mini sessions

Silent auction closes

Sunday Morning, February 5

7:00-8:00 a.m. Breakfast

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

- N. Sewing with Fur - Hats
- O. Map and Compass
- P. Journal Making
- Q. Snowshoeing
- R. Build a Birdfeeder
- S. Fly Tying
- T. Gun Cleaning

11:00-12:00 p.m. Pack up, grab a snack for the road, see you at October BOW 2023!

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+



Saturday Morning

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.

(Participants must take this class, or have some gun handling experience to participate in the Rifle session.)

B. Sewing with Fur LEISURELY

Create your own red fox fur mittens to keep you warm for the rest of winter and many winters to come. 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 top quality mittens.

(There is an additional \$100 fee for materials used in this class.)

C. Winter Survival 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, purifying water, knot tying, and making a snow shelter that you can sleep in overnight, if you're adventurous!

D. 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. No experience is necessary. We provide the skis, poles, and boots.

E. Fish Cleaning and Cooking LEISURELY

Learn how to skin and filet fish, different qualities of fish for cooking, food safety, environmentally responsible harvesting, frying fish, pickling fish and more!

F. Climbing Wall MODERATE to RUGGED

This introductory class will teach you the basic climbing fundamentals of footwork, body positioning, handgrip, and balance. Learn how to use harnesses, ropes, and belaying, an important part of climbing safety.

February 2023 Class Choices

Saturday Afternoon



G. Winter Camping LEISURELY to MODERATE

Equipment selection, comfort, food, staying warm, site selection, and everything you need to know to camp in the snow! Participants will have the option of sleeping out in a tent.

H. Beginning Rifle Shooting LEISURELY

This class is geared to beginning shooters. Learn to shoot safely, comfortably, and with confidence. Patient instructors will coach you in shooting a variety of rifles used for hunting and recreational target shooting. A heated shooting booth and classroom make this winter class extra fun! (Session A, hunter safety certification or similar experience required to participate in this session.)

I. 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.

J. 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.

K. 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.

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, snowshoeing or skiing up an incline.

RUGGED - Class is fairly strenuous, and may require hiking/climbing over uneven terrain.

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. No experience is necessary. We provide the skis, poles, and boots.

M. 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. (A valid Wisconsin fishing license is required.)

Sunday Morning

N. Sewing with Fur

LEISURELY

Sew a coyote fur trapper-style hat to keep you warm for the rest of winter and many winters to come. You will be guided step by step in hand sewing using a special needle and sinew thread. You will go home wearing a gorgeous hat! (There is an additional \$120 fee for materials used in this class.)

O. Map and Compass

LEISURELY

The need to know for when your GPS stops working! Learn to read a topographic map, how to use a compass, and how to put the two together. You will learn how to take a compass bearing from the terrain and your map so that you can make sense of your position and plan a route.

P. 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)

Q. Snowshoeing

LEISURELY to 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.

R. Woodworking

LEISURELY

You will learn how to safely use power tools while building a project to take home (project will be determined soon). (There is an additional \$15 fee for materials.)



S. Fly Tying

LEISURELY

Hand tie flies for fishing, decoration, or jewelry. All materials and tools provided.

T. Gun Cleaning

LEISURELY

Learn how to safely take apart and clean rifles and shotguns, find out what products work and what you need to set up a well-stocked gun cleaning station. Safe storage, gun maintenance, and general gun safety information will also be included.

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

In the event of workshop cancellation due to COVID-19 conditions, full refunds will be given. All other cancellations will have a \$150 processing fee. Registrants who do not attend & do not cancel by Friday, January 20, 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 \$200.00. Preference will be given to students, low-income households, & Wisconsin residents.

LODGING

Treehaven's dorm rooms each have a private bathroom and shower. No more than 3 people will be assigned to each room. You may request a specific room mate(s). If you are attending solo, and want a single room there is an additional \$70 fee. 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 do our best 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.

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
25th ANNUAL BOW February 3-5, 2023

Workshop Fee:

___ 1. **\$475.** 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:

Session Choices, February 2023

During each session, you will participate in one of the classes.

Please mark your first (1), second (2), & third (3) choice for each session:

Friday Optional Classes

___ Sewing with Fur
(koozies, \$50 class fee)

___ Winter Ecology

___ Dutch oven cooking

Session I

Saturday Morning

- ___ A. Firearm Safety
___ B. Sewing with Fur
(mittens, \$100 class fee)
___ C. Winter Survival
___ D. Cross-Country Ski
___ E. Fish Cleaning
+Cooking
___ F. Climbing Wall

Session II

Saturday Afternoon

- ___ G. Winter Camping
___ H. Beginning Rifle
___ I. Outdoor
Photography
___ J. Kayaking
___ K. Archery/Bowhunt
___ L. Cross-Country Ski
___ M. Ice Fishing

Session III

Sunday Morning

- ___ N. Sewing with Fur
(hat, \$125 class fee)
___ O. Map and Compass
___ P. Journal Making
___ Q. Snowshoeing
___ R. Woodworking
___ S. Fly Tying
___ T. Gun Cleaning

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 \$475 only. If you select extra optional classes, classes with a course fee for materials, and/or a single room, you will be billed separately.

Registration can also be mailed to:
Wisconsin BOW
800 Reserve Street
Stevens Point, WI 54481

Include a check or money order
payable to UWSP

Registration fee: **\$475**

Single room **\$70**

Special class fees:

- Woodworking **\$15**
- Sewing with Fur (materials fee paid to the instructor at the workshop)
 - Koozies **\$50**
 - Red Fox Gloves **\$100**
 - Coyote Trapper Hat **\$125**

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

THANK YOU, BOW SPONSORS

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

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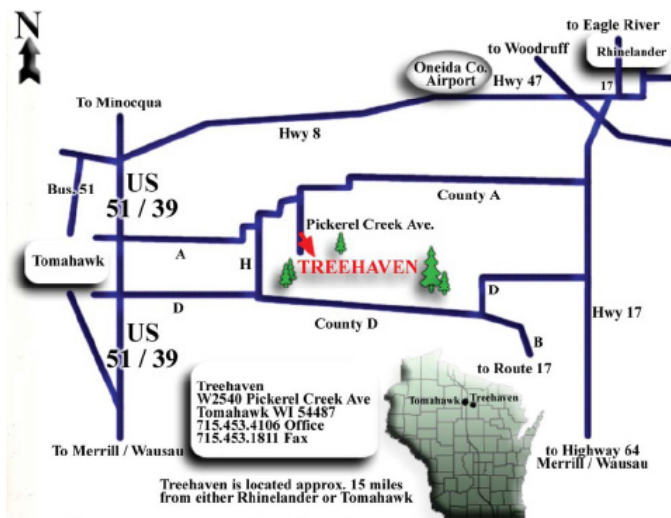
WINTER BOW 2023 INSTRUCTORS & VOLUNTEERS

Stephanie Boismenu
Lynn Clark
Lisa Curtin
Nancy Rice Cygan
Peggy Farrell
Mike Fitzgerald
Lisa Gleason
Tina Glynn
Celia Groff

Kara Halbrook
Shauna Holmes
Susan Jester
Tim Pflieger
Angie Schuman
Darrell Toliver
John Von Wald
Jessica Webster



College of Natural Resources
University of Wisconsin-Stevens Point



<http://www.uwsp.edu/cnr/treehaven/>

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