

BECOMING AN OUTDOORS-WOMAN



IOWA DEPARTMENT OF NATURAL RESOURCES

www.iowadnr.gov/bow
515-729-6037

2024 BOW WORKSHOP

APRIL 19-21

FRIDAY, APRIL 19

10:00 AM Registration Opens

11:30 AM Welcome & Overview

12:00 PM Lunch

1:30-5:00 PM SESSION 1

- Camping Basics
- Foraging
- Introduction to Firearms
- Kayaking Basics
- Mentored Turkey Hunt**
- Wild Mushroom Foray
- Wildcrafted Remedies
- Willow Basket Weaving

6:00 PM Dinner

7:30 PM Evening Activity

SATURDAY, APRIL 20

7:00 AM Breakfast & Updates

8:30AM-12:00 PM SESSION 2

- Backpacking Part 1*
- Canning & Preserving
- Cooking Over the Campfire
- Intro to Fly-Tying^
- Mentored Turkey Hunt**
- Shotgun Basics
- Wild Meat Processing
- Wild Mushroom Foray

12:00 PM Lunch & Updates

1:30-5:00 PM SESSION 3

- Apothecary 101
- Backpacking Part 2*
- Colors of Nature
- DIY Charcuterie Boards: From Tree to Table
- Dutch Oven Cooking
- Foraging
- Intro to Fly Fishing^
- Mentored Turkey Hunt **

6:30 PM Dinner

7:30 PM Evening Activity

SUNDAY, APRIL 21

7:00 AM Breakfast / Check-out

8:30AM-12:00 PM SESSION 4

- Archery & Atlatls
- Basic Spincast Fishing
- Foraging
- Kayak Basics
- Mentored Turkey Hunt**
- Trailers Demystified
- Wait, Where am I?

12:30 PM Closing Remarks & Departure

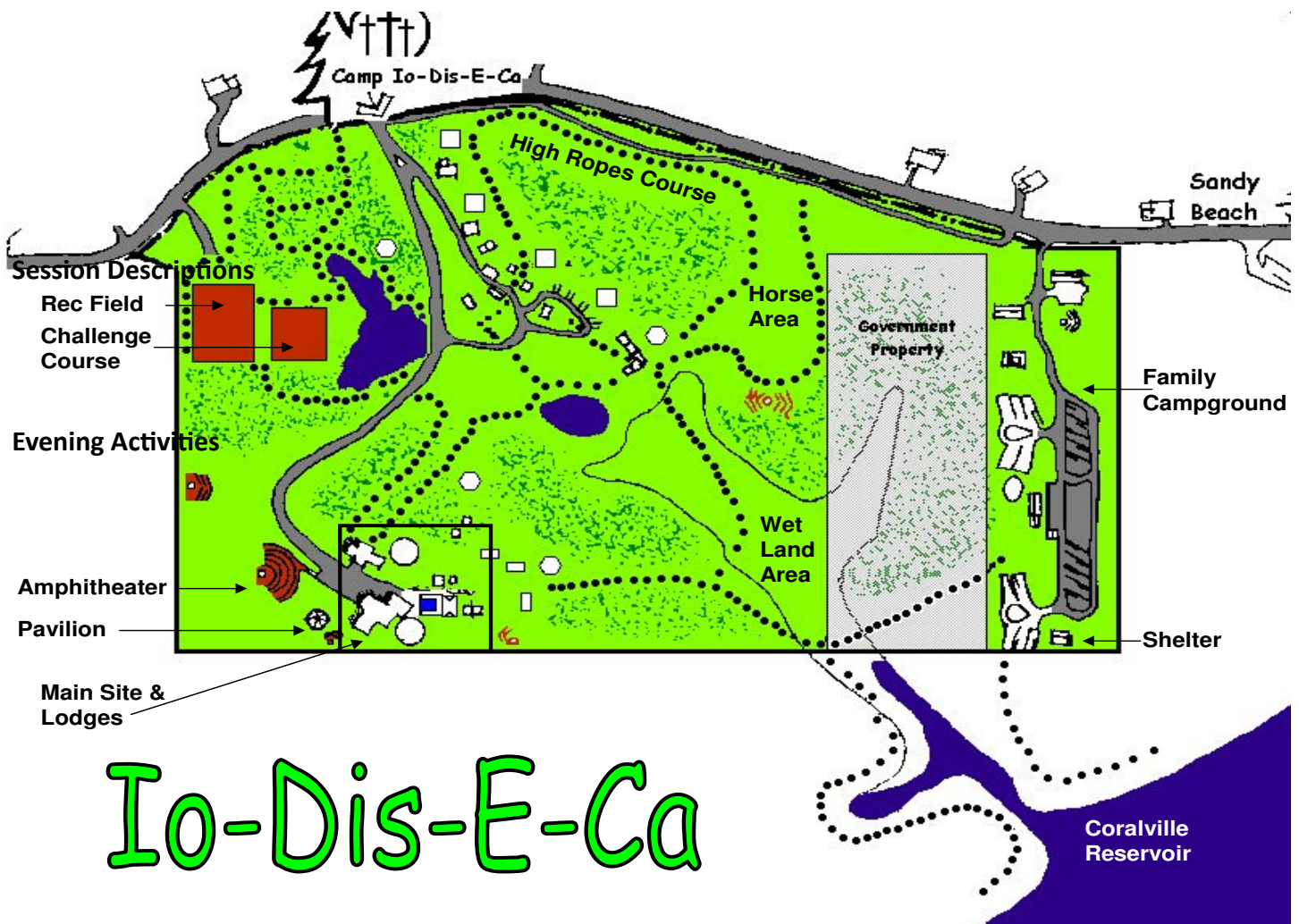
WORKSHOP LOGISTICS

Logistics

2024 BOW will be at Camp Io-Dis-E-Ca in Solon, IA. Look for signs upon arrival, directing you to registration, located in Alpha Lodge. Parking will be out front of Alpha and Omega lodges. Meals will be served primarily in Alpha Lodge, with a possible offsite dinner at Lake Macbride State Park Lodge. All sessions will be held onsite, with the exception of Introduction to Firearms, Kayaking Basics, Mentored Turkey Hunt, Shotgun Basics, and Dutch Oven Cooking. Participants will carpool to those locations, after meeting in the Alpha Lodge.

All workshop updates will be made at the meals and written on boards around Alpha Lodge. Welcome packets will contain further information, including maps and locations of each session.

Approximately one week before the event, you will get an email with updates and a packing list. Individual instructors may also contact you prior to the event with specifics for their session(s).



WORKSHOP LODGING

Lodging

Participants will be lodged in communal bunk rooms in the Omega and Alpha Lodges. We will try to accommodate all roommate/lodging requests. Are you new to BOW or coming by yourself? No worries, you'll be paired up with a roommate and soon-to-be new friends!



Session Descriptions

Each session shows how difficult it will be - low, moderate, or strenuous. Additionally, if the session will be indoors or outdoors.

Evening Activities

Friday

Tentatively scheduled paracord bracelet making, stargazing, and enjoying a fire in the fire pit. Other projects are in the works and will be updated in the final agenda with a packing list about a week before BOW.

Saturday

Tentatively scheduled firearm cleaning, stargazing, and enjoying a fire in the fire pit.

SCHEDULED TRACKS

INTRO TO FLY TYING

Low - Indoor/Outdoor

In this session you will learn about macroinvertebrates as they are seen through the eyes of fish. Once we've introduced those concepts, you will make your own fly to use fly-fishing. No prior experience is required for this course but if you have your own fly-tying kit and you would like to bring it along to learn your tools more specifically feel free.

This is a two part session - please pick it for Session 2.

INTRODUCTION TO FLY FISHING

Low to Moderate - Indoor/Outdoor

In this session you will learn a little about the history of fly fishing, how to assemble a fly rod and line, and basic casting technique. This course is designed for the beginner and no prior experience is needed. However, if you have a fly rod please feel free to bring it along and we will help you get it all ready for the upcoming season.

This is a two part session - please pick it for Session 3.

BACKPACKING BASICS (PART I & II)

Low to Moderate - Indoor/Outdoor

Dreaming of remote sites to pitch a tent and long days on trail? Then these classes on backpacking basics are for you! The first of the two-part series will focus on practical skills such as tent/campsite set-up, stove use, water filtration, food hangs, and how to pack a pack.

The second of the two-part series will focus on trip planning: how to select a route, how to plan mileage, safety considerations, and how to pack gear, clothing, and food options for all dietary preferences. This session will be an indoor presentation-style class, and participants will be able to see gear examples. Interested participants will have the opportunity to pack a bag, hike, set up camp and stay overnight. Equipment needs will be emailed prior to BOW and equipment will be available to rent if needed.

This is a two part session - please pick it for Session 2 & Session 3.

MENTORED TURKEY HUNT

Moderate to Strenuous - Indoor/Outdoor

This runs all four sessions!

Cut out the grocery store and try to harvest your own wild turkey! Join us on a mentored turkey hunt experience! This is for **Iowa residents only** and will run all four sessions of BOW.

On Friday, participants will be introduced to the basics of turkey hunting including turkey habitat, hunting techniques and equipment, turkey calling, and scouting techniques. Participants will then pattern their shotgun so they're ready for the hunt on Saturday and Sunday. Firearms and ammunition will be provided as needed. Participants will be paired up with knowledgeable mentors who will assist them with the hunt. The group will have dinner together on Friday night, so folks can get to know each other as well as make plans for the rest of the weekend.

Saturday and Sunday's sessions may start early or run late, depending on what each mentor and mentee decides. When you're not in the timber, participants will learn how to field dress turkeys as well as different culinary approaches to this favored bird. Additional details will be provided prior to the hunt.

A hunting license, habitat stamp, and Season 3 turkey tag are required.



CLASS DESCRIPTIONS



BASIC SPINCAST FISHING

Low - Indoor/Outdoor

Fishing is a great way for families to spend time together outdoors! Get an introduction to basic fishing equipment, fish identification, and fish habitats. Then head outside to practice casting techniques, before heading to Horseshoe Pond to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine. Participants will practice catch and release on the pond.

An Iowa fishing license is required for this session.

CAMPING BASICS

Low - Indoor/Outdoor

Take the mystery out of camping in Iowa and the Midwest with an overview of planning, preparation and gear. Along with local information, learn how to choose a tent. Additional topics of discussion will include camping site selection, how to set up a tent, and things to think about if you're bringing the family.

Participants will learn how to set up their own tent and will have **the option of camping in the tent throughout the weekend.** Make sure to pack your sleeping bag and any other relevant camping materials. Instructors will be in touch prior to the event to see if you'll be sleeping outdoors and what equipment, if any, you may need access to.

APOTHECARY 101

Low - Indoor/Outdoor

In this course, you'll learn to make homemade, health, wellness, and relaxation products. Participants will be able to make items such as candles, bath bombs, and bug spray, utilizing everyday items commonly found and used at home. We will also discuss the benefits and properties of various plants and oils for wellness. Come ready to try your hand and ask questions!

ARCHERY & ALTALTS

Low - Indoor/Outdoor

Are you interested in learning about some hunting tools that have been around for a long time? Maybe you've tried one of these activities but would like a refresher or some tips? We will start with archery basics and teach you how to shoot a bow. What's an atl atl? An atl atl is a tool that has been around for a long time. It is used to throw spears/darts further and with higher accuracy. Learn the proper technique for throwing and give it a try!



CLASS DESCRIPTIONS



COOKING OVER THE CAMPFIRE

Low - Outdoor

Aluminum foil packets, roasting sticks and even pudgie pies... join us as we take campfire cooking far beyond roasting a hotdog over the fire! We'll start around the campfire ring, learning how to build a fire, different types of fires, and how to make fire starters. Then, on to the food! Have you ever even heard of a pudgie pie, camper pie, hobo pie or jaffle iron? Participants will discover the versatility of this campfire cooking must have! **Come hungry because you'll leave stuffed!**

CHARCUTERIE BOARD: TREE TO TABLE

Low - Indoor/Outdoor

Take a tasty trip through the trees in this hands-on class! Participants will learn about tree identification, properties of different species, and then take that knowledge to the table making their own Charcuterie Board! Participants will learn step-by-step instructions on creating a stencil, using a heat gun, and the chemical reaction needed to create a unique charcuterie board. Different designs will be available to choose from. Once our boards are completed, we will explore some of the tasty tidbits that are available in the woods to add to our boards.

DUTCH OVEN COOKING

Low - Outdoor

See how easy it is to prepare crowd-pleasing meals around the campfire! This session will discuss different types of cookware, how to prepare your outdoor kitchen, how to ready your coals and cook with the Dutch ovens. Recipes will be shared, and everyone will get the chance to help prepare and cook as **participants will cook Saturday's dinner for everyone!** Come dressed to be around the fire and have fun!

FORAGING

Moderate - Outdoor

There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor! This hands-on class focuses on how to identify key features of wild edible plants, knowing when and what to sustainably harvest and how to prepare wild foods. Flowers, greens, roots, and shoots are just a few of the things that will be one the menu! Come ready to help dig, cut, cook, and most importantly – eat!

CANNING & PRESERVING

Low - Indoor

Have you always wanted to learn how to can food, but didn't know where to start? Come ready to learn about general canning and preserving. You will learn how to get started, what equipment is needed, what vegetables and meats can be preserved, and an overview of the various methods of canning - water bath, steam, and pressure canning. Bring an appetite and be ready to make and try delicious items from the garden and field. Apple sauce and salsa are on the menu...

COLORS OF NATURE

Low - Outdoor

Wear your heart on your sleeve as you learn the basics of using natural dyes to color fabric! We will be gathering wild nuts, leaves, and blossoms to dye fabric in the subtle and earthy colors of nature. Bring a light colored cotton or cotton-blend t-shirt and create a wearable memory. Dress in layers and in clothes that can get messy - we'll be using dyes around the campfire!



CLASS DESCRIPTIONS



KAYAKING BASICS

Moderate to Strenuous - Outdoor

Learn the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Once we're ready, we'll head to the lake to practice our kayaking skills on the water! Please dress for the weather! Wind and water repellent is the name of the game. Snow hats and gloves have been worn in the past. Kayaks, paddles, and life jackets will be provided. Feel free to bring your own life jacket!

TRAILERS DEMYSTIFIED

Low to Moderate - Outdoors

Do trailers give you tremors? This session will cover how to properly hitch a bumper-pull trailer to a vehicle, safely maneuver and pull trailers of different shapes and sizes, and back them into a parking spot. Before long, you will be the baron of the boat ramp or czar of the campsite!

INTRODUCTION TO FIREARMS

Low - Indoor/Outdoor

Learn about guns and safe firearms handling in this hands-on class. Participants will become comfortable around firearms in an information-packed, upbeat session. Includes different types of firearms, how to load and unload them, ammunition types, definitions of commonly used terms, and the four basic rules of firearm safety. We will spend time in the classroom and on the range shooting, so dress accordingly. All firearms will be provided.

SHOTGUN BASICS

Low to Moderate - Outdoors

Designed for participants with limited to no shotgun shooting experience, this class will provide an overview of shotgun types, ammunition, uses, and safety. Participants will have the opportunity to practice shotgun techniques with an emphasis on the use of a shotgun for hunting. Shotguns, safety equipment and ammunition will be provided.



WAIT, WHERE AM I?

Low to Moderate - Indoor/Outdoor

Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate our way through an orienteering course! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots and a water bottle are also recommended.



CLASS DESCRIPTIONS



WILDCRAFTED REMEDIES

Low - Indoor/Outdoor

Do you ever find yourself wondering if you could make a homemade salve, tincture or balm? This hands-on class focuses on how to identify key features of wild plants, knowing when and what to sustainably harvest and how to prepare them. Come ready to learn to safely forage for wild ingredients and use them to create healthful salves, balms, and teas.

WILLOW BASKET WEAVING

Low - Indoor/Outdoor

Learn how to identify, harvest, and prepare the willow stems for basket making. Participants will spend 2-3 hours making a woven foraging basket from materials they can gather locally (some materials will be gathered ahead of time). Basket making will take place outside, weather dependent.

WILD MEAT PROCESSING

Low - Indoor/Outdoor

Iowa's wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Participants will learn how to process game like geese, ducks and pheasants. You'll learn how to identify different parts of the animal and preserve your meat. Then you'll experience different cooking and preparation methods, so bring a hungry appetite and a willingness to learn!

WILD MUSHROOM FORAY

Low/Moderate - Indoor/Outdoor

Sarah DeLong-Duhon, president of the Prairie States Mushroom Club, will walk you through the truths and myths about fungus, as well as how to identify them, appreciate them, and love them - because they're great! Then exploring we go! Dress in layers and wear boots that can get muddy as we hike in the woods, working on finding and identifying mushrooms.



SCHOLARSHIP APPLICATION



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2024 weekend workshop to women 18 years old and older who would be unable to attend without financial assistance. BOW encourages anyone to apply for a scholarship. However, preference will be given to first-time attendees and those promoting diversity in outdoors education across the state through their community affiliations, culture, region, and/or profession.

- 1 Scholarships cover **\$140**, which is half of the full registration fee. Scholarships will not be awarded for applications scored below 30 points (*see Scholarship Scoring rubric on next page*).
- 2 **Applications must be received electronically by March 15, 2024.** Scholarship applicants need to register online, pay their \$140 registration fee, complete their [medical form](#) and complete [scholarship application](#).
- 3 Scholarship recipients will be expected to write an article about your BOW experience, which may be published in DNR newsletters and in BOW promotional materials.
- 4 ***BOW scholarship winners will be notified by March 29, 2024.***

Any questions or concerns, please contact:
 Rachel Alliss, 515-729-6037
rachel.alliss@dnr.iowa.gov

No paper scholarships will be accepted - applications must be completed online.

Questions that will be asked on the scholarship application:

First Name _____ Last Name _____

Are you a first-time attendee? Yes _____ No _____

Mailing Address _____

City /State/Zip _____

Cell phone: _____

Email: _____

1. Explain why you are seeking scholarship assistance.
2. Briefly describe your interests and participation in outdoors recreation.
3. How will you use the knowledge you expect to gain at this conference in your real world setting?
4. How will your participation in the conference help promote BOW’s goal of developing hunting, fishing, boating and other outdoor recreation skills in women?

SCHOLARSHIP SCORING



Guidelines used by Scholarship Judging Committee:

Applicant Name: _____ Date _____

BOW SCHOLARSHIP Application Review:	Maximum # Points	Judge 1 score	Judge 2 score	Judge 3 score	Average Score
First time BOW attendee?	15				
NARRATIVE: (30 pts max)					
Financial Need:	10				
Interests/responsibilities:	5				
Real World application:	15				
DIVERSITY: (20 pts max)					
Community affiliations:	5				
Culture:	5				
Region (country, state):	5				
Profession:	5				
OTHER CONSIDERATIONS: (extra credit)	5				
TOTAL:	70 max pts				

REGISTRATION FORM

ONLINE REGISTRATION

ALL REGISTRATIONS WILL BE DONE ONLINE.

This registration page is designed to assist you with online registration.

<https://bit.ly/BOWSpring2024>

Questions? Call: 515-729-6037 or Email: rachel.alliss@dnr.iowa.gov

WORKSHOP FEES

FEE INCLUDES:

- Instruction for all sessions
- Program materials
- Use of demonstration equipment
- Meals & lodging options (Communal bathrooms & bedrooms)

NOTE: After April 1, 2024, registration will not include lodging.

REGISTRATION RATES

Rates BEFORE April 1, 2024:

- \$280 Shared Lodging
- \$140 Scholarship Applicant
- \$250 No Lodging Option

Rate AFTER April 1, 2024:

- \$320 LATE Registration/No Lodging

Roommate(s): List the individual you would like to room with. If you list no names, please note early bird or night owl and we will pair you up with another participant.

PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please complete your medical history questionnaire online.

CANCELLATION DEADLINE: April 1, 2024

Before **April 1, 2024**, you will receive a refund, minus a \$25 processing fee. After **April 1, 2024**, refunds will not be available. You may send a substitute.

SCHOLARSHIPS:

Limited funds are available for scholarships to first-time participants. Scholarship applicants pay \$140 at the time of registration, complete [medical form](#) and submit the [scholarship form](#).

- Scholarship applications must be received by **March 15, 2024**
- Awards will be notified by **March 29, 2024**

PARTICIPANT INFORMATION:

Name: _____

Email: _____ Cell: _____

Address: _____

City/State/Zip: _____

Tshirt Size: XS S M L XL 2XL 3XL

Have you attended BOW before? _____ If yes, how many times? _____

Dietary restrictions or other special needs, please email: rachel.alliss@dnr.iowa.gov

CHOOSE ONE OPTION PER SESSION (starred *, double starred ** and caret ^ offerings have multiple session requirements):

SESSION 1

- Camping Basics
- Foraging
- Introduction to Firearms
- Kayaking Basics
- Mentored Turkey Hunt**
- Wild Mushroom Foray
- Wildcrafted Remedies
- Willow Basket Weaving

SESSION 2

- Backpacking Part 1*
- Canning & Preserving
- Cooking Over the Campfire
- Intro to Fly-Tying^
- Mentored Turkey Hunt**
- Shotgun Basics
- Wild Meat Processing
- Wild Mushroom Foray

SESSION 3

- Apothecary 101
- Backpacking Part 2*
- Colors of Nature
- DIY Charcuterie Boards: From Tree to Table
- Dutch Oven Cooking
- Foraging
- Intro to Fly-Fishing^
- Mentored Turkey Hunt**

SESSION 4

- Archery & Atl Atls
- Basic Spincast Fishing
- Foraging
- Kayak Basics
- Mentored Turkey Hunt**
- Trailers Demystified
- Wait, Where am I?

MEDICAL FORM

Name: _____ Date of Birth: _____

Physician: _____ Phone Number: _____

Yes No Are you allergic to any medication (aspirin, penicillin, etc.)? List: _____

Yes No Do you take any medication? List with reason: _____

Yes No Have you ever been told by a doctor that you have epilepsy? When? _____

Yes No Have you had recent surgical operations, accidents or injuries? When/What? _____

Yes No Have you been "knocked out" unconscious, had a concussion or head injury? When? _____

Yes No Are you pregnant?

Do you wear: Glasses or Contact Lenses?

Date of last tetanus immunization: _____

Please check any of the following medical conditions you have had within the last 5 years:

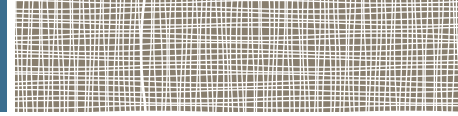
- Asthma
- Heart Disease
- Diabetes
- High Blood Pressure
- Fainting Spells
- Seizures
- Hay fever or allergies
(especially to bees, ants, etc.)

Do you have any medical training?

Doctor Nurse Emergency Medical Technician Other: _____

Name and phone number(s) of person to contact in case of emergency: _____

Is there anything else about your health you would like us to know in case of an emergency?



WHAT TO BRING



NECESSITIES

- **SHOES:** Sturdy shoes that can get dirty are important.
- **WEATHER APPROPRIATE:** Rain gear and cold-weather clothing are necessities, as classes will be held regardless of weather. This is Iowa and it's hard to predict what we will have for temperatures.
- **FREE TIME ITEMS:** You will have free time to relax and explore Camp Io-Dis-E-Ca grounds. Bring your camera, a flashlight/head lamp and a sense of adventure. You never know what you'll find! There are hiking trails on property to explore and Lake Macbride State Park and Johnson County Conservation Board are minutes away.
- **SKINCARE:** Sunscreen and bug spray – it's that time of year.
- **AN OPEN MIND:** Bring a creative spirit and a willingness to learn and try new things. It will be an awesome weekend!

SESSION EQUIPMENT

- **DO NOT BRING ANY FIREARMS WITH YOU.** We will supply all firearms and ammunition for the Introduction to Firearms and Shotgun Basics classes.
- **IOWA FISHING AND/OR HUNTING LICENSE** Please purchase a fishing or hunting license **BEFORE** coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available. Licenses can be purchased online at <https://gooutdoorsiowa.com> or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
 - * Intro to Fly-Fishing
 - * Mentored Turkey Hunt (**3rd Season Turkey Tag, Hunting License & Habitat Stamp**)
 - * Basic Spincast Fishing

SILENT AUCTION

- **Friends of BOW** will sponsor a Silent Auction on Saturday (*details on next page*). We're asking each participant to bring something to donate to the auction. All proceeds will go to support the BOW program. Please pay with cash, check, or credit card for any purchases.

BOWTIQUE

- **Friends of BOW** will sponsor the BOWtique where you can find all your BOW inspired apparel and gear. All proceeds will go to support the BOW program and BOW scholarships. Please pay with cash, check, or credit card for any purchases. BOWtique times will be posted at the event.

SILENT AUCTION

At each of our workshops, **Friends of BOW** holds a silent (*and sometimes not-so-silent*) auction to help us cover workshop costs and attendance scholarships. It's a lot of fun and we get to send participants home with some wonderful things. We are asking each participant to donate something to the auction. It doesn't have to be anything big – but we won't complain if it is! It doesn't even have to be anything new. Just bring something, if you can.

Below are some general guidelines and ideas, but don't let these stifle your creativity!

OUTDOOR THEME: but doesn't have to be outdoor equipment. For example, it could be a really cool rock, a lamp made of natural materials, an art print or a pair of hummingbird earrings. Of course, you're always welcome to bring a tent or a kayak. (*We try to be optimistic!*)

NEW OR USED: as long as it is in good condition. For example, if you have a piece of outdoor equipment you're no longer planning to use — bring it!

HOMEMADE ITEMS: knit gloves, crochet hat, crafts, paintings or other artwork, jams/jellies or dehydrated food are always welcome.

If you have an item to donate, please bring it to the registration area when you check in Friday.

All proceeds from the auction go to pay for equipment costs, scholarships, food and lodging for volunteer instructors, and a host of other expenses. Many thanks in advance for your generosity!

Nature crafts

Favorite local honey/wine

Books of all kinds

Coffee beans or tea and mug

Homemade hiking stick

Crochet or knit project

Outdoor themed basket

Homemade anything!

