

# HELP US CELEBRATE 20 YEARS OF BOW IN IOWA!

IT WILL BE MORE THAN JUST THE USUAL FUN.



Springbrook  
Conservation  
Education Center  
Guthrie Center

SEPTEMBER 20-22, 2013

Becoming an Outdoors-Woman is a workshop aimed primarily at women, but is an opportunity for anyone 18 years or older to learn outdoor skills usually associated with hunting and fishing, but useful for many outdoor pursuits. The workshop is for you if . . .

- you have never tried these activities, but have hoped for an opportunity to learn.
- you are a beginner who hopes to improve your skills.
- you know how to do some of these activities, but would like to try your hand at some new ones.
- you are just looking for the camaraderie of like-minded individuals.



LEADING OTHERS IN CARING  
FOR OUR NATURAL RESOURCES

# 2013 WORKSHOP SCHEDULE

## FRIDAY, SEPTEMBER 20

- 10:00 - 11:30 Check in & Registration
- 11:30 - 12:00 Welcome/Workshop Overview
- 12:00 Lunch
- 1:00 - 4:30 Session I
- A. Intro to Firearms
  - B. Basic Fishing
  - C. Turkey Hunting
  - D. Dutch Oven Cooking
  - E. Kayaking
  - F. Wild Edibles
- 5:00 Run/Walk Through the Woods
- 6:00 Dinner
- 7:30 Evening Activities

## SATURDAY, SEPTEMBER 21

- 7:00 Breakfast
- 8:00 - 11:30 Session II
- G. Basic Shooting
  - H. Knot Tying
  - I. Archery
  - J. NatureField Trip
  - K. Canoeing
  - L. Survival Skills
- 12:00 Lunch

- 1:00 - 4:30 Session III
- M. Geocaching
  - N. River Fishing
  - O. Archery
  - P. Dutch Oven Cooking
  - Q. Stand Up Paddling
  - R. Woodworking for Wildlife

- 5:00 Dinner
- 7:00 Evening Activities

## SUNDAY, SEPTEMBER 22

- 7:00 Breakfast
- 8:00 - 11:30 Session IV
- S. Basic Shooting
  - T. Fly Fishing
  - U. Deer Hunting
  - V. Birdwatching
  - W. Basic Motor Boat
  - X. Wild Game Cooking
- 11:30 Wrap up
- 12:00 - 1:00 Lunch & Farewells

**ENROLLMENT LIMIT: 100**  
**REGISTER EARLY!**

## INTERNATIONAL SPONSORS

**Sustaining Sponsor:** The University of Wisconsin College of Natural Resources

**Supporting Sponsors:** Federal Premium Ammunition, Rocky Mountain Elk Foundation

**Contributing Sponsors:** Safari Club International Foundation Sables, Leupold, Pheasants Forever, Pope and Young Club

**Additional Sponsors:** Ducks Unlimited, Browning, Lodge, University of Wisconsin Foundation - Stephens Point.

**Please support these sponsors who make this workshop possible!**

The BOW program has been endorsed by the International Association of Fish and Wildlife Agencies.

# WORKSHOP CLASS DESCRIPTIONS

## **A. Introduction to Firearms**

is an introduction to the basic types of firearms, components, actions, ammunition, handling and safety in the field and in the home. This course will not include any actual shooting.

PREREQUISITE FOR: CLASSES G and S

## **B. Basic Fishing**

will offer hands-on instruction on fishing equipment, fish identification, habitats and location, basic spin-casting instruction and fish cleaning.

THIS SESSION REQUIRES A VALID FISHING LICENSE

## **C. Turkey Hunting**

will cover the biology, habits and food sources of the wild turkey. Participants will have the opportunity to learn and practice calling techniques, as well as learn about equipment, camouflage clothing and different set-ups to improve their chances of seeing and bagging one of these magnificent birds.

## **D. Dutch Oven Cooking**

Learn to cook outdoors. The versatility of a Dutch oven will amaze you. Recipes will be shared and everyone will get a chance at preparing and sampling a variety of dishes . . . even desserts.

## **E. Kayaking**

Participants will learn the basics of the popular sport. Information will include water safety, how to enter and exit the boat, paddle strokes and other maneuvers. Participants will practice skills on the lake, so prepare to get wet!

## **F. Wild Edibles**

Discover the tastiness of Iowa's wild bounty. Learn where to look and how to harvest various plants. Participants will get plenty of hands-on instruction for preserving and preparing Iowa's wild edibles.

## **G. Basic Shooting**

Become familiar with the different types of shotguns and rifles, ammunition and proper gun fit. Time will be split between rifle and shotgun ranges, where participants will have opportunities to shoot clay birds and paper targets.

PREREQUISITE: Class A or Hunter Education Certificate.

## **H. Knotty Girls**

Feeling a little knotty? Want to tie one on? Why knot try this class? Afraid of losing the canoe off the top of the car because your knots look like unruly bird's nests? Learn basic knots and how to match them to the right situation.

## **I. On Target for Fun, Intro to Archery**

Learn how to select a bow, arrows and other related archery equipment for hunting and target shooting. You will be able to apply skills learned by shooting at an archery range set up at the workshop.

## **J. Nature-Watching Field Trip**

Learn about the habits and habitats of all types of critters as you travel by van to various ecosystems around the Guthrie County area, including Whiterock Conservancy. Wetland, riparian and prairie habitats may be included in the trip. Some hiking may be required.

## **K. Canoeing**

Learn the basics of water safety, equipment, steering and paddling strokes. Participants will practice canoeing skills on the lake, so dress for the weather and be prepared to get your feet wet!

## **L. Survival Skills**

Be prepared . . . expect the unexpected. Nearly all outdoor activities have an element of risk, but with a little knowledge and preparation, a favorite activity can be worry-free. Learn what to plan and prepare for, survival skills and basic first aid.

## **M. Geocaching**

In this hands-on class, participants learn to use a GPS (Global Positioning System) unit, and then practice their skills geocaching for "treasures."

## **N. River Fishing**

introduces rivers, river fish and river fishing. Participants will become familiar with methods used to catch fish from Iowa's nearly 20,000 miles of rivers and streams. (Not required, but course B will prepare you more for this session).

THIS SESSION REQUIRES A VALID FISHING LICENSE

## **O. On Target for Fun, Intro to Archery**

Repeat of Course J

## **P. Dutch Oven Cooking**

Repeat of Course D

## **Q. What's SUP?**

Stand Up Paddling (SUP) is the fastest growing sport in America. Why? Because it is easy to learn and can be done on almost any body of water. This class will cover a short history of SUP, parts of the board and paddle, carrying and transporting, how to paddle and turn, stroke techniques, launching from the shore and dock -- all with plenty of paddling time! Come walk on water . . . but prepare to get wet!

## **R. Woodworking for Wildlife**

Assisting wildlife with food and shelter is important. Learn about types of bird houses and nest boxes to make available in your backyard. Also tips for bird feeding, types of bird seed, feeders and best placement for viewing enjoyment. Participants will have the opportunity to make an item to take home.

## **S. Basic Shooting**

Repeat of Course H

PREREQUISITE: Class A or Hunter Education Certificate.

## **T. Fly Fishing**

Learn casting techniques for lake and river fishing, how to choose and maintain equipment, varieties of flies and the insects they imitate and how to read water. Then practice your skills down at the lake. THIS SESSION REQUIRES A VALID FISHING LICENSE

## **U. Deer Hunting**

Want to know more about deer hunting? Participants will learn about scouting, tracking, hunting ethics and the pure enjoyment of all aspects of the hunt, as well as about the life history, habits and habitat needs of Iowa deer. Participants will also learn about safety, clothing and equipment.

## **V. Birdwatching**

Learn the basic steps in becoming an adept birder. Learn bird-spotting techniques and how to identify various bird calls. Then, put your birdwatching skills to work as you hike around the Springbrook State Park area.

## **W. Basic Motor Boat Skills**

Participants will learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. There will be plenty of opportunity to actually back trailers and operate boats on the water.

## **X. Wild Game Cooking**

Iowa game is 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.

## PLEASE READ

Demonstration equipment will be provided unless otherwise noted. An Iowa fishing license will be needed for the fishing classes and may be purchased on-line at [www.iowadnr.gov](http://www.iowadnr.gov) or at a local license vendor prior to the workshop. (Resident one-day license is \$9.50.)

Cancellation deadline is September 6, 2013. Cancellations before September 6 will receive a full refund. After that date, a \$35 processing fee will be deducted from the refund. Registrants who do not attend and who do not cancel by September 13, 2013 will be assessed the full program fee. You may send a substitute.

Scholarships. Limited funds are available for scholarships to first-time participants. Scholarship recipients pay \$75 registration. Please send a letter explaining your need for a scholarship along with \$75 and registration materials. Preference will be given to full-time students, single-parent households and Iowa residents.

Lodging will be in dormitories with 8 people per room. Sign-up for rooms will occur at registration. Linens (pillow, blanket, sheets, towels) will be provided. Bath facilities are in the dorms. All buildings are smoke-free.

Participants understand that photographs may be taken during the sessions and may be used in future support of the program.

Upon receipt of your registration and payment, you will be sent a confirmation letter, a check list of what to bring and a map to Conservation Education Center. Questions? Call (515) 281-6159 or email [julie.sparks@dnr.iowa.gov](mailto:julie.sparks@dnr.iowa.gov)

# BECOMING AN OUTDOORS-WOMAN SEPTEMBER 20-22, 2013

Only one person may register per form.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone: Day(\_\_\_\_)\_\_\_\_\_ Evening (\_\_\_\_)\_\_\_\_\_  
 email address:\_\_\_\_\_

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating.

(Signature) \_\_\_\_\_

T-Shirt Size  
 \_\_\_Med \_\_\_Large \_\_\_X-Large \_\_\_XX-Large

Have you attended a BOW workshop in Iowa before? Y N

How did you hear about BOW?

- News media (newspaper, magazine, radio, television)  Internet  Email  
 Word of mouth  Other \_\_\_\_\_

A roster of participants' names, addresses, phone numbers and emails is included in each participant's packet. Please check here if you do not want this information included in the roster.

Age Group

- 18-30  31-40  41-50  51-60  61 and over

Check here if you have any special needs that require assistance or dietary requirements.

Describe needs below (add page if necessary) \_\_\_\_\_

Indicate your first (1), second (2), third (3) and fourth (4) choice for EACH session.

Check possible prerequisites in the class descriptions.

Session I (Fri, 20th)

- \_\_\_A. Intro to Firearms  
 \_\_\_B. Basic Fishing  
 \_\_\_C. Turkey Hunting  
**Full** \_\_\_D. Dutch Oven Cooking  
**Full** \_\_\_E. Kayaking  
 \_\_\_F. Wild Edibles

Session II (Sat, 21st)

- Full** \_\_\_G. Basic Shooting  
 \_\_\_H. Knot Tying  
 \_\_\_I. Archery  
**Full** \_\_\_J. Nature Field Trip  
**Full** \_\_\_K. Canoeing  
**Full** \_\_\_L. Survival Skills

Session III (Sat, 21st)

- \_\_\_M. Geocaching  
**Full** \_\_\_N. River Fishing  
 \_\_\_O. Archery  
 \_\_\_P. Dutch Oven Cooking  
**Full** \_\_\_Q. Stand Up Paddling  
 \_\_\_R. Woodworking for Wildlife

Session IV (Sun, 22nd)

- \_\_\_S. Basic Shooting  
 \_\_\_T. Fly Fishing  
 \_\_\_U. Deer Hunting  
 \_\_\_V. Birdwatching  
**Full** \_\_\_W. Basic Motor Boat  
 \_\_\_X. Wild Game Cooking

**Workshop Fee - Fee includes instruction in all sessions, program materials, use of demonstration equipment and all meals.**

\_\_\_ \$150 before September 6 (Includes lodging)

\_\_\_ \$180 after September 6

\_\_\_ \$115 before September 6 (Without lodging)

\_\_\_ \$145 after September 6

Office Use Only	
Date Rec'd	_____
Amt. encl \$	_____
Check #	_____

\_\_\_ Yes, I would like to participate in the 5K Run/Walk through the Woods as a \_\_\_runner\_\_\_walker.

I understand a separate \$12 (or \$15) fee will be collected upon arrival. (See last page for more information.)

Send completed registration form and fee to:

**Becoming an Outdoors-Woman,  
 Iowa DNR,  
 502 E 9th St.,  
 Des Moines, IA 50319-0034**

Make checks payable to  
 Becoming An Outdoors-Woman  
 No registrations will be accepted by  
 telephone, email or fax.

Past BOW participants: For each NEW participant (someone who has not been to an Iowa BOW workshop) you bring, your name will be entered into a drawing for a free registration (limit 3 names). The drawing will be held during the workshop and is sponsored by the Friends of Becoming an Outdoors-Woman. Please list the names and addresses of the new participants below and mail your registration forms together if possible.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ENROLLMENT LIMIT: 100 REGISTER EARLY! WORKSHOP SPACES FILL FAST.**

Please provides us with this important information in case of a medical emergency.

# MEDICAL HISTORY QUESTIONNAIRE

All Information Is Confidential

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Physician \_\_\_\_\_ Phone # \_\_\_\_\_

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

Hay fever or allergies (especially to bees, ants, etc)

Heart Disease

High Blood Pressure

Asthma

Diabetes

Seizures

Fainting Spells

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? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# 16<sup>TH</sup> ANNUAL RUN THROUGH THE WOODS 5K FUN RUN/WALK

*Ah . . . think of the warm September sun through the trees . . . a bit of Fall, crisp in the air . . .  
deer trotting across the trail . . .*

Yup, it's time for the 16<sup>th</sup> annual Run through the Woods 5K (3.1 miles)! Or you can opt for the 1.5-mile route. It's all for fun and entirely up to you.

Make some new friends, get to know some of the instructors, and enjoy a relaxing run or walk through Springbrook State Park while at the Becoming an Outdoors Woman workshop. The crushed rock and grass route will take you around the park's lake, which is a nice, rolling course.

**Not a runner? Don't worry! More than 90 percent of participants in past years have been walkers.** For those interested, "official times" will be available. Like BOW, this is a non-competitive (well, except maybe with yourself), fun event.

If you'd like to join us and receive a **limited-edition women's-cut t-shirt**, some fun **munchies** during and after the 5K, as well as chances at some **door prizes**, please indicate on the BOW registration form. The cost is \$12 (\$15 for 2XL) if registered **on or before Sept. 6**.

**DO NOT** include payment with your BOW registration; just indicate your intent to participate on the form. Cash or check payment will be taken Friday, Sept. 20 at the BOW check-in table.

**Please plan to join us. Typically, more than half the BOW participants take part. Don't miss the Sept. 6 sign-up deadline.**

Any questions? Contact [Joli.Vollers@dnr.iowa.gov](mailto:Joli.Vollers@dnr.iowa.gov) or 515/238-2047.  
See you there!

