



BOW AGENDA

WORKSHOP SCHEDULE | APRIL 28-30 2017

FRIDAY, APRIL 28TH

10:00 am Check in

11:30 am Welcome/Overview

12:00 pm Lunch

SESSION 1 - 1:00 - 4:30 pm

- Basics of Fishing
- Introduction to Firearms
- ABC's of Iowa State Parks
- Outdoor Photography
- What's SUP?
- Talking Turkey

6:00 pm Dinner

7:00 pm Evening Activity

SATURDAY, APRIL 29TH

7:00 am Breakfast

SESSION 2 - 8:00 - 11:30 am

- Pan Fishing
- Riflery & Muzzleloaders
- Boater Education Part I
- Foraged Flavors
- Archery I
- Backpacking Skills

12:00 pm Lunch

SESSION 3 - 1:00 - 4:30 pm

- Catfishing
- Shotgun Basics
- Boater Education Part 2
- ABC's of Iowa State Parks
- Camping 101
- Foraged Flavors

6:00 pm Dinner

7:00 pm Evening Activity

SUNDAY, APRIL 30TH

7:00 am Breakfast/Check Out

SESSION 4 - 8:00 - 11:30 am

- Fish Cleaning, Prep and Cooking
- Outdoor Photography
- Firearms Maintenance & Cleaning
- Outdoor Cooking
- Archery II
- Talking Turkey

11:30 am Closing Remarks & Departure

CLASS DESCRIPTIONS

ARCHERY I

This session gives participants a comprehensive overview of the sport of archery. It is intended for students who have no archery experience to start building a good foundation for shooting. You will be taught how to safely use basic archery equipment and the "11 Steps to Archery Success." This is a fun, hands-on experience with all equipment provided.

ARCHERY II

This is a course for those who have a bow or shoot a few times a year but want to hone their skills, learn how to use sights or adjust sights as well as shooting with a release. A large portion of this class will be on range to watch form to then provide suggestions and tips to continue to advance your archery successes. Participants should bring their own equipment to get the most out of this course. Limited loaner equipment will be available.

BACKPACKING SKILLS

Take the mystery out of backpacking in Iowa and the Midwest with an overview of planning, preparation and gear. Along with local information, learn how to choose a pack, select proper clothing and footwear. Plus, we'll give you important notes on trail etiquette and Leave No Trace principles. Wear comfortable clothing and boots or tennis shoes that can get muddy.

BASICS OF FISHING

Always wanted to try fishing but don't know where to start? This introductory session will allow participants with hands-on instruction on knot tying, rigging a fishing pole, and casting. You'll learn about fish habitat, aquatic invasive species, and fish identification. In addition, participants will learn about Iowa laws, fishing ethics and etiquette and how to access and use the Iowa Fishing Atlas.

BOATER EDUCATION I

This classroom session will teach participants about boats, how to navigate your boat, Iowa laws, safety equipment and emergency preparedness. Whether you choose to go fishing, sailing, pleasure boating, canoeing or kayaking, taking a boater education course could save your life! Completion of Boater Education Part I and 2 along with passing a written test will result in earning your Iowa Boater Education Certificate.

BOATER EDUCATION II

Participants are familiarized with safety equipment and procedures to make their next trip to the water both safe and fun. They learn to back a trailer, start a motor, tie basic knots for boating and run a power boat (weather permitting). Completion of Boater Education Part I and 2 along with passing a written test will result in earning your Iowa Boater Education Certificate.

CAMPING 101

Ever wanted to spend a night outside under the stars? We will cover camping basics including: how to stay warm, dry and comfortable as well as gear and equipment necessities. We will also demonstrate how to set your campsite. No matter what your experience level, you'll be certain to pick up new ideas.

CATFISHING

Participants are introduced to various types of fishing equipment used to catch catfish, including rods, reels and bait set-ups. Catfish ID and tactics for channel catfish versus flatheads will be covered. Instructors also discuss laws, regulations, ethics, habitat, and habitat management. Participants then get to try out equipment and bait set-ups as they fish with experienced anglers.

ABC'S OF IOWA STATE PARKS

Take the opportunity to learn more about Honey Creek State Park and the other 84 State Parks in Iowa. What parks are closest to you? Learn about different opportunities and activities available to state park visitors. Learn about the different lodging opportunities and how to book a campsite, cabin or lodge via the online reservation system.

FIREARM CLEANING & MAINTENANCE

How often do I clean my firearm? How far do I need to break down my gun? What do I use and where? What do I do with my ammunition? These are some of the common questions that arise when an individual purchases a gun. Learn to properly clean and maintain shotguns, rifles and muzzle-loaders.

FISH CLEANING, PREP & COOKING

You've learned how to scout a lake and how to catch a fish. Now what do you do? Join us to learn how to filet and skin different types of fish as well as different preparation techniques. You'll have opportunities to sharpen knives, prepare fish for cooking and then learn different cooking techniques. Bring an open mind and a hungry belly!

FORAGED FLAVORS

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 on the menu! Come ready to help dig, cut, cook, and most importantly eat!

CLASS DESCRIPTIONS

INTRODUCTION TO FIREARMS

Learn about guns and safe firearm handling in this hands-on class. Participants will become comfortable around firearms in an information-packed, upbeat session. The session will introduce different types of firearms, how to load and unload various firearms, ammunition types, definitions of commonly used terms, and the four basic rules of firearm safety. Additionally, we'll talk about firearm safety in the home and information on selecting and purchasing firearms.

OUTDOOR COOKING

Participants will learn the basics of outdoor cooking techniques including cast iron Dutch ovens, tin turtles/hobo packs in the campfire, cedar plank grilling and many other methods. Become comfortable with outdoor stove technology, old and new. Come hungry and be prepared to help make the meal - from hors d'oeuvres to deserts - and spend some time grazing.

OUTDOOR PHOTOGRAPHY

We will aspire to take wonderfully, composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, etc.) by the end of the class. Participants should bring a digital point-and-shoot or digital SLR camera and the user manual. We will go outside and practice our new skills, as well as discuss some of the "technical" aspects of photography.

PAN FISHING

Introduction to a variety of fishing equipment used to catch different species of pan fish. This includes rods, reels, poles and a demonstration on how to rig them and tie basic knots for fishing. Discussion of laws, regulations and ethics related to pan fishing and how to identify common pan fish. Then put your knowledge to use when we go to the water to fish.

RIFLERY & MUZZLELOADERS

During the first part of the class, we'll discuss different types of rifles and muzzleloaders, their uses and other equipment needs. During the second part, participants will be out on the range where they will be able to try shooting different firearms. All firearms, safety equipment, and ammunition will be provided. Participants must have taken the Intro to Firearms course at this or a previous BOW workshops.

SHOTGUN BASICS

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. Participants must have taken the Intro to Firearms course at this or a previous BOW workshop.

TALKING TURKEY

The Honey Creek area has a history of great turkey hunting. This class will cover the biology, habits and food sources of the wild turkey, as well as calling techniques, equipment and different set-ups used to hunt turkeys. The most exciting part of the class, however, will be the opportunity to call in and see these magnificent birds in the wild. * Participants can use these skills for purposes other than hunting such as photography, videography or just wildlife viewing.

Participants of the Talking Turkey sessions will have the opportunity to sit out Sunday morning to observe the woods come alive. Participants will listen to turkey calls and try their hand at calling too!

WHAT'S SUP?

Standup Paddling (SUP) is one of the fastest growing sport in America. 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!

SPECIAL THANKS TO OUR SPONSORS

Browning	Lodge	Sportsman's Warehouse
Ducks Unlimited	Pheasants Forever	Sables
Federal Premium Ammunition	Pope and Young Club	UWSP Foundation
Iowa Hunter Education Instructor Association (IHEIA)	REI	The University of Wisconsin College of Natural Resources
Leupold	Rocky Mountain Elk Foundation	
	Safari Club International Foundation	

WORKSHOP DETAILS

FEES

Workshop Fee includes instruction in all sessions, program materials, use of demonstration equipment, meals and lodging options of your choice. Rooms have two queen beds.

If using the double occupancy option with a friend or family member, please provide their name below. This person must indicate you as a roommate of their registration as well. If you do not indicate a roommate, but have chosen the double occupancy room, you will be paired up with another participant.

For more information about rooms and Honey Creek Resort State Park, visit www.honeycreekresort.com.

Please note, registration after 3/26/2017 will not include lodging.

Rates for Registration by 3/26/2017

- ☐ \$260 Single Occupancy Room
- ☐ \$215 Double Occupancy Room
- ☐ Sharing with: _____
- ☐ Please pair me up!
- ☐ \$130 Scholarship Applicant
- ☐ \$180 No Lodging
- ☐ \$180 Late Registration after 3/26/2016, No Lodging

Online registration is available at www.iowadnr.gov/bow

Make check or money order out to:
IHEIA-BOW

If registering via mail, please send form and fee to:

**Becoming an Outdoors- Woman
PO Box 854
Des Moines, IA 50304**

No registration will be accepted by telephone, email or fax.

Questions? Please call 515-729-6037 or email rachel.ladd@dnr.iowa.gov

PLEASE READ

Upon receipt of your registration and payment, you will be sent a confirmation email, a medical history questionnaire, a check list of what to bring and a map to Honey Creek Resort.

Cancellation deadline is March 26, 2017. Cancellations before March 26 will receive a full refund. After that date, a \$75 processing fee will be deducted from the refund. Registrants who do not attend and do not cancel by April 14, 2017, will be assessed the full program fee. You may send a substitute.

Scholarships Limited funds are available for scholarships to first-time participants. Scholarship applicants pay \$130 at the time of registration and submit the Scholarship Application. Scholarship applications must be received by **March 17, 2017** and awards will be notified by **March 24, 2017**.

Session Selection This workshop consists of four, three and a half-hour sessions. It is **MANDATORY** to select three choices **FOR EACH SESSION**. Sessions are limited and are filled on a first come, first serve basis.

Participant Information

Name: _____
 Email Address: _____
 Address: _____
 City, State, Zip: _____
 Cell Phone Number: _____ T-shirt Size: S/M/L/XL/XXL/XXXL
 Have you attended BOW before? _____ If yes, how many times? _____
 How did you hear about BOW? (News media/Internet/Social Media/Email) _____

**If you have dietary constraints or other needs,
please email rachel.ladd@dnr.iowa.gov.**

Session 1

- ☐ Basics of Fishing
- ☐ Introduction to Firearms
- ☐ ABC's of Iowa State Parks
- ☐ Outdoor Photography
- ☐ What's SUP?
- ☐ Talking Turkey

Session 2

- ☐ Pan Fishing
- ☐ Riflery & Muzzleloading
- ☐ Boater Ed Part I
- ☐ Foraged Flavors
- ☐ Archery I
- ☐ Backpacking Skills

Session 3

- ☐ Catfishing
- ☐ Shotgun Basics
- ☐ Boater Education Part II
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- ☐ Camping 101

Session 4

- ☐ Fish Cleaning, Prep & Cooking
- ☐ Outdoor Photography
- ☐ Firearm Maintenance & Cleaning
- ☐ Outdoor Cooking
- ☐ Archery II
- ☐ Talking Turkey