

EMBRACE SPRING AND GET OUTDOORS AT THE 2015 SPRING BOW WORKSHOP



Shed the winter blues and join other women interested in getting outdoors. Becoming an Outdoors-Woman (BOW) is excited to have Honey Creek Resort host our 2015 spring workshop.

April in southern Iowa is a great time and place to get a taste of spring, and Honey Creek Resort State Park allows you to enjoy it all in a beautiful, relaxing setting. Located on the shores of Lake Rathbun, in Appanoose County, Honey Creek Resort offers delicious dining, comfortable guest rooms, scenic nature trails and other amenities associated with a quality resort experience.

BOW is 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.

This 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 individuals interested in similar pursuits.

APRIL 24-26, 2015

HONEY CREEK RESORT STATE PARK
MORAVIA, IOWA

ENROLLMENT LIMITED TO
75 PARTICIPANTS

REGISTER EARLY!



LEADING IOWANS IN CARING FOR
OUR NATURAL RESOURCES

2015 SPRING SCHEDULE

FRIDAY, APRIL 24

- 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. **Biking Basics**~~
D. **Preparing Your Harvest**
- 5:00 **Dinner**
- 7:00 **Evening Activities**

SATURDAY, APRIL 25

- 7:00 **Breakfast**
- 8:00 - 11:30 **Session II**
E. **Turkey Hunting**
F. **Fly Fishing**
~~G. **Archery**~~
~~H. **Birdwatching/Nature Hike**~~
- 12:00 **Lunch**
- 1:00 - 4:30 **Session III**
I. **Basic Shooting**
~~J. **Motorboat Skills**~~
~~K. **Kayaking**~~
L. **Landscaping for Wildlife**
- 5:00 **Dinner**
- 7:00 **Evening Activities**

SUNDAY, APRIL 26

- 7:00 **Breakfast**
- 8:00 - 11:30 **Session IV**
M. **Turkey Hunting**
N. **Lake Fishing**
~~O. **Dutch Oven Cooking**~~
P. **Geocaching**
- 11:30 **Wrap up. Lunch on your own.**

CLASS DESCRIPTIONS

A. Introduction to Firearms

Learn 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: CLASS I

B. Basic Fishing

Hands-on instruction of fishing equipment, fish identification, habitats and location, basic spin-casting instruction and fish cleaning. This class will also allow plenty of time for actual fishing down at the lake.

THIS SESSION REQUIRES A VALID FISHING LICENSE

C. Biking Basics

Biking is a great way to get fit and get outdoors. Learn a little about bike types, basic bike maintenance, safety and equipment. Then, enjoy the spring day by riding the Honey Creek bike trail with one of the resort's bike rentals. The guided ride will take you around the resort and through a variety of habitats.

D. Preparing Your Harvest

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 taught in the kitchens at Honey Creek Resort with their very own Chef Bob.

E. Turkey Hunting

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.

F. 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

G. 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 at an archery range set up at the workshop.

H. Birdwatching/Nature Hike

Become an adept birder by learning bird-spotting techniques, bird call identification, and the habits and habitats of these winged creatures. Put your skills to work as you hike around the resort on the shores of Lake Rathbun. Learn about other critters and "reading" nature signs along the way.

ENROLLMENT LIMIT: 75 REGISTER EARLY! WORKSHOP SPACES FILL FAST.

BECOMING AN OUTDOORS-WOMAN

APRIL 24-26, 2015

One person per registration form, please.

I. 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.

J. Motorboat 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 time to practice these skills and gain confidence.

K. Kayaking

Learn the basics of water safety, equipment, how to enter and exit the boat, paddle strokes and other maneuvers. Participants will practice kayaking skills on the lake, so dress for the weather!

L. Landscaping for Wildlife

Learn what it takes to attract wildlife to your backyard, whether it be a bird, butterfly, squirrel, rabbit, etc. Learn habitat needs, plant identification and selection, and how to layout your yard. Participants will hike the area to learn some native plant identification.

M. Turkey Hunting

Repeat of Course E

N. Lake Fishing

Learn fish habits and habitats, safety around water and casting techniques. After a quick overview of equipment, participants will head out to fish one of Iowa's largest impoundments -- Lake Rathbun -- for guided fishing. (Not required, but course B is good preparation for this session).

THIS SESSION REQUIRES A VALID FISHING LICENSE

O. 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.

P. Geocaching

In this hands-on class, participants will be introduced to the Internet-based hide-and-seek activity called geocaching. Learn strategies for locating caches, using various technologies to locate them, as well as basic etiquette.

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 or at a local license vendor prior to the workshop. (Resident one-day license is \$9.50.)

detach here and mail with payment and medical form

| |
|---|
| Name _____ |
| Address _____ |
| City/State/Zip _____ |
| Phone: Day(____) _____ Evening (____) _____ |
| email address: _____ |

Indicate first (1), second (2) and third (3) choices for EACH session.

Session I (Fri, 24th)

- ___ A. Intro to Firearms
- ___ B. Basic Fishing
- FULL.** ~~Biking Basics~~
- ___ D. Preparing Your Harvest

Session II (Sat, 25th)

- ___ E. Turkey Hunting
- ___ F. Fly Fishing
- FULL.** ~~Archery~~
- FULL.** ~~Birdwatching/
Nature Hike~~

Session III (Sat, 25th)

- ___ I. Basic Shooting*
- ___ J. ~~Motorboat~~
- FULL.** ~~Kayaking~~
- ___ L. Landscaping

Session IV (Sun, 26th)

- ___ M. Turkey Hunting
- ___ N. Lake Fishing
- FULL.** ~~Dutch Oven~~
- ___ P. Geocaching

*prerequisites necessary

Workshop Fee includes instruction in all sessions, program materials, use of demonstration equipment, meals and lodging options below. Rooms have two queen beds. If using the double occupancy option with a friend or family member, please provide their name. This person must indicate you as a roommate on their registration form as well. If possible, please send registrations together. For more information about rooms and Honey Creek Resort State Park, visit www.honeycreekresort.com

- _____ \$250 on or before April 3 (single occupancy)
- _____ \$280 after April 3
- _____ \$200 on or before April 3 (double occupancy)
- _____ \$230 after April 3

- Sharing with _____
- Willing to be paired with another participant

- _____ \$150 on or before April 3 (no lodging)
- _____ \$180 after April 3

detach here and mail with payment and medical form

REGISTRATION CONTINUED

Have you attended a BOW workshop in Iowa before? Y N
How did you hear about BOW?

- News media (newspaper, magazine, radio, television) Internet
- Social Media (Twitter, Facebook, other) 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.

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. The applicant also understands, by signing, that photographs may be taken during the sessions and may be used in future support of the program.

(Signature)

T-Shirt Size
___Small ___Med ___Large ___X-Large ___XX-Large

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) _____

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

PLEASE READ

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 Honey Creek Resort. Questions? Call (515) 725-8285 or email julie.sparks@dnr.iowa.gov

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.

Cancellation deadline is April 10, 2015. Cancellations before April 10 will receive a full refund. After that date, a \$50 processing fee will be deducted from the refund. Registrants who do not attend and who do not cancel by April 17, 2015 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 \$150 registration (double occupancy). Please send a letter explaining your need for a scholarship along with \$150 and registration materials. Preference will be given to full-time students, single-parent households and Iowa residents.

INTERNATIONAL SPONSORS

Sustaining Sponsor: The University of Wisconsin College of Natural Resources, 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.

"Becoming an Outdoors-Woman" and the logo are copyrighted and protected by UWSP, and cannot be used without permission.

detach here and mail with payment and medical form

detach here and mail with payment and medical form

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 _____