

Winter BOW is Here!

February 5, 2005
Tanglefoot Girl Scout Camp
Clear Lake, Iowa

The Iowa Becoming an Outdoors Woman program is bringing back one of its most popular events — the winter workshop. The one-day event will be held Feb. 5 at the beautiful Tanglefoot Girl Scout Camp on the south shore of Clear Lake.

Participants will choose one of four different sessions in the morning and one of four sessions in the afternoon. The \$50 registration fee includes class instruction and materials, and a continental breakfast, lunch and snack. Lodging is up to the individual. (It is also the “50s in February” celebration in Clear Lake and lodging options in the area will be limited.)

Bundle up and join us! We look forward to seeing you there.

Becoming an Outdoors Woman is an international program 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.

WORKSHOP SCHEDULE

Saturday, February 5

7:00 Registration/Breakfast

8:30 - 11:30 **Session I**

- FULL A. ~~Cross Country Skiing~~
B. Fly Tying
C. Turkey Hunting Basics
D. Winter Survival

Lunch

1:00 - 4:00 **Session II**

- FULL E. ~~Snowshoeing~~
F. Ice Fishing
G. Falconry
H. Game Care and Handling

4:00 Wrap Up

WORKSHOP CLASS DESCRIPTIONS

A. Cross Country Skiing

Topics include equipment selection with the difference between ski and binding systems, clothing and layering, and changing snow conditions. Practice basic ski styles, climbing hills, stopping and developing a glide along the camp trails.

B. Fly Tying

Spend your winter months preparing for your fly fishing adventures by making your own dry flies and nymphs. Learn the size of hooks, reasons for different flies and how to check the streams for what you should be using. Participants will make their own flies for their fly fishing adventures.

C. Turkey Hunting Basics

This class 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 set-up techniques to improve their chances of seeing and bagging one of these magnificent birds.

D. Winter Survival/Orienteering

Participants will be exposed to a unique blend of humor and hands-on training, designed to make orienteering enjoyable. This class will focus on techniques to keep you from getting lost and what to do when you are lost or stranded. Learn treatment procedures for common outdoor winter emergencies.

E. Tracking and Wildlife ID by Snowshoe

With a white carpet on the forest floor and a dusting on the trees, animal tracking becomes nearly magical with daily movement clearly visible. Learn to identify particular animal tracks, and look for other signs. The art of snowshoeing will assist you to maneuver your way through this hike.

F. Ice Fishing

Learn numerous tips for spending an enjoyable time out on the ice. Learn how lakes change in the winter, what to look for in choosing a site, the best placement for tip-ups, how to build your own gear, ice house, set-up, gear and jigging techniques, customizing your own gear and jigs, bait choices, ice auger selection and use, and how to be safe and warm on the ice!

G. Falconry

Participants will learn about falconry techniques, regulations and facilities. A short video will be shown to highlight different birds of prey and their hunting styles. Participants will travel outdoors across the Iowa terrain to watch a demonstration of birds in flight.

H. Game Care and Handling

An important aspect of hunting and fishing is taking care of your harvest. This class will teach you how to care for various species of fish and game. Proper techniques for dressing game and cleaning fish will be taught in this hands-on class. Participants will receive recipes as well as prepare game and fish for tasting.

Enrollment Limit: 50 Register Early!

REGISTRATION FORM

Becoming an Outdoors-Woman - February 5, 2005

Only one person may register per form. Please photocopy for additional registrations.

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

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)

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.

Indicate your first (1), second (2), for EACH session.

Session I (AM)

- FUEL** Cross Country Skiing
___B. Fly Tying
___C. Turkey Hunting Basics
___D. Winter Survival

Session II (PM)

- FUEL** Snowshoeing
___F. Ice Fishing
___G. Falconry
___H. Game Care/Handling

Office Use Only

Date Rec'd _____

Amt. encl \$ _____

Check # _____

Questions?

call (515) 281-6159 or email
julie.sparks@dnr.state.ia.us

Workshop Fee - The \$50 fee includes instruction in all sessions, program materials, use of demonstration equipment and all meals.

Send completed registration form, medical release form and fee to: **Becoming an Outdoors-Woman, 502 E 9th Street, Des Moines, IA 50319-0034.** Make checks payable to *Becoming An Outdoors-Woman*.

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

Demonstration equipment will be provided unless otherwise noted in the brochure. An Iowa fishing license will be needed for ice fishing and may be purchased online at www.iowadnr.com or at a local license vendor prior to the workshop. (Resident one-day license is \$8)

Cancellation deadline is January 21st. Cancellations before January 21 will receive a full refund. After that date, a \$20 processing fee will be deducted from the refund. Registrants who do not attend and who do not cancel by January 28 will be assessed the full program fee. You may send a substitute.

Scholarships. A limited number of funds are available for scholarships to first-time participants. Scholarship recipients pay \$25 registration. Please send a letter explaining your need for a scholarship along with \$25 and registration materials to the above address. Preference will be given to full-time students, single-parent households and Iowa residents.

Lodging is up to the individual, as this is a one-day workshop. Motels are available in the area, however this is the same weekend as Clear Lake's "50s in February" celebration and space may be limited.

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 and a map to Tanglefoot Girl Scout Camp.

International Sponsors

Archery Trade Association, Bass Pro Shops, Browning, Ducks Unlimited, Federal Ammunition, Leupold, National Rifle Association's Women on Target, National Shooting Sports Foundation, National Wildlife Federation, Pheasants Forever, Rocky Mountain Elk Foundation, Safari Club International Foundation, University of Wisconsin College of Natural Resources, U.S. Fish & Wildlife Service, Contributing sponsors: Cabela's, Institute for Ecological Field Studies, Lawry's, Lodge Manufacturing, Pope and Young Club. The Becoming an Outdoors-Woman program has been endorsed by the Executive Committee of the International Association of Fish and Wildlife Agencies.

We would like to have this questionnaire on file in case of a medical emergency. Filling out this form could provide us with important information if you were injured.

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 _____