

becoming an **Iowa**  
*Outdoors-*  
**Woman**®

Springbrook  
Conservation  
Education Center  
Guthrie Center, Iowa



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*

# WORKSHOP SCHEDULE

## Friday

- 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. Backyard Landscaping
  - G. Wild Edibles

- 5:00 Run/Walk Through the Woods
- 6:30 Dinner
- 7:30 Evening Activities

## Saturday

- 7:00 Breakfast
- 8:00 - 11:30 **Session II**
- H. Basic Shooting
  - I. Knot Tying
  - J. Archery
  - K. Iowa's Past
  - L. Canoeing
  - M. Birdwatching
  - N. Survival Skills

- 12:00 Lunch



- 1:00 - 4:30 **Session III**
- O. Finding Your Way/Geocaching
  - P. River Fishing
  - Q. Archery
  - R. Dutch Oven Cooking
  - S. Stand Up Paddling
  - T. Woodworking for Wildlife
  - U. Backpacking

- 4:45 Social Hour
- 5:45 Dinner
- 7:00 Evening Activities



## Sunday

- 7:00 Breakfast
- 8:00 - 11:30 **Session IV**
- V. Basic Shooting
  - W. Fly Fishing
  - X. Hunting
  - Y. Nature Photography
  - Z. Basic Motor Boat
  - AA. Birdwatching
  - BB. Plant Technology
- 11:30 Wrap up
- 12:00 - 1:00 Lunch & Farewells
- Drive Safely!

Enrollment Limit: 100 Register Early! Workshop space is limited.

## International Sponsors

**Sustaining Sponsors:** National Shooting Sports Foundation and the University of Wisconsin College of Natural Resources; **Supporting Sponsors:** Federal Premium Ammunition and the Rocky Mountain Elk Foundation; **Contributing sponsors:** Safari Club International Foundation Sables, Leupold, Pheasants Forever and Pope and Young Club; **Additional Sponsors:** Ducks Unlimited, Browning, Lodge Manufacturing and the University of Wisconsin Foundation - Stephens Point. Please support these sponsors who make the BOW program possible! The Becoming an Outdoors-Woman program has been endorsed by the Executive Committee of the International Association of Fish and Wildlife Agencies.

# WORKSHOP CLASS DESCRIPTIONS

## A. Introduction to Firearms

This course 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: CLASS H, V**

## B. Basic Fishing

This course 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

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 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 and 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. Backyard 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. We will hike the area to learn some natural plant identification.

## G. 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.



## H. Basic Shooting

Participants will 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.**

## I. Knotty Girls

Feeling a little knotty? Want to tie one on? Why not 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.

## J. 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.

## K. Taking a Glimpse into Iowa's Past

How did the first Native Americans who settled in Iowa live? Experience parts of their life firsthand through flintknapping (arrowhead making), cooking, atlatl (spear) throwing, and game playing. You will come away with an appreciation for the lifestyle of these first Iowans!

## L. Canoeing

Participants will 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!

## M. Birdwatching

Participants will 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 travel by van to various ecosystems around the Guthrie County area. Wetland, riparian and prairie habitats may be included in the trip. Some hiking may be required.

## N. 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.

## O. Finding Your Way/Geocaching

Learn a little about map reading and tools used to find your way in the outdoors. In this hands-on class, participants learn how a compass and GPS (Global Positioning System) work and practice using both. Additionally, participants will learn about the sport of geocaching and use their GPS skills to find the "treasure."

## P. River Fishing

This course 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**

## Q. On Target for Fun, Intro to Archery

Repeat of Course J

## R. Dutch Oven Cooking

Repeat of Course D

## S. What's SUP?

Stand Up Paddling (SUP) is the fastest growing sport in America. Why? Because it is easy to learn, tons of fun and can be done on almost any body of water. We 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

padding time! So, come walk on water with us today . . . but prepare to get wet!

#### T. 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.

#### U. Backpacking

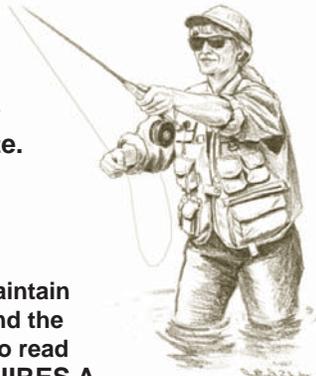
This session will cover basic backpacking equipment and clothing, low-impact camping techniques and food selection. Participants will practice setting up tents and packing backpacks.

#### V. Basic Shooting

Repeat of Course H  
**PREREQUISITE:** Class A or Hunter Education Certificate.

#### W. Fly Fishing

Participants will 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. **THIS SESSION REQUIRES A VALID FISHING LICENSE**



#### X. Hunting -- the Basics

Want to know more about 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's game species. Participants will also learn about safety, clothing and equipment.

#### Y. Nature Photography

What does it take to get great nature photos? From the beginner to the advanced, let an experienced photographer answer your questions on equipment, choosing subjects, good composition and techniques. Bring a camera for some actual photo opportunities.

#### Z. Basic Motor Boat Skills

In this course, participants will learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. Participants will have the opportunity to actually back trailers and operate boats on the water.

#### AA. Birdwatching

Repeat of Course M

#### BB. Plant Technology

From our earliest beginnings, people have used plants as food, medicine, shelter, tools, clothing, art and more. Explore the possibilities with plants in our Iowa landscape as we identify plants, use natural dyes and learn to craft useful items with local plant materials! Participants will make an item to take home.

## 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 August 31. Cancellations before Aug. 31 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 Sept. 7 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)