

# BECOMING AN OUTDOORS WOMAN



IOWA DEPARTMENT OF NATURAL RESOURCES

[www.iowadnr.gov/bow](http://www.iowadnr.gov/bow)

515-725-8200

# 2021 BOW WORKSHOP APRIL 30- MAY 2

## FRIDAY, APRIL 30

**10:30 AM** Check-in

**11:30 AM** Welcome /  
Overview

**12:00 PM** Lunch

### **1:30-5:00 PM SESSION 1**

- Introduction to Firearms
- BOW Mentored Turkey Hunt
- Intro to Fishing
- Forest Therapy
- Hiking, Backpacking & Camping
- Outdoor Photography

**6:00 PM** Dinner

**8:00 PM** Gourmet S'mores  
and Stargazing

## SATURDAY, MAY 1

**7:00 AM** Breakfast

### **8:30AM-12:00 PM SESSION 2**

- Modern Sporting Arms
- BOW Mentored Turkey Hunt
- Intro to Archery
- After the Harvest
- Kayaking Basics
- Bird Watching

**12:00 PM** Lunch

### **1:30-5:00 PM SESSION 3**

- Pistol Basics
- BOW Mentored Turkey Hunt
- Foraged Flavors
- Kayaking Basics
- Outdoor Cooking
- Explore Bowfishing

**6:00 PM** Dinner

**7:00 PM** Guest Speaker

## SUNDAY, MAY 2

**7:00 AM** Breakfast /  
Check-out

### **8:30AM-12:00 PM SESSION 4**

- Explore Bowhunting
- BOW Mentored Turkey Hunt
- Edible Container Landscaping
- Foraged Flavors
- Canning & Preserving
- Overland Camping

**12:00 PM** Closing Remarks  
& Departure

# WORKSHOP LODGING

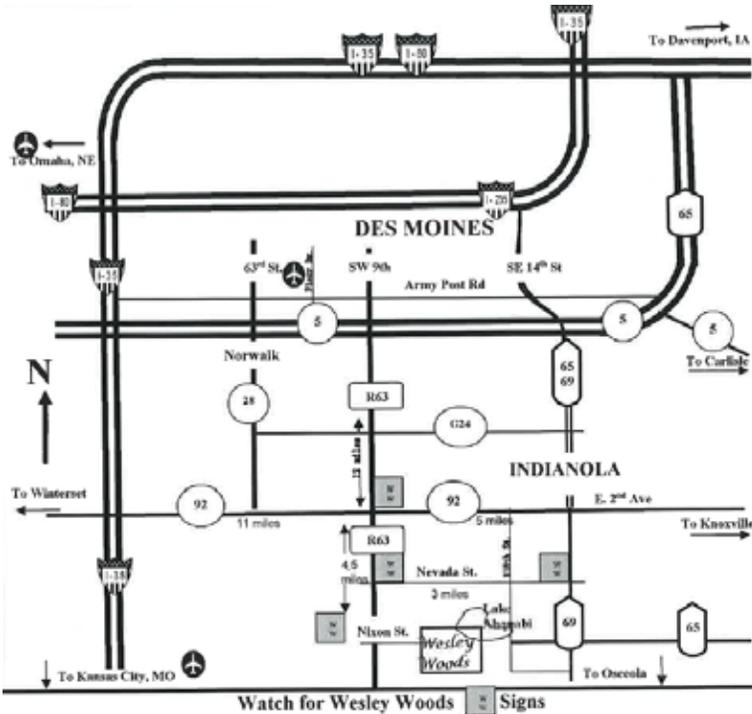
**From Interstate 35:**

From I-35 turn East onto Hwy 92 (exit 56) for 11 miles. At R63 turn South (right) for 4.5 miles until Nixon Street (gravel road) and turn East (left). Follow Nixon Street until it ends at Wesley Woods. Alternative: Take Hwy 5 bypass East until SW 9th St/R63 South (exit 96). Cross Hwy G24 & take Hwy 92 until Nixon Street (gravel road).

**From Interstate 80:**

From I-80 turn South onto Hwy 65 (exit 141) which becomes Hwy 5 East-West. At SW 9th St/R63 (exit 96) turn South. Continue South on R63, cross G24 & Hwy 92 until Nixon Street (gravel road). Turn East (left) on Nixon Street which ends at Wesley Woods.

**Please note if you use your phone or GPS for navigation it may show the camp driveway as a through road. It is not and you may end up at a dead end. Please be sure your device is sending you into camp via Nixon Street not Pershing Street.**



**Wesley Woods Camp & Retreat Center**  
 10896 Nixon Street  
 Indianola, IA 50125  
 866-684-7753

Lodging will be at Wesley Woods Camp & Retreat Center. Look for signs upon arrival directing you to registration in the Chapel, located in Methaqua Lodge, the main lodge at Wesley Woods. Meals will be served in Methaqua Lodge and sessions will be located throughout the facility. Lodging will in New Life Lodge, Timber Lodge, Asbury Inn, Wesley Inn, and Otterbein Inn. Participants will need to bring their own linens for a twin bed. Further details will be emailed out to participants due to the fluidity of requirements during the COVID-19 pandemic.

**Session Descriptions**

Each session indicates level of difficulty - low, moderate or strenous and if the session will be indoors or outdoors.

**Evening Activities**

Friday evening join us for Gourmet S'mores and Stargazing. Saturday's plans are still being finalized. More details to come.



# CLASS DESCRIPTIONS



## BIRD WATCHING

### *Low - Indoor/Outdoor*

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 area. Learn about other critters and “reading” nature signs along the way.

## EDIBLE CONTAINER LANDSCAPING

### *Low - Indoor/Outdoor*

Have you thought about gardening, but don’t think you have the time, talent or space? Come ready to learn about growing food in containers, or even your flower garden! We will create a basic container garden and discuss options for growing herbs, root vegetables, tomatoes and other flowering plants in small spaces. Bring your questions and imagination for creating your own low maintenance mini garden.

## AFTER THE HARVEST

### *Low - Indoor/Outdoor*

Iowa’s wild 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. Bring a hungry appetite and a willingness to try cleaning game yourself! This session will utilize grinders and dehydrators to grind meat, make jerky, and other preservation techniques like brining, smoking, and curing.

## CANNING & PRESERVING

### *Low - Indoor*

Have you always wanted to learn how to can food, but didn’t know where to start? Come ready to learn about general canning and preserving. You will learn how to get started, what equipment is needed, what vegetables and meats can be preserved, and the various methods of canning - water bath, steam and pressure canning. Bring an appetite and be ready to make and try delicious items from the garden and field.

## EXPLORE BOWFISHING

### *Moderate - Indoor/Outdoor*

Enjoy shooting archery but not sure how to take it to the next step? Learn to safely shoot a bow fishing rig, basic bow fishing regulations, and how to identify target species. Participants will learn to assemble and shoot a bow fishing rig using a variety of practice targets.



# CLASS DESCRIPTIONS



## FOREST THERAPY

### **Low - Outdoor**

Immerse yourself in nature and experience the benefits of being fully present in the medicine of the forest. This gentle three and a half hour forest therapy walk offers a rich experience in nature that can improve mood and provide relaxation. Shinrin-yoku (forest therapy) offers researched-based health benefits such as lowered blood pressure, decreased anxiety, and improved cognitive functioning. This event will be lead by certified guides with the Association of Nature & Forest Therapy.

## HIKING, BACKPACKING & CAMPING

### **Moderate - Outdoor**

Take the mystery out of hiking and 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. Wear comfortable clothing and boots or tennis shoes that can get muddy as we explore the area.

The class will then talk about tent camping. Topics of discussion will include camping site selection, how to set up a tent, and things to think about if you're bringing the family. Participants will learn how to set up their own tent and will have the option of camping in the tent throughout the weekend. Cots will be available if you're interested in this option. Make sure to pack your sleeping bag and any other relevant camping materials. Instructors will be in touch prior to the event to see if you'll be sleeping outdoors and what equipment, if any, you may need access to.

## INTRO TO ARCHERY

### **Low to Moderate - Indoor/Outdoor**

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 while utilizing the "Eleven Steps to Archery Success." This is a fun, hands-on experience with all equipment provided. We will shoot outdoors unless the weather keeps us indoors.

## INTRODUCTION TO FIREARMS

### **Low - Indoor/Outdoor**

Learn about guns and safe firearms handling in this hands-on class. Participants will become comfortable around firearms in a information-packed, upbeat session includes different types of firearms, how to load and unload them, ammunition types, definitions of commonly used terms, and the four basic rules of firearm safety. We will spend time in the classroom and on the range shooting, so dress accordingly. All firearms will be provided.

## INTRO TO FISHING

### **Low - Indoor/Outdoor**

Fishing is a great way for families to spend time together outdoors! Get an introduction to basic fishing equipment, fish identification, and fish habitats. Then head outside to practice casting techniques, before heading to Horseshoe Pond to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine. Participants will practice catch and release on the pond.

**An Iowa fishing license is required for this session.**

## EXPLORE BOWHUNTING

### **Moderate - Indoor/Outdoor**

Enjoy shooting archery, but not sure how to take it to the next step? Participants will be introduced to the terminology and techniques used in bowhunting, which include equipment, blood trailing, wildlife anatomy, rules and regulations. We will also practice distance estimation. Bowhunting opportunities will be explored. Bows will be provided, if you have your favorite bow feel free to bring it. The instructor will inspect bows prior to the class. Field points only.

## FORAGED FLAVORS

### **Low - Indoor/Outdoor**

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

# CLASS DESCRIPTIONS

## KAYAKING BASICS

### *Moderate to Strenuous - Outdoor*

Iowa State University's Outdoor Recreation Program will teach participants the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Participants will practice kayaking skills on Lake Ahquabi, so dress for the weather! Snow hats and gloves have been worn in the past. Kayaks, paddles and life jackets will be provided.

## MENTORED TURKEY HUNT

### *Moderate to Strenuous - Indoor/Outdoor* **This runs all four sessions!**

Cut out the grocery store and try to harvest your own wild turkey! Join us on a mentored turkey hunt experience! This is for **Iowa residents only** and will run all four sessions of BOW.

On Friday, participants will be introduced to the basics of turkey hunting including turkey habitat, hunting techniques and equipment, turkey calling, and scouting techniques. Participants will then pattern their shotgun so they're ready for the hunt on Saturday and Sunday. Firearms and ammunition will be provided as needed. Participants will be paired up with knowledgeable mentors who will assist them with the hunt. The group will have dinner together on Friday night, so folks can get to know each other as well as make plans for the rest of the weekend.

Saturday and Sunday's sessions may start early or run late, depending on what each mentor and mentee decides. When you're not in the timber, participants will learn how to field dress turkeys as well as different culinary approaches to this favored bird. Additional details will be provided prior to the hunt.

**A hunting license, habitat stamp, and Season 4 turkey tag are required.**

## MODERN SPORTING ARMS

### *Low - Outdoor*

Rifles, muzzleloaders, and shotguns will be the focus of this session. Learn how to safely handle, load, and shoot these firearms. Learn marksmanship, shooting techniques, and proper storage. All firearms and safety equipment will be provided.

**Must attend Intro to Firearms or have completed hunter education.**

## OUTDOOR COOKING

### *Low - Outdoor*

See how easy it is to prepare crowd-pleasing meals around the campfire using pie irons, hobo packets, and roasting skewers. After everyone is full, we'll continue to discuss different types of cookware, how to prepare your outdoor kitchen and how to cook with the Dutch oven and coals. Recipes will be shared and everyone will get a chance to help prepare and cook, while sampling a variety of dishes... even desserts. Participants will cook dinner and desserts for everyone on Saturday!

## OUTDOOR PHOTOGRAPHY

### *Low - Indoor/Outdoor*

What do we all have in our pocket, that's right, a smartphone. Grab your smartphone and join as we aspire to take wonderfully, composed, in-focus images, by the end of the class. Participants should bring their charged smartphone and an eagerness to learn and explore. We will go outside and practice our new skills, as well as discuss some of the "technical" aspects of photography.



# CLASS DESCRIPTIONS



## OVERLAND CAMPING

### *Low - Outdoor*

Start your next adventure. See remote areas and camp along the way. The journey is part of the adventure. Learn how to car camp or overland like a pro. Participants will learn about campsite selection, fire safety, outdoor cooking techniques, and packing your vehicle for such a trip. Cowboy coffee and snacks will be provided, so come hungry!

## PISTOL BASICS

### *Low - Outdoor*

Join us on the range to learn about different types of handguns, their uses and other equipment needs. Additionally, we'll discuss safe handling, use and storage of handguns. We'll spend most of the session outside on the range, so please dress accordingly. We will be shooting .22 caliber pistols and 9 mm pistols. Firearms and ammunition will be provided.

**Must attend Intro to Firearms or have completed hunter education.**



# SCHOLARSHIP APPLICATION



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2021 weekend workshop to women 18 years old and older who would be unable to attend without financial assistance. BOW encourages anyone to apply for a scholarship. However, preference will be given to first-time attendees and those promoting diversity in outdoors education across the state through their community affiliations, culture, region, and/or profession.

- 1 Scholarships cover **\$140**, which is half of the full registration fee. Scholarships will not be awarded for applications scored below 30 points (*see Scholarship Scoring rubric on next page*).
- 2 **Applications must be received by March 30, 2021.** Scholarship applicants need to register online, pay their \$150 registration fee, and email or mail the scholarship application to:
- 3 Scholarship recipients will be expected to write an article about your BOW experience, which may be published in DNR newsletters and in BOW promotional materials.
- 4 ***BOW scholarship winners will be notified by April 9, 2021.***

IHEIA-BOW  
 PO Box 854  
 Des Moines, IA 50304  
[rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

**Any questions or concerns, please contact:**  
 Rachel Alliss, 515-729-6037  
[rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Are you a first-time attendee? Yes \_\_\_\_\_ No \_\_\_\_\_

Mailing Address \_\_\_\_\_

City /State/Zip \_\_\_\_\_

Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

**In a separate document, please include the following (maximum of 250 words):**

1. Explain why you are seeking scholarship assistance.
2. Briefly describe your interests and participation in outdoors recreation.
3. How will you use the knowledge you expect to gain at this conference in your real world setting?
4. How will your participation in the conference help promote BOW’s goal of helping women develop hunting, fishing, boating and other outdoor recreation skills?

**By signing below, you confirm that the information submitted is accurate, and without financial assistance, you would be unable to attend the 2021 Spring BOW workshop.**

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

# SCHOLARSHIP SCORING



## Guidelines used by Scholarship Judging Committee:

Applicant Name: \_\_\_\_\_ Date \_\_\_\_\_

BOW SCHOLARSHIP Application Review:	Maximum # Points	Judge 1 score	Judge 2 score	Judge 3 score	Average Score
First time BOW attendee?	10				
<b>NARRATIVE:</b> (30 pts max)					
Financial need:	10				
Interests/responsibilities:	5				
Real world application:	15				
<b>DIVERSITY:</b> (20 pts max)					
Community affiliations:	5				
Culture:	5				
Region (country, state):	5				
Profession:	5				
<b>OTHER CONSIDERATIONS:</b> (extra credit)	5				
<b>TOTAL:</b>	<b>65 max pts</b>				

# REGISTRATION FORM

## ONLINE REGISTRATION

**ALL REGISTRATIONS WILL BE ONLINE.**

This registration page is designed to assist you with online registration.

[Online Registration Link](#)

**Questions?** Call: 515-729-6037 or Email: [rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

## WORKSHOP FEES

**FEE INCLUDES:**

- Instruction for all sessions
- Program materials
- Use of demonstration equipment
- Meals & lodging options
- T-shirt
- Participant gifts

**NOTE: After April 2, 2021 registration will not include lodging.**

## REGISTRATION RATES

**Rates ON or BEFORE April 2, 2021:**

- \$280 Registration
- \$140 Scholarship Applicant
- \$250 No Lodging Option

**Rate AFTER April 2, 2021:**

- \$300 LATE Registration/No Lodging

**Roommate(s):** List preferred roommate(s).

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please send your completed medical history questionnaire by **April 16, 2021** via email to [rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov) or by mail to Iowa DNR, Attn: Rachel Alliss, 502 East 9th St, Des Moines, IA 50319.

**CANCELLATIONS: Deadline April 2, 2021**

On or before **April 2, 2021**, you will receive a refund, minus a \$25 processing fee. After **April 2, 2020**, refunds will not be available. You may send a substitute.

**SCHOLARSHIPS:**

Limited funds are available for scholarships to first-time participants. Scholarship applicants pay \$140 at the time of registration and submit the Scholarship Application.

- Scholarship applications must be received by **March 30, 2021**
- Recipients will be notified by **April 9, 2021**

**PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Tshirt Size:  XS  S  M  L  XL  2XL  3XL

Have you attended BOW before? \_\_\_\_\_ If yes, how many times? \_\_\_\_\_

**Dietary constraints or other special needs, please email:** [rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

**CHOOSE ONE OPTION PER SESSION:**

**SESSION 1**

- Intro to Firearms
- BOW Mentored Turkey Hunt\*\*
- Intro to Fishing\*\*
- Forest Therapy
- Backpacking, Camping & Hiking
- Outdoor Photography

**SESSION 3**

- Pistol Basics\*
- BOW Mentored Turkey Hunt\*\*
- Foraged Flavors
- Kayaking Basics
- Outdoor Cooking
- Explore Bowfishing

**SESSION 2**

- Modern Sporting Arms\*
- BOW Mentored Turkey Hunt\*\*
- Intro to Archery
- After the Harvest
- Kayaking Basics
- Bird Watching

**SESSION 4**

- Explore Bowhunting
- BOW Mentored Turkey Hunt\*\*
- Edible Container Landscaping
- Foraged Flavors
- Canning and Preserving
- Overland Camping

\*sessions have prerequisites  
 \*\* sessions have license requirements



# MEDICAL FORM

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

Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

- Asthma
- Heart Disease
- Diabetes
- High Blood Pressure
- Fainting Spells
- Seizures
- Hay fever or allergies  
(especially to bees, ants, etc.)

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?

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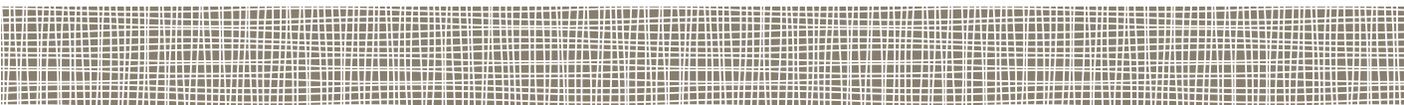
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# WHAT TO BRING



## NECESSITIES

- **SHOES:** Sturdy shoes are a must.
- **WEATHER APPROPRIATE:** Rain gear and cold-weather clothing are necessities, as classes will be held regardless of weather. This is Iowa and it's hard to predict what we will have for temperatures.
- **FREE TIME ITEMS:** You will have free time to relax and explore Wesley Woods Camp & Retreat Center property and its amenities. There are hiking trails on property to explore and Lake Ahquabi State Park is 10 minutes away.
- **SKINCARE:** Sunscreen and bug spray – it's that time of year.
- **AN OPEN MIND:** Bring a creative spirit and a willingness to learn and try new things. It will be an awesome weekend!

## SESSION EQUIPMENT

- **DO NOT BRING ANY FIREARMS WITH YOU.** We will supply all firearms and ammunition for these classes:
  - 1) Introduction to Firearms
  - 2) Modern Sporting Arms
  - 3) Pistol Basics
- **IOWA FISHING AND/OR HUNTING LICENSE** Please purchase a fishing or hunting license BEFORE coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available. Licenses can be purchased online at [gooutdoorsiowa.com](http://gooutdoorsiowa.com) or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
  - 1) Intro to Fishing
  - 2) Kayak Fishing
  - 3) Talking Turkey Hunt ([Hunting & Habitat Combo and Season 4 Spring Turkey license](#))

## BOWTIQUE

- **Friends of BOW** will sponsor the BOWtique where you can find all your BOW inspired apparel and gear. All proceeds will go to support the BOW program and BOW scholarships. Please pay with cash, check, or credit card for any purchases. BOWtique times will be posted at the event.

## SILENT AUCTION

- **Friends of BOW** will sponsor a Silent Auction on Saturday (*details next page*). We're asking each participant to bring something to donate to the auction. All proceeds will go to support the BOW program. Please pay with cash, check, or credit card for any purchases.

# SILENT AUCTION

At each of our workshops, **Friends of BOW** holds a silent (*and sometimes not-so-silent*) auction to help us cover workshop costs and attendance scholarships. It's a lot of fun and we get to send participants home with some wonderful things. We are asking each participant to donate something to the auction. It doesn't have to be anything big – but we won't complain if it is! It doesn't even have to be anything new. Just bring something, if you can.

**Below are some general guidelines and ideas, but don't let these stifle your creativity!**

**OUTDOOR THEME:** but doesn't have to be outdoor equipment. For example, it could be a really cool rock, a lamp made of natural materials, an art print or a pair of hummingbird earrings. Of course, you're always welcome to bring a tent or a kayak. (*We try to be optimistic!*)

**NEW OR USED:** as long as it is in good condition. For example, if you have a piece of outdoor equipment you're no longer planning to use — bring it!

**HOMEMADE ITEMS:** quilts or quilted items, crafts, paintings or other artwork, jams/jellies or dehydrated food are always welcome.

If you have an item to donate, please bring it to the registration area when you check in Friday.

All proceeds from the auction go to pay for costs of equipment, scholarships, food and lodging for volunteer instructors and a host of other expenses. Many thanks in advance for your generosity!



# BEYOND BOW EVENTS



CELEBRATE . CONNECT . INSPIRE .

The year 2020 marks the 100th anniversary of the Iowa state parks system. Iowa will host a yearlong celebration to commemorate the centennial with over 100 days of events, including special events, promotions, historical and cultural connections and much more! To learn more or find an event near you: <https://www.iowadnr.gov/Places-to-Go/Parks-2020>.

## Beyond BOW at the Range, Olofson Shooting Range, Polk City, IA



TBD, Beyond BOW - Trap and Skeet  
 TBD, Beyond BOW - Rifles and Handguns

Ever wanted to try a pistol, rifle, or shotgun? Join us for a day at the range. The days will focus on teaching basic rifle, shotgun and pistol safety, shooting techniques and range etiquette. All firearms and ammunition will be provided. Once the shooting is done, the instructors will teach you how to take apart, clean and store the firearms.

## Beyond BOW/Wander Women Events



TBD Spring 2020 - Hike, Forage, and Create - Des Moines, IA

Beyond BOW is excited to partner with Wander Woman in 2020! Wander Woman provides women with the opportunity to escape the daily grind and find deep connection with nature through their all-inclusive camping and hiking adventures throughout Iowa. This year BOW will be partnering on three different events throughout the Des Moines metro to show there are awesome opportunities in our urban backyard!

## Women's Upland Bird Hunting Clinic, Pheasants Forever



TBD Fall 2020

This clinic will begin on Saturday with four sessions led by some of Iowa's most passionate female bird hunters. The sessions will provide instruction on everything from bird habitat, places to hunt, necessary gear, firearms, hunting methods, selecting and training bird dogs, and so much more. On Sunday, we'll finish with breakfast followed by a morning bird hunt! Once the hunt is over, the instructors will assist you with field dressing and share some of their favorite recipes and uses of the harvest.

Check [www.iowadnr.gov/bow](http://www.iowadnr.gov/bow) for more exciting opportunities listed throughout the year.