FRIDAY, MAY 20

10:30 AM  Check-in
11:30 AM  Welcome / Overview
12:00 PM  Lunch

1:30-5:00 PM  SESSION 1
• Introduction to Firearms
• Intro to Fishing
• Forest Therapy
• Backpacking & Camping
• Stand Up Paddling (SUP)
• Hunting, Hawking & Horses
• Sweetly Natural: Wild Jellies, Syrups, Teas & More!

6:00 PM  Dinner
8:00 PM  Evening Activity

SATURDAY, MAY 21

7:00 AM  Breakfast

8:30AM-12:00 PM  SESSION 2
• Modern Sporting Arms
• Intro to Archery
• Kayaking Basics
• After the Harvest
• Bird Watching
• Canning & Preserving
• Hunting, Hawking & Horses
• Take A Hike

12:00 PM  Lunch

1:30-5:00 PM  SESSION 3
• Pistol Basics
• Foraged Flavors
• Kayaking Basics
• Outdoor Cooking
• Forest Therapy
• Explore Bowfishing
• Take A Hike

6:00 PM  Dinner
8:00 PM  Evening Activity

SUNDAY, MAY 22

7:00 AM  Breakfast / Check-out

8:30AM-12:00 PM  SESSION 4
• Explore Bowhunting
• Edible Container Landscaping
• Foraged Flavors
• Outdoor Photography
• Overland Camping
• Nature Crafts
• On A Rope

12:00 PM  Closing Remarks & Departure
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.

Session Descriptions

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

Evening Activities

Friday and Saturday’s evening activities are still being finalized. More details to come. Activities might include stargazing, s’mores, night hike, birds of prey program, and campfires.

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 Map

2022 BOW WORKSHOP • MAY 20 - MAY 22

Workshop Logistics

METHAQUA LODGE: Chapel, Pine Room, West Dining Room, Activity Center, Otterbein Inn, Wesley Inn
BACKPACKING & CAMPING

Moderate - Outdoor
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. 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.

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.

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.

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.

Class Descriptions
**Class Descriptions**

**EXPLORE BOWFISHING**

*Low - 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.

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

**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.

**HUNTING, HAWKING & HORSES**

*Moderate to Strenuous - Outdoor*

How’s that possible? Learn how horses’ partner with humans in outdoor and wilderness skills. You’ve heard of goat yoga? – how about Pony Pilates and Mini Mindfulness? Did you know there are mounted archery and shooting sports competitions? Are you curious about how to work with a horse if you know nothing about them? Learn how to enjoy Horses in a little different way - no matter your skill level. You will have an opportunity to work with horses on the ground and from the saddle, while exploring good partnership building skills on the obstacle course.

**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.

**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.
## Class Descriptions

### 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.*

### 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.

### 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.*

### On a Rope

**Strenuous - Outdoor**

Push yourself to your mental and physical limit--35 feet in the air! Trained facilitators will first help you on the ground to suit up in safety harnesses and helmets and practice safety commands and transfers. Then, it’s up we go! Facilitators in the air and on the ground will assist you as you go through as many obstacles as time allows in a choose-your-own-adventure path to the zip line. The group will work on team-building initiatives and other outdoor skills when not up high. Dependent on weather, this class could be moved to the rock wall.

### 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!

### Nature Crafts

**Low - Indoor, possibly Outdoor**

Do you enjoy collecting items when out in nature? Find yourself on Pinterest trying to be inspired? This session will turn natural materials into treasures you can take home. Let your creative mind recharge during our time together.

### Outdoor Photography

**Low - Indoor/Outdoor**

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.
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.

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 have a light breakfast and come hungry!

STAND UP PADDLING

Moderate - Outdoor
Stand-up Paddling (SUP) is one of the fastest growing sports 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!

SWEETLY NATURAL: WILD JELLIES, SYRUPS, TEAS & MORE!

Low - Indoor/Outdoor
Venture out on a brief foraging exploration in local meadows and woodlands. Gather wildflowers, fruits and leaves from sustainable populations, and transform them into beautiful syrups, jellies, teas and fritters. Discover simple ways to preserve the vibrant colors and luscious tastes and fragrances of Springtime! Celebrate with a decadent wild tea party!

TAKE A HIKE

Low/Moderate - Outdoor
Get outdoors and take a hike! This class will spend the three hours outdoors, exploring, identifying and discovering. Learn what to put in your pack for a day hike, lace up your boots, grab your water and go explore! Bring a trusty pair of boots or sturdy shoes and prepare to get dirty and discover the beauty of Wesley Woods. Look for tracks, wildlife, and beautiful scenes. Make sure to bring your camera to capture the views!
The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2022 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.

2. Applications must be received by April 22, 2022. Scholarship applicants need to register online, pay their $140 registration fee, complete the online medical form and complete the online scholarship application.

   Online Registration Link
   Online Medical Questionnaire
   Online Scholarship Application

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 29, 2022.

   Any questions or concerns, please contact: Rachel Alliss, 515-729-6037 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 2022 Spring BOW workshop.

Applicant Signature ___________________________ Date ___________________________
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 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? [ ] Yes [ ] No 
If yes, how many times? ____________________________________________

SESSION 1
[ ] Intro to Firearms
[ ] Intro to Fishing**
[ ] Forest Therapy
[ ] Backpacking & Camping
[ ] Stand Up Paddling (SUP)
[ ] Hunting, Hawking & Horses***
[ ] Sweetly Natural: Wild Jellies, Syrups, Teas & More!

SESSION 2
[ ] Modern Sporting Arms*
[ ] Intro to Archery
[ ] Kayaking Basics
[ ] After the Harvest
[ ] Bird Watching
[ ] Canning & Preserving
[ ] Hunting, Hawking & Horses***
[ ] Take A Hike

SESSION 3
[ ] Pistol Basics*
[ ] Foraged Flavors
[ ] Kayaking Basics
[ ] Outdoor Cooking
[ ] Forest Therapy
[ ] Explore Bowfishing
[ ] Hunting, Hawking & Horses***
[ ] Take A Hike

SESSION 4
[ ] Explore Bowhunting
[ ] Edible Container Landscaping
[ ] Foraged Flavors
[ ] Outdoor Photography
[ ] Overland Camping
[ ] Nature Crafts
[ ] On A Rope

*sessions have prerequisites
** sessions have license requirements
*** sessions require additional fees

Questions? Call: 515-729-6037 or Email: rachel.alliss@dnr.iowa.gov
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?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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 and Warren County Conservation Boards 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 LICENSE** Please purchase a fishing license BEFORE coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available for both Iowa residents and non-residents. 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 the Intro to Fishing session.

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.
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!