



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 hoped for an opportunity; you are a beginner who hopes to improve your skills; you know how to do some of these activities, but would like to try some new ones; or you are looking for the camaraderie of like-minded individuals.

September 16-18, 2016

Springbrook Conservation Education Center
Springbrook State Park, Guthrie Center IA

2016 FALL SCHEDULE

Friday, September 16

- 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. Survival Skills
 - D. Dutch Oven Cooking
 - E. Kayaking
 - F. Wild Edibles
- 5:00 Dinner
- 7:30 Evening Activities

Saturday, September 17

- 7:00 Breakfast
- 8:00 - 11:30 Session II
 - G. Basic Shooting
 - H. Fitness in the Forest
 - I. Archery
 - J. Dutch Oven Cooking
 - K. Basic Motor Boat
 - L. Birdwatching
- 12:00 Lunch

- 1:00 - 4:30 Session III
 - M. Deer Hunting
 - N. River Fishing
 - O. Archery
 - P. Basic Camping
 - Q. Stand Up Paddling
 - R. Geocaching

- 6:00 Dinner
- 7:00 Evening Activities

Sunday, September 18

- 7:00 Breakfast
- 8:00 - 11:30 Session IV
 - S. Basic Shooting
 - T. Fly Fishing
 - U. Leave No Trace
 - V. Wild Game Cooking
 - W. Canoeing
 - X. Nature Field Trip
- 11:30 Wrap up
- 11:30 Lunch & Farewells

Enrollment Limit: 100
Register Early!
Workshop spaces will fill fast

WORKSHOP 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. 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.

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... even desserts.

E. 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!

F. 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.

G. 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.

H. Fitness in the Forest

No need for a gym membership... learn a variety of ways to keep the active summer momentum going as the Iowa weather turns cold. Discover the progression from simple hiking and Nordic walking to snowshoe running in this interactive session. Learn about equipment and how to fuel for winter activity.

I. 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.

J. Dutch Oven Cooking

Repeat of Course D

K. Basic Motor Boat Skills

Participants will learn the basics of boating safety, how to back a boat trailer and how to operate different motorboats. There will be plenty of opportunity to actually back trailers and operate boats on the water.

L. Birdwatching

Learn the basic steps in becoming an adept birder. Learn bird-spotting techniques and how to identify various bird calls. Then put your skills to work as you hike around the Springbrook State Park area.

M. Deer Hunting

Want to know more about deer 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 deer. Participants will also learn about safety, clothing, and equipment.

N. River Fishing

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 is good preparation for this session).

THIS SESSION REQUIRES A VALID FISHING LICENSE

O. Intro to Archery

Repeat of Course I

P. Basic Camping

Learn what to take and what to leave at home. Learn about equipment best suited to your needs, including tents, sleeping bags, cook stoves, and menu items. You will learn to put up a tent, build a safe fire, and make comfortable camp with low or no impact on the environment.

Q. What's SUP?

Stand Up Paddling (SUP) is the fastest growing sport 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!

R. Geocaching

In this hands-on class, participants learn to use their smart phones or a GPS unit to navigate, and then practice their skills finding a variety of “treasures.”

S. Basic Shooting

Repeat of Course G

PREREQUISITE: Class A or Hunter Education Certificate.

T. 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. There will be plenty of opportunity to practice your skills.

THIS SESSION REQUIRES A VALID FISHING LICENSE

U. Leave No Trace

Participants will receive training in the skills and ethics of Leave No Trace. Topics include the underlying concept of minimum impact recreation and the seven principles of Leave No Trace: plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, be considerate of other visitors.

V. Wild Game Cooking

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.

W. Canoeing

Learn the basic 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!

X. Nature Watching Field Trip

Learn about the habits and habitats of all types of critters as you travel by van to various ecosystems around the Guthrie County area, including Whiterock Conservancy. Wetland, riparian and prairie habitats may be included in the trip. Some hiking may be required. (Not required, but course L may better prepare you for this session.)

INTERNATIONAL SPONSORS

Sustaining Sponsor: The University of Wisconsin College of Natural Resources, Rocky Mountain Elk Foundation, Federal Premium Ammunition,
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!

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

Cancellation deadline is September 2, 2016. Cancellations before September 2 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 September 9, 2016 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, and 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 Springbrook Conservation Education Center.

Questions? Call (515) 729-6037 or email Rachel.Ladd@dnr.iowa.gov



LEADING OTHERS IN CARING FOR OUR NATURAL RESOURCES

BECOMING AN OUTDOORS-WOMAN September 16-18, 2016

Only one person may register per form.

Name: _____
 Address: _____
 City/State/Zip: _____
 Phone: Day _____ Evening: _____
 Email: _____

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)

Have you attended a BOW workshop in Iowa before? Yes No

How did you hear about BOW?

News media (newspaper, magazine, radio, television) Internet Email

Social Media (Facebook, Twitter, Other) 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.

T-Shirt Size:

S M L XL XXL

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)

Indicate your first (1), second (2), and third (3) choices for EACH session.
 Check possible prerequisites in the class descriptions

Session I (Fri, 18 th)	Session II (Sat, 19 th)	Session III (Sat, 19 th)	Session IV (Sun, 20 st)
_____ A. Intro to Firearms	_____ G. Basic shooting	_____ M. Deer Hunting	_____ S. Basic Shooting
_____ B. Basic Fishing	_____ H. Fitness in the Forest	_____ N. River Fishing	_____ T. Fly Fishing
_____ C. Survival Skills	_____ I. Archery	_____ O. Archery	_____ U. Leave No Trace
_____ D. Dutch Oven Cooking	_____ J. Dutch Oven Cooking	_____ P. Basic Camping	_____ V. Wild Game Cooking
_____ E. Kayaking	_____ K. Basic Motor Boat	_____ Q. Stand Up Paddling	_____ W. Canoeing
_____ F. Wild Edibles	_____ L. Birdwatching	_____ R. Geocaching	_____ X. Nature Field Trip

Workshop Fee - Fee includes instruction in all sessions, program materials, use of demonstration equipment, and all meals.

\$150 before September 4 (Includes lodging)

\$180 after September 4 (\$30 check will be collected on site)

Yes, I would like to participate in the 5K Run/Walk through the woods as a runner or walker.
 I understand a separate \$10 (or \$14) fee will be collected upon arrival. (See last page for more information)

Office Use Only

Date Rec'd _____

Amt. encl _____

Check # _____

Send completed registration form and fee to:

Becoming an Outdoors-Woman
Iowa DNR
502 E 9th St
Des Moines IA 50319-0034

Past BOW participants: For each NEW participant (someone who has not been to an Iowa BOW workshop) you bring, your name will be entered into a drawing for a free registration (limit 3 names). The drawing will be held during the workshop and is sponsored by the Friends of Becoming an Outdoors-Woman. Please list the names and addresses of the new participants below and mail your registration forms together if possible.

Make checks payable to Becoming An Outdoors-Woman
 No registrations will be accepted by telephone, email or fax.

ENROLLMENT LIMIT: 100 REGISTER EARLY! WORKSHOP SPACES FILL FAST

Please provide us with this important information in case of a medical emergency.

MEDICAL HISTORY QUESTIONNAIRE

All Information Is Confidential

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:

- | | |
|--|--|
| <input type="checkbox"/> Hay fever or allergies (especially to bees, ants, etc.) | |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> 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: _____

19th Annual Run Through the Woods 5K Fun Run/Walk

**Ah... think of the warm September sun through the trees... a bit of Fall,
crisp in the air... deer trotting across the trail...**

Yup, it's time for the 19th annual "Run through the woods" 5K (3.1 miles)! Or you can opt for the 1.5 mile route (one of two loops instead). It's all for fun and entirely up to you.

Make some new friends, get to know some of the instructors, and enjoy a relaxing run or walk through Springbrook State Park while at the Becoming an Outdoors Woman workshop. The crushed rock and grass route will take you around the park's lake, which is a nice rolling course.

Not a runner? Don't worry! More than 90% of participants in the past years have been walkers. For those interested, "official times" will be available. Like BOW, this is a non-competitive (well, except maybe with yourself), fun event.

If you'd like to join us and receive a **limited-edition women's cut t-shirt***, some fun **munchies** during and after the 5K, as well as chances at some **door prizes**, please indicate on the BOW registration form. The cost is \$10 (\$14 for 2XL) if registered **on or before September 9th**. (If we have any extra shirts available, they available for \$15 and \$20 onsite at BOW.)

DO NOT include payment with your BOW registration; just indicate your intent to participate on the form. Cash or check payment will be taken Friday, September 16th at the BOW check-in table.

Please plan to join us. Typically, more than half the BOW participants take part. Don't miss the September 9th sign-up deadline- and please don't forget your check or cash, since we will have ordered and paid for your shirt- thanks!

Any questions? Contact Joli.Vollers@dnr.iowa.gov or (515) 238-2047. See you there!

