

BECOMING AN OUTDOORS WOMAN



2023 BOW WORKSHOP

APRIL 21-23

FRIDAY, APRIL 21

10:00 AM Check-in

11:30 AM Welcome /
Overview

12:00 PM Lunch

1:30-5:00 PM SESSION 1

- Basket Weaving
- Bowfishing 101
- Camping Basics
- Canning & Preserving
- Introduction to Firearms
- Intro to Fly-Fishing^
- Mentored Turkey Hunt**
- Wildcrafted Remedies

6:00-7:00 PM Dinner

7:30-9:00 PM Evening Activity

SATURDAY, APRIL 22

7:00 AM Breakfast

8:30AM-12:00 PM SESSION 2

- Backpacking Part 1*
- Boating & Trailers Part 1^^
- Getting into the Van Life
- Intro to Fly-Tying^
- Mentored Turkey Hunt**
- Shotgun Basics
- Ten Essentials of Day Hiking
- Pudgies & Sticks

12:00 PM Lunch

1:30-5:00 PM SESSION 3

- Archery & Atl Atls
- Backpacking Part 2*
- Boating & Trailers Part 2^^
- Dutch Oven Cooking
- Foraging
- Getting into the Van Life
- Mentored Turkey Hunt**
- Wild Fish Prep & Cooking
- Woodworking for Wildlife

6:30 PM Dinner

7:30 PM Evening Activity

SUNDAY, APRIL 23

7:00 AM Breakfast /
Check-out

8:30AM-12:00 PM SESSION 4

- Basic Spincast Fishing
- Bird Watching
- Blast from the Past
- Foraging
- Forest Therapy
- Kayak Basics
- Mentored Turkey Hunt**
- Orienteering & Map Reading

12:00 PM Closing Remarks
& Departure

WORKSHOP LOGISTICS

Lodging

Participants will be lodged in communal bunk rooms in the Omega and Alpha Lodges. We will try to accomodate all roommate/lodging requests. Are you new to BOW or coming by yourself? No worries, you'll be paired up with roommate and soon to be new friends!

Session Descriptions

Each session shows how difficult it will be - low, moderate or strenous. Additionally, if the session will be indoors or outdoors. Please understand that most sessions are dependent upon snow. If there is no snow on the ground, sessions will be altered.

Evening Activities

Friday

Equipping Your Bicycle to Haul Cargo: Whether you want to bike to the store to get groceries, bike and camp all weekend with your buddies, or bike across the county, the first thing you need to consider is: how to haul cargo. Another thing to consider is if your bike is the right bike for the job. Bikepacking, bike touring, and bike camping are similar in that you will need some way to haul your gear. The traditional way to haul gear is by putting it in special bike bags called panniers or saddle bags. They attach to a rear or front rack that is installed on your bike. Most bikes can accommodate accessories like racks, baskets, handlebar bags, etc. Bring your bike, bring any accessories you want to install; find a better bike, find the right accessories for your bike. Our goal will be to make sure that, #1 your bike passes a safety check and #2 that your bike can haul cargo! More recently we've seen frame packs introduced to the market and we encourage you to explore this as an option if you want an ultra lightweight bike setup. Get your bike tuned up before the class or simply bring it as-is! We will do our best to accommodate everyone's needs. Keep in mind that getting your bike gear set up can easily take more than three hours, and we will be sure you leave with a plan to finish your bike setup if needed. If you don't already have a rear/front rack, please take your bike to your local bike shop and ask them which rack/s to purchase for your specific bike. We will install them together. If you would prefer to purchase used accessories--we have lots though we can't guarantee their quality and what our inventory will look like the day of the workshop. If you have a limited budget just show up with whatever you got.

Saturday 6:30-8:00PM

A Thruhikers Guide to the Colorado Trail: Part adventure-tale, part how-to, Johnson County Conservation Board Naturalist and veteran backpacker Kristen Morrow and first time backpacker Hai Huynh will share about their 2019 thruhike of the 486-mile Colorado Trail. The presentation will feature an overview of the CT, the planning process, gear rundowns, and things learned along the way. Anyone interested in planning a thruhike or getting into backpacking should join and bring questions!

SCHEDULED TRACKS

BOATING & TRAILERS (PART I & II)

Low to Moderate - Indoor & Outdoor

Longing for sunny days on the water? Ready to be the captain of the ship, not just the first mate? Whether you go fishing, sailing, pleasure boating, canoeing or kaying, this course will help you gain skills that could save your life! The first of the two-part series will focus on learning about boats, how to navigate your boat, Iowa laws, safety equipment and emergency preparedness. Students that pass a written test will result in earning their Iowa Boater Education Certificate.

The second of the two-part series will be spent at the boat ramp and on the water. Participants will learn to back a trailer, start a motor, tie basic knots for boating and run a power boat (weather permitting). Come ready to get wet and stay hydrated!

This is a two part session - please pick it for Session 2 & Session 3.

BACKPACKING BASICS (PART I & II)

Low to Moderate - Indoor/Outdoor

Dreaming of remote sites to pitch a tent and long days on trail? Then these classes on backpacking basics are for you! The first of the two-part series will focus on practical skills such as tent/campsite set-up, stove use, water filtration, food hangs, and how to pack a pack.

The second of the two-part series will focus on trip planning: how to select a route, how to plan mileage, safety considerations, and how to pack gear, clothing, and food. This session will be an indoor presentation-style class, and participants will be able to see gear examples. If time remains, participants will head outdoors and practice the practical skills learned in the first part of the series.

This is a two part session - please pick it for Session 2 & Session 3.

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 3 turkey tag are required.

CLASS DESCRIPTIONS



INTRODUCTION TO FLY FISHING

Low to Moderate - Indoor/Outdoor

In this session you will learn a little about the history of fly fishing, how to assemble a fly rod and line, and basic casting technique. This course is designed for the beginner and no prior experience is needed. However, if you have a fly rod please feel free to bring it along and we will help you get it all ready for the upcoming season.

This is a two part session - please pick it for Session 1.

INTRO TO FLY TYING

Low - Indoor/Outdoor

In this session you will learn about macroinvertebrates as they are seen through the eyes of fish. Once we've introduced those concepts, you will make your own fly to use fly-fishing. No prior experience is required for this course but if you have your own fly-tying kit and you would like to bring it along to learn your tools more specifically feel free.

This is a two part session - please pick it for Session 2.

ARCHERY & ATL ALTS

Low - Indoor/Outdoor

Are you interested in learning about some hunting tools that have been around for a long time? Maybe you've tried some one of these but would like a refresher or some tips? We will start with archery basics and teach you how to shoot a bow. What's an atl atl? An atl atl is a tool that has been around for a long time. It is used to throw spears/darts further and with higher accuracy. Learn the proper technique for throwing and give it a try!

BASKET WEAVING

Low - Indoor/Outdoor

Learn how to identify, harvest, and prepare the willow stems for basket making. Participants will spend 2-3 hours making a woven foraging basket from materials they can gather locally (some materials will be gathered ahead of time). Basket making will take place outside, weather dependent.

BASIC SPINCAST 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 the water to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine. Participants will have the chance to practice their filet skills.

An Iowa fishing license is required for this session.

BLAST FROM THE PAST

Low to Moderate - Outdoor

Walk on the 375 million year old ocean floor at the Devonian Fossil Gorge. The floods of 1993 exposed an incredible collection of shallow sea fossils including corals, brachiopods, trilobites, and more! Explore the fossil gorge and learn the story of Iowa from the rocks that lay below our feet.

Move forward in time to approximately ~2500 years ago and learn about how people lived in Iowa through a hands-on exploration of ancient technology. Try flintknapping, throw spears using an atlatl, and explore artifacts that give us a hint as to what life was like long ago while making connections to things we still do every day.



CLASS DESCRIPTIONS

BOWFISHING 101

Moderate to Strenuous - Outdoor

Bowfishing is a popular outdoor sport that allows you to combine the fun activities of archery and fishing. During this session, participants will learn how to shoot a bow, reel in fish, what kinds of fish to shoot and how to identify them. You are encouraged to “take a shot” at this session whether or not you have any archery or fishing experience. All of the needed bowfishing equipment will be provided.

Participants will have the opportunity to bowfish Friday evening. An Iowa fishing license is required.

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.

FORAGING

Moderate - 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!

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. Bring your binoculars if you have a pair, otherwise they'll be provided.

DUTCH OVEN COOKING

Low - Outdoor

See how easy it is to prepare crowd-pleasing meals around the campfire! This session will discuss using pie irons, hobo packets, and roasting skewers. 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... **Participants will cook dinner for everyone on Saturday!**

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.

CAMPING BASICS

Low - Indoor/Outdoor

Take the mystery out of camping in Iowa and the Midwest with an overview of planning, preparation and gear. Along with local information, learn how to choose a tent. Additional 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**. 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.



CLASS DESCRIPTIONS

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.

KAYAKING BASICS

Moderate to Strenuous - Outdoor

Learn the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Participants will practice kayaking skills on the lake, so dress for the weather! Snow hats and gloves have been worn in the past. Kayaks and life jackets will be provided.



ORIENTEERING & MAP READING

Low to Moderate - Outdoor

Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate your way through a short orienteering course! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots and a water bottle are also recommended.

PUDGIE & STICK COOKING

Low - Outdoor

Ever heard of a pudgie pie, camper pie, hobo pie or jaffle iron? This grilled sandwich is cooked in a double-sided cast iron skillet with a long handle. Come discover the fun of creating pudgies and learn other ways to cook on a stick! Come hungry because in this session we'll be eating!

SHOTGUN BASICS

Low to Moderate - Outdoors

This class will provide an overview of shotgun types, ammunition, uses and safety. Participants will have the opportunity to practice shotgun techniques with an emphasis on the use of a shotgun for hunting. Shotguns, safety equipment and ammunition will be provided.

Must have taken the Intro to Firearms course or completed hunter education.



CLASS DESCRIPTIONS

TEN ESSENTIALS OF DAY HIKING

Low to Moderate - Outdoor

Have you been wanting to up your hiking skills? This workshop will help you learn how to plan for day hiking trips throughout Iowa and beyond. We will cover the Ten Essentials of Hiking in detail so that you can hit the trails safely and fully prepared for whatever comes your way. Jenn will be bringing examples that will allow for participants to have a hands-on experience. After covering the ten essentials, we'll take our new found knowledge to the trails for a hike. Jenn will also be discussing some of her favorite day hikes throughout Iowa.

WOODWORKING FOR WILDLIFE

Low - Indoors

Bird houses, bat boxes, duck boxes, and butterfly hibernation boxes. These are all examples of things we can build to help attract wildlife. This class gets you started building different types of wildlife houses. Tips and construction plans will be available. You will make your own birdhouse to start your own collection! All supplies, tools and safety equipment will be provided.



WILD FISH PREP & COOKING

Low - Indoor/Outdoor

Iowa's wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your catch with proper preparation and tasty recipes. Bring a hungry appetite and a willingness to try cleaning fish yourself! This session will teach you to clean your catch and ways to prepare and cook trout and panfish.

VAN LIFE ADVENTURES

Low - Indoor/Outdoor

Van life, or van dwelling, is a great way to travel with freedom, ease, and flexibility on either a full or part-time basis. It is typically done in a campervan that has been outfitted with the basic comforts of home like a bed, storage, refrigerator, sink, cooktop, toilet, and maybe even a microwave or shower. If you are curious about, or contemplating, a nomad-like travel lifestyle in a campervan, this session is for you!

Join Mary Jo LeBlanc from Team Adventure USA, an Iowa-based van converter, and Julia Dybul from Global Mobile Living, to get valuable insight into being on the go in your tiny house on wheels. They will share travel considerations like planning your budget, packing staples, finding campsites, maintaining the van, traveling with a pet, staying safe, and much more like how to empty a composting toilet.

WILDCRAFTED REMEDIES

Low - Indoor/Outdoor

Into the woods we go, in search of wild ingredients that we will use to create healthful salves, balms, teas and syrups! This hands-on class focuses on how to identify key features of wild plants, knowing how to sustainably harvest, prepare and use them. Flowers, leaves, roots, and shoots are just a few of the things that this class will be looking for! Come ready to help search, cut, prepare and create!



SCHOLARSHIP APPLICATION



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2023 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 electronically by March 20, 2023.** Scholarship applicants need to register online, pay their \$140 registration fee, complete their [medical form](#) and complete [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 3, 2023.**

Any questions or concerns, please contact:

Rachel Alliss, 515-729-6037

rachel.alliss@dnr.iowa.gov

No paper scholarships will be accepted - applications must be completed online.

Questions that will be asked on the scholarship application:

First Name _____ Last Name _____

Are you a first-time attendee? Yes _____ No _____

Mailing Address _____

City /State/Zip _____

Cell phone: _____

Email: _____

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 developing hunting, fishing, boating and other outdoor recreation skills in women?

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 | | | | |
| NARRATIVE: (30 pts max) | | | | | |
| Financial Need: | 10 | | | | |
| Interests/responsibilities: | 5 | | | | |
| Real World application: | 15 | | | | |
| DIVERSITY: (20 pts max) | | | | | |
| Community affiliations: | 5 | | | | |
| Culture: | 5 | | | | |
| Region (country, state): | 5 | | | | |
| Profession: | 5 | | | | |
| OTHER CONSIDERATIONS: (extra credit) | 5 | | | | |
| TOTAL: | 65 max pts | | | | |

REGISTRATION FORM

ONLINE REGISTRATION

ALL REGISTRATIONS WILL BE DONE ONLINE.

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

<http://bit.ly/3xP1KT8>

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

WORKSHOP FEES

FEE INCLUDES:

- Instruction for all sessions
- Program materials
- Use of demonstration equipment
- Meals & lodging options
(Hotel rooms have 2 Queen beds)

NOTE: After April 3, 2023,
registration will not include lodging.

REGISTRATION RATES

Rates BEFORE April 3, 2023:

- ☐ \$280 Shared Lodging
☐ \$140 Scholarship Applicant
☐ \$250 No Lodging Option

Rate AFTER April 3, 2023:

- ☐ \$320 LATE Registration/No Lodging

Roommate(s): List the individual you would like to room with. If you list no names, please note early bird or night owl and we will pair you up with another participant. **Rooms are bunk beds with communal bathrooms.**

PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please complete your medical history questionnaire online.

CANCELLATION DEADLINE: April 3, 2023

Before April 3, 2023, you will receive a refund, minus a \$25 processing fee. After April 3, 2023, 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, complete [medical form](#) and submit the [scholarship form](#).

- Scholarship applications must be received by March 20, 2023
- Awards will be notified by April 3, 2023

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 restrictions or other special needs, please email: rachel.alliss@dnr.iowa.gov

CHOOSE ONE OPTION PER SESSION (double starred sessions have license requirements):

SESSION 1

- ☐ Basket Weaving
☐ Bowfishing 101
☐ Camping Basics
☐ Canning & Preserving
☐ Introduction to Firearms
☐ Intro to Fly-Fishing^
☐ Mentored Turkey Hunt**
☐ Wildcrafted Remedies

SESSION 2

- ☐ Backpacking Part 1*
☐ Boating & Trailers Part 1^^
☐ Getting into the Van Life
☐ Intro to Fly-Tying^
☐ Mentored Turkey Hunt**
☐ Shotgun Basics
☐ Ten Essentials of Day Hiking
☐ Pudgies & Stick Cooking

SESSION 3

- ☐ Archery & Atl Atls
☐ Backpacking Part 2*
☐ Boating & Trailers Part 2^^
☐ Dutch Oven Cooking
☐ Foraging
☐ Getting into the Van Life
☐ Mentored Turkey Hunt**
☐ Wild Fish Prep & Cooking
☐ Woodworking for Wildlife

SESSION 4

- ☐ Basic Spincast Fishing
☐ Bird Watching
☐ Blast from the Past
☐ Foraging
☐ Forest Therapy
☐ Kayak Basics
☐ Mentored Turkey Hunt**
☐ Orienteering & Map Reading

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?

WHAT TO BRING



NECESSITIES

- **SHOES:** Sturdy shoes are important.
- **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 Camp Okoboji grounds. Bring your camera, a flashlight/head lamp and a sense of adventure. You never know what you'll find! There are hiking trails on property to explore and Lake Macbride State Park and Johnson County Conservation Board are 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 the Introduction to Firearms and Shotgun Basics classes.
- **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 <https://gooutdoorsiowa.com> or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
 - 1) Bowfishing 101
 - 2) Intro to Fly-Fishing
 - 3) Mentored Turkey Hunt (**3rd Season Turkey Tag, Hunting License & Habitat Stamp**)
 - 4) Basic Spincast Fishing

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.

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

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: knit gloves, crochet hat, 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!



Nature craft

Favorite local honey/wine

Books of all kinds

Coffee beans or tea and mug

Homemade hiking stick

Crochet or knit project

Outdoor themed basket

Homemade anything!