

# BECOMING AN OUTDOORS WOMAN



IOWA DEPARTMENT OF NATURAL RESOURCES

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

515-725-8200

# 2023 BOW WORKSHOP

FEBRUARY 10-12

## FRIDAY, FEBRUARY 10

**10:00 AM** Check-in

**11:30 AM** Welcome /  
Overview

**12:00 PM** Lunch

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

- Dutch Oven - Dips & Desserts
- Aerial Yoga
- Winter Ephemeral Art
- Reading the Woods
- Woodworking for Wildlife
- Game Calling
- Glacier Landmark Tour

**6:00-7:00 PM** Dinner

**7:30-9:00 PM** Stargazing, Stumps  
& Snow  
Suet Feeders  
Stone Fly &  
Streamers  
(Fly Tying)

## SATURDAY, FEBRUARY 11

**7:00 AM** Breakfast

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

- Maple Syrup
- Plant Medicine
- Ice Fishing Part 1\*
- Snowmobiling
- Soapmaking
- Winter Birding
- Rabbit Hunt Part 1\*

**12:00 PM** Lunch

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

- Knot Tying
- Winter Survival
- Ice Fishing Part 2\*
- Archery & AtI AtI
- Wild Game Cooking
- Rabbit Hunt Part 2\*
- Pudgie & Stick Cooking

**6:30 PM** Dinner

**7:30 PM** Evening Activity

## SUNDAY, FEBRUARY 12

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

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

- Intro to Cross Country Skiing
- Snowshoeing
- Winter Photography
- Intro to Fur Harvesting
- Glacier Landmark Tour
- Small Bore Pistols & Rifles
- Nature Foraged Art

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





# WORKSHOP LOGISTICS

## Lodging

Participants will be lodged in communal bunk rooms in the Bethel Retreat Center and Joppa Hall. We will try to accommodate all roommate/lodging requests. 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 strenuous. 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

#### Stargazing, Stumps & Snow

#### Suet Feeders

#### Stone Fly & Streamers

Friday evening you can participate in any or all of the above activities, or spend time unwinding by the fire.

A hot-cocoa bar will be set up after dinner so you can enjoy a hot beverage!

### Saturday

**Wild Cocktails for Conservation** - In partnership with Centruy Farms Distillery, WestO Beer, and The Iowa Project Brewing Company.

Learn about the connection between Iowa's wild game population and pollinators. Discover why developing high-quality pollinator habitat is so important to many organizations and businesses. We'll also discuss the pollinators role in the art of brewing as many historians agree honey was the sugar source for the earliest fermented beverages.

# CLASS DESCRIPTIONS

## AERIAL YOGA

### *Moderate to Strenuous - Indoor*

Participants will head to The Studio Yoga & Barre in Spirit Lake, IA. While at the studio, participants will learn about the philosophy, posture and techniques of aerial yoga. Aerial yoga offers a way to connect and experience yoga as you decompress your spine in the safety of the aerial silks. Participants will learn to climb, invert and lock in, as well as basic tricks. This session is designed for people with little to no aerial skills experience.

## DUTCH OVEN - DIPS & DESSERTS

### *Low - Outdoor*

Can you smell the coals burning? See how easy it is to prepare crowd-pleasing meals around the campfire. The versatility of a Dutch oven will amaze you. This session will cover how to choose your cookware, prepare your outdoor kitchen and how to cook with the Dutch oven and coals. Recipes will be focused on dips and desserts - recipes will be shared and everyone will get a chance to help prepare and cook, all while sampling...

## GAME CALLING

### *Low - Indoor/Outdoor*

Want to “talk to animals” like Dr. Doolittle? Participants will learn techniques for calling coyotes, turkeys, ducks and geese. Each participant will receive her very own call and learn how to set up for the hunt, wildlife photography or to simply watch animals from close range. Call types, outdoor safety, camouflage, blinds, animal behaviors and responses are topics that will be included in this hands-on session.

## GLACIER LANDMARK TOUR

### *Moderate/Strenuous - Outdoor*

The Iowa Great Lakes portion of Dickinson County resides in the Des Moines Lobe region of the state. Continental glaciers helped affect much of Iowa’s landscape, but the Des Moines Lobe was the last part of the state touched by glaciers, and you can still see actual shapes that resulted from these.

Large crevices within the ice were filled with deposits of sand and gravel when the glaciers melted, and those deposits remain as kames today. Bowl-shaped depressions called kettles, like the Freda Haffner Kettlehole outside Milford, were created when large, isolated blocks of clean ice melted slowly. Nearly all of Iowa’s natural lakes are found in the Des Moines Lobe, including East and West Lake Okoboji and Big Spirit Lake.

While on this driving and hiking naturalist-led tour, participants will be able to explore these glacial land features firsthand.

**Please bring water with you to stay hydrated during the session.**

## ICE FISHING PART 1

### *Low - Outdoor*

This course is geared to the beginning ice angler, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your ice house. Basic equipment, electronics, jigging techniques, customizing your own gear, bait choices, ice angler selection and use will be covered.

**An Iowa fishing license is required for this session. Participants shall attend Part 1 and Part 2.**

## ICE FISHING PART 2

### *Low - Outdoor*

To the ice we go! Take all the information learned in session 1 and use it to fish Emersons Bay of West Lake Okoboji lake. Bluegill, Pumpkinseed, Green Sunfish, Yellow Bass and Yellow Perch are some of the species that can be found on Iowa’s second largest lake.

**An Iowa fishing license is required for this session. Participants shall attend Part 1 and Part 2.**





# CLASS DESCRIPTIONS



## INTRO TO ARCHERY & ATL ATL

### **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!

## INTRO TO FUR HARVESTING

### **Low - Indoor**

If you've always wanted to learn more about fur harvesting or want to better understand this fascinating industry, this session is for you. You will learn about the history and heritage of fur trading, wildlife biology of fur bearing animals and the different types of equipment used.

## NATURE FORAGED ART

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

Do you enjoy collecting items when out in nature? Find yourself scrolling through Pinterest for inspiration? Participants will go for a hike around the area to collect materials, then head indoors to create! This session will turn natural foraged materials into treasures you can wear, use as gifts, or decorate your home! Let your creative mind recharge during our time together.

## KNOT TYING

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

Square, bowline, two half-hitch... knots are everywhere! Learn not only how to tie, but also HOW TO USE, a collection of the world's most useful outdoor knots. You'll find uses for this unique collection of outdoor knots in survival, camping, homesteading, boating, farming, hiking, and much more.

## PLANT MEDICINE

### **Low - Indoor**

Megan Fuhrman-Wheeler graduated from the University of Iowa with a Bachelor's in Fine Arts and the Colorado School of Clinical Herbalism as a Certified Clinical Herbalist, Certified Clinical Nutritionist, and Flower Essence Practitioner. She will introduce and guide participants to understanding the properties of common herbs and their health and nutrition properties and will teach participants how to create their own simple herbal infusions. The session will take place at MEGAN & CO. Herbal Apothecary and Clinic in Spirit Lake.

## INTRO TO CROSS COUNTRY SKIING

### **Moderate - Outdoor**

Ready to see the area on skis? This session will talk about equipment selection and learning basic skills. Majority of the time will be spent outside learning, exploring and practicing. This class is for someone who has never cross-country skied before, who has never taken any formal instruction, or who wants to brush up on basic skills. Make sure you dress in layers and you'll get your workout in!

## MAPLE SYRUP

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

Making delicious maple syrup is a time-honored, multifaceted adventure! This endeavor is for both the scientifically and culinarily curious outdoor learner. Participants will learn to identify a variety of maple tree species, how to tap trees, and how to collect and boil down sap for a homemade treat that can't be beat! From trees to pancakes, participants will enjoy the science and process of making maple syrup.



# CLASS DESCRIPTIONS

## 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!

## RABBIT HUNT PART 1

### **Moderate to Strenuous - Outdoor**

Have you ever wanted to try hunting but didn't know where to start? Join us for a mentored rabbit hunt! This session will focus on the biology of rabbits, strategies and techniques for hunting, and hunting ethics. We'll head to the range to get comfortable with your firearms. You'll then learn to field dress rabbits and prepare them for the table or freezer.

**This session requires a valid Iowa hunting license and habitat stamp. This is a two part session - you must register for both part one and part two.**

## READING THE WOODS

### **Low to Moderate - Outdoor**

Winter provides our landscape with the perfect conditions for Reading the Woods. Snowy and muddy paths reveal the animals who have recently visited the area. Animal tracks take patience to positively identify. In this session, participants receive a basic overview of common Iowa animal identification. Come enjoy a gentle walk through woods as we train our eyes to see animal evidence.

## SNOWMOBILING

### **Moderate/Strenuous - Outdoor**

This course will introduce you to the sport of snowmobiling; how to operate a sled, safety considerations, trail riding tips and then learn on the trail! Join the Dickinson County Snowhawks on a beautiful ride around the county.

**Participants must complete the online snowmobile course prior to attending this class. Course details will be emailed out upon registration.**

## RABBIT HUNT PART 2

### **Moderate to Strenuous - Outdoor**

Take all the information learned in session 1 and head to the field! We'll hunt a mix of public and private land in Clay County, so you can experience the fun of rabbit hunting. Hunters will be paired with a fellow hunter and a mentor.

**This session requires a valid Iowa hunting license and habitat stamp. This is a two part session - you must register for both part one and two.**

## SMALL BORE PISTOLS & RIFLES

### **Low - Indoor**

Join us on the range to learn about different types of handguns and rifles, their uses and other equipment needs. Additionally, we'll discuss safe handling, use and storage of handguns. We'll spend most of the session inside on the range. We will be shooting .22 caliber pistols and rifles. Eye and ear protection as well as firearms and ammunition will be provided.

## SNOWSHOEING

### **Moderate - Outdoor**

Seeing the winter world by snowshoe allows you to travel to many places you cannot ski to. Learn about snowshoe selection and types of snowshoes, then head outside for the majority of the session. Come with good boots, warm socks and layered clothes, so you'll enjoy spending time exploring the area on snowshoes.





# CLASS DESCRIPTIONS

## SOAPMAKING

### *Low - Indoor*

With recent interest in more self-sufficient lifestyles, the art of soap making is gaining popularity. Let Mitchell County Naturalist, Chelsea Ewen Rowcliffe, help you discover the history, chemistry, process, and benefits of making your own homemade soap. The best part of this class is customizing and taking home your own unique soap. Whether you are using as gifts or for personal use, you're sure to be hooked on your first batch!

## WILD GAME COOKING

### *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 clean game and prepare food under the watchful eye of Mitchell County Naturalist, Chelsea Ewen Rowcliffe.

## WINTER EPHEMERAL ART

### *Low - Indoor*

Explore the ephemeral beauty of the season by creating simple works of art with natural materials. We will be working with ice, snow, plant materials and soil to design unique luminaries, suncatchers and other objects to add beauty and wonder to our outdoor space for the weekend. Celebrate the impermanence of nature and the transitory qualities of winter!

## WINTER BIRDING

### *Low - Outdoor*

Winter offers some of the best opportunities to get out birding! Bare trees offer more visibility to see and identify species that spend winter in our area. Learn more about our avian neighbors and the basics of being a birder. Participants will grab a pair of binoculars and head outdoors to see what species they can spot and identify!

## WINTER PHOTOGRAPHY

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

The winter months allow for absolutely beautiful views of the sun, ice and reflections. We will aspire to take wonderfully composed, in-focus images, by the end of the class. Instructors will discuss some of the "technical" aspects of photography and then we'll head outside to practice our skills. Participants should bring a digital point-and-shoot or digital SLR camera with them.

## WINTER SURVIVAL

### *Low/Moderate - Outdoor*

Be prepared...expect the unexpected. Nearly all outdoor winter activities can carry an element of risk, but a little knowledge and preparation can help make winter adventures safer and more enjoyable. Learn how to be prepared with suitable clothing and gear, and prioritize and practice winter survival skills like fire building, shelter construction, sourcing water, basic first aid, and signaling for help.

## 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.





# SCHOLARSHIP APPLICATION



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2019 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 January 9, 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 January 13, 2023.***

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

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

<https://conta.cc/3ti20HV>

**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 (Hotel rooms have 2 Queen beds)

**NOTE: After January 13, 2023, registration will not include lodging.**

## REGISTRATION RATES

### Rates BEFORE January 13, 2023:

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

### Rate AFTER January 13, 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 (*unless you selected a Single hotel room*).

\_\_\_\_\_

\_\_\_\_\_

## 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: January 13, 2023

Before **January 13, 2023**, you will receive a refund, minus a \$25 processing fee. After **January 13, 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 **January 9, 2023**
- Awards will be notified by **January 13, 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](mailto:rachel.alliss@dnr.iowa.gov)

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

#### SESSION 1

- Dutch Oven Cooking - Dips & Desserts
- Aerial Yoga
- Winter Ephemeral Art
- Reading the Woods
- Woodworking for Wildlife
- Game Calling
- Glacier Landmark Tour

#### SESSION 2

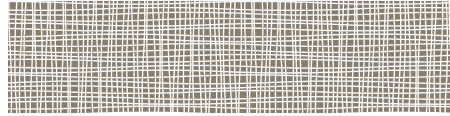
- Maple Syrup
- Plant Medicine
- Ice Fishing Part 1\*\*
- Rabbit Hunt Part 1\*\*
- Snowmobiling
- Soapmaking
- Winter Birding

#### SESSION 3

- Knot Tying
- Winter Survival
- Ice Fishing Part 2\*\*
- Rabbit Hunt Part 2\*\*
- Intro to Archery & Atl Atl
- Wild Game Cooking
- Pudgie & Stick Cooking

#### SESSION 4

- Intro to Cross Country Skiing
- Snowshoeing
- Winter Photography
- Intro to Fur Harvesting
- Glacier Landmark Tour
- Small Bore Pistols & Rifles
- Nature Foraged Art



# 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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# 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. Hats, gloves, mittens, scarves, and layers! Snowpants, Carhartt-style bibs, or overalls will be enjoyed for many of the outdoor sessions.
- **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!
- **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 Small Bore Pistol & Rifle class.
- **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) Ice Fishing Part 1
  - 2) Ice Fishing Part 2
  - 3) Rabbit Hunt (**Hunting License & Habitat Stamp**)

## 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!

*Thermal blanket*

*Music CDs*

*Books of all kinds*

*Coffee beans or tea in mug*

*Bath items in basket*

*Lantern*

*Scrapbook materials*

*Outdoor shirt*

*Basket*

*Stationery*

*Gun case*

*Fanny pack full of snacks*





# BEYOND BOW EVENTS



## Backpacking Trip, Wander Women

Dates and locations TBD

Partnering with Wander Woman to offer overnight camping and backpacking trips this year. Participants can provide their own gear or utilize provided equipment. Packing lists will be provided, along with medical and liability forms, upon registration. Registration will open in spring 2023.



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

April 2023 - Trap and Skeet  
 May 2023 - 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 take apart, clean and store the firearms.



## Overland Camping, Nomad Overlanding

TBD Summer 2023

Join Nomad Overlanding on this family friendly workshop to learn the ins and outs of overland camping. The workshop teaches camp cooking, packing for short and long trips, fire building and safety, camping games, camping equipment and gear, and selecting camping destinations. This active workshop will fill your belly, so come hungry to eat and learn.



## Women's Retreat Archery Weekend

TBD Spring & Summer 2023

Looking to get into archery but unsure where to start? Join Steph from Woods + Waters Project for a Women's Intro to Archery Retreat! Locations are still being determined. Participants will enjoy a hands on weekend, learning the ins and outs of archery, bowhunting and bowfishing.



## Women's Upland Bird Hunting Clinic

TBD Fall 2023

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.