

## WHERE IS SHAWNEE STATE LAKE?

Take Hwy 75 north from Topeka to 62<sup>nd</sup> Street (there's a hwy sign for the State Lake). Turn left (west) and go approximately 3 miles to Landon Road. Turn right (north) and go 3 miles. Turn left (west) on 86<sup>th</sup> Street until you see the water, then follow the road along the lake. The facilities are about half way down on the right-hand side.



## WHAT TO BRING:

Since the weather in Kansas changes quickly, plan accordingly. Sturdy, comfortable shoes are a must. Don't forget sunscreen and bug spray, and a camera. We provide all class supplies and lunch.

## ADDITIONAL INFORMATION OR QUESTIONS:

Jami McCabe

[kansasbow@sbcglobal.net](mailto:kansasbow@sbcglobal.net)

785-845-5052



## BOW TOO (Taste of the Outdoors)

**Saturday, June 15, 2013**

BOW TOO will give you a sampling of some of the activities you'll see at BOW. Join us for a day of fun!

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Becoming an Outdoors-Woman is a program offering hands-on workshops to women focusing on the learning of outdoor skills. These skills are usually associated with hunting, fishing and other outdoor pursuits.



Designed primarily for women, BOW is an opportunity for anyone 18 years or older and is for YOU if...

- \*you have never tried these activities but have wanted to learn.

- \*you are a beginner who wants to improve your skills.

- \*you know how to do some of these activities, but would like to try some new ones.

- \*you enjoy the camaraderie of like-minded individuals.

### INTRO TO RIFLE

This session is designed with a relaxed, no-pressure approach toward shooting skills. While firearms and handling will be treated seriously, the instruction and shooting will be loaded with fun!

### INTRO TO ARCHERY

Learn selection, fit & care, and safety. Then you get to practice what you've learned, while you take aim at the targets!

### INTRO TO FISHING

You'll learn about equipment selection and care, and regulations. Practice casting techniques and removing hooks. Learn more about fish habitats and habits.

### CAMP COOKING

Learn to cook on camp stoves and over a fire. You'll make your own lunch, including dessert. Cooking outside can be more enjoyable than in the kitchen!

**Becoming an Outdoors-Woman  
Taste of the Outdoors  
Workshop Agenda  
Saturday, June 15, 2013**

8:15 – 8:30	Registration
8:30 – 8:45	Welcome
8:45 – 10:15	Session #1/2
10:30 – 12:00	Session #2/3
12:15 – 1:45	Session #3/4
2:00 – 3:30	Session #4/1
3:30 – 3:45	Wrap-up and evaluations

***An educational program of  
Kansas Department of Wildlife,  
Parks and Tourism***

The Kansas workshop and the national program are equipped and funded through a variety of cooperative efforts. If individuals, businesses or conservation groups are interested in helping the state program, contact the KS Dept of Wildlife, Parks and Tourism to see how you can become involved.

"Becoming an Outdoors-Woman" and the logo are copyrighted and protected by USSP, and cannot be used without permission.

**BOW TOO REGISTRATION  
Saturday, June 15, 2013**

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

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

City: \_\_\_\_\_

St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

The applicant, by signing below, understands that photographs may be used in future support of the program. They also understand that the program involves some risk & that they take responsibility for all action or injury that may result by participating.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Send completed registration, along with a check for \$40.00 made out to Jami McCabe, to:

Jami McCabe  
BOW TOO  
1424 NW Carlson Road  
Topeka KS 66615