What is Becoming an Outdoors-Woman

Becoming an Outdoors-Woman is an educational opportunity that teaches hands-on outdoor skills to adult women (18 and older) in a safe, supportive atmosphere.

BOW is a non-profit, non-membership program offered through Kansas Department of Wildlife, Parks and Tourism.

BOW workshops are designed especially for women who are beginners, so no experience is necessary.

Equipment and instruction are provided by patient, enthusiastic instructors.

Website: ksoutdoors.com/bow  E-mail: KansasBOW@sbcglobal.net  Phone: (785) 845-5052
1. WILDLIFE ID
What made those tracks outside my tent last night? Does a ground hog live in the ground? Is that poison ivy or something else? Can I eat this? Nature can be confusing, and the more you know, the more comfortable you are. Get your questions answered and learn about the natural world that animals share with us.

2. BIRDS OF PREY
This class will focus on birds of prey and falconry. We will meet many different live raptors, look at owl pellets, experiment with feathers and explore the sport of falconry.

3. RIFLE MARSHMANSHP
Here's your chance to learn more about rifles and fire several calibers on the firing range.

4. INTRO TO MUZZLELOADERS
Get a brief history of black powder firearms. Learn to safely handle firearms and accessories, loading techniques and live-firing of various types of muzzleloaders.

5. INTRO TO HANDGUNS
Learn the basics of handgun marksmanship and have the opportunity to practice those skills with a variety of handguns, from pellet gun to .44 magnum, on many different targets.

6. SHOOT YOUR OWN HANDGUN
Fire at a variety of targets - paper, reactive, spinner - all with your own handgun. This class is designed for BOW'ers who have had handgun marksmanship previously at a BOW session. Shoot using different stances and learn light-duty cleaning & maintenance of your handgun. Students MUST bring their personal firearm and at least 100 rounds of the correct ammunition!

7. SHOTGUN 101: SHOTGUN BASICS
Take the mystery out of handling and shooting shotguns. We will cover the basics, starting with actions, parts, gauges and ammunition, proper fit, mounting and stance, zones of fire, safe carries and more. You will learn how to shoot, clean and care for your shotgun.

8. SHOTGUN 102: INTRO TO SHOTGUN SHOOTING
This session is designed with a relaxed, no-pressure approach to shooting skills. While firearms and handling will be treated seriously, the actual instruction and shooting will be loaded with fun.

9. SO YOU WANT TO HUNT?
You have decided you want to hunt, but that’s only the start, whether it’s upland bird, waterfowl or big game. How do you find locations, and then get permission? Do you need to go with others, or can you do this on your own? And OMG - what happens with all that coffee you drank on the way there?! This female hunter will help answer all those questions and more.

10. DUCK – DUCK – GOOSE
Learn some basics about the various methods of hunting ducks and geese, plus firearms, ammunition, calls, decoys, clothing, blinds, species identification and other aspects that make waterfowling one of the most fascinating, exciting and challenging outdoor recreations.

11. UPLAND BIRDS AND THE DOGS THAT LOVE THEM
Hunting safety and techniques, game bird ID, hunting with dogs and regulations will be covered, along with tips on habitat improvement and management for upland game birds. You will also get to see different breeds of dogs and hunting styles.

12. EXPLORE ARCHERY
Learn equipment selection, definition of terms, fit and care, safety practices and conclude with target practice. You may bring your own bow or use ours. NO BROADHEADS!

13. BOWHUNTING
Experience the joys and challenges of bowhunting. Learn to be a safe and ethical bow hunting. Put up a stand, follow a trail, read signs, learn proper shot placement and much more!

14. TURKEYS – FROM FIELD TO TABLE
You see them in the fields, you finally have one, and now what? Learn what makes marinades work and why; some differences between grilling, baking and frying; and to pluck or not.

15. DEER HUNTING KNOW-HOW
Safe and successful deer hunting requires strategy, shooting skill, proper equipment, knowledge of deer habits and habitats, as well as knowing your capabilities and limitations. Most of all, it takes enthusiasm and dedication!

16. ARE YOU READY TO ROLL?
You’ve got your vehicle and trailer, and but do you know how to take care of them? Learn more than car care basics. Learn some basic knots to use, how to use ratchet straps, and a bit about trailer maintenance.

17. BIKING HOW-TO’S AND LET’S-DO’S
Learn to make basic adjustments, tire and chain repair, shifting techniques and how to ride comfortably. Safety issues, bike handling, how to plan a ride, and information about on- and off-road riding in Kansas will be covered. You must bring your own bike and helmet!

18. CAMPING BASICS
Learn about the basics needed for a weekend camping trip, how to set up your home away from home, and tips for maintaining all your equipment. This beginner’s class starts with tent types and how to pitch them, using a camp stove and cast iron cookware, and resources for outfitting and selecting locations for your camping adventures. Whether you’re more of a glamper (glamour camper) or a fan of roughin’ it, we will go over options for tailoring your camping experience.

19. BACKPACKING & HIKING BASICS
Backpacking has been described as “living out of a house on your back”. Topics covered include shopping, packing, organizing, fitting back-country equipment, cooking and additional equipment needs.

20. GEOCACHING
Learn to use your cell phone to go geocaching – a fun, family activity occurring all over the world. Find nickel and dime treasures using million-dollar satellites.

21. ORIENTEERING
Orienteering is a challenging and fun sport that can be enjoyed as an individual or in teams. Learn to read a compass, follow a topographic map and measure your pace as this class explores Rock Springs 4H Center.

22. BACK-COUNTRY NAVIGATION
Looking to get further off the beaten path? We’ll build on the skills you learned in Map and Compass Navigation Basics so you can take on more challenging navigation problems and successfully navigate off trail. You’ll learn methods for navigating around obstacles, planning more effective routes (distance/elevation/timing to destinations), examine various map types/scales/declinations, adjusting plans on-the-go, other ways to tell directions, and gain strategies in case you get lost. Previous navigation experience is required.
## Concurrent Sessions List

### 23. SNAKES AREN’T SLIMY
Learn identification, habits, and habitats of several species of Kansas snakes. A significant amount of time will be spent focusing on venomous snake safety and snakebite, complete with live handling demonstrations. You will leave with a greater knowledge and appreciation of how to share the wilds of Kansas with these amazing and misunderstood creatures.

### 24. BIRDWATCHING BASICS
Explore the woodlands and grasslands for birds. Learn the basics of bird identification and how to use binoculars and field guides. Bring your binoculars or share ours.

### 25. OUTDOOR PHOTOGRAPHY
This class is for anyone with a camera. It’s less about technology and more about vision. You’ll open your eyes, mind and imagination for a new look at your own photography. If you have a digital camera, bring an empty card and a fully charged battery.

### 26. WILDERNESS SURVIVAL
Learn what should be in your survival kit and some things about everyday items that are outdoor survival essentials.

### 27. SURVIVAL PLANTS
Learn uses of wild plants for many survival needs. We will look at plants for survival necessities as well as some medicines and edibles.

### 28. SITUATIONAL AWARENESS
Examine potential dangers of today’s society and learn ways to be aware and avoid pitfalls, as well as ways to protect yourself. Never settle for being a victim.

### 29. DO-IT-HERSELF
A review of essential power tools every woman should own and simple home repair projects that any woman can complete independently. This class is hands-on and will allow participants to work with a variety of tools.

### 30. DUTCH OVEN COOKING
Learn fire building, temperature control and recipe conversions. You will cook your own food. Best of all, you’ll learn dozens of cooking secrets, and get to sample some YUMMY foods!

### 31. KNIFE SHARPENING
Pocket knives, hunting knives, kitchen knives. Learn how to take care of them, and then try your hand at sharpening them.

### 32. HORSES 101
Every girl needs a horse, but does she know how to take care of one? Learn some basic care and parts of the horse. You will finish the class with a short ride. There will be an additional $20 charge for this class, payable when you arrive.

### 33. HORSES 102
You have the horse, now what? Get more familiar with horses and their care, and then hit the trails around Rock Springs 4-H Center. There will be an additional $20 charge for this class, payable when you arrive.

### 34. OUTDOOR FIRST AID
Twisted ankle, fish hook in the thumb, frostbit toes or fingers – all ways to ruin your outdoor experience. Learn some basic tips to help get you through these situations, including items to always have with you. This is NOT a Red Cross first-aid class, and you will not receive first-aid certification from this class.

### 35. WHAT’S UP...WITH THE SKY?
Sun, Moon, Planets, Stars, Satellites, Northern Lights, Fuzzy Patches and More! What are these things really? Why do we see them when we do? How are they studied? We will cover these topics and more. Bring your astronomy questions – we’ll do our best to answer them. This will be more than a typical astronomy lecture – we will have lots of active participation!

### 36. INTO FISHING
Learn about equipment selection and care, regulations, lure logic, and balancing and matching equipment. Practice casting and retrieval techniques, catch and release, and removing hooks. Learn about fish habitats and habits.

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### 37. WHERE TO FISH – PONDS AND LAKES
When you go to a pond or lake, do you wonder where to fish? We’ll talk about a typical pond or small lake and discuss where you might find certain species of fish, what kinds of habitat to look for, and what to fish with for different species. We will go to a FISH Atlas and suggest ponds or lakes to fish in your area. Then we’ll go to the pond and see if you can show me where your best chance is to catch a species of your choice and see if you can catch one!

### 38. WHERE TO FISH – RIVERS AND STREAMS
When you go to a river or stream to fish, do you know where to go to find fish? We’ll analyze a stream or river to determine the best placed to find catfish year-round and white bass in the spring. We will find a stream running through the area for you to try your luck, mainly for catfish. You might have to wear waders for this class unless you want to wet wade!

### 39. FISH CLEANING AND COOKING
This class will be a demonstration on various ways to clean several species of fish, and then you’ll get to try your hands at it. We’ll use both a regular and an electric fillet knife. After the fish are cleaned, we’ll fry some up. Participants will receive a small fish-recipe book.

### 40. BASICS OF FLY FISHING
Fly fishing is for all anglers. You’ll learn basic fundamentals of equipment selection, casting, knot tying and fishing techniques for Kansas waters.

### 41. FLOAT TUBING
Learn to use a float tube in this enjoyable, relaxing, hands-on session aimed at teaching you to safely maneuver your one-person watercraft to those once inaccessible places where the fish hang out. Tubes and gear provided.

### 42. CANOEING BASICS
Learn a variety of strokes and get first-hand experience handling a canoe. Be ready to have loads of fun while learning water safety and the path of the paddle.

### 43. FLAT-WATER KAYAKING
This class will teach the fundamentals of paddling safety, entering and exiting your kayak, and choosing the right kayak. We will spend most of the class time learning and practicing basic paddling techniques on flat water. You will also learn about places to paddle and paddling groups in Kansas.

### 44. STAND-UP PADDLEBOARDING
This fast-growing sport is a fun, easy way to play on the water. Paddleboarding offers an amazing full-body workout and is becoming a favorite for both beginner and experienced paddlers. Learn the basics, including standing, paddle technique, turns, re-boarding and choosing the right equipment for you. Wear something you can get wet (you may consider bringing a wet suit).

### 45. STREAM ECOLOGY
Learn the basic principles of stream ecology and the importance of healthy streams for people and wildlife. During this hands-on class you’ll learn about critters that live down under. Wear shoes and clothes that can get wet.

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**THE FUN DOESN’T STOP WHEN THE SUN SETS!**

Mini-sessions will be offered on a variety of topics. We will have a “Mini-Race-Against-Breast-Cancer” Friday and the ever-popular “Chuck-A-Duck” on Saturday!

**Campfire**
No outdoor experience is complete without a campfire. Bring your campfire songs - we’ll bring the fixin’s for s’mores!

**Night Hikes**
Are you ready for a hike in the dark, without your flashlights? If so, you just might be able to talk Jami into leading one!!
Workshop Schedule for September 13-15
Becoming an Outdoors-Woman

FRIDAY, SEPTEMBER 13
Check-in 9:00 a.m. – 10:45 a.m.
Welcome and Introductions
LUNCH
Session - A
Mini Race
SUPPER
Mini sessions
Camp Fire

SATURDAY, SEPTEMBER 14
BREAKFAST
Session - B
LUNCH
Session - C
Chuck-a-Duck
SUPPER
Mini sessions
Camp Fire

SUNDAY, SEPTEMBER 15
BREAKFAST
Session - D
LUNCH, Grand prize drawings,
turn in evaluations, Good-byes.

WHERE IS ROCK SPRINGS 4-H CENTER?
If you’re on I-70, take US Hwy 77 (exit 295) south 8 miles, then west on K-157. Follow K-157 4 miles to the entrance of Rock Springs.
If you’re coming from US 56 and US 77 in Herington, go north 14 miles on US 77, then go west on K-157. A map will be sent with your confirmation information.
All buildings are smoke-free, pets are not allowed. There are no televisions or phones in your cabin.

SCHOLARSHIPS:
Three scholarships of $100 are available for first-time participants, and are based on financial need. If you would like to apply, contact Jami for an application at kansasbow@sbcglobal.net. Scholarships will be awarded 30 days prior to the event.

WHAT TO BRING:
Since the weather in Kansas changes quickly, pack accordingly. Sturdy, comfortable shoes for walking and hiking, along with good socks and raingear are a must. Don’t forget sunscreen and bug spray, a camera to capture your weekend, and a lawn chair if you like! Bring bed linens or a sleeping bag, a pillow, and toiletries, including a towel and wash cloth. We provide all class supplies unless otherwise noted.

CANCELLATION POLICY: If you cancel more than 30 days prior to the event you will receive a full refund, less a $50 processing fee. Registrants who do not attend and who cancel with less than 30 days notice will be assessed the full program fee. You may send a substitute. All cancellations must be in writing and include your name and address for the state to process a refund check.

DON’T FORGET THE
SPRING B.O.W. PROGRAM! MAY 2020
Watch for more details on the website (www.ksoutdoors.com/bow) and on our facebook page (Becoming an Outdoors Woman Kansas).

BOW Program Sponsors

Kansas Sponsors and Supporters

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Classic Destiny, Wichita
Flats Lander Guide Service
Friends of NRA
Geary Co. Fish & Game Association
K-Comm
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Kansas Wildlife Federation
Outdoor Writers of Kansas
Prairie Ghost Gallery, Paxico

Riley Co. Fish & Game Association
Ringneck Ranch, Tipton
Safari Club International - Great Plains Chapter
Safari Club International - Kansas City Chapter
Yager's Fly Shop

And all the outdoor enthusiasts who share their time and talents to teach at Becoming an Outdoors-Woman. Without them the program wouldn't be what it is.

International Sponsors

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Equal opportunity to participate and benefit from programs provided herein is available to individuals without regard to race, color, national origin, sex, age, disability, sexual orientation, gender identity, political affiliation, and military or veteran status. Complain of discrimination should be sent to Office of the Secretary, Kansas Department of Wildlife, Parks and Tourism, 1020 S Kansas Ave., Topeka, KS 66612-1327.

*“Becoming an Outdoors-Woman” and the Logo are copyrighted and protected by USSP, and cannot be used without permission.
Becoming an Outdoors-Woman

Health and Participation Form

Camp Group: _____________________________________________________

Camper's Name: _________________________________________________

**Health**

List below any physical condition we should be aware of (Reporting conditions will not prevent a person from attending and will be kept confidential.) Check conditions present and list any pertinent information.

- [ ] Diabetes
- [ ] Heart Conditions
- [ ] Fainting Spells
  (please explain): ___________________________________________
- [ ] Allergies (environmental)
  (please explain): ___________________________________________
- [ ] Allergies (food related)
  (please list): _______________________________________________
- [ ] Allergies (drug)
  (please list): _______________________________________________
- [ ] Prescribed Medicines
  (please list): _______________________________________________
- [ ] Tetanus Immunization (Date): ______________
- [ ] Other Conditions (please list): ______________________________

**Participation**

I understand that the supervisors, sponsors and staff of the Kansas Department of Wildlife, Parks and Tourism and of the event facility are not responsible in case of injury or illness. I further understand that first aid will be available and that should a serious injury or illness occur, medical or hospital care will be provided. I hereby grant my permission and consent for emergency medical or surgical care to be given, as determined necessary by a licensed physician. I specifically agree to hold the Kansas Department of Wildlife, Parks and Tourism and the event facility harmless as to any claim for damages for any accident or injury of any kind resulting from the participation in activities associated with the Becoming an Outdoors-Woman workshop.

I give permission to the Kansas Department of Wildlife, Parks and Tourism and the event facility to use pictures and/or videos taken while participating in activities at Becoming an Outdoors-Woman. I understand that these photos will be used for promotion of Becoming an Outdoors-Woman and/or the event facility and cannot be sold or distributed to any other entity.

Signature: _______________________________________________________

Address: _________________________________________________________

Date: ____________________________________________________________

Day phone: _____________________________________________________

Evening phone: _________________________________________________
BECOMING AN OUTDOORS-WOMAN WORKSHOP
ROCK SPRINGS 4-H Center, Junction City, KS
September 13-15, 2019

Participants must be 18 years and older. Through June 30 registrations will be open to first-time participants, or a first-time participant and a repeat participant who send their registrations together in the same envelope. Only one person may register per form. Please photocopy for additional registrations.

Name ________________________________ Cabin Mate ________________________________

Address ________________________________ ________________________________

Phone (___)________ (___)________ (Day)________ (Evening)________ Email: ________________________________

Emergency contact (name & phone) ________________________________

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

Signature ________________________________ Date ___________

If attending with a friend(s) or family, put their name(s) on the cabin-mate line. Please list any special needs such as food, health, physical or other needs on the Health Form found on the back of your registration form.

REGISTRATION CLOSSES
SEPTEMBER 1, 2019

Telephone, fax or email registrations will NOT be accepted. Participants will be emailed a confirmation letter, map(s), class schedule and information on what to bring.

Questions should be directed to: Jami McCabe - BOW Coordinator at (785) 845-5052 or KansasBOW@sbcglobal.net

CANCELLATION POLICY: If you cancel more than 30 days prior to the event you will receive a full refund, less a $50 processing fee. You may send a substitute. All cancellations must be in writing and include your name and address for the state to process a refund check.

Are you a ______ Night Owl ______ Early Bird

Is this your first time attending BOW?

____ YES ______ NO

Do you currently receive Kansas Wildlife and Parks Magazine?

____ YES ______ NO

Is it ok to share your contact info with others?

____ YES ______ NO

T-shirt Size

____ SM ______ MD ______ LG ______ XL ______ 2XL ______ 3XL

If the program is full, would you like to be on a waiting list?

____ YES ______ NO

WORKSHOP FEE

$250.00 includes 7 meals, 2 nights lodging*, instruction, supplies, and use of equipment.

* Lodging: Two room cabins with five bunk sets per room. There is a large shower facility near the cabins. **Linen and towels are not provided. Participants may choose to bring a tent to set up and use in the same area as the cabins.

Make checks payable to: KDWPT

Mail to: ATTN: BOW
Kansas Department of Wildlife, Parks and Tourism
512 SE 25th Ave.
Pratt, KS 67124-8174

CONCURRENT SESSIONS – Rank by number your top three choices for each session.

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