



## Program Information and Schedule for Fall 2023

# outdoors-<sup>®</sup> Woman

AN EDUCATIONAL  
PROGRAM OF THE  
KANSAS DEPARTMENT  
OF WILDLIFE AND  
PARKS

September 22-24, 2023  
Rock Springs 4-H Center, Junction City, Kansas

KANSAS DEPARTMENT OF WILDLIFE AND PARKS

BECOMING AN OUTDOORS-WOMAN PROGRAM

## What is Becoming an Outdoors-Woman?



**The Kansas Becoming an Outdoors-Woman (BOW) program aims to inspire outdoor learning, participation, and advocacy in women through hands-on educational opportunities provided by enthusiastic volunteer instructors in a supportive, low-pressure environment.**

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

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

Website: [ksoutdoors.com/bow](https://ksoutdoors.com/bow)

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Becoming an Outdoors Woman Kansas

# Concurrent Sessions List

## 1. INTRO TO HANDGUNS (outdoor)

Learn the basics of handgun safety, marksmanship, and care, then practice those skills with a variety of handguns.

## 2. FLAT-WATER KAYAKING (outdoor)

Explore Kayaking by learning the fundamentals of paddling safety, including choosing the right equipment, entering and exiting the kayak, basic paddling technique, rules and regulations, and risk management. Part of the class will be spent learning on-shore and then a leisurely on-water paddle.

## 3. INTRO TO FISHING (indoor/outdoor)

Learn about equipment selection and care, regulations, fish identification, aquatic habitats, and more! Practice casting and retrieval techniques, catch and release, hook removal, and best practices for becoming a safe and ethical angler.

## 4. EXPLORE ARCHERY (outdoor)

Discuss equipment selection, terminology, fit, and care. Learn safety practices, archery applications, and conclude with target practice. You may bring your own bow or use ours. NO BROADHEADS!

## 5. NATURE HIKE (indoor/outdoor)

For the ultimate multi-tasker to the casual outdoor enthusiast. Join us for some informative classroom time, then set out on a hike around Rock Springs to identify the various flora and fauna that you encounter. Learn about applications like i-naturalist and discover the role you can play as a citizen scientist!

## 6. FISH CLEANING AND COOKING (outdoor)

This class will demonstrate various ways to clean several species of fish using both a regular and an electric fillet knife. After the fish are cleaned, you can cook some up to enjoy!

## 7. INTRO TO SHOTGUNS (outdoor)

Learn the basics of shotgun safety, handling, marksmanship, and care. Practice shooting multiple shotguns, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

## 8. FORAGING (indoor/outdoor)

Learn the basics of foraging including ID, safety, tips, and best practices, then put your skills to use on a real foraging adventure around camp.

## 9. PLANNING FOR POLLINATORS (indoor/outdoor)

Explore the world of pollinators! Learn about pollinator ID, the importance of pollinators, threats facing pollinator species, and ways to support our wonderful pollinator friends!

## 10. DUTCH OVEN COOKING (outdoor)

This one is for all the foodies out there. Learn the basics of Dutch oven cooking including safety, equipment care, & methodology. The best part? You get to eat what you cook up!

## 11. DOVE TALK (indoor)

Learn about dove biology and habitat, scouting and hunting techniques, equipment selection, game cleaning, safety, ethics, and regulations. This class will primarily consist of class time, with opportunities to get outside to practice scouting and ID skills around camp.

## 12. DOVE HUNT (outdoor)

Participants will be grouped with an experienced hunting mentor and taken off-campus for a dove hunt. This class is designed for those who have never hunted or are new to hunting. Participants must demonstrate prior shotgun experience OR participate in the Intro to Shotguns course. The Dove Talk class is a required prerequisite. Participants are responsible for purchasing the required hunting license and HIP stamp. Contact Tanna Wagner (tanna.wagner@ks.gov) with questions about this class or associated license requirements.

## 13. INTRO TO FLYFISHING (indoor/outdoor)

Challenge yourself with this fun and active fishing technique! Learn about equipment selection and care, flies and lures, proper casting methods, and more.

## 14. STREAM ECOLOGY (outdoor)

Explore the beauty and living systems of a Flint Hills stream. You will be amazed at what the water holds, and how much there is to explore beneath the surface. We will be doing some wading, so prepare to get wet!

## 15. CAMPING (outdoor)

Develop skills to become an independent camper. Learn about choosing a campsite, camping safety, equipment set up and maintenance, and what you should never leave home without! Bring your own tent if you would like to practice setting it up! You may even choose to leave your tent up and camp under the stars!

## 16. INTRO TO RIFLES (outdoor)

Learn the basics of rifle safety, handling, marksmanship, and care. Practice shooting multiple rifles, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

## 17. COOKING WITH WILD GAME (outdoor)

Think that cooking with wild game is daunting? Think again! Join us for hands on instruction in working with a variety of game meats, then work together cook up samples for the whole class to enjoy!

## 18. BIRDWATCHING FOR BEGINNERS (indoor/outdoor)

In this class, participants will learn birding basics including recommended equipment, common species, birding techniques, as well best practices for becoming a safe and ethical birder. Participants will also discuss birding groups, resources for birders, and opportunities to participate in citizen science driven ornithological research like the Christmas Bird Count. From there, participants will take to the field to start or grow their own list of observed bird species with the assistance of an experienced instructor and lifelong birder.

## 19. INTRO TO TRAPPING & FURHARVESTING (indoor/outdoor)

Learn the basics of trapping and furharvesting in Kansas, including nomenclature, trap selection and setup, species pursued, best management practices associated with trapping, its importance as a wildlife management tool.

## 20. WILDERNESS FIRST AID (outdoor)

Safety first! Get hands on instruction from a medical professional to ensure you are equipped with basic tools and knowledge to identify and treat some of the most common medical ailments afield. NOTE: This class is not a comprehensive first aid certification course. KDWP encourages all interested parties to seek First Aid Training from the American Red Cross for full certification.

## 21. TRAILER BACKING AND MAINTENANCE (outdoor)

Do trailers give you tremors? Come learn the basics of trailer backing and maintenance and practice in a supportive, low-pressure environment with the encouragement of your peers. Before long, you will be the boss of the boat ramp!

## 22. PADDLEBOARDING (outdoor)

Explore Paddleboarding by learning the fundamentals of paddling safety, including choosing the right equipment, boarding, reboarding, and standing upright on your paddleboard, paddling technique, rules and regulations, and risk management. Part of the class will be spent learning this on-shore, then when everyone is comfortable, experience paddling from a whole new perspective while taking a leisurely on-water paddle.

## 23. GEOCACHING (indoor/outdoor)

Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System (GPS) receiver or mobile device and other navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world! Join your experienced geocaching instructor to learn the basics of what it takes to get started, and how you can participate right here in Kansas.

## 24. BACKPACKING FOR BEGINNERS (indoor/outdoor)

Learn about backpacking basics from an experienced backpacker and outdoor outfitter. In this class you'll cover backpacking basics, review safety and equipment, and even practice packing and hiking with a pack as you participate in a fun orienteering event!

## 25. OUTDOOR PHOTOGRAPHY (indoor/outdoor)

In this class, you'll learn techniques for capturing the natural beauty and wonder of Kansas through a camera lens! This class will cover photography basics as well as tips for bringing the diverse flora and fauna of the Midwest into focus. Participants are welcome to bring their own digital camera or smart phone to practice their skills and get constructive feedback from experienced instructors and supportive peers.

## 26. ENTOMOPHAGY (indoor/outdoor)

Did you know that more than 80% of the world's nations intentionally consume insects on a regular basis? Entomophagy, or the practice of eating insects, is common and highly sustainable. Whether you are interested in making insects a regular staple in your diet, or reserving them for survival scenarios only, you might just be surprised at how tasty insects can be! Join this session to learn more about entomophagy and have an opportunity try the practice yourself! NOTE: Consuming insects is not required for this class; however, opportunities will be ample!

# BOW Pathways

BOW pathways are designed to guide participants on a path to bolstering their knowledge and skills in a particular topic through related and/or progressive classes. BOW Pathways are recommendations for class selection, and are NOT required, nor are they associated with a formal certification. Classes associated with pathways are not required to be taken in order unless prerequisites are explicitly outlined. For more information about BOW Pathways, contact Tanna Wagner at [tanna.wagner@ks.gov](mailto:tanna.wagner@ks.gov).

## ***PADDLING PATHWAY***

Kayaking  
Trailer Backing and Maintenance  
Stream Ecology  
Paddleboarding

## ***SHOOTING SPORTS PATHWAY***

Intro to Archery  
Intro to Shotguns  
Intro to Handguns  
Intro to Rifles

## ***FISHING PATHWAY***

Stream Ecology  
Intro to Fishing  
Intro to Flyfishing  
Fish Cleaning and Cooking

## ***CAMPING PATHWAY***

Camping  
Dutch Oven Cooking  
Wilderness First Aid  
Backpacking for Beginners

## ***COOKING PATHWAY***

Dutch Oven Cooking  
Fish Cleaning & Cooking  
Cooking with Wild Game  
Foraging

## ***INSTRUCTOR PATHWAY***

Participant  
Assistant Instructor  
BOW Instructor  
MiniBOW Instructor

## ***BOW INSTRUCTOR PATHWAY***

Do you have outdoor skills or knowledge you would like to share with other likeminded women? Are you interested in expanding on what you learned at BOW? Would you like to put your knowledge to practice by helping to teach others? Are you interested in becoming a BOW lead instructor, or hosting mini-BOWs in your area?

If you answered yes to any of the above, the BOW Instructor Pathway might be right for you! Join us as a participant, then come back as an instructor or assistant instructor for your next visit! You will get a special behind the scenes look at what it takes to lead a BOW class, get

familiar with the BOW Coordination Team and other great BOW instructors, and gain access to KDWP tools and resources to further the mission of Kansas BOW within your own community and networks.

The best news? BOW instructors and assistant instructors can participate in classes free of charge when not instructing, pending schedules and spot availability.

If the BOW Instructor Pathway sounds like a good fit for you, contact Tanna Wagner at [tanna.wagner@ks.gov](mailto:tanna.wagner@ks.gov).

# Workshop Schedule for September 22-24

## Becoming An Outdoors-Woman

### FRIDAY, SEPTEMBER 22

Check-in (8:30 a.m. - 10:00 a.m.)  
Welcome and Introductions  
LUNCH 12:00 p.m. - 1:00 p.m.  
Session - A 1:30 a.m. - 5:00 p.m.  
Relax on your own  
SUPPER 6:00 p.m. - 7:00 p.m.  
Evening Activities

### SATURDAY, SEPTEMBER 23

BREAKFAST 7:30 a.m. - 8:00 a.m.  
Session - B 8:30 a.m. - 12:00 p.m.  
LUNCH 12:00 p.m. - 1:00 p.m.  
Session - C 1:30 p.m. - 5:00 p.m.  
Relax on your own  
SUPPER 6:00 p.m. - 7:00 p.m.  
Campfire

### SUNDAY, SEPTEMBER 24

BREAKFAST  
Session - D 8:30 a.m. - 12:00 p.m.  
LUNCH, turn in evaluations, good-byes. 12:00p.m. - 1:00p.m.

**CANCELLATION POLICY:** Registrant cancellation notice more than 2 weeks prior to the event will receive a refund, minus a non-refundable \$50 processing fee. Cancellations occurring with less than 2 weeks-notice, no refund will be issued. Exceptions to this policy may be made due to extreme circumstances, including serious injury, illness, or death to you or an immediate family member. Registrants who do not attend or provide proper notice of cancellation will not receive a refund. Substitutions of women age 18 years or older may be made, pending approval of the BOW Coordination Team. Contact Shelby at [shelby.stevens@ks.gov](mailto:shelby.stevens@ks.gov) for information and all cancellations (must include your full name.) Please inform the BOW Coordination Team as soon as possible if unable to attend the event.

#### 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.

Rock Springs 4H Center is a smoke- and vape-free facility. There are no televisions or phones in your cabin.

#### SCHOLARSHIPS:

TEN partial scholarships of \$175 are available for first-time participants, and are based on financial need. If you would like to apply, contact Shelby at [shelby.stevens@ks.gov](mailto:shelby.stevens@ks.gov). Scholarships will be awarded at least 20 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 rain gear are a must. Don't forget sunscreen and bug spray, a camera to capture your weekend, and a lawn chair if you like! Pillows, bed linens, and towels are NOT provided. We provide all class supplies unless otherwise noted.

#### ADDITIONAL INFORMATION:

Telephone, fax and e-mail registrations are NOT accepted. Participants will be emailed a confirmation letter, map, class schedule and information on what to bring.

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.

#### LODGING: Preston/Finnup

Visit <https://rockspringsranch.org/facility-collection/cottages/> for photos and information about participant lodging.

#### GOT QUESTIONS, CONTACT:

Shelby Stevens by phone at (620) 672-0751 or email at [shelby.stevens@ks.gov](mailto:shelby.stevens@ks.gov).



## BOW Program Sponsors

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 programs, please contact the Kansas Department of Wildlife and Parks to see how you can become involved.

### Kansas Sponsors and Supporters

**Kansas Wildscape**  
**Kansas City Safari Club International**  
**Kansas Trophy Whitetails**  
**WildHERness**

**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

**Browning**  
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**Pope and Young Club**  
**UWSP Chancellor**  
**UWSP Foundation**  
**UWSP College of Natural Resources**

Equal opportunity to benefit from programs described herein is available to all persons without regard to race, color, gender, sexual orientation, gender identity or expression, religion, national origin, ancestry, age, military or veteran status, disability status, marital or family status, genetic information or political affiliation. Concerns of discrimination should be sent to KDWP, 1020 S Kansas Ave., Topeka, KS 66612. 06/23