



## Program Information and Schedule for Spring 2012

# *utdoors-<sup>®</sup> Woman*

AN EDUCATIONAL  
PROGRAM OF THE  
KANSAS DEPARTMENT  
OF WILDLIFE, PARKS  
AND TOURISM

May 18-20, 2012  
Rock Springs 4-H Center, Junction City, Kansas

KANSAS DEPARTMENT OF WILDLIFE, PARKS AND TOURISM

BECOMING AN OUTDOORS-WOMAN PROGRAM



## *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: [kdwpt.state.ks.us](http://kdwpt.state.ks.us)

E-mail: [kansasbow@sbcglobal.net](mailto:kansasbow@sbcglobal.net)

Phone: (785) 845-5052



# Concurrent Sessions List



## 1. 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.

## 2. SHOTGUN 102: INTRO TO SHOTGUNNING

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.

## 3. INTRO TO HANDGUN

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.

## 4. RIFLE MARKSMANSHIP

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

## 5. INTRO TO SPRING TURKEY HUNTING

This field class will demonstrate hunting techniques, equipment selection, methods of calling, turkey behavior and habitat, game cleaning, safety, shot placement, and regulations.

## 6. ADVANCED TURKEY HUNTING

This is the opportunity to take what you learned in the Turkey Hunting class to the field! Participation is limited to 2, with Intro to Turkey Hunting a prerequisite. Participants must have a current, valid KS hunting license, as well as a turkey permit.

## 7. RABBIT AND SQUIRREL HUNTING

Experience the considerable art, limited science and tremendous enjoyment of pursuing rabbits and squirrels!

## 8. THE WORLD OF SPORTING DOGS

Learn the joy and adventure of owning a hunting dog in a session that offers a "hands-on" outdoor training experience on upland game birds.

## 9. INTRO TO 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!

## 10. WILD GAME COOKING

Get hands-on experience - from cleaning to cooking and serving a variety of wild game.

## 11. LIMBLINING

Experience firsthand the ancient art of using limblines and banklines. This class is not for the faint of heart, but if you enjoy fun outdoor adventure, don't miss it!

## 12. INTRO TO BASS FISHING

Largemouth bass are one of the most popular, easiest and most fun sportfish to catch in Kansas. During this all-day class we will look at bass as the predator that they are, talk about what to use to catch them, and then go do it! We'll emphasize the importance of "catch and release" fishing for bass.

## 13. INTRO TO 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.

## 14. BASICS OF FLY FISHING AND FLY TYING

Fly fishing is for all anglers. Learn the fundamentals of equipment selection, casting, knot tying and fishing techniques for Kansas waters. Learn the basic techniques needed to tie a variety of flies while learning about what fish eat.

## 15. 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.

## 16. FLOAT TUBING

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



# Concurrent Sessions List

## 17. PERSONAL WATERCRAFT, SMALL BOAT AND TRAILER HANDLING

This full-day class will be fun in the sun and water. Life jackets will be supplied or you can bring your own. Participants must have completed a boating safety course prior to taking this class. Contact our boating education coordinator at [erika.brooks@ksoutdoors.com](mailto:erika.brooks@ksoutdoors.com) for course information. Wear tennis shoes and clothes that you could get wet in!

## 18. CANOEING BASICS

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

## 19. BACKPACKING 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. TENT CAMPING

Think of it as Camping 101. Learn the basics to make your first camping trip a success. Hands-on demonstrations and plenty of tips for all.

## 21. INTRO TO BIKING

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. PARTICIPANTS MUST BRING THEIR BIKE AND HELMET!

## 22. BIKING ROAD RIDE

Conditioning, safety and bike etiquette when riding on the road are stressed in this class. Bike, helmet, water bottle, extra tube and bike pump required.

## 23. 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.

## 24. BIRDWATCHING BASICS

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

## 25. DUTCH OVEN AND OPEN FIRE COOKING

Learn fire building, temperature control and recipe conversions. Participants will prepare their own food. Best of all, you'll learn dozens of cooking secrets!

## 26. WILDERNESS SURVIVAL

Learn what should be in your survival kit and some things about every-day items that are outdoor survival essentials.

## 27. GPS AND GEOCACHING FOR BEGINNERS

Learn geocaching - a fun family sport hitting all over the world. Find nickel and dime treasures using million dollar satellites.

## 28. GHOST TOWNS OF KANSAS

Discover and enjoy these treasures! Learn the references to check and things to do to ensure you have a fun personal or family outing.



## DON'T FORGET THE FALL BOW PROGRAM SEPT 21-23

Watch for more details on the website ([www.kdwpt.state.ks.us](http://www.kdwpt.state.ks.us)) and on our facebook page **Becoming an Outdoors Woman Kansas.**

# Mini-Sessions List

Friday and Saturday 7:15-8:45pm

### There is No Dumb Question

Ask us anything. If we don't have the answer we'll find it!

### Shotgun Fitting

Let us help make sure your shotgun fits you.

### Rod and Reel Maintenance

Everything you need to know about basic care of your fishing equipment.

### Kansas Critters

If you think skunks always stink and beaver always eat fish, then you had better attend this class!

### Clean Your Handgun

Learn how to clean and care for your handgun.

### Survival Bracelets

Make a bracelet that's so much more!

### Papermaking

It's not a lost art - you can do it here!

### Bats

Afraid of bats, or just batty?

### Outdoor First Aid

Dan will take you through the basics.



### Star Lore and Mythology

Explore the myths and legends surrounding constellations.

### Bow Maintenance

See how to keep your bow in shooting shape!

## THE FUN DOESN'T STOP WHEN THE SUN SETS!!

### Campfire

No outdoor experience is complete without a campfire. Bring your campfire songs - we'll bring the s'mores!

### Star Gazing

Go with Terri and Craig as they point out different constellations and help you enjoy the stars!





# Workshop Schedule for May 18-20

## Becoming An Outdoors-Woman

### FRIDAY, MAY 18

9:00 a.m. - 10:30 a.m.	Check-in
11:00 a.m. - 12:00 p.m.	Welcome and Introductions
12:00 p.m. - 12:45 p.m.	DINNER
1:15 p.m. - 4:45 p.m.	Session - A
5:00 p.m. - 6:00 p.m.	Relax - on your own
6:00 p.m. - 6:45 p.m.	SUPPER
7:15 p.m. - 8:45 p.m.	Mini-session or relax on your own
9:00 p.m. - ? ? ?	Camp Fire



### SATURDAY, MAY 19

7:30 a.m. - 8:00 a.m.	BREAKFAST
8:15 a.m. - 12:00 p.m.	Session - B
12:00 p.m. - 12:45 p.m.	DINNER
1:15 p.m. - 4:45 p.m.	Session - C
5:00 p.m. - 6:00 p.m.	Mini-session or relax on your own
6:00 p.m. - 6:45 p.m.	SUPPER
7:15 p.m. - 8:45 p.m.	Mini-session or relax on your own
9:00 p.m. - ? ? ?	Camp Fire

### SUNDAY, MAY 20

7:30 a.m. - 8:00 a.m.	BREAKFAST
8:15 a.m. - 12:00 p.m.	Session - D
12:00 p.m. - 2:00 p.m.	DINNER, Grand prize drawings, turn in evaluations, good-byes.

**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.

#### 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, and alcohol is prohibited. Pets are not allowed. There are no televisions or phones in your cabin. Pay phones are found throughout the camp.

QUESTIONS? Contact Jami McCabe at 785-845-5052 or [kansasbow@sbcglobal.net](mailto:kansasbow@sbcglobal.net).

#### 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](mailto: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, and a camera to capture your weekend. 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.

#### ADDITIONAL INFORMATION:

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.

The cabin has 16 rooms with 2 bunk beds and a bathroom for each room.

## 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, Parks and Tourism to see how you can become involved.

### Kansas Sponsors and Supporters

**Classic Destiny**  
**Flats Lander Guide Service**  
**Friends of NRA**  
**Geary Co. Fish & Game Assoc.**  
**Kansas Trophy Whitetails**  
**Kansas Wildlife Federation**  
**Outdoor Writers of Kansas**  
**Pathfinder**  
**Ringneck Ranch**  
**Riley Co. Fish & Game Assoc.**

**Safari Club International -**  
**Great Plains Chapter**  
**The Wichita Eagle**  
**Wildlife Management Institute**  
*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

**ATK Ammunitions Group**  
**Browning**  
**Cabela's**  
**Ducks Unlimited**  
**Leupold**  
**Lodge Manufacturing**  
**National Shooting Sports**  
**Foundation**  
**Pheasants Forever**  
**Pope and Young Club**

**NRA Women on Target**  
**Rocky Mountain Elk Foundation**  
**Sables - Safari Club**  
**International**  
**UWSP Chancellor**  
**UWSP Foundation**  
**UWSP College of Natural**  
**Resources**

Equal opportunity to participate in and benefit from programs described herein is available to all individuals without regard to race, color, national origin, sex, age, disability, sexual orientation, gender identity, political affiliation, and military or veteran status. Complaints 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. 01/12

# Rock Springs Health and Participation Form

Camp Group: \_\_\_\_\_

Camper's Name: \_\_\_\_\_

## Health

List below any physical condition the supervisor, EMT, nurse or sponsor 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.

\_\_\_\_\_ Insect stings

\_\_\_\_\_ Diabetes

\_\_\_\_\_ Heart conditions

\_\_\_\_\_ Ear infection

\_\_\_\_\_ Fainting spells headaches allergies

(please explain): \_\_\_\_\_

\_\_\_\_\_ Allergic to any drugs

(please list): \_\_\_\_\_

\_\_\_\_\_ Prescribed medicines

(please list): \_\_\_\_\_

\_\_\_\_\_ Tetanus immunization (Date): \_\_\_\_\_

\_\_\_\_\_ Other conditions (please list): \_\_\_\_\_

## Participation

Rock Springs instructional staff are trained to provide the safest activities possible. I understand the campers will be closely supervised and agree that the supervisors, sponsors and Rock Springs 4-H Center 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 Rock Springs 4-H Center and Kansas Department of Wildlife, Parks and Tourism 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 Rock Springs 4-H Center, the Kansas 4-H Foundation, the Kansas 4-H Extension program and Kansas Department of Wildlife, Parks and Tourism to use pictures taken while participating in activities at Rock Springs 4-H Center. I understand that these photos will be used for the promotion of Rock Springs and/or the Becoming An Outdoors Woman program and cannot be sold or distributed to any other entity.

Signature: \_\_\_\_\_

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

Date: \_\_\_\_\_

Day phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_