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 experienced, enthusiastic instructors.
Concurrent Sessions List

1. CAN COOKING
   This is a method of outdoor cooking that is fun and does not need a large number of utensils or a stove. Use the vegetables that are in season and feed a large group of people. Can cooking makes everyone an outdoor chef.

2. 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!

3. SAUSAGE MAKING
   Even though sausage making can look intimidating, we will break it down so that it’s fun. Learn to grind, season, mix, stuff and cook different kinds of sausage, and how to use the tools needed during the process. We’ll cover techniques for making both fresh and cured sausage with domestic and wild game meat. Come prepared to take sausage home, as we will be producing more than enough to sample!

4. 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.

5. FUN ON A BIKE
   Has it been a while since you’ve been on a bike? Looking to feel more confident riding around town, with the family, on a tour? Join us to learn basic bike safety, handling techniques to make biking more efficient, adjusting your bike to fit you to make riding more comfortable, and how to share your ride with others including vehicles, and gain confidence to make biking not only transportation but fun! You must bring your own (rideable?) bike, helmet, and water bottle! Activity Level - Moderate

6. MORE FUN ON A BIKE – BASIC MAINTENANCE & MORE RIDING TECHNIQUES
   This session is a continuation of Fun on a Bike and/or geared to riders who want to learn and practice some basic maintenance including chain care and fixing a flat, riding on a variety of surfaces, and gear options to make extended riding comfortable. We will spend a good amount of time on a group ride practicing all of this and having fun! You must bring your own (rideable?) bike, helmet, and water bottle! Activity Level - Moderate

7. 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.

8. DIY BAT HOUSES
   One brown bat can eat 60 medium-sized moths or over 1,000 mosquito-sized insects in one night. Skip the pesticides, exterminators, and bug repellent and invite bats over to your home to do the work for you! In this class you’ll learn not only how to build and position a bat house that mimics bats’ natural habitat, but also gain a basic introduction to power tools. You’ll leave with your own bat house to take home.

9. BACKPACK CAMPSITE LIVING
   This class will begin in the classroom, but we won’t be inside for long. Once we cover gear and safety, we’ll pack our packs, and hit the trail. As we hike, you’ll learn and experience multiple aspects of backpacking - from tying your boots and preventing blisters to water filtration, trail etiquette, backpacking with kids, and even a few of our favorite trail hacks! We’ll be cooking our meal on the trail and camping under the stars so that you can have the full backpacking experience. Be sure to bring your own tent, backpack, sleeping bag / pad, and any new backpacking gear you want to try out - and be prepared to add a bit to your pack so we can share the load of food and gear for the group. Activity Level - Moderate

10. OUTDOOR EXCURSION
    Outdoor excursion is an adventure into the wilderness. Not just a walk in the park, but an experience of a little of all the eco systems and their relationship. Trees, plants, grasses, shrubs and soil and streams. Just a skimming or maybe a little deeper in what we are walking on, wading in and maybe what we are seeing to gain appreciation for it and our stewardship.

11. MAP & COMPASS NAVIGATION BASICS
    Are you heading into the woods and want to learn how to use your map and compass properly? Learn basic navigation skills using a map and compass to find your way. You’ll learn the parts of a compass, how to read a topographic map, and how to use them in tandem. You’ll practice using compass bearings to find your location and identify landmarks and learn tips and tricks for planning a route.

12. WILDERNESS SURVIVAL
    An introduction to wilderness survival techniques to keep yourself alive in the wild, as well as everyday preparation to handle emergencies. This is done through an informational and hands-on approach.

13. SITUATIONAL AWARENESS FOR WOMEN
    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.

14. WILD PLANT USES
    Learn uses of wild plants for both survival and practical needs. We will look at some of the commonly found plants in Kansas that can be used as tools for survival as well as for their edible and medicinal qualities.

15. KANSAS PLANTS AND TREES
    Hike through the scenic Rock Springs area. You will learn about native plants, develop new observations skills and tools, and learn to slow down and look!

16. 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). Activity Level - Moderate
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.

**Air Rifle – Plinking**
Air rifles can be used for small game hunting, pest control, or just plinking with your family and friends. They can also be used for marksmanship competitions. Join us for some plinking fun and learn a little about air rifles with your family and friends. They can also be used for marksmanship competitions. Join us for some plinking fun and learn a little about air rifles with your family and friends.

**Limb Lining**
Limb lining is fishing for catfish on the creek with lines made up to hang from limbs, bank poles, or another line (trot lines). We will be gathering our own bait by seining the creek and you’ll need to wiggle into chest waders and walk like a duck unless you choose to wet wade. We set lines in the afternoon and run them again at daybreak. This class is not for those who don’t like climbing steep banks, pulling your feet out of ankle-deep mud, or fighting a few bugs. A good flashlight or headlamp and a walking stick will make this class more fun. Activity Level – Moderate / Strong

**Bass Fishing**
Largemouth bass are one of the easiest and most fun sport fish to catch in Kansas. During this 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.

**Fly Fishing**
Learn about the equipment necessary for fly fishing and what it is for. Then you’ll practice how to cast and to read the water (stream) where to fish. How to fight and net a fish. Fishing etiquette

**Fly Tying**
Learn the basics of fly tying. How to use the equipment material and tools.

**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.

**Air Rifle – Plinking**
Air rifles can be used for small game hunting, pest control, or just plinking with your family and friends. They can also be used for marksmanship competitions. Join us for some plinking fun and learn a little about air rifles and range safety while you are here!

**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.

**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.
Workshop Schedule for May 1-3
Becoming An Outdoors-Woman

FRIDAY, MAY 1
Check-in
Welcome and Introductions
LUNCH
Session - A
Meet-and-greet
Campfire SUPPER
Relax on your own
Campfire

SATURDAY, MAY 2
BREAKFAST
Session - B
LUNCH
Session - C
Chuck-a-Duck
SUPPER
Relax on your own
Campfire

SUNDAY, MAY 3
BREAKFAST
Session - D
LUNCH, 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, aged 18 years or older. 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.
Rock Springs 4-H Center is a smoke- and vape-free facility. 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 at least 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 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! 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:
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:
Cabin with 16 rooms, each room has two sets of bunk beds and a bathroom. Linens and towels are not provided.

GOT QUESTIONS, CONTACT:

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.

Kansan Sponsors and Supporters

Capps Bike Store
Classic Destiny
Flats Lander Guide Service
Geary Co. Fish & Game Assoc.
Kansas State Rifle Assoc. Foundation
Kansas Trophy Whitetails
Prairie Ghost Gallery
Riley Co. Fish & Game Assoc.

Ringneck Ranch
Safari Club International–KC Chapter

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
Leupold
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Pope and Young Club
UWSP Chancellor
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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.

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BECOMING AN OUTDOORS-WOMAN
2020 SPRING WORKSHOP

REGISTRATION FORM

ONLY ONE PERSON MAY REGISTER PER FORM. PLEASE PHOTOCOPY FOR ADDITIONAL REGISTRATIONS.

ROCK SPRINGS 4-H Center, Junction City, KS
May 1-3, 2020

Participants must be 18 years and older. Through February 15, 2020 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 ________________________________________________

E-mail (for confirmation purposes) ________________________________

Phone ____________ ____________ (Day) ____________ ____________ (Evening)

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 actions or injuries 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 CLOSES APRIL 15

Questions should be directed to:
Coordinator Jami McCabe (785) 845-5052 or KansasBOW@sbcglobal.net
Shelby Stevens (620) 672-0751 or shelby.stevens@ks.gov

CANCELLATION POLICY: Cancellations 30 days or more prior to the program 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. All cancellations must be in writing and include your name and address for the state to process a refund check.

WORKSHOP FEE
$250.00 includes 7 meals, 2 nights lodging*, instruction, supplies, and use of equipment.
* Lodging: Cabin with 16 rooms, each room has two sets of bunk beds and a bathroom. Linens and towels are not provided.

Make checks payable to: KDWPT

Visa ____________ MasterCard ____________

Expiration date __/__/____ Signature ________________________________

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

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

FRIDAY AFTERNOON

_ CAN COOKING
_ DUTCH OVEN COOKING
_ SAUSAGE MAKING
_ DO-IT-HERSELF
_ WILD PLANT USES
_ STAND-UP PADDLEBOARDING
_ FISH CLEANING & COOKING
_ SHOTGUN 101
_ AIR RIFLE - PLINKING

SATURDAY MORNING

_ DO-IT-HERSELF
_ FUN ON A BIKE
_ WILDERNESS SURVIVAL
_ FLAT-WATER KAYAKING
_ LIMBLINING
_ FLY TYING
_ SHOTGUN 102
_ INTRO TO HANDGUNS
_ RIFLE MARKSMANSHIP
_ ARCHERY

SATURDAY AFTERNOON

_ MORE FUN ON A BIKE
_ SNAKES AREN’T SLIMY
_ BAT HOUSES
_ BACKPACK CAMPSITE LIVING
_ WILDERNESS SURVIVAL
_ FLAT-WATER KAYAKING
_ WHAT BAITS CATCH WHAT FISH
_ FLY FISHING
_ INTRO TO HANDGUNS
_ SHOOT YOUR OWN RIFLE
_ TRAPPING & FUR FINISHING

SUNDAY MORNING

_ MORE FUN ON A BIKE
_ OUTDOOR EXCURSION
_ MAP & COMPASS BASICS
_ SITUATIONAL AWARENESS
_ KANSAS PLANTS & TREES
_ BASS FISHING
_ SHOOT YOUR OWN HANDGUN
_ PREDATOR CALLING/HUNTING
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 KDWPT programs including 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: ___________________________________________________