Program Information and Schedule for Spring 2023

April 28–30, 2023
Rock Springs 4-H Center, Junction City, Kansas

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.

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Becoming an Outdoors Woman Kansas
Concurrent Sessions List

1. **INTRO TO HANDGUNS**
   Learn the basics of handgun safety, marksmanship, and care, then practice those skills with a variety of handguns.

2. **FLAT-WATER KAYAKING**
   Experience 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 followed by a leisurely paddle around Geary State Fishing Lake. You will also learn about places to paddle and paddling groups in Kansas.

3. **INTRO TO FISHING**
   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**
   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**
   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 inaturalist and discover the role you can play as a citizen scientist!

6. **FISH CLEANING AND COOKING**
   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**
   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**
   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**
   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**
    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. **TURKEY TALK**
    Learn about turkey biology and habitat, scouting and hunting techniques, equipment selection, game cleaning, safety, shot placement, and regulations. This class will primarily consist of class time, with possible opportunities to get outside to practice scouting and ID skills around camp. Participation in the Turkey Hunt IS NOT required.

12. **TURKEY HUNT**
    Put your turkey knowledge to the test on a real turkey hunt! You will be paired with an experienced turkey mentor for a real turkey hunt! Turkey Talk is a pre-requisite for this class. Some shotgun experience prior to BOW or in Intro to Shotguns is also required. Participants are responsible for acquiring all required licenses and permits prior to the event start date of April 28, 2023. Contact Tanna (Fanshier) Wagner at tanna.fanshier@ks.gov with additional questions.

13. **INTRO TO FLYFISHING**
    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**
    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**
    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**
    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**
    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**
    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**
    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**
    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**
    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**
    Join us to learn the fundamentals of paddling safety, equipment selection, boarding, and standing upright on your paddleboard. Experience paddling from a whole new perspective as you take a leisurely tour around Geary State Fishing Lake and discuss places to paddle as well as local paddling groups to consider joining for additional support post-event.

23. **GEOCACHING**
    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 AND ORIENTEERING FOR BEGINNERS**
    Learn about backpacking basics from an experienced backpacker and outdoor outfitter. In this class you’ll cover backpacking basics, review safety practices, orienteering 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.

25. **WILDLIFE PHOTOGRAPHY**
    In this class, you’ll learn techniques for capturing the natural beauty and wonder of Kansas wildlife 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.

Want to focus on a specific topic or a progressive approach to honing your skills? Check out our suggestions for BOW pathways!
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 Fanshier at tanna.fanshier@ks.gov.

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**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 Fanshier at tanna.fanshier@ks.gov.

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### PADELING 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 and Orienteering Basics

### COOKING PATHWAY

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

### INSTRUCTOR PATHWAY

- Participant
- Assistant Instructor
- BOW Instructor
- BOW MiniBOW instructor

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**BOW INSTRUCTOR PATHWAY**

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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
- Wilderness

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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- UWSP Foundation
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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 and Parks, 1020 S Kansas Ave., Topeka, KS 66612-1327.

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