BECOMING AN OUTDOORS WOMAN

becoming an Outdoors-Woman®
SD Game, Fish and Parks

Sept. 9-11, 2016

Outlaw Ranch

Custer, SD

Sponsored by

South Dakota Department of Game, Fish and Parks

With the help of

South Dakota Parks and Wildlife Foundation

SOUTH DAKOTA
Game, Fish & Parks

is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if…

- you have never tried these activities, but have hoped for an opportunity to learn.
- you are a beginner who hopes to improve your skills.
- you know how to do some of these activities, but would like to try your hand at some new ones.
- you are just looking for the camaraderie of like-minded individuals.

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Get Your Hunter Safety Certification

FINANCIAL ASSISTANCE AVAILABLE

The Marcia Hauk Memorial Scholarship Fund has provided support to South Dakota's Becoming an Outdoors-Woman workshop participants. This will allow us to give up to 5 workshop participants their registration back in full.
Decisions on who will receive financial assistance will be based on need, as expressed in writing by the applicant. If you are interested, please attach a sheet briefly describing:
1) Why you want to attend the workshop?
2) How you will use what you learn during the workshop?
3) Briefly describe the circumstances in which you find it difficult to pay your way in full?
Previous Scholarship recipients are not eligible to apply.
Please send your check for $165 along with your completed registration form and financial assistance request to:
SD Game, Fish, and Parks
ATTN: Erin Boggs
523 E Capitol Ave
Pierre, SD 57501
Only requests received by Aug. 15, 2016 will be considered.
If registering online, the full registration fee will be charged to your credit card. If you are selected to receive a scholarship, you will receive a refund of $165.

Workshop Agenda

All Times are Mountain Time

Friday, September 9, 2016

8:30 a.m. ……. Registration, Check-In
11:00 a.m. ……. Introduction, Welcome
12:00 p.m. ……. Lunch
1:00 p.m. ……. SESSION I
5:00 p.m. ……. Social Time
5:30 p.m. ……. Dinner
7:00 p.m. ……. Evening Activities

Saturday, September 10, 2016

7:30-8:30 a.m. …… Breakfast
8:30 a.m. ……... SESSION II
12:00 p.m. …….. Lunch
1:00 p.m. …….. SESSION III
5:00 p.m. …….. Social Time
5:30 p.m. …….. Dinner
7:00 p.m. …….. Evening Activities

Sunday, September 11, 2016

7:30-8:30 a.m. …… Breakfast
8:30 a.m. …….. SESSION IV
12:00 p.m. ……... Lunch & Closing Comments
1:00 p.m. ……Cabin Check-Out

B.O.W. Hunter Safety and Firearms Education (HuntSAFE) Certification Instructions

In order to receive a hunter safety card, the participant must:

1. Complete the online South Dakota HuntSAFE class (see instructions below)
2. Print the online field day qualifier certificate (provided when online class is completed) and bring to B.O.W.
3. Attend Friday PM HuntSAFE Field Day session
4. Attend one of the following classes:
   ~ Handgun Shooting
   ~ Rifle Shooting
   ~ Intro to Shotgunning
   ~ Muzzleloading

To Complete the Online Course:

1. Go to: ***www.hunter-ed.com/southdakota/***
2. Study and pass the $15.00 course
3. Print field day qualifier certificate and bring to B.O.W. HuntSAFE session on Friday PM.

Online Course Must Be Completed by September 1st, 2016.

WORKSHOP CLASS DESCRIPTIONS

SESSION I

Archery - Learn the basics of shooting form, equipment selection, clothing and footwear. Shooting both compound and recurve bows will be covered on the shooting range. You may bring your own bow. Please **DO NOT** bring arrows. *Class size limited to 12.*

Backpacking - You don't have to be super-woman to enjoy this outdoor activity! Topics include trip planning, equipment (regular and ultra-lite), cooking, hygiene, water purification, Leave No Trace, and travel tips. Topics are mostly taught with hands on-activities like "Planning a Trip", "Lighting a Stove and Not Blowing Yourself Up", and, the all-time favorite: "How to S**t in the Woods". *Class size limited to 12.*

Biking the Mick - Come ride some miles of the Mickelson Trail on a mountain bike. After learning basic operation and riding skills, we will ride from Custer to Crazy Horse and back on the Mickelson Trail. Do not be alarmed if you have not ridden a bike for a long time, this class will get you back on the track to wanting to ride again or just wanting to ride a bike! Bikes and helmets will be provided or you can bring you own. Time will be spent riding. *Class size limited to 10.*

Boating Basics - Learn practical skills needed to handle boats. You will pull and back trailers hitched to trucks, load and unload boats from trailers, learn boat-handling fundamentals on the water and some mechanical basics of motors. *Class size limited to 8.*

Campfire Cooking – Learn to cook breakfast, snacks, and dinner recipes over a campfire. We will make easy, delicious food that are not s'mores, banana boats, or hobo dinners. Come to class hungry. *Class size limited to 12.*

Fly Fishing Basics – Discuss casting methods and techniques, gear, what fish eat and how to "read the water." About half the class time will be spent on dry land practice casting, not actually fishing. **This class is pre-requisite to Fly Fishing for Trout.** *Class size limited to 8*.

Hunting Safety – ***Online hunt safe is a pre-requisite for this class which must be completed by Sept 1.*** Learn the basic types of hunting firearms and firearm hunting safety. The class will not include any actual shooting. This class is a pre-requisite for ALL the shooting courses if you do not have a hunter safety certification. ***This course is also required to satisfy the Hunt Safe certification available during the weekend.*** *Class size limited to 15.*

Injured Outdoors - In the event of serious injury outdoors, you and your hunting/fishing buddy are the true first responders. Already at the scene, you may be called upon to perform the first assessment of injuries and provide critical life-saving aid to victims. When remote locations or foul conditions delay response by traditional rescuers, you may be the only one available to react in time to the most life-threatening but survivable injuries. During this compelling, hands-on session students will learn basic injury assessment skills for penetrating trauma, principles of bleeding control, and practice applying tourniquets, bandages, and chest dressings from a hunter's trauma kit. We'll lend you the kit for use during class, but if you wish to purchase one to take home, you may do so at a discounted price of $50. *Class size limited to 15.*

Meat Treats of the Great Outdoors – The basics on what to do with wild game meat! Will show you the "how to's" on making jerky, summer sausage and smoked foods including fish, almonds, cheese and more. Will go through meat processing step by step all the way to the finished product that you will help make and get to take home! *Class size limited to 10*.

Outdoor Photography – Learn the basics of mastering outdoor and nature photography, regardless of what type of camera you use. We'll learn the basics of exposure, lighting, composition and even a few creative tips and tricks to take your photography to the next level. Session will include combination of classroom presentation and on-location shooting, so bring your gear and your questions! *Class size limited to 12*.

Paddling - Learn how to navigate the water on a simple kayak, canoe or paddle board. It's easy, fun, and this basic class will help you learn to navigate a single person kayak and paddle board safely and easily. This course includes instruction on basic paddling skills, what equipment is right for you. **You will get wet** during this class. *Class size limited to 10*.

Story Walking Sticks – Native Americans did not have a written language. Instead, they drew pictures to tell stories and convey information. We will be making Native American story sticks. Participants will strip sticks, carve, burn or add charms, ribbon, etc. to tell their own story on a walking stick. *Class size limited to 15*.

When Heloise Meets Davy Crockett - Helpful "hacks" to make your time in the outdoors easier, handier, less stressful, safer. Basic helpful hints for camping, fishing, hunting, hiking and general outdoors will be shared, taught, discovered. Geared for the outdoors novice and the "expert" so all can learn something. We'll practice different fire-starting hacks and make a compact pack you should always have with you when you are out and about. There is also time to share other "helpful hints" and hacks you have used already. *Class size limited to 10.*

SESSION II

Archery - See Session I description

Backyard Butterflies – Want to attract butterflies and birds to your yard? You will learn the plants to make a butterfly garden. *Class size limited to 12.*

Bird ID & Birding – Do you wonder what that beautiful bird is flying through your yard or hear singing and wish you could name the bird? This class will cover the basics of field guides, using binoculars, birding ethics, and the families of birds. You'll get to practice both in the classroom and on a bird walk through several habitat types. *Class size limited to 10.*

Boat Fishing* – Learn basic skills, equipment and tactics needed to fish from a boat. The class will participate in discussion as well as getting on the water in a boat to fish. *Class size limited to 4.*

Canoe Fishing* – There are few things better than fishing and canoeing. Unless, that is, you combine the two and go fishing in a canoe! Learn about paddling a canoe and combining it with lake fishing for trout in Bismarck Lake. *Class size limited to 8.*

Dutch Oven Cooking – Discover the wonder of cast iron cooking. Learn the history of the ovens and how to use them. Assist other team members in preparing and cooking in the ovens and taste a wonderful variety of dishes! (Eat VERY LIGHTLY or not at all before class – you will be tasting your creations.) *Class size limited to 12.*

Guns 101 – All you ever wanted to know about guns but were afraid to ask or didn't know you didn't know. This class is designed to introduce the shooting sports and equipment used. Hands on learning about the different types of firearms, selecting the appropriate gun and ammunition and other gun topics. *Class size limited to 12.*

Handgun Shooting – Safe handling, use and storage of handguns will be the focus of this class. We'll review handguns for recreational shooting and hunting. How to safely handle and shoot a variety of handguns will be featured. **The BOW Hunting Safety class or a hunter safety certification is a pre-requisite**. *Class size limited to 10.*

Shore Fishing* – Fishing is a great way for families to spend time together! Get an introduction to fishing equipment, casting skills, fish species, knots, and more, then go fishing. You may bring your own equipment if you wish. *Class size limited to 8.*

Sylvan Lake Hike – Take a hike around Sylvan Lake for 1 mile and learn the whole Dam Story that created this lake, the history of the resort and how this popular spot came to be! Then head up 1 mile on Trail #9 to a beautiful view of historical Harney Peak Fire Tower Lookout and return to the Sylvan Lake area for a total of 3 miles. Hiking boots or sandals required. **Trail Rating: Moderate.** *Class size limited to 15.*

Veggie & Meat Preservation – Is limited freezer space a problem for you due to hunting, fishing or having too much fresh produce from your garden? Learn to save that food for year around use with pressure and hot water canning. *Class size limited to 6.*

When Heloise Meets Davy Crockett – See Session I description

SESSION III

Boating Basics - See Session I description

Creek Critters - Come make a splash while wading in the beautiful creeks of Custer State Park! Build a sieve or screen box to collect aquatic macro-invertebrates and learn to identify each species. Learn which macro-invertebrates are pollution tolerant and intolerant to determine the quality of a water ecosystem. *Class size limited to 15.*

Dutch Oven Cooking – Let's go back in time and get cooking, slow and easy does it. Cast iron cooking is a great way involve the whole family and produce beautiful, healthy meals. Learn the basic tools and techniques while eating your class projects. Assist other team members in preparing and cooking the dishes. We'll tackle entrees, side dishes, and take the fear out of baking desserts. *Class size limited to 12.*

Experience the Mick – Come ride some miles of the Mickelson Trail on a mountain bike. After learning basic operation and riding skills, we will ride on the Mickelson Trail. This class will focus on the beauty of the Mickelson Trail while riding a bike! Bikes and helmets will be provided or you can bring you own. Time will be spent riding. *Class size limited to 10.*

Fly Fishing Basics – See Session I description

Intro to Shotgunning – Get hooked on the joy of breaking clays with a shotgun! Learn and practice the basics of shooting a shotgun at clay targets. This class is for beginners as well as those with experience. **The BOW Hunting Safety class or a hunter safety certification is a pre-requisite**. *Class size limited to 10.*

Muzzleloader Shooting – In this course we will cover safety, modern muzzle loaders, loading, care of and you can experience the joy and excitement of the one shot challenge. **The BOW Hunting Safety class or a hunter safety certification is a pre-requisite**. *Class size limited to 10.*

Outdoor Photography – Learn the basics of mastering outdoor and nature photography, regardless of what type of camera you use. We'll learn the basics of exposure, lighting, composition and even a few creative tips and tricks to take your photography to the next level. Session will include combination of classroom presentation and on-location shooting, so bring your gear and your questions! *Class size limited to 12.*

Paddling - Learn how to navigate the water on a simple kayak, canoe or paddle board. It's easy, fun, and this basic class will help you learn to navigate a single person kayak and paddle board safely and easily. This course includes instruction on basic paddling skills, what equipment is right for you. You will get wet during this class. *Class size limited to 10.*

Pheasant Cooking – Learn how to properly cook pheasants with some great recipes from the authors of Brooster's Dakota Cuisine Cookbook. *Class size limited to 8.*

Rifle Shooting – Shoot .243 rifles; learn the use of scopes and techniques for shooting at long ranges. **The BOW Hunting Safety class or a hunter safety certification is a pre-requisite**. *Class size limited to 10.*

Spelunking – The class will consist of in cave training in caving techniques, safety, conservation, and cave restoration. There will be some crawling, bouldering, and a lot of upright walking. This course is moderately strenuous, and not for anyone who has health issues. You will need to get through a couple of fairly tight spaces of less than 15 inches. *Class size limited to 6.*

Wilderness Survival - So you want to learn how to survive in the woods, with only the clothes on your back? Then jump into our Survival Crash Course and gain the foundational skills to ensure your survival. This action packed course will coach you through the best wilderness skills and practices for any type of survival situation, including: Assessing the Priorities and Mentality of Survival, Avoiding Hypothermia, Building a Survival Kit, Creating Fire, Obtaining Safe drinking Water and Food, and more. Dress to be outdoors, putting your skills and your survival kit to the test! **You must attend a Friday night Mini Session before this class.** *Class size limited to 12.*

SESSION IV

Backyard Butterflies – Want to attract butterflies and birds to your yard? You will learn the plants to make a butterfly garden. *Class size limited to 12.*

Bird ID & Birding – See Session III description

Deer Hunting – **-**Learn field safety, equipment selection and clothing for hunting, along with deer biology and hunting techniques. Wear long pants and boots for some time in the field following a blood trail. *Class size limited to 12.*

Dove Hunting –. Discuss the basics and introductory level of dove hunting. Learn how to prepare for the hunt, the best places to locate doves and everything in between all the way to enjoying them as a meal. Dove hunting in early fall can be a great opportunity to hone in on your shooting skills before pheasant and waterfowl seasons. *Class size limited to 10.*

Fly Fishing for Trout *– Review basic fundamentals and then head to the lake with your fly rod to fish trout. Fly Fishing Basics or fly fishing experience is a prerequisite for this class. *Class size limited to 8.*

Guided Photo trek to Stockade Lake – Join photographer Marty DeWitt on a photo trek to Stockade Lake in Custer State Park. We will explore the scenic lake drive in search of unique landscape shots, wildflowers, wildlife, reflections and whatever else catches our eye. *Class size limited to 10.*

Handgun Shooting – See Session II description

Intro to Shotgunning – See Session III description

Pheasant Cooking – Learn how to properly cook pheasants with some great recipes from the authors of Brooster's Dakota Cuisine Cookbook. *Class size limited to 8*

Shore Fishing* – See Session II description

Staying Found with Katie – Learn the basics of finding your way through the wilderness to your destination and home again. Explore the uses of GPS equipment and get hands on experience using it. *Class size limited to 8.*

Sunday Bike Adventure - Come ride around Stockade Lake after quick safety tips and bike selection, you will explore the beauty of Stockade Lake. This is a leisurely, fun and relaxing ride. Bikes and helmets will be provided or you can bring you own. *Class size limited to 10.*

WORKSHOP NOTES

REGISTRATION WORKSHOP FEES:

- **$165 Postmarked on/before Aug. 21, 2016**
- **$190 Postmarked after Aug. 21, 2016**

Participants must be at least 18 years old to attend BOW. The first 2 weeks of registration are open to first-time participants and previous participants bringing a first-time participant along only. Other registrations will be held until after that period. After that, classes are filled on a first-come, first-served basis. Participants who register early are more likely to get their top choices of classes. Confirmation letters for registrations will be mailed out prior to the event. A map and list of appropriate items to bring will be included.

MEALS -Meals are cafeteria style and begin with lunch on Friday. If you have special dietary needs, please let us know in advance. We will try to accommodate them.

CANCELLATIONS - If you cancel before August 22, a $25 processing fee will be deducted from your refund. **Registrants who do not attend and who do not cancel by August 22, 2016, will be assessed the full program fee**. You may send a substitute but please let us know in advance.

LODGING - Lodging will be in cabins with 7-8 per cabin. Bathroom and shower facilities are located nearby. Participants must provide their own bedding and towels. Sleeping bags are highly recommended. Buildings are smoke-free environments and alcohol is prohibited at the facility. Most camp facilities are handicap accessible. If you need to be close to a restroom, please indicate as a special need.

PLEASE NOTE - Organizing the BOW workshop takes place several months in advance. Every effort is made to offer all scheduled classes. However, due to circumstances beyond our control, instructors, topics and schedules may change. In the event of an unforeseen cancellation, participants are offered an alternative class.

QUESTIONS - If you have any questions that are not answered in this brochure, call (605) 773-3384.

Registration Form
BECOMING AN OUTDOORS-WOMAN
September 9 - 11, 2016

ONLINE REGISTRATION NOW AVAILABLE AT:
http://gfp.sd.gov/outdoor-learning/BOW.aspx

Only one person may register per form. Please photocopy for additional registrations.

Workshop Fee: $165 (Early Bird, on/before Aug. 21); $190 (After Aug. 21); includes meals & lodging

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone (_____) _____ Evening Phone (_____) _____

CONCURRENT SESSIONS

Instructions: Indicate your 1st, 2nd, and 3rd choice for each session.

<u> NO CLASS CHANGES WILL BE MADE AFTER SEPTEMBER 01, 2016.</u>**

SESSION I - Friday p.m.	SESSION II - Saturday a.m.	SESSION III - Saturday p.m.	SESSION IV - Sunday a.m.
___ Archery	___ Archery	___ Boating Basics	___ Backyard Butterflies
___ Backpacking	___ Backyard Butterflies	___ Creek Critters	___ Bird ID & Birding
___ Biking the Mick	___ Bird ID & Birding	___ Dutch Oven Cooking	___ Deer Hunting
___ Boating Basics	___ Boat Fishing*	___ Experience the Mick	___ Dove Hunting
___ Campfire Cooking	___ Canoe Fishing*	___ Fly Fishing Basics	___ Fly Fishing for Trout*
___ Fly Fishing Basics	___ Dutch Oven Cooking	___ Intro to Shotgunning	___ Guided Photo Trek
___ Hunting Safety	___ Guns 101	___ Muzzleloader Shooting	___ Handgun Shooting
___ Injured Outdoors	___ Handgun Shooting	___ Outdoor Photography	___ Intro to Shotgunning
___ Meat Treats of the Great Outdoors	___ Shore Fishing*	___ Paddling	___ Pheasant Cooking
___ Outdoor Photography	___ Sylvan Lake Hike	___ Pheasant Cooking	___ Shore Fishing*
___ Paddling	___ Veggie and Meat Preservation	___ Rifle Shooting	___ Staying Found with Katie
___ Story Walking Sticks	___ When Heloise meets Davy Crockett	___ Spelunking	___ Sunday Bike Adventure
___ When Heloise meets Davy Crockett		___ Wilderness Survival	

**** NOTE: A fishing license will be provided for fishing class participants.***

Roommate/Special Needs_____

Are you a first time participant or accompanying a first-time participant? ☐ Yes ☐ No

Release my name & phone number for carpooling purposes ☐ Do ☐ Do Not

Release my name & address for Outdoor Women of South Dakota mailing only ☐ Do ☐ Do Not

If Applicable: Hunter Safety Card #_____

Participants understand that photographs may be taken during the sessions and may be used in future support of the program.

The applicant recognizes the program involves some risk and she/he takes responsibility for any action or injury that may result by participating and will sign a liability form at registration.

Applicant is at least 18 years of age (or will be prior to the workshop).

Signature _____

<u>NO PHONE REGISTRATION WILL BE ACCEPTED</u>

Financial Aid Sponsor:
Marcia Hauk Memorial Scholarship Fund

Registration Checklist:

- Registration form is filled out completely and **signed**
- Top three choices for each session clearly marked
- Check payable to **SD Game, Fish & Parks** enclosed
- Register online at address above or mail check and registration form to:

  SD Dept. of Game, Fish and Parks
  ATTN: Erin Boggs
  523 E Capitol Ave
  Pierre, SD 57501
  Phone (605) 773-3384

PLEASE <u>DO NOT</u> BRING FIREARMS, AMMUNITION, OR ARROWS.

<u>OVER PLEASE</u>

523 E Capitol Ave
Pierre, SD 57501

RETURN SERVICE REQUESTED

International Sponsors:
Pheasants Forever
Rocky Mountain Elk Foundation
Federal Premium Ammunition
Univ. of WI – College of Natural Resources
Safari Club International Foundation
Ducks Unlimited
Leupold
National Shooting Sports Foundation

Contributing Sponsors:
Lodge Manufacturing

Planning Committee Members:
Maggie Lindsey, Education Services Coordinator – SDGFP
Erin Boggs, Statistical Assistant – SDGFP
Sandy Richter, Naturalist – SDGFP
Laurie Root, Naturalist – SDGFP
Julie Sasker, OWSD President
Julie DeJong, Volunteer for SDGFP

We will be having a fundraiser for the scholarship fund on Saturday night.

Enrollment Limit: 100 – Register Soon – space is limited!