

Becoming an Outdoors-Woman
Sept. 9-11, 2016
Outlaw Ranch, Custer SD



Workshop Schedule

All times Mountain Time

Classes and schedule are subject to change.

If a class cannot be held as planned, participants will be offered an alternative class.

Friday, September 9, 2016

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

Saturday, September 10, 2016

- 7:30-8:30 a.m. Breakfast
- 8:30 a.m. Session 2
- 12 p.m. Lunch
- 1 p.m. Session 3
- 5 p.m. Social Time
- 5:30 p.m. Dinner
- 7 p.m. Evening Activities

Includes an auction to benefit the scholarship fund.

Bring cash/checks to bid. Item donations accepted.

Sunday, September 11, 2016

- 7:30-8:30 a.m. Breakfast
- 8:30 a.m. Session 4
- 12 p.m. Lunch, Closing Comments
- 1 p.m. Cabin Checkout

*Presented by the South Dakota Department of Game, Fish and Parks
With assistance from the South Dakota Parks and Wildlife Foundation*



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Items to Bring

Essential items

- Sleeping bag or bedding
- Pillow
- Personal toiletries
- Towels
- Alarm clock
- Sunblock
- Insect repellent
- Flashlight
- Sturdy shoes
- Long pants
- Sweatshirt or jacket
- Sunglasses
- Sun visor or hat
- Camera, batteries/chargers, cables and manuals if taking the photography class

We also suggest

- Rain gear
- Extra shoes
- Shower shoes
- Camera/Binoculars
- Field guides
- Ear plugs
- Backpack
- Swimsuit
- Money/donations for the scholarship raffle
- Your willingness to try new things!

Bringing your own equipment

All materials and equipment needed for class will be provided (except for the photography class). If you choose to bring your own equipment, you will be responsible for its safekeeping and it will be inspected by instructors for appropriateness and safety. **Do not** bring any firearms, ammunition or arrows.

Workshop Notes

- Cell phone reception is spotty. Camp phone: 605.673.4040. Messages will be delivered during meal times unless there is an emergency.
- No alcohol.
- No smoking in camp buildings.
- No pets. Please let us know if you are bringing a service animal.
- Water will be available. You may bring other non-alcoholic beverages.
- Please keep in mind that although the daytime temperatures may get warm, September nights can be very cool.

Scholarship Raffle

We will again be raffling several items to benefit the Marcia Hauk Memorial Scholarship Fund.

Marcia, a secretary with Game, Fish and Parks, was a member of the planning committee when Becoming an Outdoors-Woman first came to South Dakota. Marcia dearly loved this program and the education it offered to women. When Marcia died of cancer, her family started a memorial scholarship fund with the South Dakota Parks and Wildlife Foundation to assist women who want to attend the workshop but are unable to do so because of financial hardship. You are welcome to bring items to be added to the raffle if you would like to do so.



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Hunter Safety and Firearms Education

To receive your hunter safety card during Becoming an Outdoors-Woman, you must:

1. Complete the online South Dakota HuntSAFE class
 - Go to www.hunter-ed.com/southdakota. The course costs \$15.
 - Study and pass course.
 - Print your field day qualifier certificate and bring to Becoming an Outdoors-Woman.
 - Online course must be completed on or before Aug. 31. 2016.
2. Register for and attend the Hunting Safety session on Friday afternoon of Becoming an Outdoors-Woman. Bring your field day qualifier certificate.
3. Register for and attend one of the following classes during Becoming an Outdoors-Woman:
 - Handgun Shooting
 - Rifle Shooting
 - Intro to Shotgunning
 - Muzzleloading

Class Descriptions

*All materials and equipment needed for class will be provided unless noted.
Do not bring firearms, ammunition or arrows.*

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.*

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.*

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 your own. Time will be spent riding. *Class size limited to 10.*

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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. A fishing license will be provided for participants; valid only while participating in class. *Class size limited to 4.*

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.*

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. A fishing license will be provided for participants; valid only while participating in class. *Class size limited to 8.*

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.*

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.*

Dutch Oven Cooking (Session 2) – 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.*

Dutch Oven Cooking (Session 3) – 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. (Eat VERY LIGHTLY or not at all before class – you will be tasting your creations.) *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 your own. Time will be spent riding. *Class size limited to 10.*

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.*

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. A fishing license will be provided for participants; valid only while participating in 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.*

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.*

Hunting Safety – ***Online hunt safe is a pre-requisite for this class which must be completed by Aug. 31.*** 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, a few kits will be available to purchase during the workshop for the discounted price of \$50. *Class size limited to 15.*



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.*

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.*

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. You must bring your own camera and any needed batteries, chargers, cables and instruction manuals. *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.*

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. A fishing license will be provided for participants; valid only while participating in class. *Class size limited to 8.*

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.*

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.*



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.*

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 your own. *Class size limited to 10.*

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 – 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.*

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.*



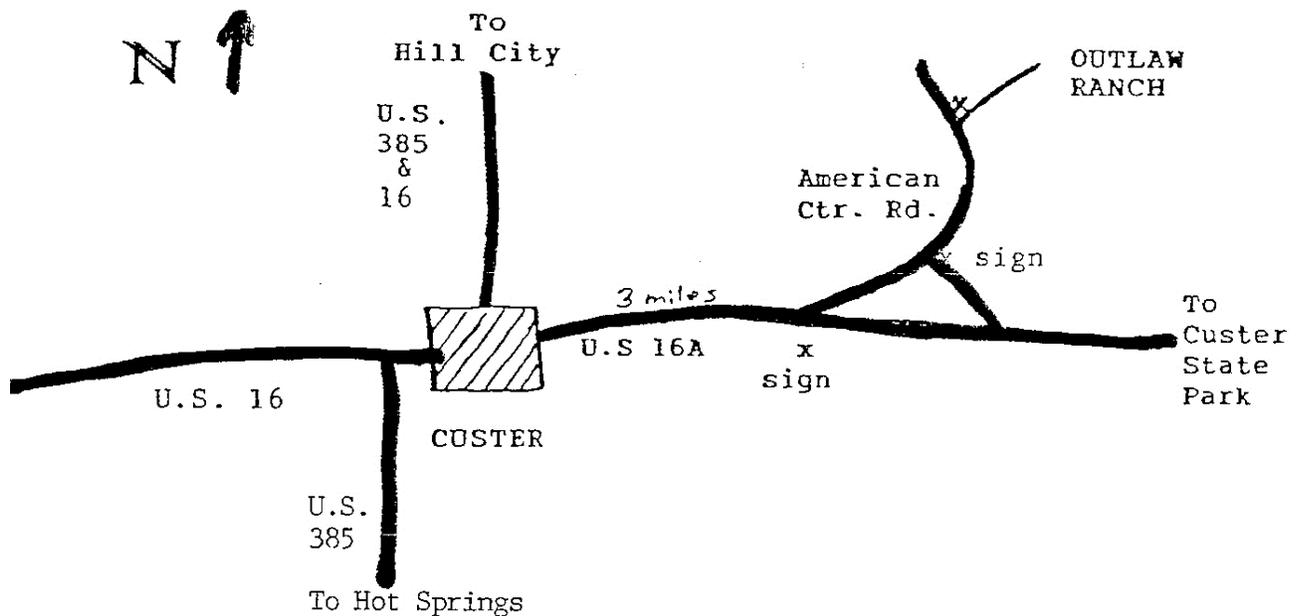
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Lodging - Outlaw Ranch

Directions from Rapid City

- Take Exit 60 off of I-90. Turn left at stoplight on to Cambell Street.
- Go straight south out of town (this becomes Hwy 79).
- Take the truck bi-pass to Hwy 16. So south, going right at the Mt. Rushmore turnoff.
- Continue to junction of Hwy 385 and continue through Hill City to Custer
- In Custer, turn left at the stoplight and continue east on Hwy 16A toward Custer State Park. About three miles out of Custer, look for the Outlaw Ranch sign.
- Turn left, follow road 1/3 mile to the gravel road (and Outlaw Ranch sign.) Go left on America Center Road for about one mile to Outlaw Ranch entrance.

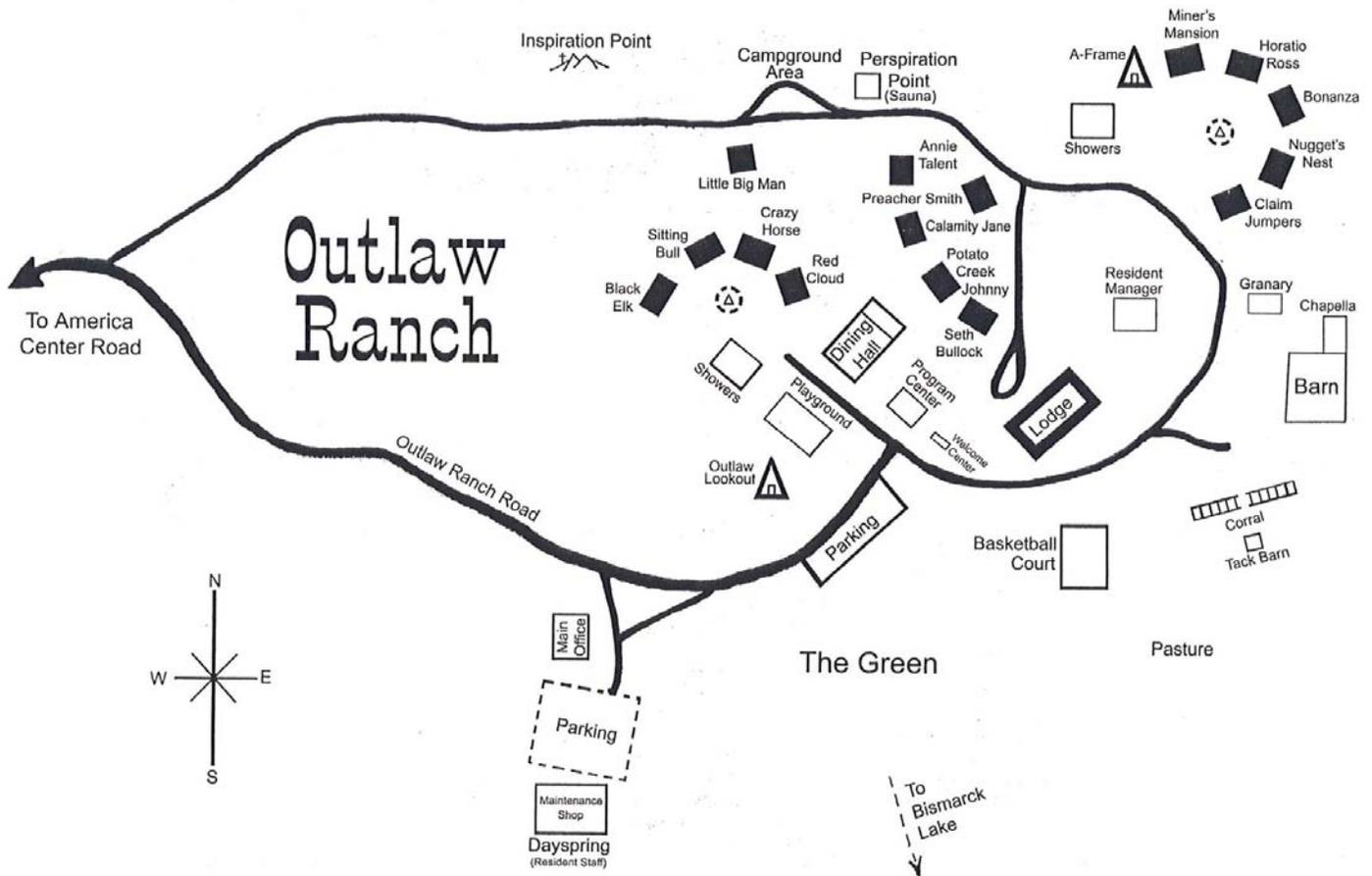


Lodging - Outlaw Ranch

Lodging will take place in one-room sleeping cabins with electricity and heat. Split cabins have two adjoining rooms. Beds are first-come, first-served. Bathroom and shower facilities located nearby. Participants must provide their own bedding and towels. No alcohol allowed on camp grounds. No smoking in camp buildings. No pets except approved service animals. Most camp facilities are handicap accessible.

Annie Talent (sleeps 7)
 Black Elk (sleeps 9)
 Bonanza (sleeps 7, split)
 Calamity Jane (sleeps 7, split)
 Claim Jumpers (sleeps 7, split)
 Crazy Horse (sleeps 9)
 Haratio Ross (sleeps 7)

Miner's Mansion (sleeps 6)
 Nuggets Nest (sleeps 7, split)
 Potato Creek Johnny (sleeps 7, split)
 Preacher Smith (sleeps 7, split)
 Red Cloud (sleeps 9)
 Seth Bullock (sleeps 6)
 Sitting Bull (sleeps 9)



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