

Becoming an Outdoors-Woman
Sept. 7 – 9, 2018
NeSoDak, Waubay SD



Workshop Schedule

All times Central 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 7, 2018

- 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 8, 2018

- 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 9, 2018

- 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: 605.947.4440. Messages will be delivered during meal times unless there is an emergency.
- 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.



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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. 2018.
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
 - Intro to Shotgunning
 - Rifle Shooting

Class Descriptions

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

Endurance levels range from easy, to moderate or hard

Easy (E) – Class is not physically demanding – can be done easily by anyone at any ability level.

Moderate (M) – Class requires a moderate amount of physical activity

Hard (H) – The class require fairly strenuous amount of physical activity and may require walking distances while carrying weight or on uneven surfaces.

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. **(M)**

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. **(H)**

***NOTE: This is an overnight course beginning at 1pm on Friday and ending by 12pm (noon) on Saturday. Participants will be sleeping in tents and there will be no modern facilities available**

Backyard Butterflies – Want to attract butterflies and birds to your yard? You will learn the plants to make a butterfly garden. Learn what flowers and native plants are best to grow in your area. You will also learn about garden design and plant placement. **(E)**



Big Game Cleaning - So now that you filled your tag, what should you do with all the meat, stock your freezers of course. Learn simple and practical ways to make process your meat and make tasty treats. You will learn what cuts make the best steaks and what to do with the rest meat. **(M)**

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. **(E)**

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. **(E)**

Bow Fishing - *Requirement you must have archery experience or have taken an archery class prior to registration of this class.* Learn about one of the fastest growing outdoor activities. You will learn about equipment such as bows, fishing arrows, reels, and line. You will also learn about shooting targets under water. After you hone your skills on land, you will go on an actual bow fishing expedition for carp both by land and by sea (boat). **(M)**

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. **(E)**

Catch it, Clean it, Eat it -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. **(M)**

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. **(M)**

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. **(E)**

Fly Fishing Basics – Discuss casting methods and techniques, gear, what fish eat and how to “read the water.” Get hands on instruction and practice with a fly rod. In this introduction class you will not be fishing on the water. **(E)**

Fly Fishing for Bass and Panfish – Review basic fundamentals and then head to the lake with your fly rod to fish for bass and panfish. 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. **(E)**

Get Your Wheels Spinning - Learning basic operation and riding skills. 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! **(M)**

Guided Photo Trek – Join photographer Marty DeWitt on a photo hike in the local area. We will explore the scenic area in search of unique landscape shots, wildflowers, wildlife, reflections and whatever else catches our eye. **(E)**



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. **(E)**

How to Float Your Boat - 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. **(E)**

Hunting Safety – Learn the basic types of hunting firearms and firearm hunting safety. Live fire/field day not included in this class. **(E)**

Hunting With Retrieving Dogs - Participants will learn the commands needed to train a working retriever to be an all around good canine citizen, hunting companion and conservation tool. Participants will have the opportunity to train and run a dog in a mock seasoned and finished level UKC hunt test. A UKC hunt test is the closest a retriever and handler can come to a real life hunting situation. **(E)**

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. **(E)**

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. **(M)**

Meat Treats of the Great Outdoors – The basics on what to do with wild game meat! The class will show you the "how to's" on making jerky, summer sausage and smoked foods including fish, almonds, cheese and more. We 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. **(E)**

Outdoor Hacks - 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, and discovered. Geared for the outdoors novice and the "expert" so all can learn something. **(E)**

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. **(E)**

Paddle & Cast – 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.. **(M)**



Pheasant Cuisine – Learn how to properly cook pheasants with some great recipes from the authors of Brooster's Dakota Cuisine Cookbook. **(E)**

Quite the Catch-Trapping Basics - Have you ever seen a beautiful pair of fur clothing and wonder how the process began from trapping to skinning, tanning and selling? This one of a kind class will take you through the basic skills of trapping for fur, handling and processing the catch, as well as teaching you critical skills needed to use modern trapping techniques. You will also learn types of traps and trap placement, identify key trap locations and make proper sets. Understand the difference between upland and water trapping techniques, snaring and snare use as well as attractants and lures. We will also cover skinning and processing game as well as fur for sale or use. I dare you to try it, it's quite the catch! **(E)**

Ready, Set, Camp! Tent camping Basics - Participants will have a chance to set up a tent and learn the essentials skills necessary for making your outdoor oasis a home. Basic information about camping, sleeping, and cooking gear will be shared, along with an open question and answer session. Be ready to get excited about tent camping! **(E)**

Refuge Hike: Hiking boots/shoes necessary. While hiking along the refuge trail, hikers will learn about the basic ecology and natural history of Camp Nesodak. Hikers will also learn basic information about how to plan a hike safely, what kind of gear they may want to consider for longer day hikes, and tips and tricks for making your time on the trail more comfortable and fun! **(M)**

Rifle Shooting – This class is designed for provide a basic understanding of how to safely handle and shoot a rifle. This class will instill comfort and confidence in your shooting while Shooting .243 rifles. You will also learn how to use scopes and techniques for shooting at long ranges. **(E)**

Row, Row, Your Boat - 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 safety, and what equipment is right for you. **(M)**

Stain Glass Outdoor Art – Learn how to make stained glass art to enjoy all year round. Have you ever wanted to bring something of that BOW weekend home with you to enjoy all year round? Now you can. Learn how to solder a simple stained glass suncatcher and bring the outdoors inside. **(E)**

Upland Bird Hunting w/Pointers - Have you ever wanted to train a pointer? Come take a class and learn about the NAVDA pointing dog program. Students get to handle a pointer and learn how to train, how pointers hunt, about bird hunting, and shooting birds. Please wear long pants, good walking/hiking shoes and bring a water bottle. **(M)**

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. **(E)**

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. **(M)**

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Lodging – NeSoDak

Directions from Waubay

- Turn North onto County Road 1/445A Ave
- Travel 6.7 miles North onto Camp Dakota Rd
- Travel 0.4 miles on Camp Dakota Rd. Camp will be on your right

See the Map Below



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Lodging – NeSoDak



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

Emmaus (sleeps 12)
Jericho (sleeps 12)
Cana (sleeps 12)
Samaria (sleeps 12)
Calvary (sleeps 12)

Mt. Carmel (sleeps 12)
Mt of Olives (sleeps 12)
Bethany (sleeps 12)
Bethlehem (sleeps 12)
Galilee (sleeps 12)

See the Map Below

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