



April 12-14, 2019

**Lakeview Methodist
Conference Center
Palestine, Texas**

PROCEDURE

REGISTRATION

Fee is \$250.00

There will be **NO REFUNDS** for this BOW – so please make sure you can attend!

1. Review the workshop information and course descriptions.
2. The first 130 ladies who click on the link below, fill out their registration information, and PAY will have a spot! The last BOW filled within just 2 hours!

<https://lakeviewmcc.org/meetings-events/event-registration/>

*Make sure you select **Becoming an Outdoors-Woman (BOW)** on the registration drop-down menu*

3. Approximately 7 days **AFTER** you pay and have your spot reserved with the Lakeview Methodist Conference Center, I will email you the “BOW Course Selection Packet.”
This will be the packet where you select your top 4 class choices and sign releases.

QUESTIONS?

Heidi.Rao@tpwd.texas.gov

www.tpwd.texas.gov/learning/bow

Workshop Information

Payments and Refunds

The cost of the program is \$250. The workshop fee includes instruction, program materials, use of demonstration equipment, meals, lodging, and evening programs.

Once your reservation has been processed, you are responsible for paying for the entire fee. If you decide to arrive late, stay off-site, or leave early, you are still responsible for paying the entire fee. If you must cancel, there will be no refunds for this BOW.

Registrants are not allowed to "sell" or offer their BOW spot to another participant.

Enrollment Limit

Workshop enrollment will be limited to 130 participants, so register early.

Scholarships

A limited amount of funds are available for scholarships (2 places). You would be required to pay \$135. Preference will be given to full-time students and persons from low income, single-parent households. A scholarship will only be awarded once per individual. Please send a letter addressing the following to:

heidi.rao@tpwd.texas.gov

- *Why would I like to attend a BOW workshop?*
- *What benefits I hope to achieve from attending?*
- *I plan to pursue and develop my outdoor experiences through...*
- *Have I been to a BOW workshop before?*

Equipment

Demonstration equipment will be provided by the program. Please read each class description for details relating to that event.

Lodging

Lodging is dormitory-style with bunk beds.

Special Needs

If you have special needs that require assistance, please indicate so on the registration form and we will try to accommodate them.

What to Bring

Classes are outdoors and hands-on. Tennis shoes or hiking boots are appropriate. There will be a lot of walking at this camp. Long pants are encouraged to protect you against brush and insects. You should also bring rain gear, insect repellent, shoes you can get wet and soiled, sunscreen, a water bottle, sunglasses, hat, alarm clock, camera, and a flashlight. Linens are not provided. Bring towels, sheets, blankets, sleeping bags and a pillow. Water bottles and a flashlight are highly recommended.

Closed-toed Shoes Required for Water Classes! If you take or switch into ANY water classes, you **MUST** have closed-toed water shoes. No bare feet or sandals.

<https://lakeviewmcc.org/>

Lakeview Methodist
Conference Center
400 Private Rd 6036,
Palestine, TX 75801
(903)538-2711



Life's better outside.®

PWD BR K0700-666 (10/18)

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BOW SILENT AUCTION

As a fundraiser for TPWD's BOW program, a silent and possibly a live auction will be held at the spring workshop. You are encouraged to donate items which would appeal to participants and insight a bidding frenzy! Often we receive items related to the outdoors, but know diverse items are welcome. Previously popular pieces have included artwork, fashion accessories, gift baskets, cookbooks, handcrafts, clothing...you get the idea! Please turn your donation in at check-in on Friday.

If we have enough participation, we may continue our evening with a live auction – so consider your donation here as well! In the past, we have received kayaks, hunts, membership packages, binoculars and lenses, backpacks, ice chests, etc. and have raised money for equipment, supplies, and mostly, to continue the mission of the BOW program. Thank you in advance for a great event! We can accept cash, check or credit for the BOW auction!

THANK YOU!



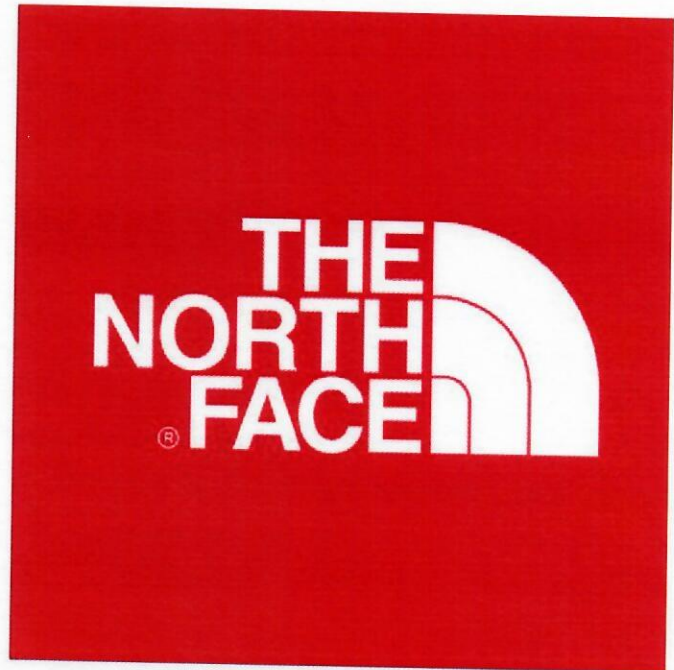
Tomahawk throwing will be open as an optional activity during free time on Saturday **FEE: \$5.00** paid to camp staff at the time of activity.



The Blob/Water Pillow will be open all weekend!

SouthWest PaddleSports

(713)828-7582
continues to be a giant
supporter of BOW.
Thank you!



Many thanks to *The North Face* for its generous support of the Texas Becoming an Outdoors-Woman program!



**Laser Shot will be here
all weekend!**

Course Descriptions

Archery Basics: Students will be exposed to a comprehensive overview of the sport. You will be taught how to safely use basic archery equipment, focusing on Olympic-style target archery which includes proper stance, nocking an arrow, targeting, and release techniques. Students will learn the "11 Steps to Archery Success" that can be applied across all disciplines of archery. This is a fun, hands-on experience that promotes archery as a healthy lifetime activity.

Archery II – Advanced*: The next step in Archery. Learn how to tune your own bow, set your nock point, and adjust your sight. We will fine-tune your form and discuss what it takes to extend your shooting distance. This is a course for those who already shoot archery but want to hone their skills, or learn to tune their equipment. Or how about moving past that 20-yard mark and experiencing field archery? Our goal is to provide you with straight forward explanations of archery techniques so you can advance your skills beyond the beginning archery phase. Participants should bring their own equipment to get the most out of this course. We will also have some bows available. Come prepared to shoot, shoot, and shoot some more! Some archery knowledge and basic skills are beneficial prior to taking this class. ***Participants must have taken "Archery Basics" prior to this class.****

Introduction to Bowhunting: Participants will be introduced to the terminology and techniques used in bowhunting, which include equipment, calls, tracking, species identification, habitats, and rules and regulations. We will also practice distance estimation. Bowhunting opportunities will be explored. Please wear walking or hiking shoes.

Astronomy I – Basic: Learn how to use different tools to navigate the night sky. This class will introduce you to our solar system: the sun, moon, planets, comets, meteor showers and some basic projects. Bring your binoculars if you have them.

Astronomy II – Intermediate: This class will teach you why and how the night sky changes, solar and lunar eclipses, spring's seasonal constellations and their stories and finally some intermediate projects. Participants will be considered as having at least some basic experience and understanding of the night sky. Bring your binoculars if you have them.

Backpacking Basics: Participants will learn about the different levels of backpacking, equipment and equipment selection. Clothing, cooking utensils, trail etiquette and places to go will be discussed. Examples of various types of backpacking equipment will be available for participants to examine.

Basics of Bike Maintenance and Repair: The class will cover bike parts and fit, basic maintenance and tools, safety and bike handling skills. All participants will learn to repair a punctured tire and other basic repairs. Mountain bikes and helmets will be provided, but participants are strongly encouraged to bring their own. ***This course is a prerequisite for anyone who wants to take "Mountain Bike Basics."***

Mountain Bike Basics*: This class covers beginning techniques of mountain biking. Participants will learn basic mountain biking body position and skills. Mountain bikes and helmets will be provided, but participants are strongly encouraged to bring their own. ***Participants must have taken "Basics of Bike Maintenance and Repair" prior to this class.****

Camping Basics: We'll make you a "happy camper." Find out how much or little equipment it takes to keep you safe and sound on your adventures. We'll discuss Leave No Trace, shelter (tents), sleeping (bags/pads/cots), stoves and lighting of all varieties, trip planning, basic necessities and all the little comfort items new on the market. No matter what your experience level, you'll be certain to pick up new ideas from instructors and fellow participants and share your thoughts with others.

Challenge Course*: Join the Lakeview staff 40 feet up in the trees for an adventure on the Barber Challenge Course. You will get to challenge yourself on over a dozen high elements including: zip line, climbing, leap of faith, pipe dreams and the vertical play pen. We start the class with instruction on how to climb so no prior experience is needed. The course has a mix of elements that are appropriate for different physical and comfort levels. ***Each student in this session must bring \$20.00 cash to participate, payable upon arrival to BOW. This is in addition to the regular BOW fee.****

Critter CSI: Learning to Read Wildlife Tracks and Sign: All animals, from the lowliest bugs to the biggest mammals, leave some sort of sign of their passing through. Being able to identify and interpret animal tracks and sign allows new insight into the (often secretive) world of animals and their behavior. If you've ever wondered "What made that track?" or "What did that...and why?", then this will be a good introduction to the art and science of tracking. We'll discuss track types, gaits, wildlife sign, and the best places to go tracking.

Firearms Maintenance & Cleaning: How often do I need to clean my firearm? How far do I need to break down my gun? What do I use and where? What do I do with my ammo? These are some of the common questions that arise when an individual purchases a gun. Join us as we learn to properly clean & maintain our different types of firearms.

Fish Biology: Can fish hear, see, smell or taste? Take this class and discover interesting and scandalous info about fish gender and their reproductive behaviors, learn about fish life history and habitat preference, learn how scientists age fish, find out which parts of the fish are edible, and which are not. The instructor will provide examples of several fish species and provide information on all the facts above – and more. You will leave class with a better understanding of fish biology and why fish choose certain habitat and select prey, and how you can use this info to become a more proficient angler or better-informed naturalist.

Fishing*: This class is an introduction to the equipment and skills necessary for the novice to begin to enjoy fishing. Participants will learn about fish habitat, equipment selection, knot tying and casting. Learn the ABC's of fishing in both freshwater and saltwater. Students will learn about the different types of rods, reels, tackle, baits, species of fish you would likely encounter, habitat preferences, fish handling techniques AND the latest in fishing apparel. **Participants must have a fishing license to take this class.** *

Flyfishing I – Basics*: Participants will learn the classic "four-part" cast and roll cast, as well as hooking, playing and landing fish using the "long rod." The class covers basic information on how to fish using a fly rod and how to select the right fly for freshwater & saltwater fishing. **Participants must have a fishing license to take this class.** *

Flyfishing II – Advanced*: This class will take the Flyfishing Basics to the next level. Students will learn to lengthen their cast by learning to shoot line. We will learn about mending our fly line on stream and why. Basic knots will be covered and more in-depth knowledge on different lines and why/where they are used. Students will learn to change the size of the fly line "loop" and why this is a valuable skill. **Participants must have already taken "Flyfishing Basics" and have a fishing license to take this class.** *

Game Calling: Want to "talk to the animals" like Dr. Doolittle? Participants will learn techniques for calling in varmints (hogs, coyotes, bobcats, foxes), turkey, waterfowl, deer and elk and even non-game animals. Each participant will receive her very own call and learn how to set up for the hunt, wildlife photography or simply to watch animals from close range. Call types, outdoor safety, camouflage, blinds, animal behaviors and responses are topics that will be included in this outdoor, hands-on session. And, you can drive your family and friends crazy!

Geology Basics: This class is an introduction to geology for the casual observer or amateur enthusiast. Participants will learn about the geologic time scale and basic geologic principals, tools of the trade and other visual aids, as well as hands-on mineral and rock identification. Geology of state parks and roadside geology will also be covered, followed by light hiking around the grounds.

Geology Advanced*: This is an applied geology class for the amateur enthusiast. Participants will learn how to identify local rocks and geologic features, and make geologic maps to use in the field. Following a short lecture and exercises in map making, participants will apply enhanced geologic knowledge during a hike around the grounds. Course material will be adapted to workshop location and will focus on local geology. Light hiking shoes recommended. **Participants must have taken "Geology Basics" at this or a previous BOW workshop to take this class.** *

I CAN and You CAN Too!* This is a simple basic canning class to discuss canning types. We will learn all about safety, types of canners, jars, tools, recipes, and low and high acidic foods. We will make some jelly and we will also make some pickles which will show us two types of basic canning, including water-bath canning. **Each student must bring \$10.00 cash payable to the instructor to help cover supplies. This is in addition to the regular BOW fees.** *

Intro to Birdwatching*: Participants will be taken on a Birdwatching hike. Bird identification, life histories, habitat requirements, techniques, tips and places to go Birdwatching will be covered. Wear comfortable walking or hiking shoes. You may bring your own binoculars if you have them. **Participants must attend a Friday evening classroom presentation (part 1) prior to the Saturday & Sunday morning sessions.** *

Intro to Bowfishing: Join Garquest Bowfishing Adventures for an exciting and educational experience in bowfishing! Participants will learn the basics of bowfishing safety, equipment, fish identification, regulations, and much more. This program will consist of hands-on training and is taught by a 32-year veteran of bowfishing, and state record and world record holder!

Bowfishing – Advanced*: Take your newly acquired skills to the water as you experience a hands-on Bowfishing adventure! This session will occur Friday evening, after dinner. There are only 5 spots available in this session – and this session counts as one of your 4 choices – even though this is listed on your agenda as Session II (Saturday morning) – it will actually occur Friday evening. You will then have Saturday morning free. *Participants must have already taken “Introduction to Bowfishing” and have a fishing license to take this class.* *

Intro to Firearms: This class will cover basic types of firearms, firearms safety and an introduction to selecting and purchasing firearms. *This class will not include any actual shooting, but is a prerequisite for anyone who wants to take Shotgun Basics or Advanced Shotgun Basics or Rifle and Handgun Basics.*

Intro to Hunting & Hunter Education Certification*: Participants will be introduced to techniques used in hunting, which include equipment, calls, tracking, species identification, habitats and rules and regulations. Hunting opportunities will be explored. Participants must wear walking or hiking shoes. *Each student must bring \$15.00 cash to obtain their Hunter Education Certification, payable to instructor. This is in addition to the regular BOW fees.* *

Kayaking Basics*: This class will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able to take the kayaks on the water and practice what they have learned. *PARTICIPANTS NEED TO BRING: neoprene wetsuit/farmer Jane, synthetic clothing (long pants and long sleeve shirt), fleece for warmth, rain gear (jacket & pants), hat or cap with brim, beanie for warmth, gloves, booties, sunglasses with strap, water bottle. There will be a limited amount of clothing to borrow in various sizes.* *

Map & Compass Basics: In today’s world of electronics and gadgets, the skill of reading a map and using a compass can keep you out of trouble, get you out of trouble, or dramatically expand your adventure and survival options during any outdoor excursion. This class reveals the mystery of the compass as well as topographic and other maps leading to an understanding of route planning. Participants will practice each of these skills. All materials provided. If you have a compass or mystery map, please bring them. *This is a prerequisite for anyone who wants to take “Map & Compass II – Land Navigation.”*

Map and Compass II – Land Navigation*: Map and compass skills can keep you out of trouble, get you out of trouble, or dramatically expand your adventure options during any outdoor excursion. This class expands your knowledge of topographic maps, compasses, the forms of navigation and route planning. Participants will then negotiate a cross-country course as a navigation “team.” *Participants must have taken “Map and Compass Basics” at this, or a previous BOW workshop to take this class.* *

Natural Fiber Basketry*: In this class we will weave a basket out of grapevine, jute, seagrass, raffia and reed. We will also discuss collection and dying of other weaving materials. When finished, you can take your basket home. Feel free to bring any special weaving materials that you might want to use to personalize your creation. *Each student must bring \$5.00 cash to participate to help cover supplies, payable to instructor. This is in addition to the regular BOW fees.* *

Outdoor Cooking*: Participants will learn the basics of outdoor cooking techniques including cast iron Dutch ovens, tin turtles in the campfire, cedar plank grilling and many other methods. Become comfortable with outdoor stove technology, old and new. Come hungry and be prepared to help make the meal – from hors d’oeuvres to desserts – and spend some time grazing! *Each student must bring \$10.00 cash payable to the instructor to help cover supplies. This is in addition to the regular BOW fees.* *

Outdoor Photo Basics: This class will cover basic operation of digital point-and-shoot and digital SLR cameras, basic composition, and very basic lighting. We will aspire to take wonderfully composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, etc) by the end of the class. We will be learning the appropriate settings to achieve a good macro shot. Participants should bring a camera and their camera manual. There will be an opportunity to go outdoors and practice taking pictures using your new skills. Previous photo classes have consistently requested more time outdoors. In order to have that time outside, we will have to stick to basics and a somewhat flexible timetable. *This is a prerequisite for anyone who wants to take “Outdoor Photography – Intermediate.”*

Outdoor Photo Intermediate*: This class picks up where the Basics class left off. We will work on understanding exposure and how the camera controls it; light and how it affects your subject; the difference between shutter speed and aperture and which is more important in given situations; whether or not to use flash; and more information on how to utilize your camera's ISO settings. Previous classes have requested more time be spent on camera settings. We will spend time in class in order to get more acquainted with the necessary settings to achieve good exposure, but leave enough time for participants to go outdoors and practice. Please bring your camera and your camera manual. You are welcome to bring your laptop if you wish, but a computer and/or iPad will be available for the purpose of loading your photos and doing critiques. *Participants must have taken "Outdoor Photography Basics" from this instructor prior to this class. **

Outdoor Survival: Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Your most important piece of gear is not a whiz-bang gadget — it's you. This class teaches preparing for the predictable and solving problems by either avoiding them or adapting your gear and knowledge to your predicament. Participants will learn to build shelters and survival kits, start fire, tie basic knots, procure water, recognize and respond to weather hazards and signal for help. Be prepared to get dirty and empowered!

Plant ID: Have you ever wondered about the plants around you? This basic class is designed to introduce you to the world of plants and to help you get started learning how to identify plants, especially wildflowers. Participants will learn how to look at plants differently to help identify them, how to select a field guide, and interesting facts and uses of plants. An easy hike is included to identify plants in the vicinity.

Rifle and Handgun Basics*: Different types of rifles and pistols, their uses and other equipment needs will be discussed during the first part of the class. Participants will have the opportunity to practice shooting different firearms. Equipment and ammunition will be provided. *Participants must have taken "Intro to Firearms" to take this class. **

Shotgun Basics*: This class will provide an overview of shotgun types, ammunition, uses and safety. Participants will have the opportunity to practice shotgun techniques with an emphasis on the use of a shotgun for hunting. Shotguns and ammunition will be provided. *Participants must have taken "Intro to Firearms" in order to take this class. **

Advanced Shotgun Basics*: Participants will be taught the basics of shotgun safety and technique. Sporting clays is a rapidly growing shooting sport designed to simulate true hunting conditions. *Participants must have taken "Intro to Firearms AND Shotgun Basics" in order to take this class. **

Teardrop Trailer Camping: Is "tenting" not for you? How about "glamping" in a classic, vintage-style teardrop camper? Learn about trailer selection, operation, safety procedures, equipment, camping options, and individual and group activities. Hands-on trailer experience will be fun and inspire you to leave the men at home! No prior experience needed. Bring a camp chair to class.

Trailer Basics: This class will cover how to properly hitch a trailer to a vehicle, safely maneuver around curbs and back a trailer into a parking spot. Come learn the tricks of the trade and practice in a supportive, judgment-free, no "No-The-Other-Way!" zone!

Turkey Hunting 101: "Talk Talk Talk...tuk tuk tuk...pttt!" Call the wily bird for photographs or while hunting. Learn the techniques to attract toms (gobblers) to your location, particularly during the spring turkey season and/or strutting period. Each participant will receive a call to take with them on upcoming outings. Turkey habitats, types, characteristics, species, hunting techniques, gear, scouting, calling and processing will all be covered during this course.

You Killed It, Now Let's CAN It*: This is a pressure canning class. We will be discussing pressure canners, recipes, tools, safety, timers, jars, and more safety. We will be making elk or venison chili and actually pressure canning it. This class is to teach you to NOT fear the pressure canner-embrace it and ENJOY all the goodies you can make and eat! *Each student must bring \$10.00 cash payable to the instructor to help cover supplies. This is in addition to the regular BOW fees. **