

2011 Schedule of Events

This workshop is designed for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop 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.
- If you would like to try your hand at some new activities.
- If you are looking for the camaraderie of like-minded individuals.

Friday, Sept. 30

10 - 11:30 a.m. Check-in and Registration

11:30 a.m. - 1 p.m. Lunch and Welcome
4-H Camp Director
District Ranger, Nebraska National Forest
Julie Geiser, BOW Coordinator

1:30 - 5 p.m. SESSION I

- A. Introduction to Firearms
- B. Canoeing
- C. Archery
- D. Fly-Fishing
- E. Dutch Oven Cooking
- F. Big Game Hunting and Care
- G. TRUST Course
- H. Photography
- I. Kayaking

5 - 6 p.m. Hunter Education Testing

5 - 6 p.m. SOCIAL TIME

6 - 7 p.m. DINNER

7:30 - 9 p.m. EVENING PROGRAM

9 p.m. FREE TIME
CAKE — Celebrate our

20th
Anniversary

Look inside for the following inserts:

- 1) Registration Information
- 2) Liability/Medical Release
- 3) Hunter Education Information



Saturday, Oct. 1

7 - 7:45 a.m. BREAKFAST

8 - 11:30 a.m. SESSION II

- J. Beginning Shotgun Shooting
- K. Boating Basics and Trailering
- L. Archery
- M. Rifle Marksmanship
- N. Fly-tying
- O. Fishing Formula for Success
- P. Stream Ecology
- Q. Mock Waterfowl Hunt
- R. Mock Turkey Hunt

Noon - 12:45 p.m. LUNCH

1 - 4:30 p.m. SESSION III

- S. Canoeing
- T. Beginning Shotgun Shooting
- U. Introduction to GPS
- V. Muzzleloading
- W. Bowfishing
- X. Dutch Oven Cooking
- Y. Mock Grouse/Pheasant Hunt
- Z. Kayaking
- AA. Family Camping

5:30 p.m. GROUP PICTURE

6 - 7 p.m. DINNER

7:30 - 9 p.m. EVENING PROGRAM

9 p.m. FREE TIME

Sunday, Oct. 2

7 - 7:45 a.m. BREAKFAST

8 - 11:30 a.m. SESSION IV

- BB. Reading The Woods
- CC. Intermediate Shotgun Shooting
- DD. On Pond Fishing
- EE. Trapping
- FF. Small Game Hunting
- GG. Outdoor Awareness and Safety
- HH. Geocaching
- II. Tracking Nebraska's Wildlife
- JJ. Woodworking For Wildlife

Sponsored by



BECOMING AN OUTDOORS-WOMAN

Nebraska Game and Parks Commission
PO Box 30370
Lincoln, NE 68503-0370

Visit our website: www.NebraskaBOW.com



BECOMING AN OUTDOORS-WOMAN

Nebraska State 4-H Camp, Halsey, Neb.

Sept. 30-Oct. 2, 2011

20th
Anniversary

"Everyone should attend BOW!"

"Surrounded by like minded ladies...my idea of a perfect weekend."

"I have a greater awareness of recreational opportunities."

"Most incredible experience ever!"

"I enjoyed EVERYTHING about the BOW weekend!"

"This was my first year, but not my last! It was awesome!!"

"Most fun I've had since I was a little girl."

"I believe that BOW has made me a different person...stronger, more independent and more willing to try new things."



What to Do... What to Do...

ARCHERY

Participants will learn proper equipment selection, correct shooting techniques and form, along with basic archery terminology. Participants will be doing live shooting. This is a great opportunity to try your hand at archery and improve your shooting skills. *Participants may bring their own equipment. Outdoor class.*

BEGINNING SHOTGUN SHOOTING

Learn proper techniques in gun handling, safety and get tips on how to shoot shotguns. Participants will shoot clay targets during the class. Firearms and safety items will be provided. *INTRODUCTION TO FIREARMS, Hunter Education or significant firearm experience is required as a prerequisite. Participants must use firearms provided. Outdoor class.*

BIG GAME HUNTING

Learn how to prepare for the hunt, observe big game, the types of hunting equipment needed and tricks for hunting big game. Ecology of big game animals and field dressing will be covered. *Participants will go on a short hike to observe sign and learn tracking skills. Indoor and outdoor class.*



BOATING BASICS AND TRAILERING

If you go boating, you will need this course! Participants will be familiarized with safety equipment and procedures to make their next trip to the water both safe and fun. Learn to hitch a boat to a vehicle, secure a boat to the trailer and back a trailer. You also will cover boating laws and how to pull a boat behind a vehicle. This is a great opportunity to try your hand at trailering a boat, backing and pulling skills. *Outdoor class.*



BOWFISHING

If you've often thought of archery and/or bowhunting but you really enjoy fishing, this might be next on your list to try. In this class, you'll grab a bow and arrows and head to the water as you learn all about the sport of bowfishing. *Participants may bring their own equipment for this session. A 2011 Nebraska Fishing Permit is required. Outdoor class.*

CANOEOING

Learn about different types of canoes, paddles and their applications, as well as paddling techniques and how to read a river current. *Depending on weather and water conditions participants will learn to paddle in a nearby pond then head to the Middle Loup River during an actual on-water canoeing experience. Outdoor class.*

DUTCH OVEN COOKING

This class covers everything from how to select and take care of a Dutch oven to how to use this traditional cooking utensil to prepare main dishes, vegetables, cakes, breads, and one-pot dinners. Participants will cook and eat a full-course meal and have great recipes to take home with them. *Outdoor class.*

FAMILY CAMPING

Surviving a family camping trip can be tough, but being a happy camper takes some knowledge of equipment and what it takes to make an enjoyable outing. Class will take a hands-on approach looking at cook stoves and utensils, tent placement, tent setup and selection, sleeping bags and other equipment, how to pack food, what to bring along to keep children occupied and how to organize it all. *Outdoor class.*



FISHING FORMULA FOR SUCCESS

Confused by all the equipment, baits, lures, knots, fish, waters, etc.?

Take this course and learn a logical and simple approach to fishing for any species found in Nebraska. *This course is indoors but is a very intense learning session.*



FLY-FISHING

Class will cover all aspects of fly-fishing, including fly-casting techniques on and off the water, equipment, instructions on "reading" water, entomology (the study of insects and their hatches), and knots to use. This session starts indoors then goes to a pond so participants can try their hand casting a fly rod. *This class starts with indoor instruction before moving outside to practice casting. A 2011 Nebraska Fishing Permit is required.*

FLY-TYING

This class will introduce basic techniques for tying popular warm and cold water flies. Participants will tie their own flies in this course. Equipment and materials are provided. *Indoor class.*

GEOCACHING

Learn what geocaching is, how to find caching locations and the rules and regulations of geocaching. Then navigate yourself to many cache locations around the 4-H camp and forest area. This class will prepare you to geocache anywhere. *INTRODUCTION TO GPS class or previous GPS experience is a prerequisite. Class starts with indoor instruction then moves outside.*

HUNTER EDUCATION

Want to certify in hunter education? We are now offering a new online method designed to make your certification more convenient and will work with your participation of events at BOW. To do hunter education you must take the online course then finish your certificate by taking the appropriate classes at the workshop. See the insert in this brochure next to the registration form for information on what you need to do before the BOW workshop.

INTERMEDIATE SHOTGUN SHOOTING

This class offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets throughout the entire class. *BEGINNING SHOTGUN SHOOTING or prior shotgun shooting experience is a prerequisite. Outdoor class.*



INTRODUCTION TO FIREARMS

This class will introduce you to basic gun safety, gun handling, identifying guns and the use of various firearms and types of ammunition. It will help you gain confidence and knowledge about firearms. No live-shooting will be done in this indoor setting. *This course, Hunter Education or significant firearm experience is a prerequisite for the BEGINNING SHOTGUN SHOOTING, RIFLE MARKSMANSHIP, SMALL GAME HUNTING and BEGINNING MUZZLELOADING classes. Indoor class.*

INTRODUCTION TO GPS

Learn what a global positioning system is and the basics of how to use it. Use what you learn in class to navigate around the 4-H camp and take those skills wherever you may need them. Never get lost in the outdoors again! This class will introduce you to geocaching. *Class will be indoors and outside.*

KAYAKING

Learn about different types of kayaks, paddles, equipment, safety and techniques in kayaking. *Depending on weather and water conditions, participants will start off in a nearby pond then head to the Middle Loup River during an actual on-water kayaking experience. Suggest bringing half gloves to prevent blisters. Outdoor class.*

MOCK GROUSE/PHEASANT HUNT

This course will simulate a grouse and pheasant hunt. Learn the history of prairie grouse and ring neck pheasants in the state of Nebraska. Participants will hike the beautiful Sandhills and learn the basics of grouse and pheasant hunting. Shotgun selection, chokes, shot sizes, regulations, and safety will be covered. *Class is mostly outside. No actual shooting will be done in this course.*

MOCK WATERFOWL HUNT

This course will simulate an actual waterfowl hunt. Participants will need to leave camp before the crack of dawn. You will learn the basics of waterfowl hunting from blinds to decoy placement and calling strategies. Bird ID, guns and shot choice will be covered as well. Learn how much fun waterfowl hunting can be. *Entire class is outside. No actual shooting will be done in this course.*



MOCK TURKEY HUNT

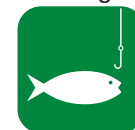
This course will simulate a turkey hunt. Participants will learn the basics of turkey hunting including hunting strategies, blinds, decoys and their placement, clothing and calling techniques. Shotgun selection, chokes, shot sizes, regulations, and safety will be covered. Bring a camera as the class will try to call turkeys. *Class is mostly outside. No actual shooting will be done in this course.*

MUZZLELOADING

This is an introduction to black-powder shooting. Learn how to safely load, shoot, clean, and care for percussion cap rifles, in-line rifles and shotguns. *Students must have completed either INTRODUCTION TO FIREARMS, Hunter Education or be well-versed in firearm safety. Outdoor class.*

ON POND FISHING

A chance to try your new skills! Take a trip to the catch-and-release pond with your fishing instructors. You can try fishing with a variety of fishing equipment; rods, reels, fly-fishing, float tube fishing and fishing from a kayak. *A 2011 Nebraska fishing permit is required. Participation in FISHING FORMULA FOR SUCCESS, BEGINNING FLY-FISHING or good knowledge of casting and knot tying is a prerequisite. Outdoor class.*



OUTDOOR AWARENESS AND SAFETY

At any time, anywhere, things can go wrong and you might find yourself in a survival situation. You can survive three minutes without oxygen, three hours without shelter, three days without water, and three weeks without food. In this class, you will learn to be aware of your surroundings, how to avoid emergency situations, what you need to be safe and comfortable, and how to avoid many of the problems we face in the outdoors. It will help you be better prepared to go into the field and give you the confidence you need. Learn to find or build a shelter, obtain "safe" drinking water, start a fire, use a compass, and gather food. Also learn what to carry in a survival kit. *Class will be indoors and outside.*



PHOTOGRAPHY

Using point and shoot, 35mm and digital cameras, this class will concentrate on field photography. It will cover basic camera operation, film and exposure, settings, subjects, lighting, composition, and practical field photography. *Students may bring their own camera and equipment. Class will start indoors and go outdoors at the end of the class to practice photography skills.*



READING THE WOODS

Learn to observe and identify plants and wildlife as you discuss flora and fauna while hiking along the trails of the National Forest. Trailside discussions will include plant and animal interrelationships and how to read "animal sign." *Participants will be hiking most of the class. Bring along binoculars and field guides if you have them. Outdoor class.*



RIFLE MARKSMANSHIP

Get lots of coaching on how to safely handle, load and shoot rifles (provided). Learn marksmanship and shooting techniques. *INTRODUCTION TO FIREARMS, Hunter Education or significant shooting experience are required as a prerequisite. Outdoor class.*

SMALL GAME HUNTING

This course will cover the basics of small game hunting. Safety, handling and shooting techniques will be covered as well as how and what to hunt with handguns, small caliber rifles and shotguns.



Participants will shoot .22 handguns and .22 rifles at strategically placed targets. *INTRODUCTION TO FIREARMS, Hunter Education or significant firearm experience is required as a prerequisite. Some inside training before heading outside to shoot.*

STREAM ECOLOGY

Ever wonder what lives in a stream, river or pond? This class will show you how to tell what tiny creatures live around us. This class is great for teachers, scout leaders or parents wanting to teach their own children. *Class will be inside and outside.*

TRACKING NEBRASKA'S WILDLIFE

This course will introduce participants to Nebraska's diverse array of game and nongame wildlife. It will include natural history, identification tips and how to find and view wildlife. *Class will be indoors and outside.*



TRAPPING

Class will cover the values and benefits of trapping for recreation as well as a wildlife management tool and source of income. You will compare modern traps with past equipment. The course will show a few basic methods of trapping common nuisance pests and furbearers. *Class is inside and outside.*

T.R.U.S.T. COURSE – CLIMBING, REPELLING AND ZIP LINE

Teams Reaching Understanding and Success Together (TRUST) sums up this session. Build trust in others and yourself through team work while building your confidence. Challenge yourself by climbing a 30-foot wall and repelling down using safety and climbing skills. Then be ready for an exciting zip line ride over 200 feet of valley while safely harnessed to the cable. *Outdoor class.*

WOODWORKING FOR WILDLIFE

With a few tools and skills, participants will create homes for wildlife. Course will cover building materials, tools, methods and placement of nest boxes. Learn how to attract birds to your backyard, feeding, watering and identification. Each participant will assemble their own nest box. *Outdoor class.*

