



BECOMING AN OUTDOORS -WOMAN WORKSHOP

Tallahassee	West Palm Beach	Ocala
October 9–11, 2009	November 20-22, 2009	March 12-14, 2010

Becoming an Outdoors-Woman (BOW) is an educational opportunity that teaches hands-on outdoor skills to adult women in a safe, supportive atmosphere. BOW is a non-profit, non-membership program offered through the Florida Fish and Wildlife Conservation Commission. BOW workshops are designed especially for women who are beginners, so no experience is necessary. Equipment and instruction are provided by patient, enthusiastic instructors. We strive to offer a variety of topics in our workshops, balanced between hunting/shooting, fishing and non-consumptive (canoeing, camping, etc.) activities. This is an excellent opportunity for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, and 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.*
- *You know how to do some of these activities, but would like to try your hand at some new ones.*
- *You enjoy the camaraderie of like-minded individuals.*



Workshops are sponsored and administered through the:

	<p>Florida Fish and Wildlife Conservation Commission</p>	<p>MyFWC.com</p>	<p><i>Florida Fish and Wildlife Conservation Commission shall afford to all persons an equal access to department programs and facilities without regard to race, color, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write to: Florida Fish and Wildlife Conservation Commission, 620 South Meridian Street, Tallahassee, FL 32399-1600. "Becoming an Outdoors-Woman" and the logo are copyrighted and protected by the University of Wisconsin - Stevens Point, and cannot be used without permission. Artwork from Missouri BOW publications. Copyright 2000 by the Conservation Commission of the State of Missouri. Used with permission.</i></p>
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TYPICAL WORKSHOP SCHEDULE

<i>Friday</i>		<i>Saturday</i>		<i>Sunday</i>	
Check In & Registration	10:00 a.m. to 12:00 p.m.	Breakfast	7:00 a.m. to 8:00 a.m.	Optional Worship Service	6:30 a.m. to 7:00 a.m.
Lunch	12:00 p.m. to 1:00 p.m.	Session II	8:00 a.m. to 11:30 a.m.	Breakfast	7:00 a.m. to 8:00 a.m.
Welcome, Vital Overview & Door Prizes	1:00 p.m. to 1:45 p.m.	Lunch	12:00 p.m. to 1:00 p.m.	Closing Remarks	7:45 a.m.
Session I	2:00 p.m. to 5:30 p.m.	Session III	2:00 p.m. to 5:30 p.m.	Session IV	8:00 a.m. to 11:30 a.m.
Dinner	6:00 p.m. to 7:00 p.m.	Dinner	6:00 p.m. to 7:00 p.m.	Lunch	12:00 p.m. to 1:00 p.m.

Evening activities begin at 7:30 p.m. on both nights

Lodging: The workshops are held at three locations - the Boy Scouts of America Camp Wallwood near Tallahassee, the Ocala Conservation Center in the Ocala National Forest and the Everglades Youth Conservation Camp near West Palm Beach. These are rustic camp facilities, and lodging is dormitory style with bunk beds. You may bring your own tent to sleep in, or we have a few tents available to loan out. Participants must provide their own bedding and towels. Buildings are smoke-free environments and alcohol is prohibited at the facilities.

Workshop Fee: The registration fee is \$175 per person. This fee includes instruction, program materials, use of demonstration equipment, a t-shirt, two-nights lodging and meals starting with lunch on Friday through lunch on Sunday. Demonstration equipment is provided; however, you may bring your own for the topics you select. Personal firearms must be unloaded and locked in your vehicle until you are advised to retrieve them. All firearms will be checked by an instructor before being used.

Registration: The Becoming an Outdoors-Woman weekend workshops have proven to be extremely popular. Class sizes are limited, so sign up early. Registration is limited to the first 100 applications received. **Sorry, we cannot accept registrations by fax, telephone or e-mail. Fees must accompany the registration form.** You will be sent a confirmation letter, with a map and directions, as well as a list of suggested items to bring, approximately **two weeks prior to the workshop**. This information can also be found at our website – MyFWC.com/BOW.

Scholarships: Limited funds are available for scholarships to **first-time** participants. Please send the scholarship request form (on our website) along with your registration form and check for \$87.50 made payable to the Florida Fish and Wildlife Conservation Commission.

CANCELLATION: A \$25 processing fee will be assessed to all cancelled registrations. Registrants who do not attend and do not cancel by the beginning of the workshop will be assessed the full program fee. You may send a substitute.

Examples of Evening Activities – 7:30 p.m. - *These will vary as instructors are available*

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| <ul style="list-style-type: none"> • Wildlife Programs • Campfire with S'mores & Storytelling • Laughter Seminar • Fly Tying | <ul style="list-style-type: none"> • Night Hike • Survival Movie • Silent Auction • Flint Knapping • Hay Ride | <ul style="list-style-type: none"> • Astronomy • Wildlife Management • Law Enforcement Officers • Archeology • Raffle | <ul style="list-style-type: none"> • Arts-n-Crafts • Native Americans • Canine Demonstration • Geocaching • Digital Photo Processing |
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Sponsors

We would like to thank our sponsors (both state and international) for their generous support which has helped make the program such a success.

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For more information, please contact:

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MyFWC.com/BOW

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WORKSHOP TOPICS

A. *Introduction to Panfishing - Participants will be introduced to a variety of fishing equipment used to catch different species of pan fish. This will include rods, reels, poles and a demonstration on how to rig them and tie basic knots for fishing. In addition, laws, regulations and ethics pertaining to fishing, and how to identify common pan fish, will be discussed. A review of basic aquatic ecology and fish habitat will provide information needed to plan a panfishing trip. Participants will put all of their knowledge to use when they go to the lake and try their hand at fishing.

B. *Introduction to Bass Fishing - Participants are introduced to various types of fishing equipment used to catch largemouth bass. This includes basic types of tackle, rods and reels, different rigs, lines, floats, lures and live bait. They are shown how to use spinning, spincasting, and baitcasting reels. Instructors will also discuss laws, regulations, ethics, habitat and bass management. Participants will then enjoy fishing at the lake.

*** Participants need to purchase a Florida freshwater fishing license to participate in the fishing portion of the courses.**

C. Introduction to Fly-Fishing - To watch an experienced fly caster is like watching an outdoor ballet. The art of fly-fishing is a graceful and gentle presentation of a lure to our watery friends. Participants will learn the technique of basic fly-casting, fly-fishing terminology, selecting and purchasing equipment and how to take care of it. They will be taught about fish habitat, laws, regulations and ethics pertaining to fly-fishing. Participants do not need a fishing license because time will be spent on dry land casting, not on the water.



D. Boating Basics - Participants will be familiarized with safety equipment and procedures to make their next trip to the water both safe and fun. They learn to back a trailer, start a motor and run a power boat (weather permitting). Participants should wear water shoes and bring a PFD, if you have one. *This course is offered in Ocala and Tallahassee.*

E. Canoeing/Kayaking Basics - Participants are introduced to the different types and styles of canoes and kayaks, paddles and strokes, equipment, safety and etiquette. They get hands-on experience paddling on the water. This is a course for beginners. Participants should wear clothing and shoes suitable for water sports. If you have your own PFD, canoe or kayak, please feel free to bring them.



F. Basic Camping/Backpacking Skills - Learn how to plan and prepare for a safe and enjoyable camping and/or hiking trip, determine the type of equipment needed and how to use it, select a campsite, set up and animal proof the camp. Learn the basics for low impact camping, including food planning and preparation, and personal hygiene and comfort.

G. •Florida Whitetails - An introductory course designed to develop the basic skills necessary to begin hunting or to photograph the Florida whitetail deer. This course includes instruction in tracking skills, determining buck sign, reading food source, laws and ethics, supplies and tools, tree climbers and stands and much more! Each participant will get a chance to use a climber and a hike through the woods will allow a "hands-on" experience to develop the skills needed to begin the thrill of Florida hunting. Participants will enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).



H. •Small Game Hunting Basics - This course covers laws, techniques and hunting areas specific to Florida's small game populations. Each participant will learn to identify small game, recognize signs, food sources and the right equipment to use. In addition, you will experience a real hunting atmosphere by taking a hike in the woods. Participants will enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).

I. •Talkin' Turkey - This course covers the biology and habits of the wild turkey. Equipment, clothing, camouflage, hunting strategies, calling techniques and safety considerations will be discussed. The outdoor session will include a simulated turkey hunt. Participants will enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).



• Participants can use these skills for purposes other than hunting. Harvesting an animal may not be your goal, but the hunting classes teach the skills necessary to find animals for photography, videography or just tracking animals for observation.

J. ♦Introduction to Shooting Sports - Participants will be introduced to basic types of firearms, nomenclature, marksmanship and firearm safety, including safe handling and storage of firearms in the home. Then they will go to the range for live firing exercises using various rifles, shotguns and muzzleloaders.

K. ♦Introduction to Handgun Shooting & Hunting - Learn handgun safety and nomenclature, and participate in a live firing exercise. Discussions will center on safe handling and storage of a handgun in the home. In addition, learn to safely load, unload and shoot various handguns.



♦ All firearms and ammunition will be furnished. However, if a student wishes instruction in the use of their personal firearm, they will need to bring it along with a box of the appropriate ammunition. Participants wishing to use their own firearm must check with the instructor prior to removing it from their locked vehicle. All personal firearms must be checked by the instructor before shooting.

L. Basic Archery Skills - Learn bow safety, equipment identification and selection, types of bows and their uses, how to shoot and shooting form. This class is also good for those interested in bowhunting. Handle the equipment, and have fun shooting various targets!



M. Basic Wilderness Survival Skills - Instruction on how to avoid being involved in a survival situation will help the student be better prepared to go afield. Additional instruction on what to do in case you are lost or have an emergency arise will give the participants the confidence needed to be comfortable while in the woods. Methods of acquiring water, using a compass, finding or constructing shelters and how to build a fire will be taught, along with what to carry in a survival kit for a particular area.



N. Outdoor Photography Basics - Gain knowledge of basic equipment and camera operation needed for outdoor photography and be introduced to observational and artistic skills needed to take nature photographs. Learn basic techniques used in photography, including the use of blinds, stalking and cover, the importance of lighting and timing, and what is needed to specialize in given subjects. Outdoor ethics discussions will better prepare you to venture afield in a responsible manner. Bring your own camera and film for a hands-on experience during an outdoor "photo session." Please bring your camera's instruction manual/ booklet.

O. Bird Watching Basics - Increase observational skills, awareness, and enjoyment of bird watching. Be instructed in different types of bird habitat as well as seasonal and daily cycles necessary for watching birds. Learn the ethics associated with bird watching and how to identify birds by habitat, sound, color and field markings. Places to go to watch for birds and the necessary equipment to take, as well as the techniques to use for successful bird watching are given. Finally, networks and volunteer opportunities will be discussed, as well as how to attract birds. Bring binoculars (if you have them) as a field walk will present an opportunity for birds to be observed.



P. Introduction to Reading the Woods - Learn how to interpret signs left by wildlife. Also learn how to recognize essential components of wildlife habitats and relate observations to wildlife behavior. During a nature walk, stop for track identification and observation, scent stations, nest sites, burrows, watering sites, variations in ecosystems and movement corridors.

Q. The Primitive Chef - Learn how to cook over a campfire, in a Dutch oven and on a camp stove. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There will be several opportunities to practice your newly-developed skill. Bring your appetite because you'll be eating what you've made!

R. Basic Personal Safety Skills - Learn about self protection through a demonstration and discussion of current personal protection devices and "weapons" (non-gun) on the market today. Interaction with the "red-man" will give a hands-on experience.



S. Hunter Safety Certification Course -. Complete the online part of the Hunter Safety Course prior to the workshop at MyFWC.com/huntersafety. Bring your web report printout to the workshop. Students must also take one of the **Archery** (Class L) sessions and the **Shooting Sports** (Class J) session to complete the course. NOTE: This leaves one class of your choice.

Upon successful completion of this course, you will receive your Hunter Safety Certification which is good for a lifetime and accepted in every state.

T. Introduction to Muzzleloaders - Learn and experience the art of black powder firearms. Emphasis will be on loading, firing, care and cleaning. The types and purposes of muzzleloaders will be discussed. Learn about history and

blackpowder rendezvous. There will be plenty of shooting, reloading and other hands-on experiences.

U. Basic Wilderness First Aid - An introductory overview of outdoor first aid with plenty of hands-on scenarios. This is a non-certification course. Bring a day pack and water bottle. Wear old clothes - something you won't mind getting stained or dirty.



V. ♦Introduction to Shotgun Shooting and Hunting – Learn about shotgun types, their versatility in a variety of shooting and hunting sports, nomenclature, cleaning, and safety. Receive hands-on, one-on-one, live firing instruction in the successful shooting of moving clay targets.

W. Bowhunting Certification Course – Learn how to hunt with bow and arrow. Emphasis is placed on bowhunter history, safety, ethics, fundamental skills, techniques and tackle. Prior to the workshop, students must complete the online course at bowhunter-ed.com (additional fee required). Bring your Field Day Qualifier Certificate to the workshop. You may bring your own bow if you have one.

X. Map and Compass Basics – Learn how to use a compass in the field, how to use and read a topographic map, and how to use the map and compass together. These skills are useful for hikers, hunters, campers and anyone spending time off the beaten path. Outdoor exercises are involved, so bring a water bottle.

Y. Knot Tying Basics – Participants will learn about ropes and knots used in everyday life, in survival situations and also while boating. From this basic class, participants will become familiar with and learn how to successfully tie knots.



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