

For Immediate Press Release

February 28, 2005

Contact: Wisconsin Becoming an Outdoors-Woman
Michelle Grimm, Coordinator
800 Reserve Street
Stevens Point, WI 54481
(715) 346-4151
mgrimm@uwsp.edu



BOW spring workshop offers hands-on skill building

The Wisconsin Becoming an Outdoors-Woman Program is offering a spring workshop, April 23-24, at the Wisconsin's Lions Camp in Rosholt. Participants may choose one of three hands-on tracks: "Water Works Wonders," "Jane Deere" and "Teambuilding." These fun courses are designed to teach new skills and build confidence.

If you enjoy being on the water, "Water Works Wonders" is the class for you. This class begins with boater safety then moves outside to give participants a chance to take over at the helm in safe and controlled environment. Learn boat handling techniques in a variety of water craft including motorboats, canoes and kayaks.

"Jane Deere" is a program designed specifically for farm and ranch women to learn about wildlife and outdoor recreational skills in a relaxed atmosphere. Topics include wildlife ID and habitat, target shooting, fly fishing, native plants and plant ID, stream ecology and more. This track is open to anyone 18 and older, including those who may not be actively involved in agriculture but are interested in natural resources.

The third class offered during this workshop is "Teambuilding." This would be a great opportunity to get your co-workers together for fun and adventure outside of work. The communication skills and bonding that you will experience during the weekend may improve many aspects of your personal life.

"This is a great opportunity to expand your knowledge in a comfortable safe environment," says Michelle Grimm, coordinator of the Wisconsin BOW program.

For registration materials or more information, contact Grimm at (715) 346-4151 or visit www.uwsp.edu/cnr/bow/wihome/index.htm.

###