

WORKSHOP SCHEDULE

February 5-7, 2010

Important notes about this workshop: Due to dorm renovation at Treehaven, participant lodging will be at the Rodeway Inn just off Hwy 51 near Tomahawk. All classes will be held on the Treehaven property. A shuttle bus will run at the times indicated in the schedule for those who do not want to drive back and forth between the hotel and Treehaven. The shuttle will not be available for Sunday's optional activities.

Friday, February 5

11:00-12:00 a.m. Check In and Registration at the Rodeway Inn, Tomahawk (directions will be sent with registration confirmation). Light lunch.

12:00 p.m. Welcome/Introductions

12:30- Bus shuttle to Treehaven

1:15-4:45 p.m. Session I

A. Firearm Safety and Handling

B. Tree ID

C. Cross-Country Skiing 101

D. Snowshoeing 101

E. Sewing with Fleece and Fur

F. Ice Fishing

G. Winter Survival

5:30 p.m. Shuttle to Rodeway

6:30 -7:00 p.m. Social

7:00-8:00 p.m. - Dinner

8:00 - **Wisconsin Plant & Wildlife Ecology**, (featuring live animals!) by DNR Wildlife Education specialist **Chris Cold** and his "critters".

Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Activities are balanced between hunting and shooting, fishing and boating, and nonconsumptive activities like camping and canoeing. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age and older. Participants range in age from 18-80+.

Beginners are welcome!

This program is for you if...

- You have never tried one of these activities but have hoped for an opportunity to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities but would like to try your hand at new ones.
- You enjoy the camaraderie of like-minded individuals.

Saturday, February 6

7:00-8:00 a.m. Breakfast

8:00- Shuttle to Treehaven

8:30-12:00 Session II

H. Walking Stick

I. Dog Sledding

J. Back Country 1st Aid

K. Cross-Country Skiing 102

L. Snowshoeing 101

M. Geo-Caching

N. Honey and Hives: Bee School 101

12:00-12:30 Changing and rest break. Warming/changing rooms, clothes drier, available at Treehaven all day, plus coffee, hot chocolate and tea.

12:30 p.m. Lunch

1:30-5:00 p.m. Session III

O. Rifle Markswoman

P. Birding

Q. Furbearer Ecology

R. Skijoring

S. Ice Fishing

T. Archery

U. Snowshoeing 102

5:30 p.m. Shuttle to Rodeway

6:30 -7:00 p.m. Social

7:00-8:00 p.m. - Dinner

8:00 - Evening fun: **BOW Luau, professional massage therapy**, & other surprises!

Sunday, February 7

8:00 a.m. Breakfast

9:30-11:30 a.m. Optional group ski and snowshoe hike on trail at Treehaven

Workshop Classes

February 5-7, 2010

PHYSICAL ACTIVITIES RATINGS

Classes below are described according to the level of physical activity required to participate fully. We've done this to help you decide if the class is right for you.

LEISURELY - Class is not very physically demanding.
MODERATE - Class requires moderate level of physical activity.

RUGGED - Class is fairly strenuous, and may require hiking/skiing over uneven terrain.

FRIDAY AFTERNOON CLASSES

A. Firearm Safety & Handling LEISURELY

Learn about guns and safe firearm handling in this hands-on class. **Jess Tomaszewski & Yvonne Esparza** will help you become comfortable around firearms in this information-packed, upbeat class. *Participants must take this class, show Hunter Ed. Certification, or have significant firearms experience to participate in Rifle Markswoman.*

B. Tree ID LEISURELY

Did you know that trees without leaves have unique characteristics? Learn how to distinguish a maple from a mountain ash, even in winter. Join all-around outdoors-woman **Jaclyn Moeri** to identify common Wisconsin trees located throughout the Treehaven property with a winter wonderland walk as part of the session.

C. Cross-Country Skiing 101 LEISURELY to MODERATE

Join winter enthusiasts **MJ Slone & Chad McGrath** to learn basic cross-country skiing skills. Participants will practice the art of gliding on skis through Treehaven's beautiful wooded trails.

D. Snowshoeing 101 MODERATE

Learn how to hike through the snow with ease! Make tracks and enjoy a winter snowshoe hike with Treehaven's assistant director **John Heusinkveld**, BOW intern **Emily Fuger** & outdoor enthusiast **Lori Edgington**.

E. Sewing with Fur and Leather LEISURELY

Discover how easy it is to sew your own warm and attractive creations with perennial instructor favorite **Craig Woken**. Participants will make elegant arctic fox and elk leather mittens in this beginners' sewing class. *There is an additional \$125.00 fee for materials.*

F. Ice Fishing LEISURELY

Learn how to fish through a hole in the ice! Anglers **Barb Carey & Wendy Dallmann** will teach you ice safety, equipment, and bait selection, and more. Hot chocolate and a warming house will be provided. *You must have a valid WI fishing license to participate in this class.*

G. Winter Survival LEISURELY to MODERATE

Yes, camping in the snow can be FUN! **Tina Glynn** will teach you how to stay warm and comfortable while spending time outdoors in the snowy season. Participants will have the option of sleeping in snow shelters on Friday night.

SATURDAY MORNING CLASSES

H. Make Your Own Walking Stick LEISURELY

Outdoor enthusiast **Marlene Janowski** will guide you through the steps to create a one-of-kind walking stick. A brass compass, hand carved wood twig whistle, leather, beads, feathers and fur are just some of the materials you may choose to add to your hand-peeled stick. *There is an additional \$20.00 fee for materials.*

I. Dog Sledding LEISURELY to MODERATE

Take a ride on sleds pulled by a team of dogs who love to run in the snow! Dog sled racers **Corky & Steve Severson** will also teach participants how to harness a team of dogs, terminology of the sport, sled types, dog care, and more. *There is an additional \$25 fee for this class.*

J. Back Country First Aid LEISURELY

If you plan to spend time in the backcountry you need to be prepared. **Tim Pflieger, Team Leadership Center**, leads this lively class in how to assess and treat illnesses and injuries when calling 911 is not an option.

K. Cross-Country Skiing 102 MODERATE to RUGGED

For a little more adventure, MJ, Chad & Katie will lead a longer trek on the trails where you will practice gliding, turning and navigating small hills. This class is the perfect next step if you have some basic skiing experience.

L. Snowshoeing 101 MODERATE

This session is a repeat of session "D"

M. Geo-Caching LEISURELY to MODERATE

Tiffany Gonzales & Rebecca Lee will guide you on this high-tech treasure hunt in the snow. Geocaching is a game played using Global Positioning System devices. Learn how to use a basic GPS unit to locate hidden containers called geocaches while you enjoy exploring the outdoors.

N. Honey and Hives: Bee School 101 LEISURELY

Celebrate your backyard's mini-ecosystem by keeping bees. Instructor **Denise Palkovich** says, "Give them a home and they'll pollinate and give you honey and wax in return." You'll learn the why and how of beekeeping plus be introduced to the hive and the charming insect that lives there.

SATURDAY AFTERNOON CLASSES

O. Rifle Markswoman LEISURELY

Join our award-winning team of shooting instructors, including Master Hunter Education instructor **John Hagenbucher & Susan Metz** to learn how to shoot with confidence. Participants may choose to shoot a wide variety of rifles and handguns in this safe & empowering class. *(Session A, hunter safety certification, or significant shooting experience required to participate in this session).*

P. Birding for Beginners LEISURELY

Step outside with bird enthusiasts **Terri Welisek & Tim Pflieger** on a walk through the northwoods in search of woodpeckers, raptors, grosbeaks and more. Indoor and outdoor viewing. Bring your own binoculars or use our binoculars. You'll learn tips for bird ID, habitat selection, and more.

Q. Furbearer Ecology: Intro to Trapping LEISURELY

Learn about fur-bearing critters including muskrat, beaver, fox and more. Managing furbearer populations is important to the environment. Lifelong trapper **Mark Wolf** will teach basic trapping skills, including how to safely set traps. Pelts from every furbearing animal in Wisconsin will be available for participants to handle.

R. Skijoring 101 MODERATE

Instructors **MJ Slone, Chad McGrath & Katie Koch** will help you learn the art of combining cross-country skiing and dog mushing into one graceful and exhilarating sport. In skijoring, the dog pulls you while you ski. Participants should have some skiing experience. *There is an additional \$25 fee for this class.*

S. Ice Fishing LEISURELY

This session is a repeat of session "F." *You must have a valid Wisconsin fishing license to participate in this class.*

T. Archery & Bowhunting LEISURELY

You can draw back a compound bow, and hit the target too! **Lisa Gleason, Judy Garfield & Alyson Schaefer** will teach you how in this learn-by-doing class that includes lots of time at the archery range. Equipment selection, safety, and hunting regulations will also be covered.

U. Snowshoeing 102 MODERATE to RUGGED

Another "next step" opportunity for snowshoers who want to explore the more remote areas on the Treehaven property. You will hike 2-3 miles and discover some beautiful vistas in the winter woods. **John Heusinkveld, Emily Fuger & Lori Edgington** will lead the trek.



SUNDAY MORNING OPTIONAL ACTIVITIES

Informal **snowshoe hike** or **cross-country skiing** on trail at Treehaven. This is open to anyone who would like to extend their workshop experience into Sunday! We will have group "guides" to take you out on trail to explore more of Treehaven's beautiful property. No experience is necessary. We'll divide participants into beginner, novice, and ambitious skiers or hikers so that you are grouped with others who match your pace. All equipment is provided and there is no additional fee. This is a fun and relaxing way to wrap up a wonderful winter weekend! Pre-registration is not required.



WINTER BOW, FEBRUARY 5-7, 2010, TREEHAVEN FIELD STATION REGISTRATION FORM

Only one person may register per form. Please photocopy for additional registrations.

Name _____
 Address _____
 City _____
 State/Zip _____
 Phone Day (____) _____
 Evening (____) _____
 Fax (____) _____
 E-mail _____

**EARN COLLEGE CREDIT WITH
 BECOMING AN OUTDOORS-WOMAN!
 CALL TOLL-FREE, 1-877/269-6626
 TO REQUEST INFORMATION.**

LODGING: BOW has reserved 32 non-smoking rooms at the Rodeway Inn, Tomahawk. Each room has 2 queen beds, and we will assign one person per bed, for a total of 64 spaces available. There are also 5 smoking rooms available on request. The lodging fee is included in your registration and BOW will handle all room assignments, confirmations, and payments with the hotel. Please provide the following information:

**Complete & send registration
 form & payment to:**

Wisconsin BOW
 800 Reserve Street
 Stevens Point, WI 54481
 or fax credit card payments to
 (715) 346-4681.

I am requesting to room with _____ (participant name)
 _____ I do not have a roommate request. I understand that I will be paired with another participant in a room with 2 queen beds.
 _____ I am requesting to have a room to myself (\$89 additional fee)
 _____ I am requesting a non-smoking room
 _____ I am requesting a smoking room (limited availability)

SESSION CHOICES, FEBRUARY 5-7, 2010

Please indicate your first (1), second (2), & third (3) choice for each of the three sessions.

Session I	Session II	Session III
<i><u>Friday Afternoon</u></i>	<i><u>Saturday Morning</u></i>	<i><u>Saturday Afternoon</u></i>
___ A. Firearm Safety	___ H. Walking Stick	___ O. Rifle
___ B. Tree ID	___ I. Dog Sledding	___ P. Birding
___ C. Skiing 101	___ J. 1st Aid	___ Q. Trapping
___ D. Snowshoeing 101	___ K. Skiing 102	___ R. Skijoring 101
___ E. Fur & Leather	___ L. Snowshoeing 101	___ S. Ice Fishing
___ F. Ice Fishing	___ M. Geo-caching	___ T. Archery
___ G. Winter Survival	___ N. Bee School	___ U. Snowshoeing 102
		<i><u>Sunday Morning</u></i>
		Optional cross-country skiing or snowshoe hike.
		No pre-registration necessary

Workshop Fee (check option 1 or 2)

- ___ 1. LODGING at Rodeway Inn, **\$329**. Includes 2 nights lodging, 6 meals, 2/5/2010 through 2/7/2010
 ___ 2. Lodging not needed, **\$229** Includes 4 meals, 2/5/2010 through 2/7/2010

Method of Payment (check option 1 or 2)

- ___ 1. Check or Money Order made payable to UWSP
 ___ 2. VISA or MASTER CARD
 ___ Charge \$175 deposit now, balance later
 ___ Charge the full registration fee

Name _____
 Card Number _____
 Expiration Date _____
 Signature _____

WORKSHOP NOTES

February 5-7, 2010

CONFIRMATION

Upon receipt of your registration & payment, you will be sent a confirmation letter, along with a map to Treehaven & the Rodeway Inn, & a list of suggested clothing & gear to bring.

CANCELLATION

A \$100 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, January 4, 2010 will be assessed the full program fee. You may send a substitute.

SCHOLARSHIPS

Limited funds are available for scholarships to first-time participants. Please send a letter explaining your need for a scholarship along with the registration form & a check for \$175.00. Preference will be given to students, low-income households, & Wisconsin residents.

LODGING

BOW has reserved 32 non-smoking rooms at the Rodeway Inn, Tomahawk. Each room has 2 queen beds, and we will assign one person per bed, for a total of 64 spaces available. There are also 5 smoking rooms available on request. The lodging fee is included in your registration and BOW will handle all room assignments, confirmations, and payments with the hotel.

SPECIAL NEEDS

If you have any special needs, including dietary needs, please indicate this on the registration form. We will try to accommodate your needs.

EQUIPMENT

All equipment will be provided. Feel free to bring your own equipment. Instructors will safety check all firearms & bows brought by participants.

WHAT TO BRING

Classes are outdoors & hands-on. For your safety & comfort, it is important for you to bring warm clothing, including winter boots, hats & gloves. A complete list of suggested clothing & gear will be mailed with your confirmation letter.

SPECIAL CLASS FEES

Some classes require an additional fee for materials or equipment rental. You may include the additional fee with your registration, or you may choose to have an invoice sent for the additional fee.

Participants understand that: 1) photographs may be taken during sessions & may be used in future support of the program, & 2) in the event of an unavoidable cancellation, evening programs & instructors may change. BOW will provide excellent alternatives if this situation arises.

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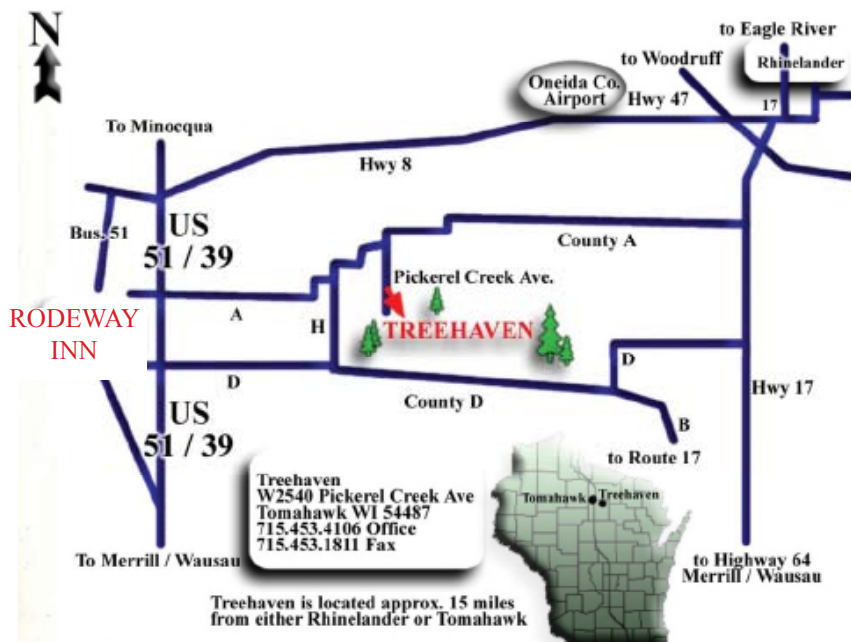
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<http://www.uwsp.edu/cnr/treehaven/>