





becoming an



**Outdoors-
Woman**
Colorado®

This workshop is for you if ...

-  you love spending time outdoors and are looking for adventure!
-  you want to expand your skills & learn new ones!
-  you have never tried these activities, but have hoped for an opportunity to learn!
-  you want an activity to share with family and friends!



Wildland Awareness and Educational Institute presents:
Becoming an Outdoors-Woman
September 4 - 6, 2009
Peaceful Valley Ranch - Allenspark, Colorado

Located between Lyons and Estes Park off of Highway 72, the famous Peak to Peak Highway - a scenic byway established in 1918, Peaceful Valley Ranch is one of Colorado's oldest and largest guest ranches. Visit their web site at www.peacefulvalley.com or ours at www.gobeyondbow.com.

Colorado Sponsors

Wildland Awareness and Educational Institute. Wildland Enterprises. Colorado Wildlife Federation. Rocky Mountain Elk Foundation . Federal Cartridge . Ducks Unlimited . Denver Sables (Safari Club International Foundation) . Colorado Mountain Club . National Wild Turkey Federation . Colorado Bowhunters Assn . Pro Bass . Rocky Mountain National Park . Sportsman's Warehouse . Mule Deer Foundation . Rampart Range Sportsman Club. Rocky Mountain Bighorn Society. USGS. Roe Ecological Services. Colorado Whitewater Association. Lodge Manufacturing. Bass Pro Shops.DAV. Leupold. Prairie Arms. Colorado Division of Wildlife

International Sponsors

API Outdoors Inc . NRA . Trout Unlimited . Archery Manufacturers & Merchants Organization . North American Hunting & Fishing Clubs . Browning . Ducks Unlimited . Brunswick Ford/Mercury . USFWS Crosman . Rocky Mountain Elk Foundation . Leupold Federal Cartridge Co . Buckmasters Amer Deer Found . National Wildlife Federation . Hunter's Specialties . Pheasants Forever . Safari Club International Foundation . Pope and Young Club . University of Wisconsin Stevens Point College of Natural Resources. Bass Pro Shops . Cabelas. Federal

Friday, September 4th

10:00-11:30 - Check In/Registration/Silent Auction Begins

11:45-12:45-Welcome/Introductions/Lunch

SESSION I – Afternoon - 1:00pm - 4:30pm

A Kayaking. Staff from the Colorado Whitewater Association will teach you the basics of safely entering/exiting the boats, simple techniques to get you across a lake with ease, and enjoy being on the water. You may also learn to roll your kayak. Paddling in style - great hands-on fun - class inside in the heated pool - be prepared to get wet!

B Fishing Fun. Learn or improve your angling skills. Knot tying, casting, landing fish, and what to look for to catch the big ones are included in this fun fishing class. Focused on spinning gear with information on lures and types of baits. Hands on fun!

C Medicinal and Edible Plants. Learn a little plant ID for the forest. There's more to plants than leaves and stems, learn about their adaptations and many uses - whether for you or the wildlife that graze upon them. Expert instructors will prepare fantastic dishes and great drinks for all to try!

D Intro to Horses 101. A beginner's class. Learn to halter, lead, and tie your horse and know how to check for equipment safety. Riders practice mounting, dismounting, turning and halting; then go on a 1-hr ride (walk/trot) and experience September in the Rockies from horseback. **NOTE:** *Although you need not reserve horses in advance, \$20 horse rental fee must be paid to Ranch **before** class.*

Smooth-soled footwear with a 1-1 ½" heel **ABSOLUTELY REQUIRED.** NO COMPLIANCE...NO RIDE.

*Note - \$20 horse rental fee for 101 class and \$30 for the 201 class must be paid to the Ranch directly, **before** class. For a recreational trail ride: Contact Peaceful Valley Desk for a Sunday PM Ride Appointment!

E Firearm Safety. The course covers basic types of firearms, firearm safety, safe handling, techniques, and an introduction to selection and purchase of firearms.

PREREQUISITE: If you have not had Hunter Education or significant shooting experience, and you wish to take any of the shooting sessions; Firearm Safety (Class E) is required.

F Archery. Learn how to select bows, arrows, and other archery equipment. Target range is set up for students to try various archery equipment and develop shooting skills. Training on how to apply your skills, judging distance, and hunting techniques will be offered. A great pastime and Olympic sport! *(Everything furnished, but if you have a bow, you may bring it.)*

5:00- Dinner

5:45- Bugling Bachelors - elk ecology and guided viewing field trip into Rocky Mountain National Park

7:00-Additional Evening activities - wildlife calling, marshmallow roast& campfire stories

Saturday – September 5th

7:00 - Breakfast

SESSION II – 8:00am -11:30am

G The Art of Not Getting Lost - Compass/Map Reading. Hands-on with compass fundamentals, basic topographic map reading skills, and how to read the terrain. Plus a short orienteering course. A true confidence builder for those that venture on their own.

H Bird Watching. There are over 800 species of birds to see and marvel at in the U.S. Come learn how to use field guides, locate and identify birds, and see your surroundings through new eyes. You will learn how to use a bird's distinguishing characteristics, behavior, and habitat in order to ID a species and understand how it lives. Half the class is hands-on, you'll venture out to put some of your newfound knowledge to the test! Please bring binoculars and bird book if you have them. You'll also learn tips for attracting birds to your backyard!

I Wildlife Watch & Tracking. How to see wildlife (responsibly). Discover wildlife habits, habitats, and how to ID tracks and sign. Use binoculars, spotting scopes, and field guides. This activity-filled, introductory wildlife viewing class will sharpen your senses to sights and sounds. Learn more about where, when and how to find wildlife then head outside and be a detective - interpret wildlife sign along the trail.

J Outdoor Photography. From disposable to large format cameras, the person behind the camera creates the art. We'll look at examples of good and bad composition, lighting, etc. You'll learn how to capture those great shots! Then, rain, hail or snow -- we go outside in the afternoon class - Photography in the Park! **NOTE:** Bring film, memory cards, camera, user's manual, and a few of your photos (if you wish).

K Shooting Sports. This is for all, from beginner to experienced shooter, and will cover how to hold the gun, proper stance, aiming, and lots of shooting! With the coaching of expert instructors, target shoot with .22 caliber rifles, pistols, and 20 ga. shotguns. *(Do NOT bring your own firearms. Everything is furnished. SEE PREREQUISITE 'E')*

L Preparing and Cooking Wild Game. Session will cover the preparation of wild game meat (bison, elk, quail, pheasant) and share several recipes to create wild game culinary masterpieces. Students who participate in this class will prepare and cook amazing appetizers for all to try!

Noon-12:45 - Lunch

Saturday – September 5th

SESSION III – 1:00pm - 4:30pm

M Beginning Fly Fishing. Designed for those who want a hands-on, interactive exposure to several components of this popular recreational sport including: philosophy of fly fishing; fly fishing equipment; fly fishing knots; understanding flies; basic fly casting.

N I'm Lost, Now What? Survival...in the 3 basics and more; fire starting, signaling, and shelter construction (particularly important in cold weather outdoor experiences). If prepared to survive you're much less likely to end up in a life-threatening situation. You'll receive a booklet outlining basic survival rules. **Lots of hands-on.** Feel more comfortable in your ability to cope with the unexpected!

O Photography in Rocky Mountain National Park. Outdoor Photography (course J) a prerequisite. Head out with photography experts into RMNP for a morning filled with captured memories. Learn how to set up photos of historic buildings, mountain scenes, water features, and wildlife.

P Map/Compass/GPS 201.**Route finding and use of map/compass in the field. Navigating with a topo map; navigating with a compass (*no map*); finding yourself thru triangulation, and discussion of UTM's. Learn a little about GPS units - the pros and cons.

** Map and compass 101 is a prerequisite.

Q Shooting Sports and Firearm Care. This is for all, from beginner to experienced shooter. It will cover how to hold the gun, proper stance, aiming, and lots of shooting. With the coaching of experts, target shoot with .22 caliber rifles, pistols, and 20 ga. shotguns, then learn proper cleaning and care. (**Do NOT bring your own firearms. Everything is furnished! SEE PREREQUISITE 'E'**)

R Be Outdoor Safe and Smart - BOSS. Learn basic survival tips, wilderness behavior, and how to find that critter you're looking for or avoid one you're not looking for! You'll also learn how to listen to your 6th sense - warning signs and keeping safe from two-legged threats when out alone. This class will keep you on your toes!

5:15- Silent Auction Ends

6:00- Dinner

7:00 -Hands-on outdoor related crafting classes, conservation presentations, guest speaker, free time, & campfire

Sunday – September 6th

7:00 – Breakfast

SESSION IV -- 8:00am - 11:30am

S Advanced Fly Fishing. This class is designed for those who already have some basic fly fishing skills and knowledge. You will further discuss Entomology, Stream Anatomy and learn more advanced casting techniques.

T Journaling Your Outdoor Experiences. A way to enrich your outdoor experiences. YOU decide since there is no "one" way to journal—it can be a way to record travels and memories or be used as a way to reduce stress. Learn how to get started, or use new techniques, and explore the possibilities.

U Reading the Woods. Join a Rocky Mtn. Park Ranger on an interpretive hike to see and experience what's around you. The focus will be on observation, learning and fun.

V Hiking/Backpacking Basics. What do you put in those backpacks anyway? You'll learn what you need, what you don't, and how to travel light and safe. Learn how to make the most out of your hike. This is a hands-on session - we'll have the opportunity to go for a short hike with backs in tow.

W Horses 201. For you if you have some basic riding experience and are comfortable at the walk and trot. First 2 hrs. on safety, learn to saddle and bridle a horse. On the second half of class, we will embark on a 2-hr. trail ride (walk and trot) watching for wildlife and signs of fall. *Smooth soled footwear with 1-1 1/2" heel.* **NOTE: Need not reserve horses in advance, but \$30 horse rental must be paid before class.**

X Unexpected Emergencies. Getting to your destination safely every time. Learn basic preparedness - what to leave the house with and what you should have in your vehicle at all times - no matter the weather. Learn about vehicle recovery, changing tires, and jump starting vehicles. Hands-on - a must!

12:15 pm – Lunch, turn in evaluations & grand prize drawing

\$ SILENT AUCTION \$

Do something with that new or hardly-used outdoor "stuff" we all accumulate. Campfire gear, canteens, packs, etc. or bring something you've created – artwork, jewelry, etc. We'll silent auction these items for our scholarship fund to help send a few deserving women to the next BOW workshop. To get an extra grand prize ticket and the satisfaction of being a good BOW-er...bring in an item and extra cash or a checkbook for your hot items!!

BECOMING AN OUTDOORS-WOMAN
Colorado – September 4 - 6, 2009 – Peaceful Valley Ranch
REGISTRATION FORM—SPACE LIMITED

You may use this form or photocopy. Only one person may register per form. indicate otherwise by circling – **NO** by phone #, it will be on purposes. **It is not released for any other purpose!** classes will be sent when form is received.

PLESAE PRINT CLEARLY

FOR OFFICIAL USE ONLY	
Registration # _____	
Amount Paid _____	Check # _____
Date entered _____	
Scholarship Yes _____	No _____
Sponsored by _____	
Carpool Yes _____	NO _____
Notes _____	

NAME _____

PHONE – Home _____ Work _____ **NO**

ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL _____

IN CASE OF EMERGENCY: Contact _____ **Phone** _____ **Relationship** _____

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating. Participants understand that photographs and/or videos may be taken during the workshop and may be used in future support of BOW programs or other programs that highlight or encourage participation in outdoor activities.

SIGNATURE _____ **Date** _____

Firearm Safety (A) is a prerequisite for Shooting Sports. Hunter Education Card # _____ or statement of shooting experience: _____ Questions?

Call 303-697-2800 or E-mail beyondbow@comcast.net.

You will be taking one class per session.
Because class sizes are limited, please write in your 1st, 2nd, and 3rd choice for EACH session.

SESSION I
Friday 1:00-4:30

- A Kayaking
- B Fishing Fun
- C Medicinal & Edible Plants
- D Horses 101
- E Firearm Safety
- F Archery

SESSION II
Saturday 8:00-11:30

- G Map & Compass 101
- H Bird Watching
- I Wildlife Watch/Tracking
- J Outdoor Photography
- K Shooting Sports
- L Preparing Wild Game

SESSION III
Saturday 1:00 – 4:30

- M Beg. Fly Fishing
- N Survival
- O Photography in the Park
- P Map, Compass, GPS 201
- Q Shooting Sports / Care
- R Be Outdoor Safe & Smart

SESSION IV
Sunday 8:00-11:30

- S Advanced Fly Fishing
- T Nature Journaling
- U Reading the Woods
- V Backpacking / Hiking
- W Horses 201
- X Unexpected Emergencies

Lodging/Roommates: 2-4 per room or cabin. The rooms range from moderate to superior – assigned on a first come first served basis. If you do not indicate a specific roommate(s), we will select one or two for you.

My roommate(s) is (are):

If special accommodations are needed, participant must contact us at least 72 hours in advance (e.g.; wheelchair access, visual impairments, etc.)

Cancellations: If necessary and a waitlist person is not available, you may find someone to take your place as a participant. Fees are transferable. No refunds after August 1st, 2009. Before August 1st, a \$30 processing fee is required.

Workshop fee: \$395 must accompany registration. Your fee includes instruction in sessions, materials, equipment, Peaceful Valley Ranch facilities, 7 meals, and lodging. **Scholarships available - call for details.** *Enclose* a check or money order or indicate credit card below for \$395 made **payable to WAEI** and return with your registration form to the following address:

WAEI: ATTN BOW, P.O. Box 732, Indian Hills, CO 80454

IMPORTANT: Check these boxes, if they apply to you

- If this workshop is filled before my form is selected, please register me for May 2010 BOW workshop. This guarantees my place (up to 50 participants).
- I smoke (*for roommate purposes*) There is **no smoking** inside the Lodge, but there are convenient designated areas just outside.
- I have special dietary needs (e.g., vegetarian, dairy allergy, etc.):

Cost:

Registration \$395 per participant (cost covers everything you need for the weekend, lodging, meals, etc.)

Please add the following amount to the BOW scholarship program \$1 \$5 \$10 \$15 \$20

BOW long sleeve shirt \$15 (Solid color with the BOW logo silk screened across the front of the shirt) s m l xl
(must pre-order)

Total amount: _____

Charge card and account information: We are able to accept Master Card and Visa only.

This form must be mailed, faxed, or e-mailed (susanne@wildlandinstitute.org). Signatures must be included, typed signatures are accepted. I understand that this is a contract and that if I cancel after August 1st or am unable to attend due to an unforeseen event, I am still responsible to pay the \$395 fee or will find another participant to take my place who will pay the required cost of the workshop.

Name as it appears on the card: (please print) _____ Address _____ City _____ State _____ Zip _____ Phone home _____ Work _____	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard Account Number: _____ Expiration date: _____ Three digit security code: _____ Total amount: \$ _____ The three digit security code follows the signature line on the back of the card. This is required for your protection and is required by our credit card company. This proves that the card is in the possession of the person using it.
Signature _____	

WAEI

Address: P.O. Box 732, Indian Hills, CO 80454

Phone: 303-697-2800

Website: www.wildlandinstitute.org

E-Mail: susanne@wildlandinstitute.org

Contact Peaceful Valley Ranch for availability of an extended stay including B&B options and additional horse rides. Maps and additional information on the BOW workshop will be sent to successful registrants.