Becoming an Outdoors Woman & Becoming an Outdoors Family

PROVIDING OPPORTUNITIES FOR WOMEN AND FAMILIES TO LEARN SKILLS IN HUNTING, FISHING, AND OUTDOOR SPORTS

SHARE THE PASSION

SPRING, SUMMER, AND FALL 2015 • mndnr.gov/education/bow • 1-888-MINNDNR (646-6367)
Becoming an Outdoors-Woman 2015 Calendar
Providing opportunities for women and families to learn skills in hunting, fishing, and outdoor sports.

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Visit mndnr.gov/education/bow for more details.
WELCOME!

The Minnesota Becoming an Outdoors Woman (BOW) program continues to grow. The success is due to our dedicated volunteers and collaborations with organizations to offer quality programs. BOW would not be what it is today without our passionate volunteers and committee members!

We invite you to try one of our 2015 programs. For those who would like to try a variety of outdoor classes over a weekend we invite you to register for our Discover BOW Fall or Winter weekend workshops. For those who would like to learn a specific skill in-depth we encourage you to register for one of our series or individual Beyond BOW classes. If you like to learn with your family we recommend you sign up for one of our family classes. The Minnesota Department of Natural Resources is proud to provide a variety of options to learn outdoor skills and to be energized by spending time in the outdoors with other outdoor enthusiasts.

I hope you will join us for a program in 2015!

Thank you!
Linda Bylander
BOW Coordinator

Discover BOW Workshops

Fall and Winter Weekend Workshops for 2015

Our Winter and Fall Weekend Workshops are the best place for women new to the outdoors to begin their journey. Workshops run Friday night through Sunday afternoon. These weekends are filled with a variety of outdoor skill classes, evening programs, campfires and fun! Lodging, meals, snacks, instruction and equipment are provided for one low price.

The Winter and Fall Weekend Workshop brochures are published on-line a few months prior to the workshop. Go to www.mndnr.gov/education/bow and download the Winter or Fall Weekend Workshop brochure to register.

Women's Winter Workshop
Audubon ELC, Sandstone
February 20-22, 2015
Fee $185. Limit 70.
This year’s classes include dog mushing, skijoring, snowshoeing, cross country skiing, dark house fishing, and more.

Women's Fall Workshop
Gunflint Lodge, Grand Marias
September 11-13, 2015
Fee $395 for deluxe cabin or $250 for canoer cabin. Limit 80.
We are returning to where the first BOW workshop was held! This year’s classes include open water fishing, zip line, horseback riding, muzzleloader, and more.
“Beyond” BOW 2015 Classes for Women

Once you have attended a Discover BOW Weekend Workshop your next step in learning outdoor skills are the “Beyond” BOW classes. We offer two types of Beyond BOW classes: BOW “Learn to” Skill classes are for women who want to learn a specific skill in a small class setting. BOW Adventure classes are for women who already have the skill fundamentals and want to practice the skill during a weekend trip or hunt. Classes are designed for women ages 18 and older and girls ages 14-17 with a guardian.

FISHING

A State Park vehicle sticker is required for classes held in a state park. A Minnesota fishing license and equipment are not required for Learn to Fish classes, except where noted.

NEW Learn to Sport Fish Series – Bass & Muskie

Women must attend the April 11th introduction session to register for either the bass and/or muskie guided fishing trips. Space is limited for the fishing trips.

Introduction Session: Pro-tips! Fishing Equipment & Selection – Cabela’s in Rogers, MN
April 11, 2015, 1 p.m.–3 p.m., Free. Register at linda.bylander@state.mn.us before March 15.
Learn how to select proper equipment and use proper technique when fishing bass, muskie and other species from pro angler Mandy Uhrich! Learn about different rods, reels, line and lures. The end of the class will be spent in Cabela’s fishing section learning about equipment.

Bass Fishing Trip – Brainerd Lakes Area - July or September 2015.
Muskie Fishing Trip – Metro Area Lakes - October 2015.
Date, fee & registration will be announced at introduction session on April 11.
Pro angler Mandy Urlich has arranged for pro guides to take you out on some of the best bass lakes in the Brainerd Lakes Area and muskie lakes in the Metro Area. Learn tips on how to fish for these species from fishing pros. Fishing equipment, bait and boats are provided. You may bring your favorite rod. Bring your own lifejacket and MN fishing license. Lifejackets must be worn on water and fishing is catch & release only.

LEARN TO FISH CLASSES

Women’s Knot Tying – Fort Snelling State Park
February 8, 2015, 1 p.m.-2:30 p.m., Free. Register at 612-725-2724.
Spend a chilly afternoon inside learning a few knots that you might find useful on your next camping or canoeing trip.

Fly Tying for Women – Afton State Park
March 6, 2015, 6:30 p.m.-8 p.m. OR
May 9, 2015, 9 a.m.-11 a.m. Free. Register at 651-231-6968.
Geared for those with little or no fly tying experience, this clinic is designed to teach you basic fly tying skills with “hands on” instruction.

Fly Fishing Clinic – Afton State Park
April 25, 2015, 10 a.m.-3 p.m., Free. Register at 651-231-6968.
Join us to learn what you need to know to fly fish. In the morning we will learn about fish and what they eat while learning to tie flies, in the afternoon pick up new tips and tricks on how to cast more accurately. If conditions permit we will fish on the St. Croix River.
Fly Fishing for Women – Silverwood Park, St. Anthony, Ages 12+
May 12, 2015, 6 p.m.-8 p.m., Fee $12.
Interested in learning the rhythms and techniques of fly fishing? Learn about the equipment, how to cast, types of flies, shooting the line and proper fly presentation. Participants will get their lines wet and see if they can reel in the big one.

Beginner Fly Fishing for Trout – Whitewater State Park
May 16, 2015, 10 a.m.-4 p.m., Fee $10. Limit 12. Register at 507-932-3007, ext. 226 or email sara.holger@state.mn.us.
For many people fly-fishing for trout is the ultimate outdoor experience. It requires an intimate knowledge of trout and their stream environment. Participants will tour the nearby Crystal Springs Trout Hatchery to learn about the habitat and habits of SE Minnesota trout. Back at the park, basic equipment and techniques, including fly tying, will be explored and participants will practice fly fishing at the end of the day. MN fishing license and trout stamp required.

Introduction to Fly-Fishing for Women – Wargo Nature Center, Centerville Lake
May 19 and May 21, 2015, 5:30 p.m.-8:30 p.m. both nights, Fee $30. Limit 12. Register at www.anokacountyparks.com.
This beginner’s two night course will give you basic knowledge on how to fly fish. Instruction will include equipment, knots, and fly casting techniques. We will fish on the second night.

Introduction to Panfishing – Peltier Lake, Lino Lakes
June 2, 2015, 6 p.m.-8 p.m., Fee $20 plus tax, Limit 12.
Learn everything you need to know about warm weather fishing with an emphasis on panfish (sunfish, crappies, and perch). Learn what equipment to use and how to use it, identify fish species, where to fish, tying the right knot, and how to clean and prepare fish for cooking. After that we will get out on the water and fish from a 30 foot voyageur canoe.

Fly Fishing Workshop – Lake Bemidji State Park
June 6, 2015, 9 a.m.-3 p.m., Free. Register at kristi.coughlon@state.mn.us or 218-308-2647.
This class includes a presentation on fly fishing equipment and casting basics. We will then fly fishing on Lake Bemidji or travel to a local lake. Bring your own waders or water shoes and a lunch for a picnic outdoors. Fishing license is required.

Fishing 101 – Fort Snelling State Park
August 8, 2015, 9 a.m.-10:30 a.m., Free.
Register at 612-725-2724.
Join us for a morning of fish identification, practice casting, and shore fishing!
HUNTING

BOW is offering a variety of learn to hunt opportunities. Please join us for a Learn to Hunt Series or for an individual class. Hunting licenses and equipment are required for hunts except where noted. If you were born after January 1, 1980 a firearm safety certification (FAS) is required.

LEARN TO HUNT SERIES

Women’s Hunting Archery Series

Safari Club International, North Country Bowhunters Chapter and BOW are teaming up to provide women with two archery series. These series have received excellent evaluations! Women should try to attend all parts of the series. Details for the beginners series are listed under the Learn to Hunt classes on page 8.

Bow Hunting Archery Series
Part 1: February 28, 2015, 4 p.m.-8 p.m., Hunting Archery, Schwan Center, Blaine
Part 2: (optional) March 15, 2015, 9 a.m.-11 a.m. OR 11:30 a.m.-1:30 p.m. Equipment and target practice, A-1 Archery, Hudson, WI
Part 3: March 21, 2015, 8 a.m.-5:30 p.m., Bowhunter Education Certification Class, Stillwater
Part 4: April 18, 2015, 1 p.m.-4 p.m., 3-D Shoot, Stillwater
Part 5: (optional) May 15-17, 2015, Mentored Turkey Hunt, description below
Part 6: (optional) September 25-27, 2015, Mentored Deer Hunt, description below
Fee $40 for banquet with nominal fees for Part 3 and Part 4. Register at linda.bylander@state.mn.us or 218-833-8628.

The series is for women who attended the beginners’ archery series in the past or who have beginning skills in archery. This is a great series for women who want to learn how to bow hunt or develop their archery skills. Women need their own equipment.

Mentored Archery Turkey Hunt – Cedar Creek, East Bethel
May 15-17, 2015, Fee $80. Limit 15.
Register at linda.bylander@state.mn.us.
Preference is given to women who enroll in the 2015 bowhunter or beginners archery series. Learn the basics of turkey archery hunting and calling on this mentored hunt. Two nights lodging, instruction and mentored hunt included. You will need your own equipment and over-the-counter Minnesota archery turkey license.

Mentored Archery Deer Hunt – Cedar Creek, East Bethel
September 25-27, 2015, Fee $80.
Register at linda.bylander@state.mn.us.
Preference is given to women who enroll in the 2015 bowhunter or beginners archery series. This will be a two-day mentored hunt. Hunters are required to have their own archery equipment, stands or blinds and an archery deer license. Two nights lodging and mentors included in this weekend hunt.

Archery Series Instructors
Margaret Odahlen-Hinz and Deb Luzinski
Women’s Shotgun Classes & Bird Hunting

BOW is offering a series for women to learn shotgun shooting & bird hunting. You can sign up for one or all of the classes based on your skill level.

Gun Basics & Shooting Sports Class – Wings North, Pine City
April 19, 2015, 9 a.m.-5 p.m., Fee $44. Limit 20.
Register at angela.londgren@state.mn.us.
Learn about different types of firearms then shoot at standing targets and moving targets. After lunch you will learn how to clean guns. Lunch, equipment and ammunition are included.

Trap Shooting – Wings North, Pine City
Register at angela.londgren@state.mn.us.
Join us to learn the game of trap shooting. This class is for learning the concept and skills of trap shooting. Please bring your own firearm and ammunition. We will try to accommodate those without a firearm.

Sporting Clays – Wings North, Pine City
May 17, 2015, 1 p.m.-4 p.m., Fee $50. Limit 10.
Register at angela.londgren@state.mn.us.
Join us for learning the concept and skills of shooting sporting clays, in this wooded course. Please bring your own firearm and ammunition. We will try to accommodate those without a firearm.

Mentored Adult Firearm Turkey Hunt
The DNR and National Wild Turkey Federation are teaming up to offer a mentored turkey hunt for adults who are new to the sport of turkey hunting. This is a two morning hunt with a mandatory clinic. Turkey license and firearm safety certification is required for this hunt.

Mentored Women’s Pheasant Hunt – Wings North Hunting Club, Pine City
September 27, 2015, 9 a.m.-1:30 p.m., Fee $100. Limit 20.
Register at angela.londgren@state.mn.us.
Shooting Preserve hunts are a great way for a beginner hunter to learn how to shoot in the field with planted birds. Mentors and their dogs will guide you through the field. Learn how to anticipate a flushing bird, range of safe shooting and how to hunt in a group. A bird cleaning class will follow the hunt along with a pheasant lunch. Hunters need their own guns and ammunition. A hunting license is not required for shooting preserve hunts. You need to attend one of the shooting classes listed above, or have your firearm safety certificate to hunt.

Adult Mentored Firearm Pheasant or Grouse Hunt
October 2015, Free. Register at www.mndnr.gov/discover from July 1 through Mid-September.
This hunt is open to any inexperienced adult hunter. Hunters need their own guns, ammunition, firearm certification license and hunting license. Hosted by Pheasants Forever and Ruffed Grouse Society.

Family Pheasant Day – Wings North, Pine City
October 11, 2015, 11 a.m.-5 p.m., Fee $85.00 per adult, no charge for youth.
Register at angela.londgren@state.mn.us.
See page 17 for class description.
Women’s Waterfowl Hunting Series, Ages 18+

Give waterfowl hunting a try in a safe, fun and welcoming atmosphere hosted by Your Call Outdoors. Women must attend the weekend waterfowl seminar below, or a BOW shooting event, to be eligible for the hunt. Bring your own firearm and ammunition. Register with Kara at wattunenk@live.com.

Weekend Waterfowl Seminar
Date TBD.
This seminar will cover the basics of waterfowl hunting. Calling ducks and geese, pit vs layout blind hunting, shooting safety, gear and more.

Waterfowl Hunt
Date TDB.

HUNTING CERTIFICATION & LEARN TO HUNT SKILL CLASSES

Equipment provided except where noted. A State Park vehicle sticker is required for classes held in a state park. Personal archery equipment is not allowed in Minnesota State Parks.

Beginners Archery Series
Part 1: February 28, 2015, 2 p.m.-4 p.m., Archery basics, Schwan Center, Blaine
Part 2: March 15, 2015, 9 a.m.-11 a.m. or 11:30 a.m.-1:30 p.m. Equipment and target practice, A-1 Archery, Hudson, WI
Part 3: April 18, 2015, 11 a.m.-3 p.m. or 1 p.m.-5 p.m., Target shooting & 3-D shoot, Stillwater
Fee $10 for entire series. Register at linda.bylander@state.mn.us or 218-833-8628.

Bowhunter Education Certification Course – Chilakoot Club, Stillwater
March 21, 2015, 8 a.m.-5 p.m., Fee $18. Limit 30. Includes breakfast, lunch and snack. Register at marleneohi@q.com or 651-735-5876.

Women’s OR Moms/Daughter Firearms Safety Course (FAS) Field Day – Carlos Avery WMA, Forest Lake
Saturday April 25, 2015. 12:30 p.m.-5 p.m., Fee $7.50. Register at bruce.lawrence@state.mn.us or 651-674-6184.

Open Archery Shooting – A-1 Archery, Hudson, WI
April 14, 2015, or April 28, 2015, 7 p.m.-8 p.m., Fee $20/session.
June 10, 2015 or June 24, 2015, 6 p.m.-7 p.m., Fee $20/Session.
Register at danakeller@a1archerystore.com or 715-386-1217.

Women’s Introduction to Archery – Fort Snelling State Park
July 11, 2015, 9 a.m.-11 a.m., Free. Register at 612-725-2724.
Archers to the line! Join certified archery instructors for hands-on training and coaching on compound bows, and then try out your new skills. Cancelled if raining.

Women’s and Girls Introduction to Archery – Itasca State Park
August 1, 2015, 9:30 a.m.-Noon, Free. Limit 20. Register at constance.cox@state.mn.us or 218-699-7259.
Join certified archery instructors for hands-on training and coaching on compound bows and then try your new skills out. Girls 15 and under must be accompanied by an adult. This program is held outside and will be cancelled in event of bad weather.
**“SHE HUNTS” Expo & How to Field Dress a Deer Seminar – Hudson, WI**
August 8, 2015, 4 p.m.-8 p.m., Fee $40.  
Register at danakeller@a1archerystore.com or 715-386-1217.  
Join Dana Keller at A-1 Archery for this women only expo for those who hunt or would like to hunt. Manufacturers and reps will be present as well as a guest speaker. This event includes a deer field dressing demonstration!

**Introduction to Hunting – Forest Lake Sportsman’s Club, Forest Lake, Ages 10+**
August 29, 2015, 11:30 a.m.-5:30 p.m., Fee $10/person or $15/family. Registration form page 19.  
This year we are combining how to hunt for upland birds and deer in this introduction to hunting day. This class is open to men, women and families with children ages 10 and older with guardian. Our deer day and upland bird days have received incredible reviews over the past several years! We will begin with a pheasant hunt and bird cleaning demonstration. Hands-on stations include: rifle, shotgun, tree stand safety, how to hunt a field, seasons, and regulations.

**Family Firearm Safety Certification (FAS) Clinics - Grand Rapids, Ages 11+**
Moms & Daughters: August 15-16, 2015, 9 a.m.-5 p.m. both days  
Parent/Child: October 15-16, 2015 (MEA Weekend), 9 a.m.-5 p.m. both days  
Fee $15/person. Limit 25. Register at kraig.kiger@state.mn.us or 218-999-7949.  
Get your FAS certification together at this weekend course. These weekend classes fill quickly.
OUTDOOR SKILL CLASSES

See additional outdoor skill classes under the Women in the Park Series and on the Anoka County and Three Rivers Park Districts pages.

Dog Mushing! Women's Winter Adventure – Grand Marais/Hovland
February 5-8, 2015, Fee $895. Limit 4. Register at linda@points-unknown.com or 218-370-0283.
This adventure is for those who want to participate in every aspect of dog mushing with the highlight of running your own small team of sled dogs through miles of beautiful trails in the wilderness of northern Minnesota. Step by step instruction is provided in an atmosphere of encouragement, support and team work. For class details visit http://www.points-unknown.com/sites/default/files/PUWWA2015.pdf.

Bald Eagle Watching Field Trip - National Eagle Center, Wabasha
February 28, 2015 or April 18, 2015, Fee $35.
For more information and registration visit: www.nationaleaglecenter.org/eagle-viewing/. Winter is the best time to view both bald and golden eagles in the Upper Mississippi River Valley. The Eagle Center offers public guided field trips throughout the winter so you can get great views of these majestic birds in the wild. Led by expert birder and National Eagle Center Education Director, Scott Mehus.

Beginners Archery Series
Part 1: February 28, 2015, 2 p.m.-4 p.m., Archery basics, Schwan Center, Blaine
Part 2: March 15, 2015, 9 a.m.-11 a.m. or 11:30 a.m.-1:30 p.m. Equipment and target practice, A-1 Archery, Hudson, WI
Part 3: April 18, 2015, 11 a.m.-3 p.m. or 1 p.m.-5 p.m., Target shooting & 3-D shoot, Stillwater
Fee $10 for entire series. Register at linda.bylander@state.mn.us or 218-833-8628.

Intermediate+ Level Cross Country/Snowshoe Weekend – Gunflint Lodge, Grand Marias
March 27–29, 2015, Fee $200. Limit 14. Register with BOW instructor Kay Okey at info@flatrockadventures.com or 612-868-3618.
Join us for a weekend of x-c skiing and/or snowshoeing at Gunflint Lodge. Lodging, meals and instruction included. This class is for intermediate to advanced skiers as the terrain at Gunflint is hilly. Lighted ski trail for evening skiing.

Shed Antler Hunting Class – Armory, Arden Hills
March/April 2015, 1 p.m.-3 p.m., Fee $10.
Register at www.BOWShedAntlerHunt.weebly.com. This is a unique opportunity to have access to the Armory located in Arden Hills. Learn the biology of white tail deer and the reasons they shed antlers. Then hike the property to hunt for shed antlers. This is a popular class! The date is dependent on weather.

Family Backyard Maple Sugaring Class – Clear Lake, Ages 9+
April 4, 2015, 9 a.m.-4 p.m., Fee $15/person. Registration form page 19.
Visit the backyard sugar-bush of the Martin family where you’ll learn to identify several varieties of maple trees, how and when to tap, various methods of collecting sap and how to operate a wood-fired cooker/evaporator. Leave with a sample bottle of pure maple syrup. Bring a sack lunch.

Women’s Camping & Biking Weekend – Jay Cooke State Park Camper Cabins, Carlton
Come explore the trails around Jay Cooke State Park under the guidance of BOW instructors. Stay in the park’s camper cabins. Each cabin sleeps four people in double bunk beds. Shower facilities are in the campground. This weekend is for participants who have their own bicycles and helmet. Our ride length will be dependent on the group. Other activities include campfire programs, Saturday dinner and Sunday hike.

Tundra Swan Migration – Upper Mississippi Wildlife Refuge, Winona
November 14, 2015, 9 a.m.-3 p.m., Fee $25/person.
Register at 507-494-6238, deadline is November 7.
This bus tour is open to the general public. Our host is Mary Stefanski, district manager of the Upper Mississippi River National Wildlife Refuge. Witness the spectacular Tundra Swan migration that takes place on the refuge. Bus tour, instruction and lunch included.
Women in the Parks Series

BOW is working with State Park Naturalists to offer a series of women only events at State Parks in 2015. A State Park vehicle sticker (daily or yearly pass) is required for classes held in a state park. Passes can be purchased at any state park. A Minnesota fishing license and equipment are not required for fishing classes, except where noted.

AFTON STATE PARK

Fly Tying for Women
March 6, 6:30 p.m.-8 p.m. OR May 9, 2015, 9 a.m.-11 a.m., Free. Register at 651-231-6968.
Geared for those with little or no fly tying experience, this clinic is designed to teach you basic fly tying skills with “hands on” instruction.

Fly Fishing Clinic
April 25, 2015, 10 a.m.-3 p.m., Free. Register at 651-231-6968.
Join us to learn what you need to know to fly fish. In the morning we will learn about fish and what they eat while learning to tie flies, in the afternoon pick up new tips and tricks on how to cast more accurately. If conditions permit we will fish on the St. Croix River.

Bike on! Gateway Trail
May 16, 2015, 1 p.m.-3 p.m., Free. Register at 651-231-6968.
Join the Naturalist on a ride along this old railroad corridor and discover some great places. This ride will be approximately 12 miles. Bring your own bike and helmet.

Bike on! Brown’s Creek State Trail
July 18, 2015, 10 a.m.-Noon, Free.
Register at 651-231-6968.
Join the Naturalist on a ride along this old railroad corridor and discover some great places. This ride will be approximately 12 miles. Bring your own bike and helmet. Lunch options in Stillwater.

LAKE BEMIDJI STATE PARK

Fly Fishing Workshop
June 6, 2015, 9 a.m.-3 p.m., Free. Register at kristi.coughlon@state.mn.us or 218-308-2647.
This class includes a presentation on fly fishing equipment and casting basics. We will then fly fishing on Lake Bemidji or travel to a local lake. Bring your own waders or water shoes and a lunch for a picnic outdoors. Fishing license is required.

FORT SNELLING STATE PARK

Snowshoeing 101
January 11, 2015, 10 a.m.-11:30 a.m., Free. Register at 612-725-2724.
Join us to learn about our long history of winter transportation and then be prepared to strap on a pair of snowshoes and hit the trails! Equipment provided.

Knot Tying
February 8, 2015, 1 p.m.-2:30 p.m., Free. Register at 612-725-2724.
Spend a chilly afternoon inside learning a few knots that you might find useful on your next camping or canoeing trip. Materials provided.

Maple Syruping in Your Backyard
March 8, 2015, 1 p.m.-2:30 p.m., Free. Register at 612-725-2724.
Join us for our annual maple syrup workshop. Learn about the natural history of maple trees and the history of making maple syrup. Find out what equipment is required, how to tap trees, how to process sap into syrup, and the best part - tasting syrup!

Spring Hike
April 4, 2015, 9 a.m.-10:30 a.m., Free. Register at 612-725-2724.
Join a park naturalist for an early spring hike through Fort Snelling State Park. We will explore the floodplain forest for signs that spring is right around the corner!

Birds, Books, and Binoculars
May 30, 2015, 9 a.m.-10:30 a.m., Free. Register at 612-725-2724.
Birding is an enjoyable and challenging hobby. Join a park naturalist for a birding hike after learning how to use a field guide and binoculars. Equipment provided.
FORT SNELLING STATE PARK

Nordic Walking
June 13, 2015, 10 a.m.-11 a.m., Fee $15.
Register at info@flatrockadventures.com.
BOW instructor Kay Okey will teach this class. The simple addition of poles turns your walk into a total body workout, engaging up to 90% of your muscles while increasing your heart rate and calorie burn. Join us for an introduction to the theory while learning basic techniques. Wear comfortable walking shoes and dress for outdoor weather. Equipment provided.

Early Summer Hike
June 27, 2015, 10 a.m.-11:30 a.m., Free.
Register at 612-725-2724.
Explore Fort Snelling State Park with a park naturalist. We’ll look for wildflowers, listen for frogs and toads and learn about all sorts of plants and animals that make their home in the park.

Introduction to Archery
July 11, 2015, 9 a.m.-11 a.m., Free.
Register at 612-725-2724.
Archers to the line! Join certified archery instructors for hands-on training and coaching on compound bows, and then try out your new skills. Equipment is provided. Cancelled if raining.

Fishing 101
August 8, 2015, 9 a.m.-10:30 a.m., Free.
Register at 612-725-2724.
Join us for a morning of fish identification, practice casting, and shore fishing!

Fall Hike
September 5, 2015, 9 a.m.-10:30 a.m., Free.
Register at 612-725-2724.
Join a park naturalist and learn how the floodplain forest transitions from a hot summer to a cold and bitter Minnesota winter on this Saturday morning hike.

Introduction to Geocaching
October 17, 2015, 10 a.m.-12 p.m., Free.
Register at 612-725-2724.
Discover the fun of geocaching and how you can use a GPS (Global Positioning System) unit to find hidden treasures at Minnesota State Parks. Bring your own GPS unit or use one of ours (we may not be able to provide technical help with your personal GPS unit).

The Big Chill
December 12, 2015, 9 a.m.-10:30 a.m., Free.
Register at 612-725-2724.
How do animals prepare for, survive, and thrive in winter? It is not all that different than you and I. Join us for some hands-on games and outdoor exploration.

INTERSTATE STATE PARK

Geocaching Basics for Fun and Sport
May 16, 2015, 1-2:30 p.m., Free.
Register at jenni.webster@state.mn.us.
Want to try out the latest high tech treasure hunt at state parks? Hoping to use your GPS unit to mark the perfect fishing, hunting, or foraging hotspot? Join the naturalist for an afternoon of fun skill-building activities that will leave you feeling comfortable and confident about GPS use. GPS units provided, this class is recommended for adults.
INTERSTATE STATE PARK

Wildflower ID Hike
May 17, 2015, 2-3:30 p.m., Free. Register at jenni.webster@state.mn.us.
Curious about the plants you’ve been seeing in the woods lately? Let the naturalist lead you on a one-mile hike through the park’s most diverse wildflower area. We will point out plant names, historical uses, and strange facts along the way. Hike includes numerous stairs and uneven terrain. Wear sturdy shoes and bring a camera if desired.

ITASCA STATE PARK

Women’s and Girls Introduction to Archery
August 1, 2015, 9:30 a.m.-Noon, Free. Limit 20. Register at constance.cox@state.mn.us or 218-699-7259.
Join certified archery instructors for hands-on training and coaching on compound bows and then try your new skills out. Girls 15 and under must be accompanied by an adult. This program is held outside and will be cancelled in event of bad weather.

JAY COOKE STATE PARK

Women’s Camping & Biking Weekend – Jay Cooke State Park Camper Cabins, Carlton
Come explore the trails around Jay Cooke State Park under the guidance of BOW instructors. Stay in the park’s camper cabins. Each cabin sleeps four people in double bunk beds. Shower facilities are in the campground. This weekend is for participants who have their own bicycles and helmet. Our ride length will be dependent on the group. Other activities include campfire programs, Saturday dinner and Sunday hike.

WHITEWATER STATE PARK

Beginner Fly Fishing for Trout
May 16, 2015, 10 a.m.-4 p.m., Fee $10. Limit 12. Register at sara.holger@state.mn.us or 507-932-3007, ext. 226.
For many people fly-fishing for trout is the ultimate outdoor experience. It requires an intimate knowledge of trout and their stream environment. Participants will tour the nearby Crystal Springs Trout Hatchery to learn about the habitat and habits of SE Minnesota trout. Back at the park, basic equipment and techniques, including fly tying, will be explored and participants will practice fly fishing at the end of the day. MN fishing license and trout stamp required.

Backwaters Paddling Field Trip
June 21, 2015, 10 a.m.-4 p.m., Free. Limit 12. Register at sara.holger@state.mn.us or 507-932-3007, ext 226.
Explore the backwaters of the Mississippi River near Weaver Bottoms. We will begin at the Whitewater Valley Visitor Center with an indoor presentation on the history of Weaver Bottoms and then we will caravan to the field trip location approximately 15 miles northeast of the park.

WILD RIVER STATE PARK

Cross Country Skiing
February 28, 2015, 10 a.m.-4 p.m., Fee $10, Limit 15. Register with Kay Okey at info@flatrockadventures.com by February 4.
Join us for a day of skiing at Wild River State park about 45 miles north of the Twin Cities. We will ski in the morning, eat lunch, and then ski in the afternoon. Suitable for all levels of experience, groups will be divided by experience and comfort level. Lunch provided. A state Park sticker is required for entrance to the park. Bring your own equipment.
Anoka County Parks & Recreation Programs for Women

The Becoming an Outdoor-Woman program works cooperatively with Anoka County Parks & Recreation staff to offer women more skill building opportunities. Please register for classes on this page through Anoka County Parks at www.anokacountyparks.com or call 651-429-8007.

Introduction to Fly-Fishing for Women – Wargo Nature Center, Centerville Lake
May 19 and May 21, 2015, 5:30 p.m.-8:30 p.m. both nights, Fee $30. Limit 12.
For class details see page 5.

Kayaking for Women Classes
May 13, 2015, 5:00 p.m.-8 p.m., Wargo Nature Center, Rice Creek Chain of Lakes
June 10, 2015, 5:00 p.m.-8 p.m., Coon Rapids Dam Visitor Center, Mississippi River
August 26, 2015, 5:00 p.m.-8:00 p.m., Centerville Beach, Rice Creek Chain of Lakes
Fee $25 per class (plus tax). Limit 10 per class.
This is an introductory course on flat water kayaking. We will start out with instruction and then spend the rest of the evening kayaking and exploring these gems of lakes and rivers in the northern metro area.

Introduction to Panfishing – Peltier Lake, Lino Lakes
June 2, 2015, 6 p.m.–8 p.m., Fee $20 plus tax, Limit 12.
For class details see page 5.

Women’s Rum River Kayak – Rum River South Regional Park, Anoka, 14+
Join us for a great afternoon of paddling on the scenic Rum River! This is a wonderful way to relax and enjoy a lovely spring day on the water. Learn some new skills or practice what you know! No experience necessary. Program geared or ages 14 and up.

Stand Up Paddle Boarding – Centerville Beach, Lino Lakes
July 7, 2015, 6 p.m.-8 p.m., Fee $20 plus tax.
Fun, new, easy, cool, and a great workout! Picture a beefed up surf board that is stable, used with a long canoe paddle to propel yourself. Class sizes are very small and the instruction is short and easy, so most of our time will be spent out on the water.
Three Rivers Park District Classes for Women

The Becoming an Outdoor-Woman program works cooperatively with the Three Rivers Park District to offer women additional skill building opportunities. Please register for classes on this page through www.ThreeRiversParks.org or call 763-559-6700.

**Women’s Snowshoeing — Ages: 16+**
January 3, 2015, 2:30 p.m.-4 p.m., French Regional Park, Plymouth
February 15, 2015, 3 p.m.-4:30 p.m., French Regional Park, Plymouth
Fee $5/class. Register at www.ThreeRiversParks.org. Enjoy this Minnesota winter sport with a guided hike through scenic parks. Equipment provided.

**Fly Fishing for Women — Silverwood Park, St. Anthony, Ages 12+**
May 12, 2015, 6 p.m.-8 p.m., Fee $12. Register at www.ThreeRiversParks.org.
For class details see page 5.

**Women’s Archery — Ages 14+**
May 17, 2015, 10 a.m.-12 p.m., Elm Creek Park Reserve, Maple Grove
September 12, 10 a.m.-12 p.m., Carver Park Reserve, Victoria
Learn the basics of shooting safely and accurately with skilled instructors. Use a Matthews Genesis compound bow to shoot at stationary targets and try shooting from an elevated platform. All equipment is provided. *20% discount for groups of four or more.

**Flatwater Kayaking Essentials — Hyland Lake Park Reserve, Bloomington, Ages 14+**
May 30, 2015, 9:00 a.m.-12:00 p.m., Fee $50. Register at www.ThreeRiversParks.org.
Our hands-on beginner class is set up to teach paddlers about safety, proper paddling form, and paddle strokes. Participants will learn the basics of kayaking from qualified instructors surrounded by the beauty of a nature-based park. All equipment is provided.
Family Weekends and Events 2015

Becoming an Outdoors Family programs are open to men, women and children who want to learn outdoor skills as a family unit. Come as a family or attend alone! All types of families are welcome: dads, moms, grandparents, aunts, uncles and scout troops. Family events are very popular and are a great way to “unplug” from your home, and reconnect with each other as well as the great outdoors.

BOW works cooperatively with BOW volunteers, MN DNR, Eagle Bluff Environmental Learning Center, Anoka County Parks, and Three Rivers Parks to offer family opportunities.

LEARN TO FISH

Family Fishing - On the Opener – Bryant Lake Regional Park, Eden Prairie Ages 6+
May 9, 2015, 10 a.m.-Noon, Fee $6.
Bring the season’s fishing opener in with fun for the whole family! Find out what types of fish are found in our local lakes, how to prepare your equipment, what bait to use, and what to do with the fish once you catch them. All equipment and Minnesota fishing license are provided for the day.

Family Fishing – Ages 6+
May 8, 2015, 4 p.m.-6 p.m., Cedar Lake Farm Regional Park, New Prague
May 16, 2015, 1-3 p.m., Cedar Lake Farm Regional Park, New Prague
June 6, 2015, 9 a.m.-11 a.m., Cedar Lake Farm Regional Park, New Prague
June 20, 2015, 1 p.m.-3 p.m., Cedar Lake Farm Regional Park, New Prague
September 5, 2015, 9 a.m.-11 a.m., Cedar Lake Farm Regional Park, New Prague
Fee $5/person each class. Register at www.ThreeRiversParks.org.
A fishing outing for the whole family! Find out what types of fish are in our lakes, how to prepare your equipment, what bait to use, and what to do with the fish once you catch them. All equipment and Minnesota fishing license are provided for the day.

Beginners Fly-Fishing Weekend for Youth/Adult Pairs – Eagle Bluff ELC, Lanesboro
May 29 -31, 2015, 6 p.m. Friday-2 p.m. Sunday, Fee $125/pair. Limit 20 pairs. Register at deborah.groebner@state.mn.us or 507-359-6049.
Youth ages 11-17 and their adult partners will team up with a mentor to develop basic fly-fishing skills, learn about aquatic habitat, and fish for trout! Each youth and adult participant will receive a fly rod that is theirs to keep. To qualify, registrants must have very little or no fly-fishing experience. Fishing license and trout stamp is required for ages 16+. This is a DNR MinnAqua program.
LEARN TO HUNT CLASSES

Mentored Firearm Turkey Hunts
Youth Hunt: April 18-19, 2015, Ages 12 – 17
Adult Hunt: May 16-17, 2015
Free. Register by February 23 at www.mndnr.gov/discover.
These hunts are open to inexperienced hunters. Hunters need a hunting license, firearm safety certification and their own equipment.

Family Firearm Safety Certification (FAS) Clinics - Grand Rapids, Ages 11+
Moms & Daughters: August 15-16, 2015, 9 a.m.–5 p.m. both days
Parent/Child: October 15-16, 2015 (MEA Weekend), 9 a.m.–5 p.m. both days
Fee $15/person. Limit 25. Register at kraig.kiger@state.mn.us or 218-999-7949.
Get your FAS certification together at this weekend course. These weekend classes fill quickly.

New Introduction to Hunting – Forest Lake Sportsman’s Club, Forest Lake, Ages 10+
August 29, 2015, 11:30 a.m.–5:30 p.m., Fee $10/person or $15/family. Registration form page 19.
This year we are combining how to hunt for upland birds and deer in this introduction to hunting day. This class is open to men, women and families with children ages 10 and older. Our deer day and upland bird days have received incredible reviews over the past several years! We will begin with a pheasant hunt and bird cleaning demonstration. Participants will then attend the following hands-on stations: rifle, shotgun, muzzleloader, handgun, tree stand safety, how to hunt a field for pheasant and how to find hunting land.

New Family Pheasant Day – Wings North, Pine City
October 11, 2015, 11 a.m.–5 p.m., Fee $85.00 per adult, no charge for youth. Register at angela.londgren@state.mn.us.
We will begin our day with various shooting stations including standing targets with .22 and BB guns for the youth (ammunition and firearms will be provided for target practice). Also during the morning session we will cover laws/safety, demonstrations from dog handlers, and practice how to work a field with other hunters. Lunch is included followed by the field hunt. Families will be assigned to guides and will go to a field to hunt pheasants and chucker partridge. Following the hunt there will be a demonstration on bird cleaning, where you are encouraged to help. A pheasant appetizer from birds harvested in the field will be provided at the end of the day. Hunters will need to provide their own firearms and ammunition. Youth hunters depending upon ability are allowed to bring along a BB gun or just walk with their families on the field hunt.

Mentored Firearm Upland Bird Hunts
Youth Hunt: October, 2015, Ages 12 – 17
Adult or Family Hunt: October, 2015
Free. Register July 1 through Mid-September at www.mndnr.gov/discover.
These hunts are open to inexperienced hunters. Hunters need a hunting license, firearm safety certification and their own equipment.

OUTDOOR SKILL CLASSES

New Bald Eagle Watching Field Trip - National Eagle Center, Wabasha
February 28, 2015 or April 18, 2015, Fee $35. For more information and to register visit: www.nationaleaglecenter.org/eagle-viewing/.
Winter is the best time to view both bald and golden eagles in the Upper Mississippi River Valley. The Eagle Center offers public guided field trips throughout the winter so you can get great views of these majestic birds in the wild. Led by expert birder and National Eagle Center Education Director, Scott Mehus.

Family Archery – Ages: 8+
April 17, 2015, 5 p.m.-7 p.m., Cleary Lake Regional Park, Prior Lake
April 25, 2015, 10 a.m.-12 p.m., Carver Park Reserve, Victoria
April 25, 2015, 1 p.m.-3 p.m., Cleary Lake Regional Park, Prior Lake
May 2, 2015, 2 p.m.-4 p.m., Cedar Lake Farm Regional Park, New Prague
May 15, 2015, 4 p.m.-6 p.m., Cedar Lake Farm Regional Park, New Prague
May 17, 2015, 1 p.m.-3 p.m., Elm Creek Park Reserve, Maple Grove
May 23, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
May 23, 2015, 1 p.m.–3 p.m., Cleary Regional Park, Prior Lake
June 6, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
July 25, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, New Prague
August 8, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
September 4, 2015, 5 p.m.–7 p.m., Cedar Lake Farm Regional Park, New Prague
September 27, 2015, 10 a.m.–12 p.m., Carver Park Reserve, Victoria
October 3, 2015, 9 a.m.–11 a.m., Cleary Lake Regional Park, Prior Lake
October 4, 2015, 1 p.m.–3 p.m., Elm Creek Park Reserve, Maple Grove
Fee $7/person/class. Register at www.ThreeRiversParks.org or 763-559-6700.
Learn the basics of shooting safely and accurately with skilled instructors. Shoot at stationary targets and compete with your family in fun shooting games. All equipment provided.
OUTDOOR SKILL CLASSES

Family Backyard Maple Sugaring Class – Clear Lake, Ages 9+
April 4, 2015, 9 a.m.–4 p.m., Fee $15/person. Registration form page 19.
Visit the backyard sugar-bush of the Martin family where you’ll learn to identify several varieties of maple trees, how and when to tap, various methods of collecting sap and how to operate a wood-fired cooker/evaporator. Leave with a sample bottle of pure maple syrup. Bring a sack lunch.

Family Kayaking – Ages 8+
May 23, 2015, 9 a.m.–11 a.m., Cleary Lake Regional Park, Prior Lake
May 30, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
July 25, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
August 15, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
This lesson is designed around having fun, being safe and learning proper technique. Participants learn water safety, entering and exiting, and paddling strokes. Equipment provided.

Family Canoeing – Ages 5+
May 23, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, New Prague
May 30, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
June 13, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, New Prague
June 27, 2015, 1–3 p.m., Cleary Lake Regional Park, Prior Lake
August 1, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
August 22, 2015, 9 a.m.–11 a.m., Cleary Lake Regional Park, Prior Lake
September 5, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, Prior Lake
September 19, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
Designed around having fun, being safe and learning proper technique. Learn water safety, entering and exiting, and paddle strokes. Paddlers must be ages 8+; children ages 5-8 may ride along.

Family Geocaching for S’mores
March 21, 2015, 9 a.m.–11 a.m., Cleary Lake Regional Park, Prior Lake
April 24, 2015, 6:30 p.m.–8:30 p.m., French Regional Park, Plymouth
May 9, 2015, 9 a.m.–11 a.m., Cedar Lake Farm Regional Park, New Prague
June 20, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
July 11, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, New Prague
August 22, 2015, 1 p.m.–3 p.m., Cedar Lake Farm Regional Park, New Prague
September 12, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
October 18, 2015, 1 p.m.–3 p.m., French Regional Park, Plymouth
November 21, 2015, 1 p.m.–3 p.m., Cleary Lake Regional Park, Prior Lake
Yummy, gooey s’mores! Learn geocaching basics and enjoy your adventure searching for delicious treasure. Children must be accompanied by an adult.

Tundra Swan Migration – Upper Mississippi Wildlife Refuge, Winona
November 14, 2015, 9 a.m.–3 p.m., Fee $25/person. Register at 507-494-6238, deadline is November 7.
This bus tour is open to the general public. Our host is Mary Stefanski, district manager of the Upper Mississippi River National Wildlife Refuge. Witness the spectacular Tundra Swan migration that takes place on the refuge. Bus tour, instruction and lunch included.
Becoming an Outdoors Woman
& Family Registration Form

Please ONLY use this form if you were directed to this page for class registration.

Send form with a check payable to: MN DNR - BOW
c/o Cassandra Hawkenson
500 Lafayette Rd, Box 20
St. Paul, MN  55155

Name(s) list all names for those attending family programs & ages if under 18

__________________________________________  _______________________________________

__________________________________________  _______________________________________

__________________________________________  _______________________________________

Address  ____________________________________________________________  

City________________________ State ______ Zip________________________

Daytime Phone (__________) ___________ Night/Cell Phone (__________) ________________________

*E-mail Address ________________________________________________________

*If you want to be notified about upcoming BOW events please provide your email address.
A confirmation letter will be sent a few weeks prior to these classes with class details. Refunds given only for
requests received 30 days before class start date.

Check below for the classes you are registering for. Note: if you do not see the class listed please
recheck the class description for registration information. Thank you.

Family & Women’s Classes

_____ Maple Sugaring, April 4, $15/person   _____ Intro to Hunting, August 29, $15/family

_____ Sturgeon Fishing, August 21-23, $195  _____ Women’s Bike Weekend, Aug 14-16, $110

Total Fees $ __________

Office Use Only: Becoming An Outdoors Woman

Date registration received: ___________ Check Number: ___________ Amount: ___________

Refunds:

Refund requested by (circle): Linda/BOW or Participant

_____ Class is filled, check returned

_____ Refund issued for cancellation by BOW

Refund request sent to business office on ___________ Amount to refund: ___________
BECOMING an OUTDOORS WOMAN & BECOMING an OUTDOORS FAMILY PROGRAMS!

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- North Country Bowhunters, Safari Club International
- Minnesota Deer Hunters Association
- Pheasants Forever
- Polaris
- Ruffed Grouse Society
- Rocky Mountain Elk Foundation
- Three Rivers Park District
- Wargo Nature Center
- Wings North