

BECOMING AN OUTDOORS WOMAN

Becoming an Outdoors Family

2020 Event Catalog



m DEPARTMENT OF
NATURAL RESOURCES



www.mndnr.gov/education/bow
MN DNR Toll-free 888-MINNDNR

For general class questions call
218-203-4347



Join Us In the Outdoors!

We have hunting, fishing and nature-based classes that match your needs.

Minnesota's Becoming an Outdoors Woman (BOW) program delivers high quality outdoor skills classes in a safe and supportive environment. You have many options because BOW offers more than 70 different classes.

BOW is coordinated by the Minnesota Department of Natural Resources yet relies mightily on dedicated citizen volunteers and steering committee members who are the heart and soul of this special program. Their passion, their knowledge and their commitment to you is why the program has prospered for more than 26 years.

Every photo in this year's brochure features a BOW volunteer steering committee member. This is a first-ever shout-out to our supporters as well as a chance for you to see the people who organize and teach classes. As always, our large fall and winter workshops are designed to introduce you to a breadth of experiences during a single weekend. Our individual classes teach a particular skill in more depth. Our family programs foster relationships and skill building for young and old alike.

For more information about BOW go on-line at www.mndnr.gov/education/bow. We look forward to seeing you soon.

2020 Women Weekend Workshops

Weekend workshops are filled with a variety of outdoor skill classes, evening programs and fun for one low price! Fall and Winter Workshop brochures are online at www.mndnr.gov/education/bow.

Women's Winter Workshop

Audubon Center of the North Woods, Sandstone

January 24 - 26

Women's Fall Workshop

Deep Portage ELC, Hackensack

September 18 - 20

BOW 2020 Women's Events Calendar		
JANUARY	<ul style="list-style-type: none"> 14-15: Winter Workshop 18-19: Winter Workshop 22-23: Winter Workshop 	SEPTEMBER
FEBRUARY	<ul style="list-style-type: none"> 1-2: Winter Workshop 5-6: Winter Workshop 8-9: Winter Workshop 12-13: Winter Workshop 15-16: Winter Workshop 19-20: Winter Workshop 22-23: Winter Workshop 25-26: Winter Workshop 	OCTOBER
MARCH	<ul style="list-style-type: none"> 1-2: Winter Workshop 5-6: Winter Workshop 8-9: Winter Workshop 12-13: Winter Workshop 15-16: Winter Workshop 19-20: Winter Workshop 22-23: Winter Workshop 25-26: Winter Workshop 	NOVEMBER
APRIL	<ul style="list-style-type: none"> 1-2: Winter Workshop 5-6: Winter Workshop 8-9: Winter Workshop 12-13: Winter Workshop 15-16: Winter Workshop 19-20: Winter Workshop 22-23: Winter Workshop 25-26: Winter Workshop 	DECEMBER
MAY	<ul style="list-style-type: none"> 1-2: Winter Workshop 5-6: Winter Workshop 8-9: Winter Workshop 12-13: Winter Workshop 15-16: Winter Workshop 19-20: Winter Workshop 22-23: Winter Workshop 25-26: Winter Workshop 	

One page BOW Event Calendar is available for download at www.mndnr.gov/education/bow.

Fishing, Hunting and Outdoor Skill Classes for Women

BOW individual classes focus on a specific skill related to hunting, fishing and non-consumptive sports for women ages 18+ and girls ages 14+ with a guardian. Program details are available through registration contact.

WOMEN FISHING CLASSES

Introduction to Ice Fishing, Pine City

January 4, 10 a.m. – 6 p.m., Fee \$50, Limit 32, Register at wings1@ecenet.com

Learn to ice fish inside an icehouse for comfort. Fee includes equipment, shirt, lunch, dinner, fish cleaning demo, and guides. Fishing license required.

Fly Tying, Afton State Park

January 11, 9:30 – 11 a.m., Free
March 14, 12:30 – 2:30 p.m., Free, Register for either class at Linda.radimecky@state.mn.us

Learn how to tie flies for fly-fishing. Materials provided. State Park vehicle day pass required.

Learn to Fly Fish, Afton State Park

April 17, 6:30 – 8 p.m.
May 9, 1 – 3 p.m., Free, Register for either class at Linda.radimecky@state.mn.us

Learn about equipment and casting then go fishing. Equipment and day fishing license provided. State Park vehicle pass required.

Fly Fishing Basics for Women, St. Anthony

May 5, 6 – 8 p.m., Fee \$15, Silverwood Park, Register at www.ThreeRiversPark.org or call 763-559-6700

Learn about equipment, casting, and fly types before fly-fishing. Equipment and day fishing license provided.

Intro to Fishing, Fort Snelling State Park

May 17, 10 a.m. - Noon, Free. Register at 612-725-2724 or email Krista.jensen@state.mn.us

Learn fish identification and equipment then spend the morning fishing. Equipment and day license provided. State Park vehicle pass required.

Women's Steelhead Clinic, North Shore

May 16, Free, donations welcomed. Registration information at womenontheflyms@gmail.com

Learn to fish for steelhead. Topics include migration, spawning, safety, and rigging with a focus on drift fishing with a fly rod or spinning set up. A fishing license, trout stamp and fishing equipment are required.

Pro-tips! Walleye Fishing Trip, Glenwood

June 5 - 7, Fee \$275 with lodging, \$175 without lodging, Limit 12, Register at koepbait@yahoo.com

Learn how to walleye fish with pro-angler Nancy Koep. Includes seminar, guided fishing, lodging, equipment and fish fry. License required and PFDs are mandatory.

Sturgeon Fishing Trip, Lake of the Woods

August 7-9, Fee \$225, Limit 12, Register at 218-203-4347 or Linda.bylander@state.mn.us

Learn about sturgeon management from DNR staff on Friday, then spend Saturday and Sunday sturgeon fishing. Includes seminar, mentored fishing, equipment and lodging. License required and PFDs are mandatory.



WOMEN HUNTING CLASSES

Rifle and Shotgun Basics, Wings North

April 18, 1 - 4 p.m., Fee \$25, Limit 20,
Register at wings1@ecenet.com

Learn about different types of rifles and shotguns then practice shooting to see which type you prefer. Equipment and ammunition included.

Women OR Girls Firearms Safety Course Field Day, Carlos Avery WMA, Forest Lake

May 3, 11 a.m. - 4 p.m., Fee \$24.95, Limit 24,
Register at Brandon.McGaw@state.mn.us

This Field Day is for women or girls ages 11+, who have passed the online FAS course at www.huntercourse.com. (Select the Minnesota version and pay the \$24.95 fee, bring your voucher to class). The field day covers firearms handling, tree stands, shooting of a small rifle (.22 caliber) and safety scenarios. You must pass the online course and field day to be certified. Email your registration with name(s) attending, email address, phone number, and the class date.



Hunting Archery Practice, Hugo

June 13 and/or August 8, 10 a.m. - 2 p.m., Free,
register at archery@besamn.com

The event will review proper equipment set-up, sight adjustment, elevated and blind shooting practice, and shooting accuracy techniques. Bring your own bow or use a Genesis bow. This class is great for deer hunting preparation.

Sporting Clays Shoot, Wings North

September 12, 1 - 4 p.m. Fee \$50,
Register at wings1@ecenet.com

Learn the skill of sporting clays and join this fun shoot. Bring your own firearm and ammunition.

LEARN TO ARCHERY TURKEY HUNT SERIES

BOW, A-1 Archery, Chilakoot Bowhunters, Safari Club International and UM Cedar Creek Reserve are hosting a Learn to Hunt Turkey archery series for women new to archery hunting. You will need your own bow by session 2. Register at Linda.bylander@state.mn.us.

Part 1: Turkey Clinic and Hunting Archery Basics

Hudson, March 24, 6-8 p.m., Fee \$20

Join a turkey hunting seminar hosted by A-1 Archery to learn regulations, equipment and the basics of archery turkey hunting.

Part 2: Archery Shoot

A-1 Archery, Hudson WI, April 6, 6:30-7:30 p.m. Free

Practice shooting for accuracy from a seated position in a blind. Bring your own equipment.

Part 3: 3-D Archery Shoot

Chilakoot Archery Club, Stillwater, April 19, 8 a.m. or Noon, Fee \$12

3-D shoot on a wooded trail. Learn when to shoot and how to gauge shooting distances.

Part 4: (optional) Mentored Archery Turkey Hunt

East Bethel May 15 - 17, Fee \$100, Limit 12

Two nights lodging, instruction and mentored hunt are included. Over-the-counter Minnesota archery turkey license and equipment required.

LEARN TO ARCHERY DEER HUNT SERIES

BOW, A-1 Archery, Bald Eagle Sportsmen's Association, Safari Club, and UM Cedar Creek Reserve are hosting a Learn to Hunt deer archery series for women with intermediate level archery experience and their own equipment. Register at Linda.bylander@state.mn.us.

Part 1: Deer Hunting Clinic

Hudson, August 5, 6:30–7:30 p.m. Free

This class covers deer habitat, regulations, calls, tree stand safety, and equipment. Range time included.

Part 2: Archery Shoot

Hudson, August 19, 6:30–7:30 p.m. Free

Practice shooting for accuracy and discuss broad heads.

Part 3: 3-D Archery Shoot

White Bear Lake, August 30, 10 a.m. – 2 p.m., Fee \$10, register at archery@besamn.com

This class will focus on shooting proficiency, elevated stands, ethical shots using 3D targets, gauging shooting distance and discussion of tree stand safety. Open to all women archers.

Part 4: (optional) Mentored Archery Deer Hunt

East Bethel September 25 - 27, Fee \$100

Lodging and mentors included in this weekend hunt. Archery deer license and equipment required.

Women's Mentored Firearm or Archery Turkey Hunt, Eagle Bluff ELC, Lanesboro

May 15 - 17, Fee \$100, Limit 4, Register at education@eagle-bluff.org or 507-467-2437

This hunt is for women who are skilled in archery or firearms and want to try hunting. Lodging, mentors, blinds, and some meals included. Eagle Bluff can provide the firearm if needed. Archers required to have their own equipment. License and FAS required.

Women's Mentored Learn to Pheasant Hunt, MN Horse and Hunt Club, Prior Lake

September 18 - 20, Fee \$225, Limit 14, Register at sandybow@gmail.com

Saturday includes shotgun and shells basics, sporting clays, gun cleaning, and pheasant habitat. Sunday includes shooting and a game of Annie Oakley. Two nights lodging, meals and a future mentored game farm hunt are included.

Fall Archery Deer Hunt, Eagle Bluff, Lanesboro

October 2 - 4, Fee \$100, Limit 4, Register at education@eagle-bluff.org or 507-467-2437

This hunt is for women who have basic archery skills and would like to learn more on a mentored hunt. Archery equipment and deer license required. Blinds, tree stands, lodging, and some meals are included.

LEARN TO FIREARM DEER HUNT SERIES

BOW volunteers and Eagle Bluff Environmental Learning Center are hosting a Women's Learn to Deer Hunt Series for women new to deer hunting. Two classes will be held in late September/early October in the metro area to learn about deer hunting and to practice shooting. Equipment provided or you can use your own shotgun. For more information, email Linda.bylander@state.mn.us or call 218-203-4347.

Part 1 & 2: Deer Hunting Clinic & Range Time

TBD in Late September and Early October

Part 3: Shotgun Deer Hunt

October 9 – 11, Lanesboro, Fee \$150, limit 4, Register at Linda.bylander@state.mn.us

This one-on-one mentored hunt is on private land at Eagle Bluff. Lodging is included and meals will be potluck. Participants will need Firearm Safety Certificate and a deer hunting license.

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Sign language interpretation or language translation services are available by request with two weeks notice by emailing info.dnr@state.mn.us or by calling 651-296-6157.

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FAW_588_20

WOMEN OUTDOOR SKILLS CLASSES

Program details available through registration contact.

Classes held at Minnesota State Parks require a vehicle day pass or annual permit.

AFTON STATE PARK

Afton classes are free. Details and registration call 651-231-6968 or Linda.radimecky@state.mn.us

- Women's Winter Walk**, February 29, 1 – 2:30 p.m.
- Knots and Survival Bracelet**, March 28, 9:30 p.m. – 11 a.m.
- Target Archery Shoot**, June 5, 6:30 – 8 p.m.
- Geocaching 101**, July 18, 9 – 10 a.m.
- Interpretive Bike Ride**, moderate 20 minute ride on the Luce Line Trail, August 15, 9:30 a.m. start
- Knots and Survival Bracelet**, October 10, 9:30 – 11 a.m.

FORT SNELLING STATE PARK

Fort Snelling classes are free and equipment provided. Details and registration call 612-725-2724 or Krista.jensen@state.mn.us

- Snowshoeing for Beginners**, January 26, 9 – 11 a.m.
- Maple Syruping**, March 29, 1 – 3 p.m.
- Geocaching Adventure**, June 7, 1 – 3 p.m.
- Fall Color Walk**, October 11, 10 a.m. - Noon

WHITewater STATE PARK

Morel Mushrooms, May 3, 10 a.m. – Noon, Fee \$5. Details and registration at Sara.holger@state.mn.us

THREE RIVERS PARK DISTRICT CLASSES FOR WOMEN

Details and registration call 763-559-6700 or visit www.ThreeRiversPark.org

- Classic Beginner Nordic Ski Lesson**, January 18, Noon – 1:30 p.m., Fee \$24 or \$36 with ski rental, Hyland Park Reserve Bloomington
- Skate Ski Nordic Ski Lesson**, January 18, 9:30 – 11 a.m., Fee \$28 or \$45 with ski rental, Hyland Park Reserve Bloomington
- Target Archery**, April 26, 1 - 3 p.m., Fee \$10, Carver Park Reserve, Victoria.

Flatwater Kayaking Lessons, Fee \$50, multiple dates: May 19, OR July 11, 5:30 – 8:30 p.m., Fish Lake Regional Park, Maple Grove; June 6, 1 – 4 p.m., Cleary Lake Regional Park, Prior Lake; August 8, 9 a.m. - Noon, Hyland Lake Park Reserve, Bloomington.

Stand-up Paddleboard, July 14, 7 - 9 p.m., Fee \$35, Bryant Lake Regional Park, Eden Prairie

POINTS-UNKNOWN ADVENTURES, HOVLAND

Details at www.points-unknown.com/women linda@points-unknown.com or 218-370-0283

- Dog Mushing Weekend**, February 6 - 9, Fee \$995
- Off Grid: Lifestyle Immersion**, May 21 - 24 or November 5 - 8, Fee \$395

Mindful Paddle and BWCA Camp Out for Beginners, September 2 - 6, Fee \$695

- Traditional Wild Ricing**, September 9 - 13, Fee \$995
- Fall Sled Dog Training**, October 15 - 18, Fee \$495

MINNESOTA VALLEY NATIONAL WILDLIFE REFUGE, BLOOMINGTON

Register at <https://signup.com/go/gUfYGxG> or call 952-858-0733

ECO Hacks for Thrifty Women, February 29, 1:30 – 3:30 p.m., Free, Limit 25. Dive into the 3 R's (reduce, reuse, and recycle) and create ECO crafts from items in your own home. Please bring an old T-shirt.

Intro to Canoeing and Kayaking, August 1, 10 a.m. – Noon, Free, Limit 15. Learn paddling, safety, and how to pick a boat or paddle. Practice paddling on water.

Navigating Without a Signal, October 17, 10 a.m. – Noon. Free. Limit 25. Learn and practice navigation techniques from using a compass and reading maps to using trail apps that can be downloaded.

BOW VOLUNTEER CLASSES

Register at okeykay@gmail.com or at www.flatrockadventures.com

Nordic Walking, June 11, 6 - 7 p.m., OR September 10, 6 - 7 p.m., Fee \$15, Minneapolis.

Fall Color River Trip, October 5, 12:30 - 3 p.m., Fee \$37, Interstate State Park, register by September 30. Join Kay Okey and Deb Gallop on a fall paddle down the St. Croix river in your choice of canoe or kayak.



FAMILY WEEKENDS AND EVENTS

Family programs are open to men, women and children who want to learn outdoor skills as a family unit. BOW works cooperatively with organizations to offer family opportunities.

FAMILY OUTDOORS WEEKENDS

Eagle Bluff ELC, Lanesboro

Family weekends are a great way to learn a variety of outdoor skills as a family group. Lodging, meals, instruction and equipment included. For details, visit www.eagle-bluff.org/top/events/

Summer Family Weekend

July 25 - 26, 2020

Winter Family Weekend

Jan 16 - 18, 2021

FAMILY SKILL CLASSES

Three Rivers Park District Classes

For details and registration visit www.ThreeRiversPark.org or call 763-559-6700.

Snowshoe, Ages 4+, January 20, 1 - 2 p.m. OR February 17, 3 - 4:30 p.m., Baker Near-Wilderness Settlement, Maple Plain; January 24, 4 - 5:30 p.m. OR February 16, 10 - 11:30 a.m., French Park Regional Park, Plymouth; Fee, \$6/person. Equipment provided.

Ice Fishing Extravaganza, January 25, 1 - 5 p.m., Fee \$8/person, Fish Lake Regional Park, Maple Grove. Equipment and license provided. Drop in anytime.

Classic Beginner Nordic Ski Lesson, Age 6+, February 1, Noon - 1:30 p.m., Fee \$18/person; Fee with rental is \$26 ages 6-12 or \$30 ages 12+, Elm Creek Park.

Geocaching to Build A Snowperson, Ages 6+, February 1, 1-3 p.m., Fee \$6, Clear Lake Regional Park, Prior Lake.

Fishing on the Opener, May 9, 1:30 - 3:30 p.m., Bryant Lake Regional Park, Eden Prairie, Fee \$6/person. Equipment and program fishing license provided.

Family Fishing, May 23, 9 - 11 a.m., Cleary Lake Regional Park, Prior Lake, Fee \$6/person. Equipment and program fishing license provided.

Archery, Ages 7+, April 26, 10 a.m. - Noon, Carver Park Reserve, Victoria; May 2, 10 a.m. - Noon, Cleary Lake Regional Park, Prior Lake; October 3, 1 - 3 p.m., Elm Creek Park Reserve, Dayton, Fee \$10/person, Equipment provided.

Minnesota Valley National Wildlife Refuge, Bloomington

For details and registration, call 952-858-0733 or <https://signup.com/go/gUfYGxC>

Family Snowshoeing, February 8, 1 - 3 p.m., Free. Equipment provided.

Sketching Nature, April 4, 1 - 3 p.m., Free. This relaxed workshop will focus on techniques for sketching the natural world in a realistic style. Bring any sketchbooks, pens, or pencils you wish. All ages welcomed.

Steelheader Fall Streamside Fishing Clinic, North Shore

September 26, Free, donations welcomed. Register at mnsteelheader@gmail.com

Learn about pink salmon migration, habitat, angling techniques with focus on fly angling, and one-on-one time fishing with our guides. Minors are required to attend with a parent.

Learn to Turkey Hunt - Mentored Firearm Hunt

April - May, Register before April with Kevin Hurst at National Wild Turkey Federation khurst@nwtf.net

These hunts are open to inexperienced adults and/or family hunters. Hunters need a turkey hunting license, firearm safety certification and equipment. Hosted by National Wild Turkey Federation.

Learn to Pheasant Hunt or Upland Bird Hunt - Mentored Firearm Hunt

Fall. For information contact Will Clayton at Pheasants Forever wclayton@pheasantsforever.org or 320-905-0226.

These hunts are led by local Pheasants Forever chapters around Minnesota and are open to inexperienced adults, youth and families. Hunters need their firearm safety certification to participate.



BECOMING AN OUTDOORS WOMAN AND BECOMING AN OUTDOORS FAMILY PROGRAMS!

MINNESOTA BOW SUPPORTERS

- A-1 Archery
- Audubon Center of the Northwoods
- Bald Eagle Sportsmen's Association
- Chilakoot Bowhunters
- Deep Portage ELC
- Eagle Bluff ELC
- Koep Bait
- Minnesota Steelheaders
- Minnesota Valley National Wildlife Refuge
- North Country Bowhunter Safari Club International
- Points-Unknown
- Rocky Mountain Elk Foundation
- Three Rivers Parks District
- Wings North

BOW STEERING COMMITTEE



Front row L-R: Jan Cartwright, Julie Thompson, Kathy VonBank
Back row L-R: Marcia Michalik, Sheri Brengman, Rachelle Studer,
Desiree Holmberg, Nicola Blake-Bradley
Not pictured Heidi Davies