February 19–21, 2016 | Deep Portage ELC | Hackensack, MN

BOW Winter Workshop

Discover the Outdoors, Discover Yourself

MNDNR

Becoming an Outdoors-Woman In Minnesota

Toll-free: 1-888-280-9908; Phone: (218) 682-2325; Fax: (218) 682-3121
www.deep-portage.org
Find information on BOW events at www.mndnr.gov/education/bow

Schedule of Events

FRIDAY
February 19

4:00 P.M. ..... Registration
5:30 P.M. ..... Dinner
7:00 P.M. ..... Evening Program
8:00 P.M. ..... Campfire

SATURDAY
February 20

7:00 A.M. ..... Coffee available in dining hall
8:00 ..... Breakfast
9:00–Noon..... Session 1
Noon ..... Lunch
1:00–4:00 P.M. ..... Session 2
5:30 P.M. ..... Dinner
7:00 P.M.. ..... Evening Program
8:30 P.M. ..... Campfire

SUNDAY
February 21

7:00 A.M. ..... Coffee available in dining hall
8:00 A.M. ..... Breakfast
9:00–Noon..... Session 3
Noon ..... Lunch and group departs

Class Schedule
and Descriptions

Classes are rated by physical exertion levels – **Easy**, **Moderate** **or** **Strenuous**.
Classes marked **Easy** require little physical exertion, **Moderate** is moderate physical exertion level, and **Strenuous** is strenuous exertion level. *Please know your physical abilities.*
To keep overall costs of the workshop down some classes have material fees payable the day of the event.

SATURDAY MORNING CLASSES • SESSION 1 • 9:00 A.M.–Noon

NEW! BEE KEEPING & MORE (**Easy**)
This class will cover information you need to know on how to become a new beekeeper but we're afraid to ask. Topics will also include what is happening to bees and how to help bee survival in your backyard.

DARK HOUSE FISHING (NORWEGIAN TV) (**Easy**-**Moderate**)
Back by popular demand! Spend 30 minutes indoors learning the tools of dark house fishing. Then walk to the lake to the dark house that has a 2x3' hole illuminated by daylight to view fish under the ice – referred to as Norwegian TV. You will learn how to use an ice saw and tong, how to set up the house and how to use fish decoys to lure fish in. Fish spearing will be demonstrated.

BEGINNING SNOWSHOEING (**Moderate**-**Strenuous**)
Learn about equipment and the basics of snowshoeing then go on a short hike to try out snowshoeing in winter. This class is for those who are new to snowshoeing.

DIY DO IT YOURSELF BACK TO NATURE BASICS (**Easy**)
DIY is the new buzz word in living a more sustainable lifestyle. We will make a variety of recipes and touch on the five ways of preserving game, fish, foraged foods and garden produce. Lots of resources will be available. *Extra class fee of $5

NEW! WILD RICING CLASS (**Easy**)
Join author and wild rice harvester Annette Drewes to learn the basics of gathering this natural grain from the lakes of Minnesota. Participants will gain knowledge of wild rice habitat and ecology, understand preparations for gathering wild rice and the equipment required, learn the process of finishing rice and carve their own ricing sticks.*Extra class fee of $5 for materials.

ORIENTEERING (**Easy**-**Moderate**)
Here's your chance to learn to use a map and compass, navigate through the woods and find your way across country. This is a great skill to learn if you plan to hike or hunt in the woods.

SATURDAY AFTERNOON CLASSES • SESSION 2 • 1:00–4:00 P.M.

NEW! BIRDING & BIRD FEEDERS (**Easy** - **Moderate**)
Join the 52+ million people that feed birds around their homes by building a bird feeder in half of this class and learning to attract birds to your own backyard for the other half of the class. This class is taught by both Deb & Steve Gallop. Steve will work with the class to construct a bird feeder and Deb will teach you about birding. *Extra class fee of $5 for materials.

WOOD BURNING (**Easy**)
Did you know wood burners can create beautiful outdoor designs on wood, birch bark or even mushrooms? Learn how to use wood burners to create designs. Participants will design their own pattern on a wood slab provided by the instructors in this indoor class. *Extra $5 fee for materials.

BEGINNING SNOWSHOEING (**Moderate-Strenuous**)
Learn about equipment and the basics of snowshoeing then go on a hike to try out snowshoeing in winter. This class is for those who are new to snowshoeing.

BEGINNING CROSS-COUNTRY SKIING (**Moderate**)
Topics include equipment selection and basic skiing skills. This class is for someone who has never cross-country skied or only tried it a few times and is looking for more help with techniques. Skiing will be on a flat surface to practice basic skills then progress to an easy trail that includes hills.

NEW! WILD RICING CLASS (**Easy**)
Join author and wild rice harvester Annette Drewes to learn the basics of gathering this natural grain from the lakes of Minnesota. Participants will gain knowledge of wild rice habitat and ecology, understand preparations for gathering wild rice and the equipment required, learn the process of finishing rice and carve their own ricing sticks.*Extra class fee of $5 for materials.

DARK HOUSE FISHING (NORWEGIAN TV)
(**Easy** - **Moderate**)
Spend 30 minutes inside learning the tools of dark house fishing. Then walk to the dark house that has a 2x3' hole illuminated by daylight to view fish under the ice – referred to as Norwegian TV. You will learn how to use an ice saw and tong, how to set up the house and how to use fish decoys to lure fish in. Fish spearing will be demonstrated.

SUNDAY CLASSES • SESSION 3 • 9:00 A.M.–Noon

SNOWSHOE BIATHLON (**Moderate-Strenuous**)
Back by popular demand, this course combines snowshoeing and target shooting as part of a friendly competition. You will begin this class by learning gun safety and how to shoot .22s. No firearm experience is necessary. Next we will provide a quick review of snowshoe techniques. A course will be set up for teams to snowshoe their way to targets.

INTRODUCTION TO TRAPPING (**Easy** - **Moderate**)
Topic includes equipment, methods, laws, ethics and furbearer biology. Participants will spend half of their time in the classroom and the other half in the field learning first-hand by checking a trap line.

INTERMEDIATE CROSS-COUNTRY SKIING (**Moderate-Strenuous**)
Learn skills to improve your glide, downhill turns, and uphill climbs. We will be skiing for approximately 8k and practicing skills along the trail. We will start on an intermediate trail. This class is for those that have the basics of skiing and want to improve their technique.

MAKE A TURKEY CALL (**Easy**)
Women loved this new class at fall workshop! Instructor Steve Gallop will teach how to make and use a box call for turkey hunting. You will assemble the call from a kit, and personalize your finished product using a wood burner. Instruction on how the call is used will be covered. This is an indoor class and requires sanding. *Extra class fee of $5.

NEW! BEE KEEPING & MORE (**Easy**)
This class will cover information you need to know on how to become a new beekeeper but we're afraid to ask. Topics will also include what is happening to bees and how to help bee survival in your backyard.

NEW! ADVANCED DARK HOUSE FISHING (**Easy** - **Moderate**)
This class is for women who have attended a previous spearing class and who have a MN fishing license with a spearing endorsement. (Spearing endorsements are sold where you buy a license – ask for the endorsement for an additional cost of $5). Learn to set up your spearing house then learn how to spear a fish. You will use an ice saw and tong to cut your hole, set up the fish house and use fish decoys to lure fish in. One instructor will work with four women in this "next step" in learning how to dark house fish. Equipment is provided.

BOW Winter Workshop **REGISTRATION FORM**

Deep Portage ELC • Winter Workshop • February 19–21, 2016
To Register: Complete this form and send with enrollment fee to:
Deep Portage ELC • Attn: Kathy Braswell • 2197 Nature Center Dr. NW • Hackensack, MN 56452 • Toll-free 1-888-280-9908

Name _____

Phone (Day) _____ (Night) _____

Address: _____

City _____ State _____ ZIP _____

Email: _____

Enclosed Registration Fee (payable to Deep Portage ELC) $ _____

Workshop Fee: Friday–Sunday: $190

Fee includes Friday night – Sunday afternoon lodging, meals & snacks; three outdoor skill classes, two evening programs and campfires. Instruction, equipment and fun are all included. Meals are buffet style. Please notify us of any special dietary restrictions or food allergies at least two weeks in advance. You will be sent a confirmation packet with further information, required forms and the list of your classes the week of January 14th by email.

The applicant by signing below recognizes that the program involves some risk and that she takes responsibility for all action or injury that may result by participating. Participants understand that photographs may be taken during the sessions and may be used for future support of the program.

(Signature) _____

***Girls, ages 14-17, must be accompanied by a guardian and have parent or legal guardian complete the following:**
As the parent or legal guardian of the person ages 14-17, I certify that _____ (name) has my permission to attend and participate in all activities for this event and I give permission to the conditions listed in the "Release" statement.

(Signature of Parent & Date) _____

Scholarships: Scholarships are available for *first time participants in need of financial assistance.* Please contact linda.bylander@state.mn.us for application form. Your application must be approved **before** submitting your registration form.

Class Sessions: Choose your top three choices for each session by ranking 1-4 for each session. Classes are given out on a first come, first served basis. Classes marked with an (*) have an extra class fee payable the day of the workshop. Class marked with (**) requires a prerequisite. See class description for details.

Session I *Saturday 9:00–Noon*
___Bee Keeping
___Wild Ricing*
___Beginning Snowshoe
___Dark House Fishing
___DIY Back to Nature*
___Orienteering

Session 2 *Saturday 1:00–4:00*
___Wild Ricing*
___Dark House Fishing
___Birds & Bird Feeders*
___Beginning snowshoeing
___Beginning X-skiing
___Wood Burning *

Session 3 *Sunday 9:00–Noon*
___Snowshoe Biathlon
___Adv. Dark House Fish**
___Intro to Trapping
___Turkey Calls*
___Bee Keeping
___Int. Xcountry skiing

Please list your top three choices for this weekend: _____

Cancellation deadline is January 20; if you cancel before January 20 a $50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration fee. Sorry, due to contract obligations *no exceptions* to cancellation policy.

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