

# **BOW WINTER WORKSHOP**

**Discover the Outdoors  
Discover Yourself**

January 20 – 22, 2023

Osprey Wilds  
54165 Audubon Drive  
Sandstone, MN  
Phone (320) 245-2648

<https://ospreywilds.org/>

Online Registration : <https://ospreywilds.org/event/becoming-an-outdoor-woman-bow/>

Find information on BOW events at

[www.mndnr.gov/education/bow](http://www.mndnr.gov/education/bow)

## Schedule of Events

### Friday

4:00 p.m. Arrival and check-in (no early check-in please)  
6:00 p.m. Dinner  
7:30 p.m. Welcome  
8:00 p.m. Campfire

### Saturday

7:00 am Coffee available  
8:00 am Breakfast  
9:00 – Noon Session 1  
Noon Lunch  
1:15 p.m. Group Photo Shoot  
1:30 – 4:30 p.m. Session 2  
6:00 p.m. Dinner  
7:00 p.m. Evening Program

### Sunday

7:00 p.m. Coffee available  
8:00 p.m. Breakfast  
9:00 – Noon Session 3  
Noon Lunch  
1:00 p.m. Depart

## Class Descriptions

Classes are rated by physical exertion levels (E, M, or S). Classes marked E requires little physical exertion, M is moderate physical exertion level, and S is strenuous exertion level. Please know your own physical abilities. To keep overall costs of the workshop down some classes have material fees payable the day of the event.

### **SESSION 1**

#### **SATURDAY MORNING - 9:00 am - Noon**

##### **Dark House Fishing (Norwegian TV) (E-M)**

Spend 30 minutes indoors learning the tools of dark house fishing. Then walk to the dark house on the lake 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 tongs, how to set up the house and how to use fish decoys to lure fish in. Fish spearing will be demonstrated, if you want to try spearing you'll need to purchase a fishing and dark house license.

##### **Introduction to Archery Turkey Hunting (E)**

Take archery shooting to a new level by learning how to archery turkey hunt. Also, learn about the upcoming BOW archery turkey hunt in May for beginner hunters. Learn about the equipment need to archery hunt. Discover turkey behavior, techniques, and strategies to bag one!

##### **Beginning Archery (E-M)**

Learn about archery and how to properly shoot a bow. Then try your hand on the outdoor archery range. We will be using Genesis compound bows with an easy draw weight.

##### **Beginning Snowshoeing (M-S)**

Snowshoes is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a short hike, with an option for a longer snowshoe hike.

##### **Fly tying Basics for Beginners (E)**

Fly tying is a craft. Learn the equipment used to make flies used in fly-fishing and practice tying your first flies.

##### **Custom Wood Signs (E)**

Did you know wood burners create beautiful outdoor designs on wood? Learn how to use wood burners to create your own custom sign. Participants will design their own pattern on wood product in this indoor class. Extra fee of \$5 payable to the instructor at the workshop.

### **SESSION 2**

#### **SATURDAY AFTERNOON - 1:30 – 4:30 p.m.**

##### **Dark House Fishing (Norwegian TV) (E-M)**

Description under Session 1.

##### **Scouting Outing: (M)**

This class will spend part of the time indoors covering what to look for when scouting for wildlife such as tracks, scat, food sources, etc. followed by a hike to look for wildlife sign and wildlife. Dress in layers and wear warm (wool) socks!

## Beginning Cross-Country Skiing (M)

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.

## Fly tying Intermediate (E)

This class is the next step in fly tying. Learn how to tie flies beyond the beginner level flies.

## Custom Box Turkey Call (E)

BOW instructor Steve Gallop returns to teach a class on how to make a functional turkey box call. Although these box calls are functional you may prefer to display your creation as an artistic expression or reminder of a person, place or special occasion that you have in mind when you create the call.

## DIY Back to Nature Basics (E)

Deb Gallop returns to instruct this class which will explore ways to save money by foraging, gardening, hunting and fishing, Learn how to preserve and prepare these foods through hands on participation. Extra class fee \$5.

## **SESSION 3**

### **Sunday Morning - 9:00 a.m. – Noon**

#### Introduction to Ice Fishing (E-M)

This class will cover the basics of ice fishing then go on the lake to ice fish. Learn how to drill holes, equipment needed and how to fish using tip-ups and rods. Licenses not required for this class.

#### Beginning Snowshoeing for Winter Wildlife (M-S)

Snowshoes is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a hike to look for wildlife signs.

#### Knots to Live By (E)

Which knots do you use when hunting or fishing? Knowing how to tie a few basic knots can make a big difference in situations that life throws at us in the outdoors. Learn to tie some basic and useful knots. You will be able to bring home a “survival” bracelet.

#### Wild Game Cooking (E)

A fun approach to “field to fork” cooking as we show you how to showcase the unique flavors of wild game in easy to prepare appetizers and meals.\*Extra class fee of \$5.

#### Intro to Firearms (E)

Do you have little or no experience with guns and want to know more about them? If yes, then this class is for you! You will learn about the use and operation of different firearms. Remove the mystery by learning the terminology in a friendly environment. We will also spend time talking about firearms safety in this interactive and hands-on indoor class.

#### Wood Duck Houses (E)

This class focuses on wood ducks and the importance of nesting boxes. Participants will work in teams of two to make their own wood duck box to take home.

# BOW January 20 – 23 Winter Workshop Registration Form

Registration Fee \$195 per person payable to Osprey Wilds

Preferred - Online Registration: <https://ospreywilds.org/event/becoming-an-outdoor-woman-bow/>

**Optional Mail in form:** Please print and send completed form with \$195 enrollment fee to:

Osprey Wilds Environmental Learning Center \* Attn: BOW \* PO Box 530 \* Sandstone, MN 55072

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

**Class Sessions:** Choose your top three choices for each session by ranking 1-3 for each session. Classes with an (\*) require a \$5 fee payable the day of event. Classes are first come, first served.

### Session I

(Sat. 9 – 12)

- Dark House Fishing
- Archery Turkey Hunting
- Beginning Archery
- Beg. Snowshoe
- Beginner Fly Tying
- Custom Signs\*

### Session 2

(Sat. 1:30- 4:30)

- Dark House Fishing
- Scouting Outing
- Intermediate fly tying
- Cross country Skiing
- DIY Back to Basics\*
- Turkey Call Making

### Session 3

(Sun 9 - 12)

- Intro to Ice Fishing
- Wild Game Cooking\*
- Snowshoe Wildlife Hike
- Intro to Firearms
- Knots to Live By
- Wood Duck House

**Fee includes** lodging, all meals, three outdoor skill classes, evening programs and campfire. Please notify us of any special dietary restrictions or food allergies at least two weeks in advance. Classes with an extra fee\* are payable the day of the workshop. **Cancellation deadline is Dec 21. If you cancel prior a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration. You will receive an email with class choices and other information by December 19.**

**Release:** 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:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*\*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.*

**Parent Signature & Date** \_\_\_\_\_ **Date** \_\_\_\_\_

**Lodging** is in dorm rooms on bottom bunks in both Crosby and Lowry. Please list roommate preference below if any and note if your group would like to use top bunks to keep a larger group together. **Note Lowry Dorm is located further from the main building. Please check \_\_\_\_\_ if you have limited mobility or prefer not to be housed at Lowry.**

Bottom bunks: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,

Top bunks (for larger group only): \_\_\_\_\_, \_\_\_\_\_

Check one: Early riser \_\_\_\_\_, Late to Bed \_\_\_\_\_, Snore \_\_\_\_\_

**Silent Auction:** Bring a new or slightly used item for our optional Silent Auction Table! Silent auction is a fun way to connect in the evenings and used to fund scholarships. **Bring cash or check to pay for winning bids.**

**Scholarships** are available for *first time participants in need of financial assistance.* You must be approved for a scholarship prior to submitting your registration form. Email [linda.bylander@state.mn.us](mailto:linda.bylander@state.mn.us) for application form.