

SPRING BOW WORKSHOP

Discover the Outdoors - Discover Yourself

April 28-30, 2023

Eagle Bluff Environmental Learning Center,
28097 Goodview Drive, Lanesboro, MN Lanesboro, MN
507-467-2437 or 1-888-800-9558

www.eagle-bluff.org

Please cross-reference the directions on how to get here on our website with your phone. Your GPS may take you on unnecessary back roads. <https://eaglebluffmn.org/contact/>

Find information on BOW events at www.mndnr.gov/education/bow

Questions about the workshop go to our volunteer Facebook Page at
<https://www.facebook.com/BecomingAnOutdoorsWomanMN/>

Schedule of Events

Friday

5:00 PM	Registration
6:00 PM	Dinner
7:00 PM	Welcome & Campfire

Saturday

5:30	Optional: "Rise and Shine" turkey scouting
7:00 AM	Coffee Available in Dining Hall
8:00 AM	Breakfast
9-12	Session 1
12:00 PM	Lunch
1-4 PM	Session 2
4:00 PM	Free Time
5:30 PM	Dinner
6:30 PM	Evening Program: Mini Session: Rock Climbing, Star Lab, or Air Rifles
8 PM	Silent Auction

Sunday

7:00 AM	Coffee Available in Dining Hall
8:00 AM	Breakfast
9-12	Session 3
12:00 PM	Lunch and Group Departs

Class Schedule & Descriptions

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

SESSION 1, SATURDAY AM 9:00 – 12:00

INTRO TO FLY FISHING (M) This class will focus on fly-casting and will introduce you to the skills needed to get on the water, from casting to flies, to reading the water, safety and stream etiquette. Class designed for beginners and/or fly anglers that need a refresher or want to learn more.

ARCHERY (M) Learn about archery equipment and how to shoot a bow. Then try your hand on the archery range. We will be using Matthews Genesis compound bows, which have an easy draw weight.

SOUND MEDITATION (E) Being outdoors makes us feel happier and healthier but do you know why? Join on a slow forest walk to learn about the health and wellness benefits of being in nature. After a brief presentation, we will use our senses to experience the forest.

RIFLE SHOOTING (E) The class will start indoors with basic safe gun handling and rifle shooting fundamentals. Then the class will head to the range for hands-on shooting practice. Safety glasses, guns ammo and earplugs provided.

SHED ANTLER HUNTING (E-M) Learn the best areas to hunt for sheds and when to hunt for sheds. Hike to look for sheds.

WILD EDIBLES (E-M) Discover wild edibles during a hike. Whether in your own backyard, neighborhood, or wandering the fields and woods, learning to forage and understand what to do with what you find is not only free but also fun!

SESSION 2, SATURDAY PM 1:00 – 4:00

SOUND MEDITATION (E) Being outdoors makes us feel happier and healthier but do you know why? Join on a slow forest walk to learn about the health and wellness benefits of being in nature. After a brief presentation, we will use our senses to experience the forest.

TRAPPING (E-M) The class will start indoors with basic safe gun handling and rifle shooting fundamentals. Then the class will head to the range for hands-on shooting practice. Safety glasses, guns ammo and earplugs provided.

INTRO TO FLY FISHING (M) This class will focus on fly-casting and will introduce you to the skills needed to get on the water, from casting to flies, to reading the water, safety and stream etiquette. Class designed for beginners and/or fly anglers that need a refresher or want to learn more.

INTRO TO CANOEING (M-S) - Learn the basics of canoe safety and beginning skills, which includes team paddling and power strokes, reading a river, and tips on planning a canoe trip. Go on a scenic canoe paddle on the Root River. This class is for women with little or no experience canoeing.

SHITAKE MUSHROOMS (E-M) Learn how to grow shitake mushrooms and how to start your own culture using inoculation logs. Visit Eagle Bluffs Mushroom logs for inspiration. This class was a hit the last time offered!

DIY FOOD PRESERVATION (E) This hands-on class will primarily concentrate on the basics of canning. During class we will be making a Maple Strawberry Smooch and each person will be able to bring a jar home. Additional food preservation methods will be introduced including dehydration, freezing and the basics of freeze-drying food. Learn methods of producing your own food including gardening and raising chickens. *Extra \$5 fee for this class payable the day of the event.*

SESSION 3, SUNDAY AM 9:00 – 12:00

HIGH ROPES COURSE (S) Try your hand at the treetops high ropes course. This course will exhilarate you and is a great personal challenge course. Bring your camera; you'll want someone to take your picture so you can show off what you've been up to.

FORAGING STROLL (E-M) Come learn about being a "Nature Detective" on an interactive hike. We will have a short discussion about safety and preparation before hitting the trails for whatever we can find... edible or otherwise! Please dress in layers for the weather. Long pants, closed-toe shoes or hiking boots, and ankle to knee length socks are recommended, as we will likely go off-trail. Cameras and binoculars are welcome as well!

SHOTGUN SHOOTING (E) The class will start with basic safe gun handling and shotgun shooting fundamentals. Then the class will head to the range for hands-on shooting practice. Safety glasses, guns ammo and earplugs will be provided.

BIRDING (E) – Learn how to attract birds to your own backyard and discover a few basic steps to increase your identification skills. We'll cover equipment, resources and spend plenty of time in the field.

WILDLIFE ENCOUNTERS (E-M) Learn the ins and out to caring for Eagle Bluff's raptors, reptiles, skunk and more through coaching from our staff. Experience the behind the scenes to animal care.

ARCHERY (M) Learn about archery equipment and how to shoot a bow. Then try your hand on the archery range. We will be using Matthews Genesis compound bows, which have an easy draw weight.

BOW Spring Workshop Registration Form
Eagle Bluff ELC ¥ Fall Workshop ¥ April 28-30, 2023
REGISTER ON LINE BEGINNING MARCH 1, 2023 at:

<https://eaglebluffmn.org/event/2023-becoming-an-outdoors-woman-workshop/>

Eagle Bluff ELC * 28097 Goodview Dr. * Lanesboro, MN 55949 *1-888-800-9558

Registration information provided below. Please register on-line. The BOW liability form for signatures will be on-line.

Lodging is in dorm rooms on bottom bunks. Please list roommate preference below and note if your group would like to use top bunks to keep a larger group together.

Workshop Fee: Friday – Sunday: \$195

Fee includes Friday night – Sunday afternoon lodging & meals; three skill classes, evening programs and campfire. Instruction, equipment and fun are all included. 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 in March 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 a 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. You must be approved **before** submitting your registration form.

Cancellation: If you cancel before March 28 a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration fee.

Class Sessions:

Choose your top choices for each session by ranking 1-3 for each session. Classes are given out on a first come basis. Classes marked with an (*) have an extra class fee payable the day of the workshop. List your top three classes for the weekend _____, _____, _____.

Session I (Sat. 9 – 12)

____ Sound Meditation
____ Intro to Fly-fishing
____ Shed Hunting
____ Rifle Shoot
____ Archery
____ Wild Edibles

Session 2 (Sat. 1- 4)

____ Sound Meditation
____ Intro to Fly-fishing
____ Trapping
____ Shitake Mushrooms
____ Canoeing
____ Food Preservation (*)

Session 3 (Sun. 9-12)

____ Shotgun Shooting
____ Birding
____ Forging Stroll
____ Wildlife Encounters
____ High Ropes
____ Archery