

BOW WINTER WORKSHOP

Discover the Outdoors. Discover Yourself.

January 24–26, 2020 · Audubon Center of the North Woods · Sandstone, MN



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

SUNDAY

7:00 a.m.	Coffee available
8:00 a.m.	Breakfast
9:00 a.m. – Noon	Session 3
Noon	Lunch



Audubon Center of the North Woods

54165 Audubon Dr., Sandstone, MN
Toll-free: 888-404-7743
Phone: 320-245-2648
Fax: 320-245-5272
www.audubon-center.org
Find information on BOW events at
www.mndnr.gov/education/bow

mn DEPARTMENT OF
NATURAL RESOURCES

FISH AND WILDLIFE

500 Lafayette Road
St. Paul, MN 55155-4040
888-MINNDNR or 651-296-6157
www.mndnr.gov

Classes

Classes are rated by physical exertion levels E, M, or S. Classes marked E require 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 a.m. – 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. Fish spearing will be demonstrated, if you want to try spearing you will need to purchase a fishing and dark house license.

Introduction to Trapping (E)

This class will cover the basics of trapping including types of traps, responsibility required of trappers along with the legal requirements, general how-to of trapping, general overview of furbearing species and behaviors, and the process of skinning and preparing the fur. This will be an indoor class.

Scouting Outing (M)

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

Beginning Snowshoeing (M-S)

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

Knots to Live By (E)

Which knots do you use when tying down a tarp? Knowing how to tie a few basics knots can make a big difference in situations that life throws at us in the outdoors. Learn to tie basic and useful knots as we drink warm cider by the fireplace. You will make a “survival” bracelet that will help you in the outdoors.

Custom Wood Signs (E)

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

SESSION 2

SATURDAY AFTERNOON

1:30 – 4:30 p.m.

Beginning Archery (E-M)

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

Rifle Shoot (E)

This class will carpool to Wings North Gun Range. The class will run about 30 minutes to an hour later. 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 using a .22 rifle. Safety glasses, guns, ammo and earplugs provided. Extra fee of \$15 payable to Wings North. Limit 8.

Introduction to Fly Fishing (E)

Park Naturalist Linda Radimecky will teach about fly rods, flies, and how to cast. Spend time learning the art of casting. She will also cover fish species, licenses, and where to go fishing. Linda has a fly-fishing event at Afton State Park in the spring where you can try out your new casting skills.

Beginning Snowshoeing for Winter Wildlife (M-S)

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

Walking Sticks of a Different Kind (E)

Although these walking sticks 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 it. We may do some carving on the sticks, but will primarily use leather and beads to decorate your one of a kind walking stick. Extra fee of \$5 payable to instructor at the workshop. Limit 8.

Wild Game Cooking (E)

You shot it and the wild game is in the freezer, now what? No need to reach for cream soup and the crock-pot. We will try some recipes fit for a super bowl party or special occasion. Extra \$5 fee payable to the instructor at the workshop.

SESSION 3

SUNDAY MORNING

9:00 a.m. – Noon

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

See description Session 1.

Introduction to Turkey Hunting (E)

Learn about the equipment you will need to hunt turkeys or photograph turkeys. Discover why they behave the way they do, and learn techniques and strategies to bag one!

Snowshoe Archery Biathlon (M-S)

Back by popular demand, the snowshoe biathlon will consist of snowshoeing a trail and archery shooting at targets. Snowshoe experience is required. This is a friendly competition class.

Climbing Wall (M-S)

Stretch your muscles and challenge yourself on the indoor climbing wall. Instruction includes equipment, techniques and commands used by climbers and belayers.

DIY Food Preservation (E)

This hands-on class will primarily concentrate on the basics of canning. Additional food preservations methods will be introduced including dehydration and freezing. In addition, we will discuss methods of producing your own food including gardening. You will make your own jalapeno jelly and leave with your own jar. Extra Class fee of \$5 payable to the instructor at the workshop.

Zentangle Art (E)

Participants will draw a zentangle feather on a prepared banana gourd to be used as a decoration for a window, office or even an indoor tree. A handout of numerous feather patterns will be provided to participants to create their own unique zentangle. The gourds make wonderful gifts for all occasions. Extra \$5 fee payable to the instructor at the workshop.

BOW Winter Registration January 24–26, 2020

NAME		DAYTIME PHONE #	
EMAIL		EVENING PHONE #	
STREET ADDRESS	CITY	STATE	ZIP CODE

RISK AND RESPONSIBILITY

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
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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 _____ 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 OR GUARDIAN	DATE
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LODGING

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

Lowry Dorm is located further from the main building. Please check this box if you have limited mobility or prefer not to be housed at Lowry.

Bottom bunks

NAME
NAME
NAME
NAME

Top bunks

NAME
NAME
NAME
NAME

Early risers Late to bed Snore

Silent Auction: Bring a new or slightly used item to be placed on our Silent Auction Table! **Bring cash or checkbook for the auction, no credit cards accepted.** We have great items to bid on and it is a lot of fun! Money is used for scholarships.

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

Cancellation deadline is Dec 21. If you cancel before Dec 21, a \$50.00 procession 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 the cancellation policy.

SUBMISSION

Complete and mail enrollment fee of \$195 and form to:
ATTN BOW
AUDUBON CENTER OF THE NORTH WOODS
PO BOX 530
SANDSTONE MN 55072

You will receive an email confirmation that your registration has been received. An email with attachments will be sent by December 17 with class confirmations and a list of what to bring.

CLASS SESSIONS

Choose your top three choices for each session by ranking 1–3 for each. Classes are first come, first served. Classes marked with an * have an extra class fee payable to the instructor the day of the workshop.

Session 1: Sat. 9 a.m. – Noon

- Dark House Fishing
- Introduction to trapping
- Scouting Outing
- Beginning Snowshoeing
- Knots to Live By
- Custom Wood Signs*

Session 2: Sat. 1:30 – 4:30 p.m.

- Beginning Archery
- Rifle Shoot*
- Introduction to Fly Fishing
- Beginning Snowshoeing for Winter Wildlife
- Walking Sticks*
- Wild Game Cooking*

Session 3: Sun. 9 a.m. – Noon

- Dark House Fishing
- Intro. to Turkey Hunting
- Snowshoe Biathlon
- Climbing Wall
- Food Preservation*
- Zentangle Art*

FEES

Workshop Registration Fee: \$195

(payable to Audubon Center of the North Woods) Fee includes Friday night – Sunday afternoon lodging and meals, three outdoor skill classes, evening program and campfire. 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. ACNW tries to accommodate most dietary needs. Call for specific requirements. **Please note classes with an extra fee are payable to the instructor on the day of the workshop.**