

BECOMING AN OUTDOORS WOMAN

Fall Workshop

September 13 - 15, 2019

Eagle Bluff ELC

Lanesboro, Minnesota



m DEPARTMENT OF
NATURAL RESOURCES



*utdoors-
Woman*
In Minnesota

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

For general class questions call
218-203-4347

Schedule of Events

FRIDAY

4 p.m.	Registration
5:30 p.m.	Dinner
6:30 p.m.	Welcome and Outside Campfire

SATURDAY

7 a.m.	Coffee available in Dining Hall
8 a.m.	Breakfast
9 a.m. - noon	Session 1
Noon	Lunch
1-4 p.m.	Session 2
4 p.m.	Free time
5:30 p.m.	Dinner
6:30 p.m.	Evening Program: Tina Dokken

SUNDAY

7 a.m.	Coffee available in Dining Hall
8 a.m.	Breakfast
9 a.m. - noon	Session 3
Noon	Lunch and group departure

COVER PHOTO BY LEE KJOS

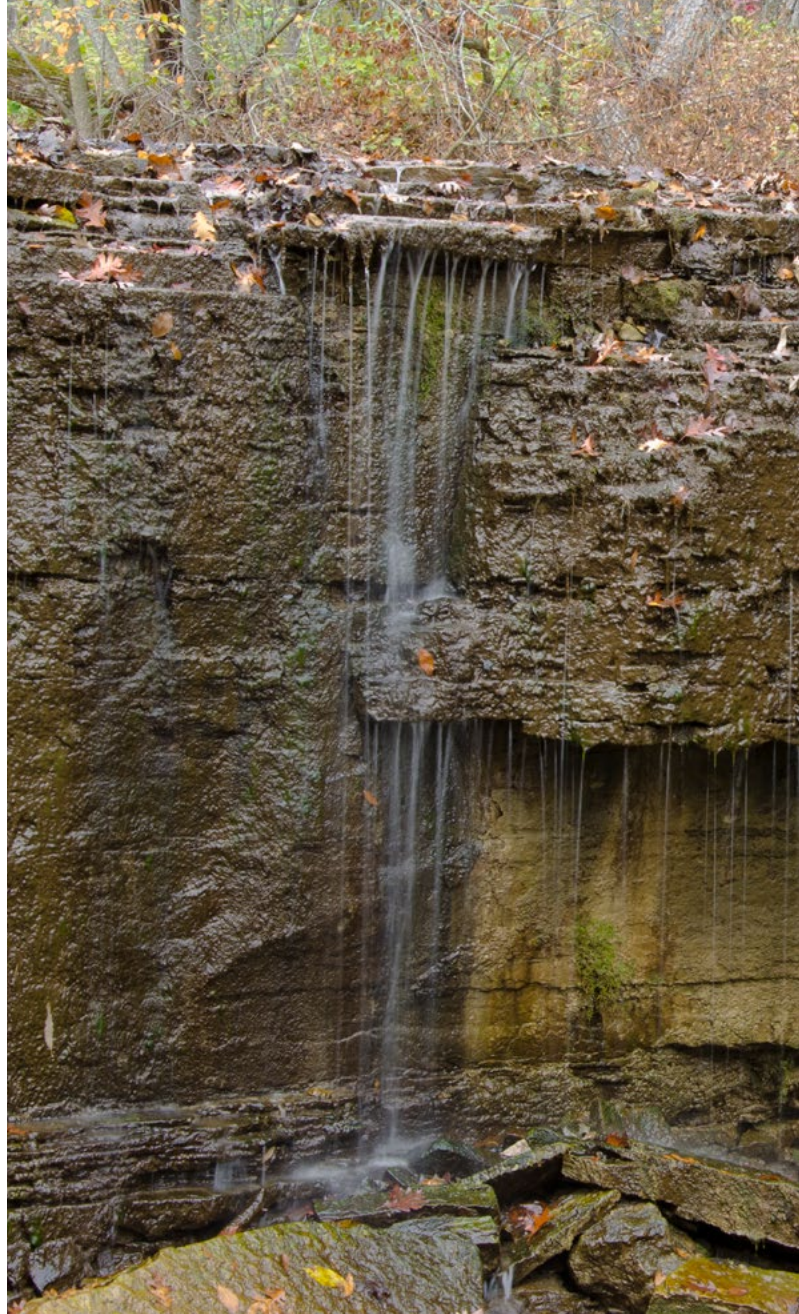
500 Lafayette Road
St. Paul, MN 55155-4040
651-296-6157 or Toll-free 888-MINNDNR
www.mndnr.gov

©2019, State of Minnesota, Department of Natural Resources

The Minnesota DNR prohibits discrimination in its programs and services based on race, color, creed, religion, national origin, sex, public assistance status, age, sexual orientation or disability. Persons with disabilities may request reasonable modifications to access or participate in DNR programs and services by contacting the DNR ADA Title II Coordinator at info.dnr@state.mn.us or 651-296-6157. Discrimination inquiries should be sent to Minnesota DNR, 500 Lafayette Road, St. Paul, MN 55155-4049; or Office of Civil Rights, U.S. Department of the Interior, 1849 C. Street NW, Washington, D.C. 20240.

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.

FAW_543_19



BOW FALL WORKSHOP

September 13 - 15, 2019

Eagle Bluff Environmental Learning Center
Lanesboro, Minnesota

507-467-2437 or Toll free 888-800-9558

www.eagle-bluff.org

Questions about the workshop? Go to our
Facebook Page at [www.facebook.com/
BecomingAnOutdoorsWomanMN/](https://www.facebook.com/BecomingAnOutdoorsWomanMN/)

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



Class 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 MORNING 9 AM - NOON

DUCKS AND DOGS (E)

Tina Dokken and Simone Schara will present an introduction to duck hunting from A-Z. You will learn about gear, guns and what to expect for first time duck hunters. They will also share knowledge of what it takes to raise a canine hunting partner. Learn tips for picking the right puppy, to how the training begins from the time the puppy comes home, to in-the-field etiquette and safety.

INTRO TO FLY FISHING (M)

Marlene Huston, CCI Fly fishers international certified fly casting instructor, will teach a comprehensive class on the basics for fly fishing. This class will focus on fly casting and will also introduce you to the skills needed to get on the water, from casting to tying on flies, to reading the water, safety on the water and stream etiquette. Class designed for beginners and/or fly anglers that need a refresher or want to learn more.

MYSTERY CAVE SCENIC TOUR (E-M)

Explore the world of Mystery Cave with its stalactites, stalagmites, and underground pools. This is a site everyone should experience once in a lifetime! Our personal tour with a DNR naturalist will take one hour. We will travel 35 minutes to the site in Eagle Bluff vans. Extra class fee: \$12.

E requires little physical exertion
M is moderate physical exertion
S is strenuous exertion level

SHOTGUN SHOOTING (E)

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

SHIITAKE MUSHROOMS (E-M)

Learn how to grow shiitake 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!

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.





SESSION 2: SATURDAY AFTERNOON 1 - 4 PM

DUCKS AND DOGS (E)

Tina Dokken and Simone Schara will present an introduction to duck hunting from A-Z. You will learn about gear, guns and what to expect for first time duck hunters. They will also share knowledge of what it takes to raise a canine hunting partner. Learn tips for picking the right puppy, to how the training begins from the time the puppy comes home, to in-the-field etiquette and safety.

INTRO TO FLY FISHING (M)

Marlene Huston, CCI Fly fishers international certified fly casting instructor, will teach a comprehensive class on the basics for fly fishing. This class will focus on fly casting and will also introduce you to the skills needed to get on the water, from casting to tying on flies, to reading the water, safety on the water and stream etiquette. Class designed for beginners and/or fly anglers that need a refresher or want to learn more.

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 will be provided.

INTRO TO CANOEING (M-S)

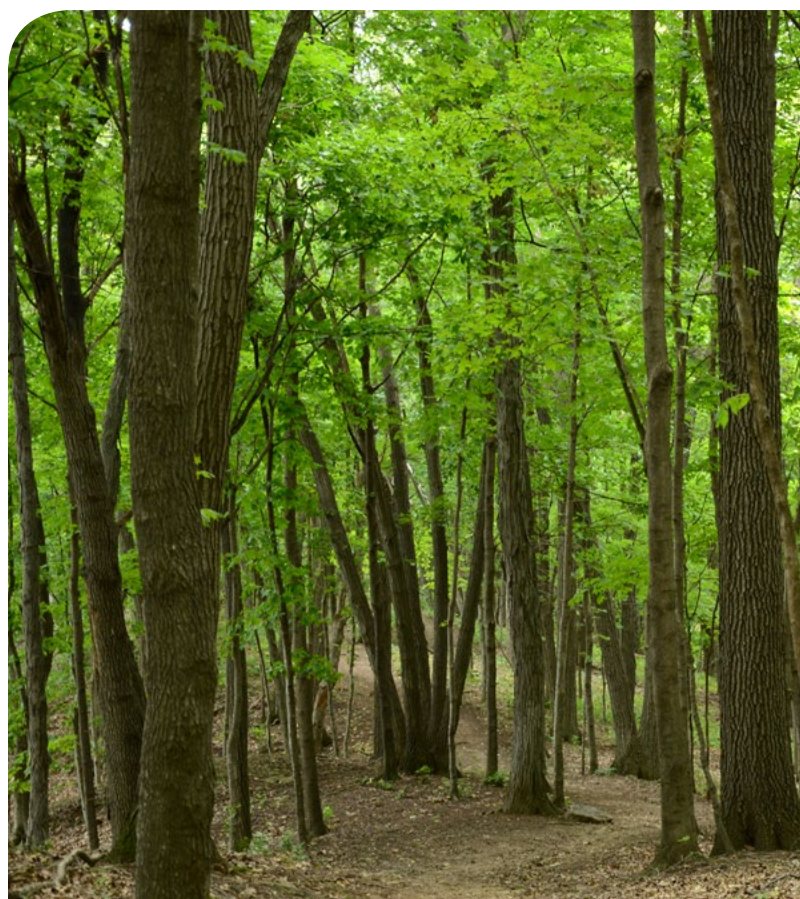
Learn the basics of canoe safety and beginning canoeing skills, which includes team paddling and power strokes, reading a river, and tips on planning a canoe trip. Go on a scenic canoe paddle on the Root River. This class is for women with little or no experience canoeing.

DIAMOND WILLOW WALKING STICKS (E)

Create a beautiful diamond willow walking stick. Participants will sand and decorate the stick. Class also requires a prep session on Friday night in order to leave the weekend with a finished walking stick. Limit 8. Extra class fee \$5.

ORIENTEERING (E-M)

Never get lost in the woods by learning how to use a compass to find directions. This class will teach the parts and proper use of a compass with an opportunity to navigate around a 10-point orienteering course in the woods.



E requires little physical exertion
M is moderate physical exertion
S is strenuous exertion level



SESSION 3: SUNDAY MORNING 9 AM - NOON

MYSTERY CAVE SCENIC TOUR (E-M)

Explore the world of Mystery Cave with its stalactites, stalagmites, and underground pools. This is a site everyone should experience once in a lifetime! Our personal tour with a DNR naturalist will take one hour. We will travel 35 minutes to the site in Eagle Bluff vans. Extra class fee: \$12.

INTRO TO TURKEY HUNTING (E)

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

BEGINNING SPIN CAST FISHING (E-M)

Learn the basics of fishing using a spin cast rod/reel combination. Class will cover equipment, lures, and casting. Participants will be fishing in the local pond. License not required for this educational catch and release program.

ZENTAGLE ART

Participants will draw a “zentangle” feather on a prepared banana gourd to be used as a decoration for a window, office, or even a Christmas tree. A handout of numerous feather patterns will be provided to participants for an opportunity to create their own unique “zentangle.” If time permits, another gourd will be provided to take home and finish. The gourds make wonderful gifts for all occasions. Extra class fee \$5.

E requires little physical exertion
M is moderate physical exertion
S is strenuous exertion level

BIRD HIKE (M)

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 to look for birds.

GUN CLEANING AND HANDLING (E)

The class will cover basic safe gun handling and teach you the basics of how to properly clean guns.



BOW FALL WORKSHOP REGISTRATION FORM

September 13 - 15, 2019

Eagle Bluff ELC

Lanesboro, Minnesota

Toll-free 888-800-9558

Send enrollment fee and completed form to: Eagle Bluff ELS, Attention Doc
28097 Goodview Dr.
Lanesboro, MN 55949

Name: _____

Phone: Day _____ Night _____

Address: _____

City/State/ZIP: _____

Email: _____

Enclosed Registration Fee: _____ (payable to Eagle Bluff)

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.

Bottom bunks: _____

Top bunks: _____

Workshop Fee is \$205

Fee includes Friday night through Sunday afternoon lodging, meals and snacks; three outdoor 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 the week of August 13 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: _____ Date: _____

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 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 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. Class marked with (**) requires a prerequisite. See class description for details.

Session 1: Saturday 9 a.m. - noon

Ducks and Dogs	1	2	3
Intro to Fly-fishing	1	2	3
Mystery Cave (*)	1	2	3
Shotgun Shooting	1	2	3
Shiitake Mushrooms	1	2	3
High Ropes	1	2	3

Session 2: Saturday 1 - 4 p.m.

Ducks and Dogs	1	2	3
Intro to Fly-fishing	1	2	3
Rifle Shooting	1	2	3
Canoeing	1	2	3
Walking Sticks (*, **)	1	2	3
Orienteering	1	2	3

Session 3: Sunday 9 a.m. - noon

Mystery Cave (*)	1	2	3
How to Turkey Hunt	1	2	3
Spin Cast Fishing	1	2	3
Zentagle Art (*)	1	2	3
Bird Hike	1	2	3
Gun Cleaning	1	2	3

Please list your top three choices for this weekend: _____

Cancellation deadline is August 9. If you cancel before August 9 a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration fee. Due to contract obligations there are no exceptions to the cancellation policy.