



## BECOMING AN OUTDOORS-WOMAN SPRING WORKSHOP, May 10-12, 2024 Echo Ranch Bible Camp, Juneau, Alaska

Becoming an Outdoors-Woman workshops provide fun, safe, hands-on learning of outdoor skills. Choose from 26 different classes. Workshop activities are balanced between hunting and shooting, fishing, and other outdoor activities. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age or older.

This program is for you if ...

- You have never tried one of these activities but hope for an opportunity to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities but would like to try your hand at new ones.
- You enjoy the camaraderie of like-minded individuals.

### WORKSHOP AGENDA

#### Friday May 10, 2024

8:30 to 8:45 — Meet in Western Auto parking lot  
**9 AM — Buses depart Western Auto**  
9:30 to 10:30 — Hike from Echo Cove to Camp  
10:30 to Noon — Registration Check In – In Gym  
12:15 to 12:45 — Welcome in front of Main Lodge  
12:45 to 1:45 — Lunch  
**2:00 to 5:30 PM Session I**  
5:30 to 6 — Dutch Oven Social  
6 to 7 — Dinner  
7:15 to 8:15 — Bear Presentation  
7-9:30 — Cabin Scavenger Hunt, Laser Tag,  
Bonfire on Beach

#### Saturday May 11, 2024

7:45 to 8:45 — Breakfast  
**9:00 to 12:30 — Session II**  
12:45 to 1:45 — Lunch  
**2:00 to 5:30 — Session III**  
5:30 to 6 — Crab Catch Social  
6 to 7 — Dinner  
7 to 8:30 — Round Robin  
8:45 to 9:30 — Bonfire on the Beach

#### Sunday May 12, 2024

7:45 to 8:45 — Breakfast  
**9 to 12:30 — Session IV**  
12:45 to 1:45 — Lunch, Slideshow & Farewell  
2:15 to 3:15 — Group Photo on Beach & Hike Out  
3:15 to 4 — Buses Back to Western Auto

### WORKSHOP SPONSORS

#### Alaska Sponsors

Alaska Department of Fish & Game  
Outdoor Heritage Foundation of Alaska  
Alaska Cruise Association  
Alaska Wild Sheep Foundation  
Bass Pro  
BP Exploration  
Cabela's  
ConocoPhillips Alaska  
Ducks Unlimited Alaska  
ExxonMobil  
Fejes Associates Inc.  
Grassroot Strategies  
Hilcorp  
Holland America  
Local 71  
MTA Foundation  
Rocky Mountain Elk Foundation  
SCI Alaska & Kenai Chapters  
Sportsman's Warehouse

#### International Sponsors

Browning  
Ducks Unlimited  
Federal Ammunition  
Leupold Optics  
NRA Foundation  
NRA Women On Target  
Outdoor Heritage Education Center  
Pheasants Forever & Quail Forever  
Pope & Young Club  
SCIF Sables  
Trout Unlimited  
UWSP College of Natural Resources

# WORKSHOP NOTES

**REFUND POLICY: READ CAREFULLY!** When you click "Submit Registration" you are agreeing to these terms.

- Cancellations made more than 30 days prior to the class shall receive a full refund minus a \$50 processing fee.
- Cancellations made 15 – 30 days prior to the class will be refunded 50% of the class fee.
- Cancellations made 14 days or less prior to a class will not be refunded unless we can fill your space.

**Please let us know as soon as possible if your availability changes.**

**Registration & Payment Process:** Upon submission of your registration form and payment online, you will receive an email indicating that your submission and payment have been received. **Workshop Fee:** \$325. The fee includes instruction in all sessions, program materials, equipment, transportation, lodging and meals. **Please note, your credit card statement will show a charge from our partner organization, the Outdoor Heritage Foundation of Alaska (OHFA).**

**Waitlist:** The "Becoming an Outdoors-Woman" program is designed to help introduce people to the outdoors. Workshops are a lot of fun, and many participants have attended repeatedly. Although we are delighted that you enjoy our efforts, our primary responsibility is to reach new people who want to learn outdoor skills. As a result, those who have not attended a BOW Workshop in Alaska will be given the first opportunity to register. If you've attended the BOW Spring Workshop more than twice, you'll be added to a waitlist. If a seat opens up, you will be contacted by ADF&G staff.

**Confirmation of Classes:** Once registration closes on April 12, we will finalize class selections and email you a confirmation letter with your schedule and reminders about what to bring and where to meet.

**Special Class Fees:** Kayaking and horse classes require an additional fee to help offset the extra charges incurred by BOW to provide these experiences. These fees are indicated in the workshop descriptions. If your class selection includes one of the classes, you will be provided with a link to pay online to our partner organization (OHFA) to make a final payment to cover the classes.

**Scholarships:** Partial scholarships are available. Email [abby.mcallister@alaska.gov](mailto:abby.mcallister@alaska.gov) for more information.

**Bus Service and Overnight Parking:** All BOW participants will meet the Echo Ranch/BOW bus at the Western Auto lot between **8:30-8:45 AM for the 9 AM departure. PLEASE BE ON TIME.** Western Auto is graciously providing participants with free parking in their parking lot for the duration of the three-day workshop. For those leaving vehicles in the parking lot, Western Auto is not responsible for parking security. Parking will be at your own risk. Please meet the bus and park in the spaces between the store and gas station. A BOW attendant will be in the parking lot to direct you. Bus service is to and from Western Auto and Echo Cove. Campers will hike between Echo Cove and camp, see hiking details below.

**Hiking to and from Camp from Echo Cove:** Be prepared for a beautiful hike into camp Friday morning and out Sunday afternoon. It's a 2.5 mile hike along the shore and through the woods. The trail is uneven, rocky in places, and can be muddy. **If you are physically/medically not able to hike, please make sure we know ahead of time.** Only those who cannot physically manage the walk are provided with alternative transportation to and from camp. Your gear will be transported to camp, you may want a small daypack with water, etc., for the hike, but you do not need to carry all your gear.

**What to Bring:** Be sure to bring your sleeping bag, a pillow if you want one, a towel, necessary toiletries, headlamp, and money/credit card to purchase a number of items that will be for sale as part of our silent auction. Please keep your bag(s) to a manageable weight and size for your own sake – you will need to carry your gear from the registration area to your cabin, up to 100 yards.

**DRESS FOR THE WEATHER!** Classes are outdoors and hands-on. Come prepared for a Southeast early-spring weekend – cold and rainy (or snowy) to moderately warm and sunny. For your safety and comfort, it is important to

bring warm, rainproof clothing, and waterproof footwear. **Dress in layers; long underwear, fleece clothing, hat, gloves, warm coat, and raingear are highly recommended** and especially if you will be in a skiff! Wear knee-high rubber boots for any outdoor classes.

**Equipment:** All workshop equipment will be provided unless otherwise noted in the course descriptions. **PLEASE DO NOT BRING FIREARMS, AMMUNITION, KNIVES OR ARROWS.** Please see "What to Bring" for personal gear information.

**Fishing Licenses:** All fishing/crabbing classes **require a VALID ALASKA FISHING LICENSE.** Purchase your license ahead of camp and bring it with you. Licenses may be purchased on-line at: [www.adfg.alaska.gov](http://www.adfg.alaska.gov). Look on the right side of the upper box that says "Buy Licenses and Tags"; click there. We can sell licenses at camp, but it can be time-consuming and will take away from class fun! Please purchase in advance.

**Lodging:** Rustic bunk houses with mattresses, woodstoves, and no electricity are provided. Centrally located bathrooms with flush toilets and showers are available in addition to outhouses in various locations. Please bring your own sleeping bag, pillow, towel, and headlamp. Please indicate any special needs.

**Medical Conditions:** If you have any medical conditions that may limit your ability to participate in these activities, or are pregnant, please consult your physician prior to registration.

**Pets:** Pets are not permitted at Echo Ranch Bible Camp.

**Phone service:** Cell phone service is not available at camp (service ends just past Eagle Beach). In case of an emergency only, contact Echo Ranch Bible Camp directly at 907-789-3777; an alternate number is 907-523-3710.

**Smoking, Drinking & Vaping:** Echo Ranch Bible Camp is a smoke/drug-free facility (no smoking or vaping in or near buildings, smoking or vaping is only allowed on the beach at waterline) and alcohol is prohibited.

**Prayer prior to all meals:** We are guests at Echo Ranch Bible camp and the camp policy is to pray before each meal. A brief prayer is led by a staff member. If you wish not to be present, you are welcome to wait in the foyer area, or outside the lodge doors, until it is over (a raucous will be heard as lines form at the food serving stations).

**Special Needs:** If you have any special needs, including dietary requirements or special needs that require assistance or a sleeping cabin with electricity, please indicate this on the registration form. We will try to accommodate your needs. Echo Ranch does not have a gluten free kitchen. They will do their best to accommodate all food allergies, but in the case of severe allergies it may be best for participants to bring their own supplements from home.

**Workshop Funding:** The BOW program is made possible by the cooperative efforts of the Alaska Department of Fish & Game (ADF&G) and the Outdoor Heritage Foundation of Alaska (OHFA). The OHFA is a nonprofit organization dedicated to education in hunting and fishing and is supported by donations from like-minded individuals, companies, and organizations. All registration and donation funds are rolled back into the BOW program.

**Donations:** Auction items or monetary donations are welcome. Each year, we try to break even financially, so that we can continue the BOW program. We do this through a **Silent Auction and Raffle.** If you have any items, especially outdoor-related, that you would like to donate, please bring them to the workshop. These items may be new or used and in good shape with a useful life remaining. There will also be a raffle with fabulous prizes. Winners will be drawn and announced on Sunday. Bring your spare change, mad money, or credit card so you can go home with the bargain of the century in addition to supporting the program.



## WORKSHOP CLASS DESCRIPTIONS, ALPHABETICAL

1. **ARCHERY** ~ Bow and arrow basics, shooting at an outdoor range using light compound bows. Safety and skill will be taught, and all materials supplied. Dress for the outdoors.
2. **CAMPING LIGHT** ~ Whether you're headed out on an alpine hunt, or doing a multi-day backpacking trip, this class will cover what knowledge you'll need and what gear will help you enjoy it! Class covers choosing a tent location, setting up a tent, water, food, bugs and safety with an emphasis on lightening your load. This class will help you make the most of your next wilderness adventure.
3. **CANNING** ~ Learn to can fish and meat using recyclable canning jars and a pressure canner. An excellent and delicious way to preserve your hunt or catch.
4. **CHAINSAW** ~ Learn about the gear and techniques needed to safely handle a chainsaw. A hands-on experience cutting up logs, and advice regarding purchasing a saw. Wear boots and dress for the outdoors.
5. **CRABBING** ~ Learn the basics of crabbing — where to set, how to set, bait, and how to handle and clean them. All materials (and PFD) supplied; wear boots and dress appropriately for the weather. Sport fishing license required and can be purchased online at [www.adfg.alaska.gov](http://www.adfg.alaska.gov).
6. **DEER FIELD DRESSING** ~ How to field dress a deer. A hands-on experience with a real deer, gutting, skinning and quartering the animal. All materials supplied, but wear appropriate clothing you don't mind getting a little gore on (rain gear is good).
7. **DEER MEAT PROCESSING** ~ The next step beyond field dressing — learn the cuts of deer meat, assess the condition, then cut meat into steaks, roasts or prepare it to be ground, using a meat grinder to create burger, then wrap meat so it can be frozen and kept. All materials supplied, but dress appropriately.
8. **DEER HUNTING SKILLS** ~ How do deer think, where do they live, what do they eat, what signs do they leave and how do you find them? How do you call a deer in? What does a deer hunter need to take in the field? Not an actual hunting trip, but an overview of deer hunting skills, regulations and gear. Will be outdoors, dress appropriately.
9. **DUTCH OVEN GOURMET** ~ Learn to cook using Dutch ovens. How to prepare coals for cooking, and use practical recipes for camping and boating tips. Recipes and samples will be shared.
10. **FIREARM SAFETY & HANDLING** ~ Guns demystified. How they work, how to be safe around guns, the basics of rifles, pistols and shotguns. **This is the required prerequisite for Shotgun & Rifle Markswoman.** If you have taken Hunter Education recently from ADF&G in Juneau, a copy of a hunter education certificate may be obtained from: [arianne.asay@alaska.gov](mailto:arianne.asay@alaska.gov); (907) 267-2187.
11. **FISH FILLET & GOURMET** ~ Learn to clean, fillet, and cook your catch. Recipes and samples will be shared. Salmon and materials supplied.
12. **FLY FISHING** ~ Learn the basics of fly fishing – casting, selecting flies, knots and gear, and hopefully hooking, reeling in and landing fish (if they are biting). A hands-on class fishing in Cowee Creek or off the beach, wear waterproof boots and appropriate outdoor clothes, all materials supplied. Sport fishing license required and can be purchased online at [www.adfg.alaska.gov](http://www.adfg.alaska.gov).

13. **GPS & NAVIGATION** ~ Learn the basics of Global Positioning Systems (GPS) and how they could be useful to you! Learn the terminology and functions, then off to do some hiking to get practical hands-on experience finding a GPS treasure. Time is spent indoors and outdoors. Dress appropriately. Materials supplied, but bring your smart phone if you have an app that uses GPS.
14. **HORSEBACK RIDING** ~ Learn about gear and tack, riding techniques, and the basics of saddling, bridling and riding a horse safely with the Echo Ranch Wranglers and horses. (*\$35 additional Ranch fee*)
15. **KAYAKING** ~ Basics of kayaking safely, getting in and out, paddling and steering techniques, gear, tides and navigation. A hands-on experience in Berners Bay. All materials supplied, wear waterproof boots and dress for weather. (*\$25 additional fee*)
16. **MAP & COMPASS** ~ A map and compass can keep you from getting lost if you know how to use it. Learn to read a map and compass, plot a course, and follow it. Time is spent indoors and outdoors. Dress appropriately. Materials supplied, but bring your smart phone if it has a compass.
17. **PACK RAFTING** ~ Pack Rafts, with their unique and versatile design, are perfect for Alaska's rugged wilderness travel. They are lightweight; only 5 1/2 pounds and are the size of a large compression sack. They can also be used for fishing or exploring lakes on the side of the road while car camping. Learn what you need to take on a weekend trip, and then hike about a mile and half along Cowee Creek. You'll learn how to blow up the rafts, paddling skills, river safety and then paddle back to camp. Wear boots and dress for the outdoors. **Prerequisites:** Participants must be able to swim and be comfortable in moving water.
18. **PHOTOGRAPHY** ~ Photography can be an amazing way to capture the natural world around us! Find tune your observation skills and learn the art of slowing down so you don't miss nature's best moments. Whether it's with a smartphone or digital SLR camera, this class will teach the basics of photography, including composition, tips and tricks for beginners, and an introduction to editing your photos after you've taken them. Bring your digital camera (and camera manual!) and be prepared to be outdoors — rain or shine! Dress for the weather and bring rain protection for your camera.
19. **RIFLE MARKSWOMAN** ~ The fundamentals of rifle shooting using .22 caliber rifles at an outdoor range. All materials supplied. **Prerequisites:** *Firearm safety or valid Hunter Education, NRA or 4H Firearm Safety Certificate. Physical Requirements: Ability to hold a rifle and withstand minimal recoil.*
20. **SALMON SMOKING, PICKLING & Gravlox** ~ You will fillet and cure salmon for smoking, pickling and making gravlox. Three delicious and wonderful ways to preserve salmon to enjoy year-round.
21. **SHOTGUN** ~ Shotgun basics and shooting trap (flying clay discs) at an outdoor range, using 12-gauge shotguns with light loads. All materials supplied. **Prerequisites:** *Firearm safety or valid Hunter Education, NRA or 4H Firearm Safety Certificate. Physical Requirement: Ability to hold a shotgun and withstand minimal recoil.*
22. **SMALL GAME HUNTING & FIELD DRESSING** ~ Learn the basics to becoming a successful grouse and ptarmigan hunter. Then, get comfortable dressing actual birds and learn how to preserve the best parts. We'll also send you on your way with some recipes to get you started. Class will also cover how to dress hares. All materials supplied, but participants should come dressed appropriately.
23. **SPIN CAST FISHING** ~ How to catch fish using spin casting gear, the most popular method for catching trout and salmon from shore. Basics of casting, using lures and fishing gear, simple knots, and hopefully hooking, reeling in, and landing fish (if they are biting). A hands-on class fishing in Cowee Creek or off the beach, wear waterproof boots and appropriate clothes for the weather. All fishing gear will be supplied. Sport fishing license required and can be purchased online at [www.adfg.alaska.gov](http://www.adfg.alaska.gov).
24. **SURVIVAL** ~ Be comfortable and confident when venturing out in Southeast Alaska. Learn what to put in your survival kit and how to use it. Learn survival skills — how to make a shelter, fire, keep safe if lost, signal for help and how to keep the right attitude in a survival situation. Outdoors and hands-on.



25. **WILD EDIBLES** ~ Learn about wild edibles available this time of year and the importance of sustainable harvest. We'll do a loop walk around the camp to explore different plant habitats, from coastline to disturbed areas, from the forest edge to older woods. Participants will also learn about summer and fall plants. Wear boots, this is outdoors and hands-on.
26. **WILD FORAGE & FEAST** ~ Spring is a great time to harvest certain plants. Learn about what can be harvested this time of year, while also responsibly foraging for what is available. We'll have the opportunity to taste a little bit of everything that is harvested and understand some of the ways to prepare some simple dishes.

**Friday PM Session**

**Saturday AM Session**

**Saturday PM Session**

**Sunday AM**

A. Firearm Safety	L. Photography	W. Chainsaw	HH. Survival
B. Deer Hunting Skills	M. Small Game Field Dressing	X. Deer Field Dressing	II. Photography
C. *Shotgun	N. **Kayaking	Y. Canning Fish & Meat	JJ. Chainsaw
D. ***Crabbing	O. Smoking, Pickling & Gravlax	Z. Pack Rafting	KK. ***Spin Cast Fishing
E. Archery	P. ***Fly Fishing	AA. **Kayaking	LL. ***Crabbing
F. Dutch Oven Gourmet	Q. Deer Meat Processing	BB. ***Crabbing	MM. Deer Field Dressing
G. GPS & Navigation	R. Camping Light	CC. **Horseback Riding	NN. ***Fly Fishing
H. Pack Rafting	S. Wild Edibles	DD. Fish Fillet Gourmet	OO. Pack Rafting
I. Small Game Field Dressing	T. *Shotgun	EE. *Rifle Markswoman	PP. *Rifle Markswoman
J. Wild Forage & Feast	U. Archery	FF. Survival	QQ.
K. **Horseback Riding	V.	GG.	

\*Prerequisite Required

\*\*Additional Fee Required

\*\*\* Valid Alaska Sport Fishing License

**Additional fee required for the following classes:**

\$35 Horseback riding

\$25 Kayaking