



## Becoming an Outdoors-Woman Winter Workshop, March 8-10, 2019

Victory Bible Camp, Chickaloon, Alaska

Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Workshop activities are balanced between hunting & 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 have hoped 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.

### Tentative Workshop Agenda

#### Friday March 8th

- 11:00 am - 12:30 pm Check In
- 12:30 pm - 12:45 pm Welcome
- 12:45 pm - 1:45 pm Lunch
- 2:00 pm - 5:30 pm Session I
  - A. Chainsaw
  - B. Dutch Oven Gourmet
  - C. Dog Mushing
  - D. Field Dressing
  - E. Firearm Safety
  - F. Fish Leather
  - G. Fishing 101
  - H. Map & Compass
  - I. Pond to Pan
  - J. Small Game Hunting
  - K. Snowshoeing
  - L. Winter First Aid
- 5:30 pm - 6:30 pm Social Hour
- 6:30 pm - 7:30 pm Dinner
- 7:30 pm - 9:30 pm Evening Program

#### Saturday March 9th

- 8:00 am - 8:45 am Breakfast
- 9:00 am - 12:30 pm Session II
  - M. Alaskan Seafood
  - N. Archery
  - O. Chainsaw
  - P. Dog Mushing
  - Q. Fly Fishing 101
  - R. Ice Fishing
  - S. Moose Hunting
  - T. Shotgun
  - U. Smoking Fish
  - V. Snowshoeing
  - W. Tracking & Trapping
  - X. Winter Camping

#### Saturday March 9th

- 12:45 pm - 1:45 pm Lunch
- 2:00 pm - 5:30 pm Session III
  - Y. Archery
  - Z. Canning Fish
  - AA. Cross Country Skiing
  - BB. Dutch Oven Gourmet
  - CC. Fly Fishing 201
  - DD. Ice Fishing
  - EE. Outdoor Adventure Writing
  - FF. Rifle Markswoman
  - GG. Skinning & Hide Prep
  - HH. Wild Edibles
  - II. Winter Survival
- 5:30 pm - 6:30 pm Social Hour
- 6:30 pm - 7:30 pm Dinner
- 7:30 pm - 9:30 pm Evening Program

#### Sunday March 10th

- 8:00 am - 8:45 am Breakfast
- 9:00 am - 12:30 pm Session IV
  - JJ. Avalanche Safety & Rescue
  - KK. Burbot Set Lining
  - LL. Butchering Wild Game
  - MM. Chainsaw
  - NN. Cross Country Skiing
  - OO. Dog Mushing
  - PP. Duck Hunting
  - QQ. Fly Tying
  - RR. Fur Sewing
  - SS. Rifle Markswoman
  - TT. Sourdough
  - UU. Wild Edibles
- 12:45 pm - 1:45 pm Lunch
- 2:00 pm Closing

### Program Sponsors

#### Alaska Sponsors

Alaska Cruise Association  
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#### International Sponsors

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Pheasants Forever  
Rocky Mountain Elk Foundation  
SCIF Sables  
UWSP Natural Resources  
UWSP Foundation Inc.

## Workshop Notes

- **Cancellation Policy: Read Carefully!** When you submit your registration form you are agreeing to these terms!
  - Cancellations made more than 30 days prior to the workshop shall receive a full refund minus a \$15 processing fee.
  - Cancellations made 15 – 30 days prior to the class will be refunded 50% of the workshop fee.
  - Cancellations made 14 days or less prior to a class will not be refunded.
  - You may transfer your registration upon approval of the workshop coordinator. [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov)
- **Confirmation:** Upon receipt of your registration and payment you will receive a confirmation email. **On February 6th** we will send you an email with your class list, a list of what to bring, driving directions and carpool listings.
- **Equipment:** All equipment will be provided unless otherwise noted in the course descriptions. **PLEASE DO NOT BRING FIREARMS, AMMUNITION, ARROWS OR KNIVES.** Please see “What to Bring” for personal gear information.
- **Fishing Licenses:** Ice Fishing classes require a valid 2019 Alaska Sport Fishing license. You can bring your license with you or purchase one at the workshop.
- **Lodging:** Will be in heated bunkhouses with electrical outlets which contain 8 to 12 beds and bunk beds. Bathrooms and shower facilities are located in nearby buildings. **Please bring your own sleeping bag, pillow, flat sheet, towel and flashlight.** Indicate any special needs regarding access.
- **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 on Victory Bible Camp property.
- **Registration & Payment Process:** The “Becoming an Outdoors-Woman” program is designed to help introduce people to the outdoors. Workshops are lots 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. Applications from newcomers received before February 1st will be processed immediately in the order received. Applications from “experienced” participants (those who have attended **TWO** BOW Alaska Workshops before) received prior to February 1st will be placed on the waiting list, and held until February 1st. On and after February 1st, **ALL** remaining and incoming applications will be processed in the order received. Upon submission of your registration form and payment online, you will receive an email indicating that your submission and payment has been received. Please note, your credit card statement will show a charge from the Outdoor Heritage Foundation of Alaska (OHFA).
- **Scholarships:** A limited number of partial scholarships may be available to **FIRST TIME** BOW Workshop participants. Please email [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov) for additional information.
- **Smoking & Drinking:** Victory Bible Camp is a smoke-free facility and alcohol is prohibited. Smoking is only permitted in personal vehicles.
- **Special Class Fees:** Some classes require an additional fee for materials. If your class selection includes one of these classes, you will be provided with a link to pay online via the Outdoor Heritage Foundation of Alaska (OHFA) website to make final payment to cover the class fees.
- **Special Needs:** If you have any special needs, including dietary requirements or special needs that require assistance please indicate this on the registration form. We will try to accommodate your needs.
- **What to Bring:** Classes are outdoors and hands on. For your safety and comfort it is important for you to bring warm clothing. Be prepared to dress in layers, including: winter boots, hat, gloves, winter coat, and winter pants.
- **Workshop Fee:** \$275, this includes instruction in all sessions, program materials, equipment use, lodging and meals.
- **Workshop Funding:** The BOW program is made possible by the cooperative efforts of the Alaska Department of Fish & Game (ADFG) and their official foundation the Outdoor Heritage Foundation of Alaska (OHFA). OHFA is a nonprofit organization dedicated to education in hunting and fishing. OHFA is supported by donations from individuals, companies, and organizations with an interest in sharing their enthusiasm for outdoor activities. [www.ohfak.org](http://www.ohfak.org)
- **Silent Auction:** Each year we try to make the BOW workshops break even financially so that we are able to continue the program. One way we do this is by holding a Silent Auction at each workshop. If you have any items, especially those that are outdoor related and that you would like to donate to the cause, please bring them to the workshop. These items may be new or used, although they should be in good shape and have some useful life remaining.
- **Raffle:** There will also be raffles with fabulous prizes. So bring your spare change, mad money, credit card or check book and you could go home with the bargain of the century!

## Workshop Class Descriptions

**Alaskan Seafood** – You have collected your bounty of delicious Alaskan seafood but you don't know what to cook. Let our seafood Extraordinaires inspire you with practical, affordable, and healthy delights. Learn recipes for cooking salmon, halibut, shrimp, crab and other local fare. Tasting required! Class is held indoors.

**Archery** – How do you hold a bow? What is a nock? Can you really hit that target? Absolutely! You will be shooting compound and recurve bows successfully after learning about archery equipment and proper techniques from local archery shop staff. Class is held indoors.



**Avalanche Safety & Rescue** – Learn to recognize potential avalanche situations, search priorities, and use of a beacon, probe, and shovel to recover a buried team member. Basic medical protocols, summoning of additional assistance, evacuation priorities, and where to get additional training with the instructors from Alaska Mountain Rescue Group. Class is held in and outdoors.

**Burbot Set Lining** – Discover hands on how to fish for the only freshwater cod, the burbot! This class will teach you about the range, life history and habitat of burbot, how to target them, and more. Build your own setline to take home and head out to the lake and fish for burbot! Class is held in and outdoors.

**Butchering** – Learn how to identify which cuts of meat make the best steaks, roasts, and burger. And how to efficiently package each cut to preserve for future enjoyment. Take home some meat to share with family and friends. Class is held indoors. *Additional \$50 fee for this class.*

**Canning Fish** – Save that salmon by canning it so it can be enjoyed year round. Learn how to can salmon using glass jars and a pressure cooker. Take home some canned salmon to share with family and friends. Class is held indoors.

**Chainsaw** - Learn about chainsaws, safety equipment, and proper techniques needed to safely operate a chainsaw. Learn basic chainsaw maintenance, how to limb trees, cut logs, and stack firewood. Class is held in and outdoors.

**Cross Country Skiing** – Learn classic cross-country skiing techniques from Alaska's elite skiers! *Prerequisites – Must be able to walk ½ mile.* Class is held mostly outdoors. Skis, boots, and poles are supplied. Please indicate shoe size, height, and weight on registration form.

**Dog Mushing** – Whether you want to learn about dog mushing for fun, racing, or packing gear, this is the class for you. Local mushers will teach you about dog care, equipment, and mushing skills. *Prerequisites - Must love dogs and be able to jog ½ mile.* Class is held outdoors. *Additional \$25 fee for this class.*

**Duck Hunting** – Discover the excitement and basic fundamentals of duck hunting! Topics include waterfowl species identification, ammunition & firearm selection, gear, how to use decoys & blinds, duck calling, working with a retriever, and how to clean and cook ducks. No actual shooting. Class is held indoors.

**Dutch Oven Gourmet** - Put away the hot dogs and freeze dried food! Cook incredible meals in the field like berry scones, cinnamon rolls, chicken enchiladas, wild game lasagna, pineapple upside down cake and coconut cream cheese cake! Class is held in and outdoors.

**Field Dressing** – After you shoot, now what? Learn how to butcher game in the field. Instructors will talk you through it as YOU cut up a game animal and pack it out of the woods. Class is held outdoors. Take home some meat to share with family and friends. *Additional \$50 fee for this class.*

**Firearm Safety** - Learn about handling firearms safely, firearm care, and the selection and purchase of firearms. No actual shooting. Participants must take this class or show valid Hunter Education Certificate to participate in the Shotgun and Rifle Markswoman classes. Class is held indoors.

**Fish Leather** – Don't let that fish skin go to waste! This class will teach you how to process a variety of fish skin into fish leather. Learn how to make a fish leather handicraft and wear it home. Class is held indoors.

**Fishing 101** – Introduction to the fundamentals of fishing, how to choose your basic gear, rod weights and length, types of line, knots and rigging, lure selection, bait and essentials of the cast. Class is held in and outdoors.

**Fly Fishing 101** – Introduction to the fundamentals of fly fishing, how to choose your basic gear, rod weights and length, types of fly line, knots and rigging, fly selection, and essentials of the cast. Class is held in and outdoors.



**Fly Fishing 201** – Take your fly fishing skills to the next level. This class will cover casting and presentation for those with some experience, knot variations, reading the water, fishing the fly, and much more. Class is held in and outdoors.

**Fly Tying** – Creating a fly to lure a fish is part science and part art. Learn how to tie flies that catch fish in Alaska and how to fish those flies. Class is held indoors.

**Fur Sewing** – Now that you have trapped it, cleaned it, and tanned it, make something out of it! Learn how to make a fur handicraft and then wear it home. Class is held indoors. *Additional \$50 fee for this class.*

**Ice Fishing** – Learn how to fish through a hole in the ice! You will learn ice safety, equipment, bait selection and how to catch monster fish! Class is held outdoors. **Prerequisites:** A valid 2019 Alaska Sport Fishing license is required.



**Map & Compass** – Gain confidence in the outdoors by learning how to know where you are and how to get where you want to go. Learn basic compass and map reading skills, and how to orient your map with your compass. Class is held in and outdoors.

**Moose Hunting** - Want to go moose hunting but don't know where to start? Learn how to interpret game regulations, moose habitat and habits, as well as how to select the appropriate gear and rifle for your hunt. No actual shooting. Class is held indoors.

**Outdoor Adventure Writing** – Hands-on session will include a brief tutorial on nature and adventure journaling as well as writing for publication followed by a fun writing practice. Perfect for beginning or advanced writers looking for techniques to expand their writing tool kit, this session will provide practical tips on writing outdoor narratives and shaping ideas into stories. Taught by Outdoor Columnists Christine Cunningham and Steven Meyer. Class is held in and outdoors.

**Pond to Pan** – You've caught it, now what? After it is out of the water, learn how to clean, fillet, cook, and freeze your catch to make it last all year. Class is held indoors.

**Rifle Markswoman** – This class will teach you how to shoot .22 rifles safely and accurately. Learn basic shooting techniques and positions. **Prerequisites** - *Firearm Safety Class or valid Hunter Education Certificate. Physical Requirements* – Ability to hold a .22 rifle and withstand minimal recoil. Class is held outdoors.

**Shotgun** – Interested in bird hunting or clay target shooting? Learn the basic fundamentals of shooting at moving targets. You will be breaking clay targets before you know it! **Prerequisites** - *Firearm Safety Class or valid Hunter Education Certificate. Physical*

Requirements – Ability to hold a shotgun and withstand minimal recoil. Class is held outdoors.

**Skinning & Hide Prep** – Don't let that hide go to waste, learn how to care for your harvest! This class will teach you how to skin and care for your critters hide before it goes to the tannery. Instructors will talk you through it as YOU dress out a furbearing animal. Class is held indoors.

**Small Game Hunting** - Want to go small game hunting but don't know where to start? Learn how to interpret small game regulations, game bird and snowshoe hare habitat and habits, as well as how to select the appropriate gear and firearm for your hunt. Learn how to clean game birds and snowshoe hare. No actual shooting. Class is held indoors.

**Smoking Fish** – Preserve your salmon by drying and smoking your catch so you can enjoy it year round. You will learn how to fillet, brine and smoke salmon. Class is held in and outdoors.

**Snowshoeing** – Learn how to hike through the snow with ease! Make tracks and enjoy a winter hike with your group. **Prerequisites** – *ability to walk 1 mile.* Class is held in and outdoors.

**Sourdough** – Learn about sourdough starters and the process of long fermentation that is crucial to making sourdough. Cook up some sourdough recipes and take home the knowledge, confidence, and skills to make sourdough at home. Class is held indoors.

**Tracking & Trapping** - Think you may be interested in trapping? Expert trappers will teach you about various furbearer habits, habitat, trap types, and trapping techniques. Class will be held in and outdoors.

**Wild Edibles** – We are surrounded by a variety of wild edible plants, berries, herbs, mushrooms, and intertidal treats. Learn how to identify and prepare these local delicacies. Class is held indoors.

**Winter Camping** – Learn how to prepare for a winter camping trip, including, where to go, clothing, gear, food, staying warm, and the basics of how to stay safe if you find yourself in a survival situation. Class is held in and outdoors.

**Winter First Aid**– Learn how to prepare and be self sufficient in an emergency situation on a winter trip. Practice emergency skills for a for the wilderness and urban settings . Class is held in and outdoors.

**Winter Survival** - Learn how to prepare for a winter outing and the basics of how to stay safe if you find yourself in a survival situation. Learn basic survival priorities, dressing for winter travel, building emergency shelters, starting a fire, melting snow for water, signaling for help, and assembling a survival kit. Class is held in and outdoors.

