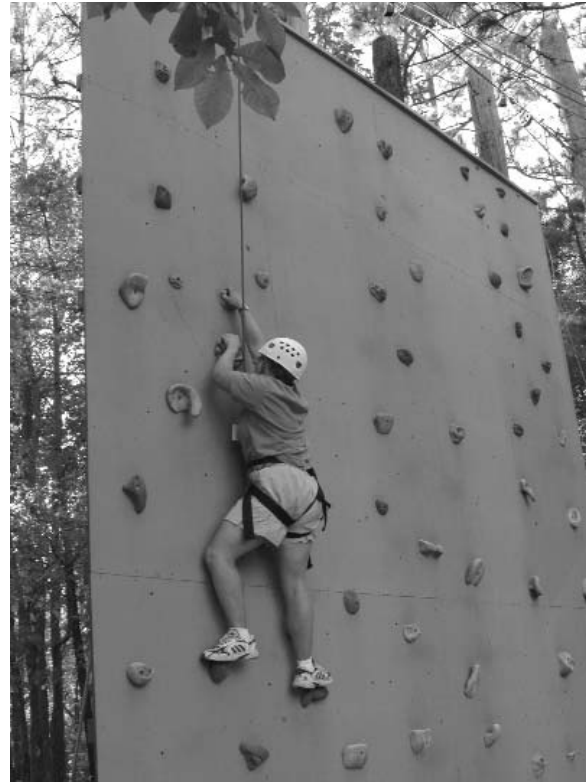



Challenge Yourself . . .

Attend the Becoming an Outdoors-Woman Workshop



becoming an



Alabama *utdoors- Woman* Workshop

October 7-9, 2005

Alabama 4-H Center
Columbiana, Alabama

Sponsored by the Alabama
Department of Conservation &
Natural Resources



Step Outside is a partnership of the Alabama Department of Conservation and Natural Resources, the Alabama Cooperative Extension System, the Alabama Farmers Federation, the Alabama TREASURE Forest Association, and The Nature Conservancy.

Becoming an Outdoors Woman

BOW is a 3-day workshop designed for women. It is an opportunity for women 18 years and older to learn new outdoor skills—skills not only associated with hunting and fishing, but also useful for many other outdoor pursuits.

Becoming An Outdoors Woman will offer information, encouragement, and hands-on instruction in numerous sessions dealing with outdoor skills. You may select from such activities as camping, camp cooking, map/compass, shooting sports, fishing, hunting, canoeing, crafts, archery, rock climbing, and more.

This workshop is for you if . . .



- You have never tried these activities but have hoped for an opportunity to learn.
- You are a beginner who hopes to improve your skills.
- You do some of these activities but would like to try your hand at some new ones.
- You are just looking for the camaraderie of like-minded individuals.

Hunter Education Certification

Since 1974, the Alabama Department of Conservation and Natural Resources has taught Hunter Education to new hunters. In 1992, a law passed making it mandatory for anyone born on or after August 1, 1977, to complete a 10-hour course. Based on firearms safety, laws, ethics, and wildlife conservation and identification, the course has been very successful in lowering hunting incident rates.

Alabama's BOW is offering Hunter Education in its curricula as a way for attendees to receive their certification.

Participants who pre-register for the course must take a portion of the Hunter Ed class from the Internet or a CD-ROM.

Participants must complete and bring the printout of the completed exam with them to BOW. They must pre-register for and attend at least one firearms safety course and the Hunter Education course during the BOW workshop to receive their certification. Participants must be prepared to climb a tree stand and pass a written and oral evaluation during this course using information received from the CD or the Internet as well as classroom instruction.

Workshop Agenda

Friday, October 7, 2005

- 12:00 p.m.Registration, Check-in
- 1:00 p.m.Introduction, Welcome
- 1:30 p.m.SESSION 1
- 5:00 p.m.Free Time
- 6:00 p.m.Supper
- 7:15 p.m. Evening Activities in the Rec Hall

Saturday, October 8, 2005

- 7:30 a.m.Breakfast
- 8:30 a.m.SESSION 2
- 12:00 p.m.Lunch
- 1:30 p.m.SESSION 3
- 5:00 p.m.Camping Setup/Free Time
- 6:00 p.m.Supper
- 7:00 p.m.Evening Activities
Visit an early pioneer camp, hear about life in the old days, sit around a campfire, hear tall tales and be entertained by "Huggin' Bear."

Sunday, October 9, 2005

- 7:30 a.m.Breakfast
- 8:30 a.m.SESSION 4
- 12:00 p.m.Lunch, Wrap-Up & Dismiss

ALABAMA BOATING SAFETY CERTIFICATION

Every Alabama boater born on or after August 28, 1954, must successfully complete an Alabama Boating Safety Course. The lifetime certification is accepted in other states and provinces. To obtain your certification during the BOW workshop, you must register for the following courses:

Session 1 — Select **only** AL Boating Safety Certification course. Participants must take and pass a required exam. The pass rate among BOW participants is still 100 percent. You can do it, too!

Session 2, 3, 4 — Select any courses of interest, since no other courses are required for certification. However, participants will greatly benefit by also taking Motor Boat Handling.

COURSE DESCRIPTIONS

BOATING/CANOEOING

Alabama Boating Safety Certification—See details, p.2.

Motor Boat Handling—Learn how to trailer, launch, board, and operate an outboard motorboat. Safety equipment is demonstrated as well. Practice backing trailers, launching boats, and starting motors. A real confidence builder! **Prerequisite: Boating Safety Certification.**

Canoeing I—Learn the basic knowledge and skills needed to be safe on the water and have a good time in a canoe. We will focus on tandem (two person) paddling—learning basic strokes, moving around in the boat and maneuvering. Class will also include preparation, equipment and safety.

Canoeing II—Pre-requisite: Must have taken Canoe I or have intermediate canoeing knowledge and skills. Refresh your knowledge and skills, then take the next step. Learn additional strokes and skills. Opportunities for solo paddling, beginning moving water (river) skills, and fine tuning flatwater (lake) skills.

Canoeing III/River Adventure Pre-session—Review strokes, moving in the boat, trip preparation and other moving water skills. River reading and rescue will be introduced and you are likely to get wet. Bring to the class the gear you will be taking on the trip. A full gear list will be provided upon registration for the session. **Pre-requisite: Must have taken Canoe I and Canoe II. Requirement for those participating in the Canoe III River Adventure.**

Canoeing III/River Adventure—ALL DAY COURSE. Carpool to the launch site where you will apply your skills on a class 2 river with a rapid (portage-able). Depart after breakfast, enjoy lunch on the river and return to the 4-H Center in time for dinner. Be prepared to get wet (dress in layers)! Bring your own PFD and paddle or use the ones provided on site. **Prerequisites: Canoeing I, II, and the Canoeing III/River Adventure Pre-session.**

Canoe Challenge—NEW! Put your skills to the test in this exciting new adventure of Swamp Canoe, Tug O' War, Pass the Paddle, Obstacle and other games and activities. You are likely to get wet but guaranteed to have a good time! **Pre-requisite: Must have taken Canoeing I or have intermediate canoeing knowledge and skills.**

COOKING

Camp Cooking (Utensil-less)—Stop cooking with heavy pots and pans. Learn to use basic materials such as aluminum foil, paper products, hot coals and your imagination to cook in the outdoors. Once you've cooked with orange peels and reflector ovens, you'll become known as the "Queen of Hobo Dinners."

Dutch Oven Cooking—Achieve gourmet taste while cooking in the outdoors. Learn a variety of techniques from rustic camp cooking to dutch oven cooking. Prepare simple to elaborate recipes, then eat the results!

CRAFTS

Nature Crafts—Fun, hands-on session for the creative person! Learn to transform nature's bounty into treasures for home, school, or office. **Participants must bring their own light-colored t-shirt, tote bag, visor or other item ready to decorate for this class.**

Nature's Creative Decor—Nature crafts with a seasonal flair. Each class will be different according to the season. This is a class that you can take over and over again because we will try to bring new ideas to each class. Examples: Christmas ornaments, hummingbird floral arrangement. Great ideas to decorate your home and create fond memories!

Outdoor Memories—Learn to embellish and enhance your photographs and create lasting memories. Create fabulous effects on your special photos by cutting, matting, adorning, and embellishing. **Bring your favorite outdoor photos for this class.**

Sticks to Staffs—Learn how to select and design your own personalized walking staff. Participants will learn various woody plants from which to choose, then will get hands-on as they customize their very own. A real make-and-take!

FISHING

ABC's of Flyfishing—Catch 'em on a fly! Master basic fly casting techniques and learn about lines, leaders, knots and fly selection. Participants will become familiar with the necessary equipment for fly fishing and discover places to go to fly fish. Glasses or sunglasses and a hat required.

Angler Adventures—End the weekend with lots of fish fun. Brush up on fishing skills such as knot tying, casting, or baiting a hook. Make your own fishing lanyard and fly. Put all these skills together and go fishin' at Lay Lake. Fishing license required (unless an Alabama resident 65 or older).

Bass Class—Learn basic bass fishing theories, equipment use, lure selection, etiquette and identification. Requirements: sunglasses or glasses, hat and fishing license (unless an Alabama resident 65 or older).

Introduction to Fishing—Develop basic skills needed to catch fish: casting, knot tying, lure selection, bait use, fish identification, and equipment choice. Practice new skills in Lay Lake. Fishing license (unless an Alabama resident 65 or older), hat, and glasses or sunglasses required!

Wooly Buggers and Friends—Explore basic aquatic ecology, equipment and techniques used in lure selection for fly fishing. Learn how to tie your own flies including wooly buggers and other favorite fish foods. Becoming familiar with these hand-tied flies that imitate fish foods plays a key role in having a successful flyfishing trip. **It is recommended that fly fishing be taken in conjunction with this course.**

HUNTING

Alabama Hunter Education Course—Participants who sign up for this course will receive a Hunter Ed CD-ROM. *Complete the course on the Internet or CD-ROM and bring the printout to BOW.* Choose at least one firearms related course Fri. or Sat. Also, choose the Hunter Ed course on Sunday for review and examination.

Deer Hunting—This course covers the biology and habits of the white-tailed deer. Equipment, clothing, camouflage, hunting techniques and safety considerations will be discussed. Outdoor session will include scouting, treestand use and safety.

Falconry—Falconry, once considered the “sport of kings,” is the ancient art and practice of taking game with a trained bird of prey. Fun and thought-provoking, this brief look at falconry will introduce you to the birds, the prey and the art from medieval to modern times. A definitive demonstration of the predator/prey relationship, falconry affords human participants opportunities to witness nature in action. Enthusiasm is the only prerequisite for this course!

From Field to Table—Learn to field dress, cut, and package fish or wild game. From choosing and sharpening a knife, to dressing and putting it on the table, learn the whole process and cap things off with a delightful sampler of wild game and fish.

NAVIGATION SKILLS

Get Your Bearings—Learn the basics of map and compass. Feel comfortable enough in the woods to venture off the trails to experience those “wild places.” Have an exciting hands-on experience. This is always one of our most popular courses!

OUTDOOR SKILLS

Backpacking—Learn what to take along and what to leave behind. Discussion and hands-on practice covers tents, sleeping bags, stoves, menu, camp site selection, and more. Learn how to have a safe, comfortable backpacking experience!

Frontier/Survivor Skills from the 1800s—In this class led by “Huggin’ Bear,” learn how to load and shoot muzzleloading firearms; build a fire with old time flint and steel; use and throw a tomahawk (hand axe); use and throw old time knives; and learn about survival skills from the past and present.

Pioneer Village Tour—Take a walking tour of an authentic pioneer town from around the 1800s. Learn about the history of the era and how people survived without modern necessities. Tour includes a grist mill, church and home.

Rock Climbing—Adventurous hands-on session! Conquer your fear of heights. Build self confidence and practice safety. Yes, participants actually climb! And, yes, you can do it!

Twig Detectives—Southeastern forests are extremely diverse. Many species of trees and plants are found here. Walk through the forest and discover how these trees and plants have been and are used to provide people and wildlife with food, shelter, medicine and everyday products. Learn to use field identification guides.

RIDING SPORTS

ATV Handling—This course stresses safety techniques for riding an ATV (All Terrain Vehicle or 4-Wheeler). Learn proper gear, environmental concerns, pre-ride inspections, as well as proper maneuvers. ATVs and safety equipment will be provided. Participants may bring their own ATV.

Mountain Biking—Bike and helmets will be provided, or you may bring your own. Join us for an off-road adventure. Learn bike selection, maintenance, safety, and proper riding techniques.

SAFETY

Alabama Boating Safety Certification—See page 2.

Alabama Hunter Education Course—See page 2.

Beyond Band-Aids—Learn what to do if a mishap occurs while you are miles from medical help. What you know may mean the difference between life and death. Learn basic first aid for minor injuries as well as lifesaving tips and techniques for serious injuries.

SHOOTING SPORTS

Archery—Learn how to fit and select bows and arrows. Participants will have plenty of time to hone shooting skills at the range. A favorite among participants!

Pistol I—Get hands-on with a handgun! Learn firearms safety and the fundamentals of shooting. Learn the various types of handguns, calibers and actions. Practice your skills on the firing range.

Pistol II—Okay! Okay! You asked for a challenging advanced pistol tactics course. Well, you got it. Now, “lock and load” because the range is “hot.” **Pistol I is a prerequisite.**

Riflery—Learn firearms safety and basic marksmanship skills. Learn rifle types, calibers and actions such as target rifles and popular hunting rifles. Enjoy fun and action on the firing range!

Shotgun I—Learn the basic types of shotguns, as well as how to load, shoot, and clean shotguns. Skeet shooting session provides opportunity to practice. This course is a real BLAST!

Shotgun II—Ready to test your skills learned in *Shotgun I* session? Advanced skeet shooting session teams ladies up for fun and friendly competition. **Shotgun I session is a prerequisite.**

WILDLIFE

Backyard Wildlife—If you want to make your backyard a haven for wild creatures, don’t miss this class. Learn the habitat needs, plant selection and other limiting factors.

Bird Watching—A must for beginning birders. Learn the basics of bird identification, field guide and equipment selection. Bring your binoculars for the field session!

Reading the Woods—The woods are full of “signs” that reveal fascinating facts about the wildlife inhabiting them. Hike the forests and fields as wildlife specialists and skilled outdoorsmen share secrets for recognizing and interpreting “signs.”

Register using this form or register online with a credit card at www.outdooralabama.com

Becoming An Outdoors-Woman (BOW)

October 7-9, 2005

Registration Fee: \$195; Includes Meals and Lodging

Name _____ Work Phone () _____ Home Phone () _____

Address _____

City _____ State _____ Zip _____

Email _____ T-shirt size (circle one) S M L XL 2X

First-time Participant? (circle one) Yes No

All courses are filled on a first-come, first-served basis

CONCURRENT SESSIONS

Rank your 1st, 2nd, 3rd, 4th and 5th choice for EACH session.

SESSION 1 - Friday p.m.	SESSION 2 - Saturday a.m.	SESSION 3 - Saturday p.m.	SESSION 4 - Sunday a.m.
____ AL Boating Safety Cert.	____ Archery	____ ABC's of Flyfishing	____ Angler Adventures
____ Archery	____ ATV Handling	____ Archery	____ ATV Handling
____ Canoeing I	____ Backpacking	____ ATV Handling	____ Backyard Wildlife
____ Deer Hunting	____ Bass Class	____ Camp Cooking	____ Bird Watching
____ From Field to Table	____ Beyond Band-Aids	____ Canoe Challenge NEW!	____ Canoeing II
____ Frontier Skills	____ Canoeing I	____ Falconry	____ Deer Hunting
____ Introduction to Fishing	____ Dutch Oven Cooking	____ Get Your Bearings	____ Hunter Education Cert.
____ Pistol I	____ Falconry	____ Motor Boat Handling	____ Mountain Biking
____ Reading the Woods	____ Frontier Skills	____ Outdoor Memories	____ Nature Crafts
____ Rock Climbing	____ Get Your Bearings	____ Pioneer Village Tour	____ Riflery
____ Sticks to Staffs	____ Motor Boat Handling	____ Pistol II	____ Rock Climbing
____ Twig Detectives	____ Nature's Creative Decor	____ Rock Climbing	____ Sticks to Staffs
____ Canoeing III Pre-Session	____ Pistol I	____ Shotgun II	
	____ Shotgun I		
	____ Woolly Buggers & Friends		
	____ Canoeing III: River Adventure (ALL DAY CLASS) Must take pre-session on Friday		

Lodging is dormitory style and is based on four ladies per room. Use the space below to request up to three roommates:

(1) _____ (2) _____ (3) _____

Registration Checklist:

- Both pages of registration form completed and signed
- Top 5 choices are clearly marked for Sessions 1, 2, 3, and 4
- \$195 check made payable to **Alabama Conservation & Natural Resources Foundation** enclosed
- Mail check and registration form to:

**Information & Education Section
Alabama Dept. of Conservation
64 N. Union St., Suite 449
Montgomery, AL 36130**

SIGNATURE REQUIRED

(participant signature)

By signing above, I recognize the event involves risk and I take responsibility for action or injury that may result by participating. I agree to the following workshop policies.

Cancellation at least 14 days prior to the workshop entitles me to a full refund. After that date, a partial refund equal to half the registration fee will be returned. Written confirmation will be sent after receipt of my registration and payment. The AL Dept. of Conservation & Natural Resources may use photographs taken at the event for promotional purposes.

Thanks to These BOW Sponsors

Alabama Conservation Enforcement Officers Association

Alpen Outdoor

Bass Pro Shops

Bradley Smokers

Buck Knives

Buchmann Tire and Sporting Goods

Buckmasters

Cabela's

Deep South Outdoors

Doskocil

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Federal Cartridge

Hodgdon Powder Co.

International Paper

McKenzie Sports Product

Lynch Worldwide

Morrell Targets

Mossy Oak Apparel

Motorola

National Rifle Association

National Shooting Sports Foundation

Pentax Corporation

Pheasants Forever

Pope and Young Club

PRADCO Outdoor Brands

Pure Fishing

Remington Arms Co.

Rocky Mountain Elk Foundation

Safari Club International

Southland Callers

STEP OUTSIDE®

Summit Specialties

The Orvis Company

Tilia, Inc.

Weatherby Foundation

White Oak Plantation

Wildlife Forever

Wildlife Research Center

Medical Information

1. Emergency, contact: _____

Weekend Phone (if different from home #) _____ Relationship: _____

2. List all prescription and non-prescription medicines currently being taken _____

3. List any allergies (foods, medicines, insects, etc.) _____

4. Medical History: (Check any of the following conditions you currently have or ever had.):

_____ Asthma _____ Heart Problems _____ Stroke _____ Migraines

_____ Back Surgery _____ Chronic Back Problems

_____ Diabetes - If so, are you insulin dependent? Yes _____ No _____

5. Do you wear contact lenses or glasses? Yes _____ No _____

6. Have you had a tetanus immunization within the past two years? Yes _____ No _____

7. Describe any physical condition that will require special assistance during the workshop. _____

Workshop Information

Registration

Participants must be at least 18 years old to attend BOW. Classes are filled on a first-come, first-served basis. Participants who register early are more likely to get their top choices of classes.

Confirmation letters will be sent via email or postal service for registrations received at least two weeks prior to the event. A map to the 4-H Center is on the back of this brochure. Driving instructions are also on the BOW website, www.outdooralabama.com/outdoor-adventures/events_for_women/bow/

Register Online at
www.outdooralabama.com



Meals

Meals are cafeteria style and begin with supper on Friday. **Please eat lunch before arriving on Friday.** If you have special dietary needs, please let us know and we will try to accommodate them.

What to Bring

Classes are held outdoors, so bring clothing suitable for a variety of weather conditions. A flashlight and lawn chair may be useful during the Saturday evening activities. Also bring comfortable shoes, rain gear, bug spray, medications, and sunglasses/hat/visor. You may also want to have money for the raffle, silent auction, soda machine, etc.

Cancellations

Cancellations more than 14 days prior will receive a full refund. Cancellations less than 14 days before the workshop will be refunded half the registration fee.

Lodging

Lodging is dormitory style. Most dorm rooms have two bunk beds with a bathroom. Cabins sleep up to 10 with a bathhouse nearby. All buildings are heated and cooled. Linens are provided.

Silent Auction

Proceeds from the Silent Auction provide BOW scholarships for those who need financial assistance. Your donation of items to be auctioned is appreciated. Items such as walking sticks, handmade crafts and birdhouses have been donated in the past. Please be prepared to pay for all purchases before leaving on Sunday.

Scholarship Raffle

A raffle for a free BOW scholarship will take place with proceeds going to provide registration fees for those who need financial assistance.

Camping

An optional "Camping Under the Stars" activity is offered Saturday night. If you wish to participate, bring a tent, sleeping bag and other necessary equipment. Set-up is on Saturday afternoon.

Please Note

Organizing the BOW workshop takes place months in advance, and every effort is made to offer all scheduled classes. However, due to circumstances beyond our control, instructors, topics and schedules may change. In the event of an unforeseen cancellation, participants are offered an alternative class.

Questions

If you have questions that are not answered in this brochure, call 1-800-262-3151 or email sylvia.payne@dcnr.alabama.gov

Mark Your Calendar!

March 3-5, 2006

is the next Alabama

BOW Weekend Workshop!

The Alabama 4-H Center

The 4-H Center is a modern conference center located in the forested hills of Shelby County overlooking Lay Lake. The Center's facilities provide all necessary amenities for *Becoming an Outdoors Woman* participants, including dormitory lodging, cafeteria-style meals, and bath facilities. Linens are provided. All buildings are heated and cooled, and within walking distance of workshop activities. Alcohol is prohibited at the facility. If you have special dietary requirements that cannot be accommodated by standard buffet-style dining, refrigerator space will be made available.

More information about the Center is available from:
Alabama 4-H Youth Development Center
(205) 669-4241 — www.alabama4hcenter.org

Directions to the Alabama 4-H Center

From Birmingham: I-65 south to exit 228; then follow AL Hwy 25 to Columbiana; at first stop light (Hwy 25/70 intersection), turn right onto College St; continue through Columbiana on College St. until Shelby County Road 28 forks right; follow Co. Rd. 28 to "4-H Center" sign.

From Montgomery: I-65 north to exit 212; turn right onto AL Hwy 145, continue for approximately 20 mi; turn right onto Shelby County Road 28; follow Co. Rd. 28 to "4-H Center" sign.

For more information on BOW contact Sylvia Payne, Information and Education Section
Phone: 1-800-262-3151; E-mail: sylvia.payne@dcnr.alabama.gov; Website: www.outdooralabama.com



**Alabama Department of
Conservation & Natural Resources**
Information & Education Section
64 N. Union St., Ste. 449
Montgomery, AL 36130