

2020 Schedule of Events

This workshop is designed for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but that are also useful in a variety of outdoor pursuits. 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 would like to try your hand at some new activities.
- You are looking for the camaraderie of like-minded individuals.



Friday, October 2

10 – 11:30 a.m. Check-in and Registration
11:30 a.m. – 1 p.m. Lunch and Welcome:
 Fort Robinson Park Superintendent
 BOW Committee

1:30 – 4:30 p.m. SESSION I

- A. Introduction to Firearms
- B. History of Fort Robinson
- C. Beginning Archery
- D. Beginning Fishing
- E. Predator Hunting and Trapping
- F. Turkey Hunting
- G. Photography
- H. Trailering

5 – 6 p.m. Free Time
6 – 7 p.m. Dinner
7:30 p.m. Evening Program

Saturday, October 3

7 – 7:45 a.m. Breakfast

8 – 11 a.m. SESSION II

- I. Intro to Horsemanship
- J. Beginning Shotgun Shooting
- K. Intermediate Archery
- L. Rifle Marksmanship/Muzzleloading
- M. Fly-fishing and Fly-tying
- N. Bighorn Sheep
- O. Landscaping with Native Plants
- P. History of Fort Robinson

Noon – 12:45 p.m. Lunch

All times are Mountain Time. A Nebraska park entry permit is required. Classes and schedule are subject to change. If a class cannot be held as planned, participants will be offered an alternative class. In extreme weather situations, outdoor classes may be changed accordingly to provide safety to all participants and instructors. We reserve the right to determine proficiency to participate in any class.

1 – 4 p.m. SESSION III

- Q. Intermediate Horsemanship
- R. Hunting with Shotguns
- S. Handgun Hunting
- T. Beginning Camping
- U. Dutch Oven Cooking
- V. Hiking
- W. Bow Fishing
- X. Animals of the Pine Ridge

5:30 p.m. Group Photo
6 – 7 p.m. Dinner
7:30 p.m. Evening Program, silent auction, raffles
 (Proceeds go to the BOW scholarship fund and BOW workshop materials and supplies)

Sunday, October 4

7 – 7:45 a.m. Breakfast

8 – 11 a.m. SESSION IV

- Y. Firearm Cleaning & Care
- Z. Deer Hunting
- AA. Trout Fishing
- BB. Primitive Skills
- CC. Bird ID
- DD. Small Game Cooking and Cleaning
- EE. Bow and Crossbow Hunting Basics and Equipment
- FF. Leave No Trace

Look inside for the following inserts:

1. Registration Information
2. Liability/Medical Release
3. Scholarship Information

Sponsored by:



Becoming an Outdoors-Woman

Nebraska Game and Parks Commission
 PO Box 30370
 Lincoln, NE 68503-0370

NebraskaBOW.com

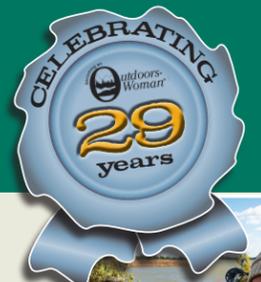


2019-93539 at 12/19

Fort Robinson State Park

Oct. 2-4,
2020

Nebraska's Becoming an Outdoors-Woman Program



From the early days of the Old West until after World War II, majestic Fort Robinson has played many key roles in the history of Nebraska. It was the site of the death of famed Sioux Chief Crazy Horse. Over the years, the fort served the Red Cloud Indian Agency, as a cavalry remount station, K-9 dog training center, POW camp and beef research station. It was established as a state park in 1962. It has rugged Pine Ridge scenery, exciting Old West history, and the park's own buffalo and longhorn herds.

BOW empowers women with the knowledge and skills to get you out hunting, fishing, shooting, camping, and outdoor cooking. Instruction will teach you how to use various tools that will help you provide for yourself in the outdoors. All of the classes will prepare you for outdoor adventures for many years to come.

FOLLOW US ON FACEBOOK AND INSTAGRAM
 at Becoming an Outdoors-Woman Nebraska for more
 information about BOW and Beyond BOW adventures

Selection of Classes

Session Fitness Levels:

Low

Moderate

High

BEGINNING ARCHERY - Indoor/Outdoor class. **Low**



In this beginning archery class participants will receive step by step instruction on proper equipment selection, correct shooting techniques and form, nocking an arrow, targeting, and release techniques, along with basic archery terminology and safety. This is a fun, hands on experience that promotes archery as a healthy lifetime activity. Participants will be doing live shooting. **Equipment will be provided. Participants may bring their own equipment.**

BEGINNING FISHING - Indoor class. **Low**

This intense class will offer hands-on instruction from start to finish, covering equipment, places to go, and landing the fish. Learn about equipment, knot tying, choosing bait, loading a reel and casting and fishing terminology in this logical and simple approach to fishing. **No live fishing will be done in this informational class.**

BEGINNING SHOTGUN SHOOTING - Outdoor class. **Low**



Learn proper techniques in gun handling and safety, and get tips on how to shoot shotguns. Participants will shoot clay rocks. Firearms and safety items will be provided. **Participants must use firearms provided.**

HISTORY OF FORT ROBINSON - Indoor/Outdoor class. **Low/Moderate**

Tour eleven historical buildings plus exhibits in the 1907 post head quarters by shuttle. Witness the Fort's history from its role guarding the Red Cloud Agency (1874–77) through the World War II German prisoner of war camp (1943–46). See how an officer's family lived in the restored 1887 adobe quarters. Walk through the recreated 1874 cavalry barracks, the scene of the famous Cheyenne Outbreak and later home to Crazy Horse, Red Cloud, Dull Knife, Buffalo soldiers, the K-9 Corps, and prisoners of war. Discover their stories at this outpost that witnessed 75 years of army life. **Some walking required.**

BOWHUNTING AND CROSSBOW BASICS AND EQUIPMENT - Indoor/Outdoor class. **Low/Moderate**

This class will cover the basics of bowhunting, crossbows and equipment. You will shoot at various 3-D animal targets from the ground and an elevated stand, and learn tree stand selection, safety, preparation for hunting, tracking and preparation and care of game. **Participants may bring their own equipment.**

BOWFISHING - Outdoor class. **Low/Moderate**



If you have often thought of archery but really enjoy fishing, this might be the next step for you. You will grab a bow and arrows and head to the water as you learn all about the sport of bowfishing in a shooting situation. Participants may bring their own equipment. Sunglasses or protective eyewear required.

ANIMALS OF WESTERN NEBRASKA - Indoor/Outdoor class **Low/Moderate**

Western Nebraska has some of the less common species in the state like the swift fox, shortgrass prairie birds, bighorn sheep and pronghorn along with many other wildlife species. Included in western Nebraska is the beautiful Pine Ridge that is characterized by several hundred square miles of forests, meadows, steep buttes, small canyons, and numerous small streams. Learn about the abundance of wildlife that live here and the diversity of plant communities of the prairies, woodlands, wetlands and riparian systems.

DEER HUNTING - Indoor/Outdoor class. **Low/Moderate**

This class will cover the biology and habits of deer. Learn the essentials of hunting these animals from gear, firearms, safety and hunting strategies through hands-on field experience and simulated hunting situations. You will scout, track and look at different blinds/stands as we explore the challenge of chasing big game. Be ready for hands-on activity and wear proper shoes/boots for some hiking.

FIREARM CLEANING & CARE - Indoor class. **Low**

Owning a firearm is a lot of fun but it also means properly caring for and maintaining your gun if you want it to last and shoot properly and safely. Learn shortcuts and tricks that make cleaning a gun simple to learn and remember, and find out what household items along with tools and cleaning products from the gun industry can make the task of cleaning or maintenance much easier.

TURKEY HUNTING – Indoor/Outdoor class. **Low**

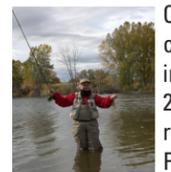


This class will cover the biology and habits of the wild turkey. Discussion will include hunting strategies including the Pine Ridge and other areas, equipment, clothing, camouflage, calling, patterning a shotgun, chokes to use and safety. No actual hunting will be done.

LANDSCAPING WITH NATIVE PLANTS - Indoor/Outdoor class. **Low/Moderate**

Landscaping is a great way to enjoy the outdoors. It is gratifying to create a sustainable wildlife friendly habitat that is also a place to relax and connect with nature. Find out which native plants will work best in your landscape and the different species of birds, butterflies and other wildlife they will attract. Participants will learn about feeding, watering, identifying wildlife and planting for wildlife habitat.

FLY-FISHING AND FLY TYING - Outdoor class. **Low**



Class will cover all aspects of fly-fishing, including casting, equipment, instructions on reading water, insects and their hatches and use of various knots. A 2020 Nebraska fishing permit and Aquatic Stamp is required. Bring sunglasses or other eye protection. Participants may bring their own equipment.

INTRO TO HORSEMANSHIP - Outdoor class. **High**



This introductory class teaches the basics of horse behavior and care. Learn about characteristics, grooming, and basic riding concepts. Then put your skills to the test on our trail ride that takes you up into the buttes and see nature from a unique viewpoint.

INTERMEDIATE ARCHERY – Outdoor class. **Low/Moderate**

This next step in archery will teach you to tune your own bow, set nock points and adjust sights. We will fine tune your form and go over how to extend your shooting distance. This course is for those who already shoot archery but want to hone their skills or learn to tune their equipment, and will help you advance your skills beyond the beginning archery phase. Participants should bring their own equipment. Equipment will be available. Basic archery knowledge and skills are beneficial prior to taking this class.

HUNTING WITH SHOTGUNS - Outdoor class. **Low**



This offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets. Students will learn what game animals can be hunted and how to hunt with shotguns, along with gun selection, game loads and chokes.

INTRODUCTION TO FIREARMS - Indoor class. **Low**



Learn basic firearm safety, gun handling, identifying guns and the use of various firearms and types of ammunition. It will help you gain confidence and knowledge about firearms. No live shooting will be done.

BIGHORN SHEEP - Indoor/Outdoor class. **Low/Moderate**

Learn about the history and ecology of the bighorn sheep of the Pine Ridge and how these animals were reintroduced from declining populations. Find out what the challenges are in keeping the herd healthy and at suitable populations, and learn about the studies that are conducted on these majestic animals of the hills and buttes. Wear comfortable hiking shoes as you will go in the field to view bighorn habitat and hopefully get a glimpse of some.

TROUT FISHING - Indoor/Outdoor class. **Low**



Learn what lures and baits to use to attract trout while fishing on a pond. Techniques include fly fishing, rod and reel, casting, lure presentation and other tricks of trout fishing. A 2020 Nebraska fishing permit and Aquatic Habitat Stamp is required. Participants may bring their own equipment.

SMALL GAME COOKING – Outdoor class. **Low**



Now that you have your game birds or small game, learn how to properly clean and care for them from field to table. This course takes you from the field to the table, teaching you equipment basics such as how to choose and sharpen a knife as well as sharing recipes for putting a savory meal on the table along with tasting samples.

LEAVE NO TRACE - Indoor class. **Low**

Participants will receive training in the skills and ethics of Leave No Trace. Topics include the underlying concept of minimum impact recreation and the seven principles of Leave No Trace: plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, be considerate of other visitors camping.

PRIMITIVE SKILLS – Outdoor class. **Low/Moderate**



Go back in time and learn the ways of the past. Try your hand at atlatl spear throwing, tomahawk throwing and sling shots. Learn about basic shelter making, cordage, knot tying, nature awareness and different tools used in primitive survival. Discover nature by becoming part of nature using primitive skills and tools.

PHOTOGRAPHY - Indoor/Outdoor class. **Low**

Learn outdoor photography from our award winning Nebraskaland Magazine staff. Using point-and-shoot and digital cameras, this class will concentrate on field photography. It will cover basic camera operation, settings, subjects, lighting, composition, and practical field photography. Students may bring their own camera and equipment.

TRAILERING - Outdoor class. **Low/Moderate**

This class will cover how to properly hitch a trailer to a vehicle, safely maneuver and pull a trailer, and back a trailer into a parking spot. This is a great opportunity to try your hand at trailering, backing and pulling skills.

RIFLE MARKSMANSHIP AND MUZZLELOADING - Outdoor class. **Low**



Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders (provided: please do not bring your own firearm). Learn marksmanship and shooting techniques along with shooting high-powered rifles used in hunting scenarios. Then learn how to clean and care for muzzleloaders and rifles.

HANDGUN HUNTING AND SHOOTING - Outdoor class. **Low**



This course will cover the basics of hand gun shooting. Safety, handling and shooting techniques will be covered as well as how and what to hunt with handguns. Participants will shoot .22 handguns at strategically placed targets. Once comfortable with .22 shooting, we will move up to higher caliber handguns used in hunting scenarios.

DUTCH OVEN COOKING - Outdoor class. **Low**



Learn how to cook in a Dutch oven on coals, a campfire and on a camp stove. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There are several opportunities to practice your newly-developed skill and you'll love eating what you make in this class.

PREDATOR HUNTING AND TRAPPING - Indoor/Outdoor class. **Low**

This class will teach trapping basics and how to call a wide variety of predators. Learn calling techniques, how to use different types of calls, and which calls work best in different situations. How to prepare for the hunt, observing predators, hunting equipment and the tricks of hunting predators will be covered. Learn how to trap, what kinds of traps to use, scents used and the basics of how to trap, along with the history and importance of trapping. The class will go on a short hike to observe signs and learn tracking skills.

BEGINNING CAMPING - Indoor/Outdoor class. **Low**



Learn how to pack and prepare for a camping trip, starting with hands-on demonstrations using various types of equipment, how-to tips, where to go, and fun things to do while camping. Fire building and cooking over fire will be covered in this well-rounded class. Participants will learn how to make camping a positive and enjoyable experience by utilizing new-found skills.

BIRD ID - Indoor/Outdoor class. **Low**

Increase your enjoyment of bird watching and learn different types of bird habitat, as well as seasonal and daily cycles necessary for watching birds. Learn how to identify birds by habitat, sound, color and field markings. Bring your own binoculars and bird guide if you have them. Class starts indoors before going outdoors on a short hike.

HIKING - Indoor/Outdoor class. **Low/Moderate**



Learn how to select equipment that will make hiking more fun and comfortable. Equipment will be demonstrated and safety will be discussed. Discover some of the hiking and biking trails across the state. Learn how to pack and prepare for a day trip starting with the basics and working your way to more advanced trips. Wear good hiking boots/shoes; class will go on a short hike.