This workshop is designed for anyone 18 or older to learn outdoor skills associated with hunting and fishing that are useful in a variety of outdoor pursuits. This workshop is for you if:

• you have never tried these activities but want to learn.
• you are a beginner who hopes to improve your skills.
• you would like to try new activities.
• you are looking for the camaraderie of like-minded individuals.

Friday, SEPTEMBER 30

10 – 11:30 a.m.  Check-in and Registration
11:30 a.m. – 1 p.m.  Lunch and Welcome:

1:30 – 4:30 p.m.  SESSION I

A. Introduction to Firearms
B. Outdoor Cooking
C. Archery
D. Turkey Hunting
E. Introduction to Fishing
F. River Ecology
G. Hiking and Backpacking
H. Introduction to Kayaking & Ecology

6 – 7 p.m.  Dinner
7 p.m.  Evening Program

Saturday, October 1

7 – 7:45 a.m.  BREAKFAST
8 – 11 a.m.  SESSION II

I. Wild Edibles
J. Beginning Shotgun Shooting
K. Fly Tying
L. Fish Cleaning and Cooking
M. Rifle Marksmanship/Muzzleloading
N. Modern Camping
O. Deer Processing
P. Trapping

Noon – 12:45 p.m.  Lunch
12:45 p.m.  Group Picture

Sunday, October 2

7 – 7:45 a.m.  Breakfast
8 – 11 a.m.  SESSION IV

Y. Birding
Z. Geology
AA. Hunting with Handguns
BB. Photography
CC. Bowhunting Basics and Equipment
DD. Game Calling
EE. Park Tour
FF. Advanced Fishing

Look inside for the following inserts:
1. Registration Information
2. Liability/Medical Release
3. Scholarship Information

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Facebook.com/BOWNebraska

BECOMING AN OUTDOORS WOMAN (BOW)

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.
DEER HUNTING

This class will cover the biology and habits of the wild deer. You will learn to identify trees and shrubs, and how to properly care for your trees. Participants will hike a moderate trail. If you do not have your own gear, we will provide some. We will explore the history of trapping, for harvesting wildlife in today's world, proper trapping equipment, and safety. This class is for those new to trapping or with little experience. Participants must use firearms provided. Significant firearm experience is required as a prerequisite.

BEGINNING SHOTGUN SHOOTING - Indoor class Low

This workshop is for those new to firearms or with little experience. Learn how to identify trees, how to properly care for your trees, and how to safely handle, load and shoot rifles and muzzleloaders (provided, please do not bring your own firearm). Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders. Participants must use firearms provided. Significant firearm experience is required.

PHOTOGRAPHY - Indoor/Outdoor class Low

This class will concentrate on field photography, including composition, settings, subjects, lighting, and practical field photography. Learn what to do when an accident happens outdoors. This class will cover the biology and habits of the wild turkey. Discussion will include hunting strategies in different terrain and habitat, equipment, clothing, camouflage, calling, patterning a shotgun, chokes to be used and increasing your overall knowledge about firearms in the home.

WILDERNESS FIRST AID - Indoor/Outdoor class Low

Participants will hike a moderate trail. Imagine it's 1804 and you are part of the Lewis and Clark Expedition, exploring the landscape and interacting with the trees found on the property. The class will cover the biology of big game. Learn the essentials of hunting from gear, clothing, and equipment strategies through hands-on field experience and simulated hunting situations. You will scout, track and look at blinds/stands as we explore the challenge of chasing big game. Be ready for hands-on activity and some hiking.

WILDERNESS FIRST AID - Indoor/Outdoor class Low

Now that you have caught your fish, learn how to properly clean and care for it. Share recipes for putting a savory meal on the table and taste samples. Learn the art of plank grilling that complements modern culinary techniques. Discover healthy cooking mediums that add incredible flavor and are easy for any home cook.

FLY FISHING - Indoor/Outdoor class Low

This class will cover all aspects of fly-fishing, including casting, equipment, instructions on reading water, insects and the hatch, and use of various flies. A 2022 Nebraska fish permit and Aquatic Stump is required. Bring sunglasses or eye protection and fly rod and equipment, if you own them.

FLY TYING - Indoor class Low

This class will introduce basic techniques for tying popular warm- and cold-water flies. Participants will tie their own flies. Equipment and materials are provided.

BOWFISHING - Indoor class Low

If you have ever considered archery but really enjoy fishing, this might be 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. Participants must bring their own equipment. Sunglasses or protective eyewear required. A 2022 Nebraska fishing permit and Aquatic Stump is required. Purchase permits online at OutdoorNebraska.org. Permits are available at Ponca State Park.

BEGINNING SHOTGUN SHOOTING - Indoor class Low

Learn proper techniques in gun handling, safety and gun tips on how to shoot shotguns. Participants will shoot clay rocks. Firearms and safety items will be provided. Introduction to Firearms, Hunter Education or significant firearm experience is required. Participants must use firearms provided. Hunter Education can be taken online before the workshop at OutdoorNebraska.org/huntereducation.

BOWHUNTING BASICS AND EQUIPMENT - Outdoor class Low

This class will cover the basics of bowhunting and equipment. You will shoot at various 3-D animal targets from the ground and from a tree stand; learn about tree-stand selection, hunter safety, preparation for hunting, animal tracking, and preparation and care of game. Participants may bring their own equipment. Significant firearm experience is required. Participants must use firearms provided.

EATING ON THE LANDSCAPE: AN INTRO INTO WILD FOODS - Outdoor class Low

Discover the flavors of the forest in this class. There is an entire grocery store of delicious, local, wild foods just waiting outside your backyard. We will focus on how to identify key features of wild edible plants, knowing when and what to sustainably harvest, how to prepare, and even sample some wild flavors. May go for a short hike.

OUTDOOR COOKING - Outdoor class Low

Learn how to use various types of outdoor cooking equipment in this informative class. There are many techniques used to cook outdoors, which transform meals into one-of-a-kind flavorful dishes. This class will focus on using cast iron, cooking over a campfire and smoking foods along with many other techniques. Participants must bring their own equipment to enhance your outdoor cooking at camp or your own backyard.

MAGNIFICENT MAMMALS - Indoor class Low

Participants will learn about and identify birds of prey and learn about 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 want to use your own; some will be provided.

PLINKING AND SLINGING - Outdoor class Low

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