

Becoming an Outdoors-Woman

Nebraska Game and Parks Commission
PO Box 30370
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NebraskaBOW.com



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NOW at Ponca State Park!

Sept. 30 -
Oct. 2, 2016

Nebraska's Becoming an Outdoors-Woman Program



Selection of Classes

Session Fitness Levels:

Low

Moderate

High

ARCHERY - Outdoor class. Low

Participants will learn proper equipment selection, correct shooting techniques and form, along with basic archery terminology. Participants will be doing live shooting and may bring their own equipment.

BASIC FISHING SKILLS - Indoor/Outdoor class. Low

This class will offer hands-on instruction on choosing equipment, landing a fish, knot tying, choosing bait, loading a reel, and casting. (Fishing may be done during free time, weather permitting. A 2016 Nebraska fishing permit and Aquatic Stamp are required to fish and may be purchased at the park.

BEGINNING SHOTGUN SHOOTING - Outdoor class.

Low/Moderate Learn proper techniques in gun handling, safety and get 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.

BOWFISHING - Outdoor class. Low/Moderate

If you have often thought of archery but really enjoy fishing, this might be your next step. 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 are required. A 2016 Nebraska fishing permit and Aquatic Stamp are required and may be purchased at the park.

BOWHUNTING BASICS AND EQUIPMENT -

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

RIVER KAYAKING - Outdoor class. High

Paddle the beautiful Missouri River near Ponca State Park and experience river kayaking at its best. Participants must have ample experience in paddling and river kayaking or beginning kayaking is required. We suggest bringing half gloves to prevent blisters and wear proper clothing (see "What to Bring" list).



BIG GAME HUNTING -

Indoor/Outdoor class. Low/Moderate This class will cover the biology and habits of big game. Learn everything about hunting deer and turkeys 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 some hiking.

FISH CLEANING AND COOKING - Indoor/Outdoor class.

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

FLY-FISHING - Indoor/Outdoor class. Low

This 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 2016 Nebraska fishing permit and Aquatic Stamp are required. Bring sunglasses or eye protection and fly rod and equipment, if you own them.



BIRDING AND 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 want to use your own, some will be provided.

INTERMEDIATE SHOTGUN SHOOTING - Outdoor class.

Low/Moderate This offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets. Introduction to Firearms, Hunter Education or significant firearm experience is required. Participants must use firearms provided.

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. This course, Hunter Education or significant firearm experience is required for the Beginning Shotgun Shooting, Rifle Marksmanship/Muzzleloading, and Pellet Gun classes.

BEGINNING KAYAKING & CANOEING - Outdoor class.

High Learn about different types of kayaks and canoes, the parts of each vessel, differences in paddles, strokes to use, techniques, other equipment and safety. Depending on weather conditions, participants will test newly learned skills in a nearby pond. We suggest bringing half gloves to prevent blisters and wear proper clothing (see "What to Bring" list).

READING THE WOODS - Indoor/Outdoor class. Moderate

Learn to observe and identify flora and fauna while hiking along the park's trails. Discuss plant and animal interrelationships and how to read animal sign. This class will hike the majority of class. Wear appropriate clothing and footwear. Bring binoculars if you have them.

ON POND FISHING - *Outdoor class. Low/Moderate*

Take a trip to the catch-and-release pond with your fishing instructors. You can try fishing with a variety of fishing equipment and methods: rods, reels, fly-fishing, float-tube fishing and fishing from a kayak. Bring sunglasses or protective eyewear. A 2016 Nebraska fishing permit and Aquatic Habitat Stamp are required. Participation in Basic Fishing Skills, Beginning Fly-Fishing or good knowledge of casting and knot-tying is required. Participants may bring their own equipment.

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. Participants may bring their own camera and equipment.

RIFLE MARKSMANSHIP AND MUZZLELOADING -

Outdoor class. Low/Moderate Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders. Learn marksmanship and shooting techniques, as well as how to clean and care for percussion cap rifles, in-line rifles and shotguns.

DO NOT bring your own firearm. Introduction to Firearms, Hunter Education or significant firearm experience is required.

PELLET GUN SHOOTING - *Outdoor class. Low*

This is for anyone who is not ready to shoot a high-powered rifle but wants to learn the techniques of shooting. Learn how to hold and shoot a pellet gun, along with shooting instruction, equipment use and safety. Enjoy shooting targets at the range. Introduction to Firearms, Hunter Education, or significant firearm experience is required.

DUTCH OVEN COOKING - *Outdoor class. Low*

Learn how to cook using a Dutch oven. This class will provide the basic requirements for storage, preparation and cooking in the outdoors. There are several opportunities to practice your newly-developed skill as you prepare meals during this hands-on class.

CAMPING BASICS AND PRIMITIVE FIRE BUILDING AND COOKING - *Outdoor class. Low*

Learn how to pack and prepare for a camping trip, starting with hands-on demonstrations using various types of equipment. Primitive 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.



HORSE SENSE -

Outdoor class. Moderate

This introduction to horses class will show the basics of how to care for a horse. We will talk about basic anatomy, characteristics, grooming, how to lead the horse, and basic riding concepts. We will then take a trail ride in the park.

PRIMITIVE SKILLS - *Outdoor class. Moderate*

Go back in time and learn the ways of the past before there was black powder and firearms. 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.

ANIMALS OF NEBRASKA - *Indoor/Outdoor class. Low*

This session will discuss Nebraska's amazing biodiversity and how animals interact in the ecosystem. Get ready for a few live animals, lots of skulls and pelts, and a great hands-on presentation loaded with information.

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.



PARK TOUR - *Outdoor class. Low*

Take a tour of Ponca State Park on a hayrack ride and learn about the wonders of this 2,400-acre park encompassing forested rolling hills and Missouri River bottomland. Learn the history of famed Ponca Chief Standing Bear, the Lewis and Clark Historical Trail and other amenities.

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

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

HIKING AND BACKPACKING - *Outdoor class. Low*

Learn how to select equipment that will make hiking and backpacking more fun and comfortable. Equipment will be demonstrated and safety will be discussed. Learn about 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.

WOMEN'S WELLNESS - *Indoor class. Low*

Learn how to use plants as natural remedies to prevent health problems and treat common ailments for women of all stages of life. Learn how to use gardens of herbs as living textbooks that students can touch, taste, and smell. Recipes and other take-home information will be provided.

2016 Schedule of Events *(now at Ponca State Park)*

This workshop is designed for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but 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.
- are a beginner who hopes to improve your skills.
- would like to try your hand at some new activities.
- are looking for the camaraderie of like-minded individuals.



Friday, Sept. 30

10 – 11:30 a.m. Check-in and Registration

11:30 a.m. – 1 p.m. Lunch and Welcome:

Jeff Fields, Ponca State Park Superintendent
and Julie Geiser, BOW Coordinator

1:30 – 5 p.m. SESSION I

- A. Introduction to Firearms
- B. Primitive Skills
- C. Archery
- D. Fly-tying
- E. Dutch Oven Cooking
- F. Park Tour
- G. Hiking and Backpacking
- H. Beginning Canoeing and Kayaking

5 – 6 p.m. Free Time

6 – 7 p.m. Dinner

8 – 9 p.m. Evening Program

9 p.m. Free Time

Saturday, Oct. 1

7 – 7:45 a.m. Breakfast

8 – 11:30 a.m. SESSION II

- I. Women's Wellness
- J. Beginning Shotgun Shooting
- K. Archery
- L. Rifle Marksmanship/Muzzleloading
- M. Basic Fishing Skills
- N. Horse Sense
- O. Reading the Woods
- P. Turkey Hunting

Noon – 12:45 p.m. Lunch

In extreme weather, 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 – 4:30 p.m. SESSION III

- Q. Horse Sense
- R. Beginning Shotgun Shooting
- S. Bowfishing
- T. Fish Cleaning and Cooking
- U. River Kayaking
- V. Big Game Hunting
- W. Fly Fishing
- X. Animals of Nebraska

5:30 p.m. Group Photo

6 – 7 p.m. Dinner

7:30 – 9 p.m. Evening Program

9 p.m. Free Time

Sunday, Oct. 2

7 – 7:45 a.m. Breakfast

8 – 11:30 a.m. SESSION IV

- Y. Birding and Bird ID
- Z. Intermediate Shotgun Shooting
- AA. On Pond Fishing
- BB. Pellet Gun Shooting
- CC. Photography
- EE. Bowhunting Basics and Equipment
- FF. Camping Basics and Primitive Fire Building and Cooking

Look inside for the following inserts:

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

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