



Becoming an Outdoors Woman

Fort Robinson State Park

October 4, 5 & 6
2024



NEBRASKABOW.COM





Nebraska Becoming an Outdoors (BOW)



BOW Weekend Workshop, a program through the Nebraska Game and Parks Commission, is cornerstone event, held annually on the first weekend in October. This three-day workshop includes sessions taught by expert instructors in a supportive environment conducive to learning, making friends and having fun! Participants complete four sessions of their choosing; session workshop topics include hunting, shooting, fishing, ecological education and more.

Registration will open at **10:00 a.m. on April 1, 2024 at NebraskaBOW.com** for first time participants, and any repeat participants who bring a new participants. The repeat participant must register on the same day as their invited new participant, and list each other as roommates. The registration date for repeat attendees without a first-time participant guest will open in May 23, 2024. Registration is taken on a first-come, first served basis; however, there is no guarantee seats will be available in May.

Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if:

- you have never tried these activities and want the opportunity to learn;
- you are a beginner looking to improve your skills;
- you are familiar with some outdoor activities, but would like to try your hand at new challenges;
- you are looking for the camaraderie of like-minded individuals.

HOW TO REGISTER:

REGISTRATION — Register and submit payment online only at **NebraskaBOW.com**. An automated confirmation of registration and class schedule will be sent electronically after registering online. Additional information will be sent in September, along with a map to Fort Robinson State Park and clothing recommendations.

WORKSHOP FEE - Includes instruction, program materials, use of demonstration equipment, all meals and lodging. □ \$250 (includes meals and lodging) □ \$125 (applying for a scholarship). Additional \$50 for lodging charged if arriving Thursday night.


CANCELLATION DEADLINE — Full refunds will be provided if cancellation is made before **July 15**. After that date, a \$100 processing fee will be deducted from your refund. There are no refunds for registrants who do not cancel by **Aug. 1, 2023**; however, you may send a substitute.


SCHOLARSHIP — Limited scholarships valued at \$125.00 are available for Nebraska residents. To apply at NebraskaBOW.com. Scholarship applications are due by **May 1, 2024**. Recipients are required to pay the remaining balance by May 15. See applications for additional requirements.

WHAT TO BRING – Additional information will be sent to participants closer to the event.

LODGING – Participants will stay in the [cabins at historic Fort Robinson State Park](#); bedding will be provided. Thursday night lodging is available for an additional \$50 (no meals); you will need to mark that box on the registration if you choose this option. A Nebraska state park entry permit is required to enter Fort Robinson State Park. To make check-ins faster, purchase permits ahead of time at OutdoorNebraska.org. Permits will be sold at the park.

Contact Julia Plugge with questions:

 402-471-6009

 Julia.Plugge@nebraska.gov



Women's events offered year-round across the state. [Sign up for our newsletter](#) and follow us on [Facebook](#).

Schedule of Events

Friday, October 4

Saturday, October 5

Sunday, October 6

10:00-11:30 a.m. Check-in and Registration

11:30-1:00 p.m. Lunch and Welcome

1:30-4:30 p.m. SESSION I

(Activity options)

- A. Introduction to Firearms
- B. History of Fort Robinson
- C. Beginning Archery
- D. Orienteering
- E. Deer Hunting
- F. Game & Fish Cleaning
- G. Photography
- H. Trailing

4:30 p.m. Free Time

5:30 p.m. Group Photo

6:00 p.m. Dinner/Evening Program

NOTICE:
Fort Robinson
is in Mountain
Time

7:00-7:45 a.m. Breakfast

8:00-11:00 a.m. SESSION II
(Activity options)

- I. Intro to Horsemanship
- J. Beginning Shotgun Shooting
- K. Dutch Oven Cooking
- L. Beginning Rifle Shooting
- M. Beginning Fishing
- N. Bighorn Sheep
- O. Backpacking
- P. Flint knapping

Noon-12:45 p.m. Lunch

1:30 -4:30 p.m. SESSION III
(Activity options)

- Q. Intro to Horsemanship
- R. Beginning Shotgun
- S. Handgun Hunting
- T. Camping Skills
- U. Beginning Fly Fishing
- V. Intermediate Archery
- W. Forest & Fire Ecology
- X. Predator Hunting

4:30 p.m. Free Time

6:00 p.m. Dinner & Silent Auction

7:00-7:45 a.m. Breakfast

8:00-11:00 a.m. SESSION IV
(Activity options)

- Y. Firearm Cleaning & Care
- Z. Canning & Preserving
- AA. Trout Fishing
- BB. Turkey Hunting
- CC. Birding
- DD. Foraging

11:00 a.m. Event ends



Class Descriptions

Session Fitness Levels: **Low** **Moderate** **High**

BEGINNING ARCHERY - Outdoor class. **Moderate**

In this beginning archery class participants will learn step by step instruction on 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.**

BEGINNING FISHING - Indoor class. **Low**

This indoor 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 simple approach to fishing. **No live fishing will be done in this informational class.**

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

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

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

Learn about the history, buildings, people, and exhibits of Fort Robinson and discover their stories at this outpost that witnessed 75 years of army life. On this shuttle tour, your guide will explain the Fort's complex history from the Red Cloud Agency, prisoner of war camp, Buffalo Soldiers, dog training and more. **Some walking required.**

INTERMEDIATE ARCHERY - Outdoor class. **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; learn tree stand selection, safety, preparation for hunting, tracking and preparation and care of game. **Equipment will be provided.**

CANNING – Indoor/Outdoor class. *Low/Moderate*

Understanding the fundamentals of food preservation will give you the knowledge you need to get started preserving food. Transform your garden produce into delicious foods that will keep for months on a shelf. Learn the simple and satisfying process of making foods that fit your lifestyle and find a deep satisfaction of putting up your own food.

FLINTKNAPPING/GEOLOGY - Indoor/Outdoor class. *Low/Moderate*

Introduction to flintknapping class will teach the history and the art of creating a primitive weapon from a piece of rock. In this hands-on class you will learn what rocks to choose and how to sculpt a piece of rock into a sharp tool. After this class, you'll be able to put together your own flintknapping kit and you'll have a new appreciation for this ancient craft. Please wear an old pair of jeans, wear sturdy shoes (no sandals), and bring a pair of disposable leather gloves. Expect to get nicks and cuts on your fingers/hands during this class.

DEER HUNTING - Outdoor class. *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. ***Be ready for hands-on activity and wear proper shoes/boots for some hiking.***

FIREARM CLEANING & CARE - Indoor class. *Low*

Learn shortcuts and tricks that make cleaning a gun simple to learn along with cleaning products from the gun industry that make the task of cleaning and maintenance much easier.

TURKEY HUNTING – Indoor/Outdoor class. *Moderate*

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.

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

Discover the flavors of the forest in this class. There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor. 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. Wear good hiking boots/shoes; class may go outside.

FLY-FISHING - Outdoor class. *Moderate*

Class will cover all aspects of fly-fishing, including casting, equipment used, instructions on reading water, insects and their hatches and various knots used. ***A 2024 Nebraska fishing permit is required. 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.

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

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. Participants will 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. 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 - Outdoor class. *Moderate*

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, knot tying, and other tricks of trout fishing. ***A 2024 Nebraska fishing permit is required. Participants may bring their own equipment.***

GAME & FISH CLEANING – Outdoor Class. *Low*

This course teaches you game and fish cleaning techniques and equipment basics such as how to choose and sharpen a knife as well as sharing recipes for putting a savory meal on the table.

PHOTOGRAPHY - Indoor/Outdoor class. *Moderate*

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 bumper-pull and gooseneck trailer to a vehicle, safely maneuver and pull trailers of different sizes, and back them into a parking spot. This is a great opportunity to try your hand at trailering, backing and pulling skills.

BEGINNING RIFLE SHOOTING - Outdoor class. Moderate

Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders. Learn marksmanship and shooting techniques along with shooting rifles used in common hunting scenarios. **Firearms will be provided, please do not bring your own.**

HANDGUN HUNTING AND SHOOTING – Outdoor class. Moderate

This course will cover the basics of handgun shooting. Safety, handling and shooting techniques will be covered as well as how and what to hunt with handguns. Participants will target shoot using various hunting handguns.

DUTCH OVEN COOKING – Indoor/Outdoor class. Low

Learn how to cook in a Dutch oven on coals. 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/Moderate

This class will teach predator hunting and trapping basics and how to call a wide variety of predators. Learn about calls and calling techniques, equipment and tricks of hunting predators. Then, learn about the basics of trapping, what kinds of traps to use, scents used and more. Class will go on a short hike to observe sign and learn tracking skills.

CAMPING SKILLS – Outdoor class. Low/Moderate

These days, camping can look different for everyone. From tent and car camping to glamping or hanging a hammock in a tree for the night, this class will show how to set up various types of campsites and all the essential gear needed for a great experience. Learn about new tools and special hacks for making camping easy and affordable. There will be hands-on demonstrations using various types of tents and equipment, how-to tips, where to go, and fun things to do while camping.

BIRDING – Indoor/Outdoor class. Low/Moderate

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 will go on a short hike.**

BACKPACKING – Indoor/Outdoor class. Moderate

Bring your favorite day hiking gear and get ready for a collaborative discussion, hike, and backcountry camp setup. We'll explore gear, learn about trail safety, navigate Leave No Trace Principles, and share tips and tricks of the trade. In this course we'll start with a "duffle shuffle," breaking down what to think about when preparing for your hike. Then we'll take our daypacks and hike a moderate trail. Lastly, we'll set up a backcountry campsite and get more comfortable with an overnight trip. Wear good boots and dress for the weather. If you do not have your own gear, it will be provided

ORIENTEERING – Indoor/Outdoor class. Moderate/High

Orienteering is a recreational activity using a map and compass to navigate between designated checkpoints. Learn the skill of being able to read a map and compass and navigate your way to various checkpoints throughout Fort Robinson. Orienteering is all about being able to figure out where you are on your map so you can decide where to go next. It can be a great hobby or a useful tool when hunting or hiking in unknown areas. **Wear good hiking boots/shoes; class will be hiking through the park.**

FOREST & FIRE ECOLOGY – Indoor/Outdoor class. Low/Moderate

The beautiful Pine Ridge is characterized by several hundred square miles of forests, meadows, steep buttes, and small canyons. Learn about how the diverse plant communities of the prairies, woodlands, and riparian systems are adapted to survive and thrive following wildfires. Learn how wildfires spread and alter these plant communities and learn how you can help prepare your environment for fire. **Wear good hiking boots/shoes; class may go outside.**

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.