

BECOMING AN OUTDOORS-WOMAN



IOWA DEPARTMENT OF NATURAL RESOURCES

www.iowadnr.gov/bow
515-729-6037

2025 BOW WORKSHOP

MAY 2-4

FRIDAY, MAY 2

10:00 AM Registration Opens

11:30 AM Welcome & Overview

12:00 PM Lunch

1:30-5:00 PM SESSION 1

- Basic Spincast Fishing
- Can It!
- DIY Charcuterie Boards: From Tree to Table
- Firearm Fundamentals
- Mentored Turkey Hunt**
- Water Quality 101
- Wild Blossom Jellies
- Wild Mushroom Foray

6:00 PM Dinner

7:30 PM Evening Activity

SATURDAY, MAY 3

7:00 AM Breakfast & Updates

8:30AM-12:00 PM SESSION 2

- Cooking Over the Campfire
- Hit the Bullseye
- Invasivores
- Landscaping for Wildlife
- Mentored Turkey Hunt**
- Mushroom Watercolor Painting
- Sandbar River Fishing via Kayak
- Wild Game Processing

12:00 PM Lunch & Updates

1:30-5:00 PM SESSION 3

- Dutch Oven Cooking
- Falconry 101
- Foraged Flavors
- Lake Panorama Paddle
- Lightweight Trailers for Beginners
- Mentored Turkey Hunt**
- Nature Photography
- Sandbar River Fishing via Kayak
- Wild Tea Party

6:00 PM Dinner

7:00 PM Evening Program:
Falconry Demonstration & Women on the Wing

SUNDAY, MAY 4

7:00 AM Breakfast / Check-out & Closing Remarks

8:30AM-12:00 PM SESSION 4

- Foraged Flavors
- Hike Through Time
- Lake Panorama Paddle
- Mentored Turkey Hunt**
- River Kayaking
- Wait, Where am I?
- Wild Fish Prep & Cooking
- Wild Mushroom Foray

12:30 PM Departure

WORKSHOP LOGISTICS

Logistics

2025 BOW will be at St Thomas More Center in Panora, IA. Look for signs upon arrival, directing you to registration, located in Dingman Hall. Parking will be outside of Dingman Lodge, Quad 1 and Quad 2. Meals will be served in Dingman Hall, on the first floor of Dingman Lodge.

All sessions will be held onsite, with the exception of Introduction to Firearms, Lake Panorama Paddle, Sandbar Fishing via Kayak, Hike Through Time, and River Kayaking. Participants will carpool to those locations, after meeting in Dingman Lodge.

All workshop updates will be made at the start of meals and written on boards around Dingman Lodge. Welcome packets will contain further information, including maps and locations of each session.

Approximately one week before the event, you will get an email with updates and a packing list. Individual instructors may also contact you prior to the event with specifics for their session(s).



WORKSHOP LODGING

Lodging

Participants will be lodged in communal cabins in Quad 1 and Quad 2 Cabins. Quad 1 is made up of 4 cabins and Quad 2 is made up of 4 cabins. Each cabin is heated and air-conditioned and has 8 bunk beds, 3 toilet stalls, 4 showers and 3 sinks. We will try to accommodate all roommate/lodging requests. Are you new to BOW or coming by yourself? No worries, you'll be paired up with a roommate and soon-to-be new friends!



Session Descriptions

Each session shows how difficult it will be - low, moderate, or strenuous. Additionally, if the session will be indoors or outdoors.

Evening Activities

Friday

Tentatively scheduled stargazing and enjoying a fire in the fire pit. Other projects are in the works and will be updated in the final agenda with a packing list about a week before BOW.

Saturday

Presentation about Iowa Falconers Association and Women on the Wing. Tentatively scheduled stargazing, and enjoying a fire in the fire pit.

CLASS DESCRIPTIONS

BASIC SPINCAST FISHING

Low - Indoor/Outdoor

Fishing is a great way for families to spend time together outdoors! Get an introduction to basic fishing equipment, fish identification, and fish habitats. Then head outside to practice casting techniques, before heading to Lake Panorama to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine. Participants will practice catch and release on the pond.

An Iowa fishing license is required for this session.

CAN IT!

Low - Indoor

Have you always wanted to learn how to can food, but didn't know where to start? Come ready to learn about general canning and preserving. You will learn how to get started, what equipment is needed, what vegetables and meats can be preserved, and an overview of the various methods of canning - water bath, steam, and pressure canning. Bring an appetite and be ready to make and try delicious items from the garden and field. Apple sauce and salsa are on the menu...



COOKING OVER THE CAMPFIRE

Low - Outdoor

Aluminum foil packets, roasting sticks and even pudgie pies... join us as we take campfire cooking far beyond roasting a hotdog over the fire! We'll start around the campfire ring, learning how to build a fire, different types of fires, and how to make fire starters. Then, on to the food! Have you ever even heard of a pudgie pie, camper pie, hobo pie or jaffle iron? Participants will discover the versatility of this campfire cooking must have! **Come hungry because you'll leave stuffed!**

DIY CHARCUTERIE BOARD: TREE TO TABLE

Low - Indoor/Outdoor

Take a tasty trip through the trees in this hands-on class! Participants will learn about tree identification, properties of different species, and then take that knowledge to the table making their own Charcuterie Board! Participants will learn step-by-step instructions on creating a stencil, using a heat gun, and the chemical reaction needed to create a unique charcuterie board. Different designs will be available to choose from. Once our boards are completed, we will explore some of the tasty tidbits that are available in the woods to add to our boards.



CLASS DESCRIPTIONS



DUTCH OVEN COOKING

Low - Outdoor

See how easy it is to prepare crowd-pleasing meals around the campfire! This session will discuss different types of cookware, how to prepare your outdoor kitchen, how to ready your coals and cook with the Dutch ovens. Recipes will be shared, and everyone will get the chance to help prepare and cook as **participants will cook Saturday's dinner for everyone!** Come dressed to be around the fire and have fun!

FALCONRY 101

Low - Outdoor

Falconry 101: Hunting with Hawks
Hunting with birds of prey is a challenging and rewarding partnership. Learn about modern-day falconry, animal husbandry, training, and hunting safety. Participants will get an introduction to basic equipment, finding game, bird of prey identification and an overview of federal and state falconry regulations. Meet trained birds and their companion dogs. A demo on creance and lure training will also be provided.

FIREARM FUNDAMENTALS

Low - Indoor/Outdoor

Learn about guns and safe firearms handling in this hands-on class. Participants will become comfortable around firearms in an information-packed, upbeat session. The focus will be on different types of firearms, how to load and unload them, ammunition types, definitions of commonly used terms, and the four basic rules of firearm safety. We will spend time in the classroom and on the range shooting, so dress accordingly. All firearms will be provided.

FORAGED FLAVORS

Moderate - Outdoor

There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor! This hands-on class focuses on how to identify key features of wild edible plants, knowing when and what to sustainably harvest and how to prepare wild foods. Flowers, greens, roots, and shoots are just a few of the things that will be one the menu! Come ready to help dig, cut, cook, and most importantly – eat!

HIKE THROUGH TIME

Low - Outdoor

Hike through over 100 million years of history at nearby Springbrook State Park, stopping at historically, geologically and culturally significant spots along the way. Embrace the sights, sounds and stories as you immerse yourself in the past, present and future of this hidden gem. Dress in layers and bring your hiking boots & water bottle, as we'll be exploring rain or shine!

HIT THE BULLSEYE

Low - Indoor/Outdoor

This session gives participants a comprehensive overview of the sport of archery. It is intended for students who have no archery experience to start building a good foundation for shooting. You will be taught how to safely use basic archery equipment while utilizing the "Eleven Steps to Archery Success." This is a fun, hands-on experience with all equipment provided. We will be outdoors, so dress in layers!



CLASS DESCRIPTIONS



INVASIVORES

Low - Indoor/Outdoor

Prepare to hunt down invasive species, capture and devour them. From roots to blossoms, we will search out these invaders and turn them into a veritable feast. You will become acquainted with our local “most wanted” list and discover delicious ways to make a little dent in the problem.



LAKE PANORAMA PADDLE

Moderate to Strenuous - Outdoor

Learn the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Once we’re ready, we’ll head to Lake Panorama to practice our kayaking skills on the water! Please dress for the weather! Wind and water repellent is the name of the game. Snow hats and gloves have been worn in the past. Kayaks, paddles, and life jackets will be provided. Feel free to bring your own life jacket!

LANDSCAPING FOR WILDLIFE

Low - Indoors

Have you ever left your phone in the vehicle and just went for a walk to forget your troubles? Habitat and wildlife bring joy and relaxation to lowans in a number of ways: bird watching, hunting, fishing, hiking, wildlife-viewing and so many more. Our wildlife comes in all shapes and sizes and so do their habitats! This session will cover the basic needs of Iowa’s wildlife and how you can provide these in your backyard or on your property.

LIGHTWEIGHT TRAILERS FOR BEGINNERS

Low - Indoor/Outdoor

Ready to unleash your wanderlust? Tear drop, Scamp, Featherlight, Tiny Tows... so many names for lightweight travel trailers. Discover the benefits of these modern campers that combine comfort and functionality while being easy to tow. Tour and practice packing and setting up camp with different lightweight trailers on site. Get ready to hit the open road, create lasting memories, and experience the freedom of adventure like never before!



CLASS DESCRIPTIONS

MENTORED TURKEY HUNT

Moderate to Strenuous - Indoor/Outdoor
This runs all four sessions!

Cut out the grocery store and try to harvest your own wild turkey! Join us on a mentored turkey hunt experience! This is for **Iowa residents only** and will run all four sessions of BOW.

On Friday, participants will be introduced to the basics of turkey hunting including turkey habitat, hunting techniques and equipment, turkey calling, and scouting techniques. Participants will then pattern their shotgun so they're ready for the hunt on Saturday and Sunday. Firearms and ammunition will be provided as needed. Participants will be paired up with knowledgeable mentors who will assist them with the hunt. The group will have dinner together on Friday night, so folks can get to know each other as well as make plans for the rest of the weekend.

Saturday and Sunday's sessions may start early or run late, depending on what each mentor and mentee decides. When you're not in the timber, participants will learn how to field dress turkeys as well as different culinary approaches to this favored bird. Additional details will be provided prior to the hunt.

A hunting license, habitat stamp, and Season 4 turkey tag are required.

MUSHROOM WATERCOLOR PAINTING

Low - Indoor

Join Sarah DeLong-Duhon for a relaxed and beginner-friendly watercolor session inspired by the fascinating world of fungi. We'll explore basic watercolor techniques to capture the delicate textures and colors of mushrooms, using real specimens and reference images for inspiration. No prior painting experience is needed—just a willingness to experiment and enjoy the process! All materials will be provided.

RIVER KAYAKING

Moderate to Strenuous - Outdoor

Take your kayaking skills to the next level. Learn about the challenges of river kayaking – how to identify them and how to avoid what you need to avoid. We will travel a beautiful stretch of the Raccoon River. River kayaking can allow changes in scenery, better chances to view wildlife, and the river helps propel you on your way. Dress for the weather! Snow hats and gloves have been worn in the past. Kayaks and life jackets will be provided.

NATURE PHOTOGRAPHY

Low - Indoor/Outdoor

We will aspire to take wonderfully, composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, bugs, mushrooms, etc.) by the end of the class. Participants should bring a charged smartphone, digital point-and-shoot, or digital SLR camera and the user manual. We will go outside and practice our new skills, as well as discuss some of the "technical" aspects of photography.

SANDBAR RIVER FISHING VIA KAYAK

Moderate to Strenuous - Outdoor

Take your kayaking and fishing skills to the next level. The Raccoon River has great bass fishing opportunities, for both smallmouth and largemouth. We will kayak a short stretch of river, stopping at sandbars along the way to do some fishing for bass. We will review what to watch out for on the river, demonstrate bass fishing techniques, and how to fish a river.

An Iowa fishing license is required.



CLASS DESCRIPTIONS

WAIT, WHERE AM I?

Low to Moderate - indoor/Outdoor

Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate your way through an orienteering course! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots and a water bottle are also recommended.

WATER QUALITY 101

Low - Indoor/Outdoor

Clean water is vital to our health, communities and economies. Streams and wetlands provide many benefits to communities by trapping floodwaters, recharging groundwater supplies, filtering pollution, and providing habitat for fish and wildlife. Join us as we learn from a Save Our Streams trainer about the importance of water quality and ways to improve it, including citizen science in Nitrate Watch, Salt Watch and others. Plan on getting dirty as we get out and play in the stream! Pre-event work will be required to become Save Our Stream certified. All information will be emailed prior to the workshop.

WILD BLOSSOM JELLIES

Low - Indoor/Outdoor

Preserve the essence of spring wildflowers as we capture the delicate flavors in shimmering jars. Learn how to safely harvest and process wild blossoms into jelly, using water bath canning methods. Nothing could be sweeter than springtime in a jar! Dress to be outside collecting and then indoors cooking!

WILD FISH PREP & COOKING

Low - Indoor/Outdoor

Iowa's wild game and fish are some of the healthiest and most nutritious proteins for the table. Learn to make the most of your catch with proper preparation and tasty recipes. Bring a hungry appetite and a willingness to try cleaning fish yourself! This session will teach you to clean your catch and ways to prepare and cook trout and panfish.

WILD GAME PROCESSING

Low - Outdoor

Iowa's wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Participants will learn how to process game like geese, ducks and pheasants. You'll learn how to identify different parts of the animal and preserve your meat. Then you'll experience different cooking and preparation methods, so bring a hungry appetite and a willingness to learn!

WILD MUSHROOM FORAY

Low/Moderate - Indoor/Outdoor

Sarah DeLong-Duhon, president of the Prairie States Mushroom Club, will walk you through the truths and myths about fungus, as well as how to identify them, appreciate them, and love them - because they're great! Then exploring we go! Dress in layers and wear boots that can get muddy as we hike in the woods, working on finding and identifying mushrooms.

WILD TEA PARTY

Low - Indoor/Outdoor

Join in a wild tea party, complete with tisanes infused from the blossoms and leaves of wild herbs, some gathered onsite. Make stunning mixtures, as beautiful to the eye as to the palate, and learn how to dry the ingredients to preserve the taste of summer. Weave the delicate flavor of wildflowers into cookies and cakes, and enjoy it all in a wild tea party of our own making!



SCHOLARSHIP APPLICATION



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2024 weekend workshop to women 18 years old and older who would be unable to attend without financial assistance. BOW encourages anyone to apply for a scholarship. However, preference will be given to first-time attendees and those promoting diversity in outdoors education across the state through their community affiliations, culture, region, and/or profession.

- 1 Scholarships cover **\$140**, which is half of the full registration fee. Scholarships will not be awarded for applications scored below 30 points (*see Scholarship Scoring rubric on next page*).
- 2 **Applications must be received electronically by March 16, 2025.** Scholarship applicants need to register online, pay their \$140 registration fee, complete their [medical form](#) and complete [scholarship application](#).
- 3 Scholarship recipients will be expected to write an article about your BOW experience, which may be published in DNR newsletters and in BOW promotional materials.
- 4 ***BOW scholarship winners will be notified by March 28, 2025.***

Any questions or concerns, please contact:
 Rachel Alliss, 515-729-6037
rachel.alliss@dnr.iowa.gov

No paper scholarships will be accepted - applications must be completed online.

Questions that will be asked on the scholarship application:

First Name _____ Last Name _____

Are you a first-time attendee? Yes _____ No _____

Mailing Address _____

City /State/Zip _____

Cell phone: _____

Email: _____

1. Explain why you are seeking scholarship assistance.
2. Briefly describe your interests and participation in outdoors recreation.
3. How will you use the knowledge you expect to gain at this conference in your real world setting?
4. How will your participation in the conference help promote BOW’s goal of developing hunting, fishing, boating and other outdoor recreation skills in women?

SCHOLARSHIP SCORING



Guidelines used by Scholarship Judging Committee:

Applicant Name: _____ Date _____

BOW SCHOLARSHIP Application Review:	Maximum # Points	Judge 1 score	Judge 2 score	Judge 3 score	Average Score
First time BOW attendee?	15				
NARRATIVE: (30 pts max)					
Financial Need:	10				
Interests/responsibilities:	5				
Real World application:	15				
DIVERSITY: (20 pts max)					
Community affiliations:	5				
Culture:	5				
Region (country, state):	5				
Profession:	5				
OTHER CONSIDERATIONS: (extra credit)	5				
TOTAL:	70 max pts				

REGISTRATION FORM

ONLINE REGISTRATION

ALL REGISTRATIONS WILL BE DONE ONLINE.

This registration page is designed to assist you with online registration.

<https://bit.ly/BOWSpring2025>

Questions? Call: 515-729-6037 or Email: rachel.alliss@dnr.iowa.gov

WORKSHOP FEES

FEE INCLUDES:

- Instruction for all sessions
- Program materials
- Use of demonstration equipment
- Meals & lodging options (Communal bathrooms & bedrooms)

NOTE: After April 14, 2025, registration will not include lodging.

REGISTRATION RATES

Rates **BEFORE** April 14, 2025:

- \$280 Shared Lodging
- \$140 Scholarship Applicant
- \$250 No Lodging Option

Rate **AFTER** April 14, 2025:

- \$320 **LATE** Registration/No Lodging

Roommate(s): List the individual(s) you would like to room with. If you list no names, please note early bird or night owl and we will pair you up with another participant.

PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please complete your medical history questionnaire online.

CANCELLATION DEADLINE: April 14, 2025

Before **April 14, 2025**, you will receive a refund, minus a \$25 processing fee. After **April 14, 2025**, refunds will not be available. You may send a substitute.

SCHOLARSHIPS:

Limited funds are available for scholarships to first-time participants. Scholarship applicants pay \$150 at the time of registration, complete [medical form](#) and submit the [scholarship form](#).

- Scholarship applications must be received by **11:59 pm on March 16, 2025**
- Awards will be notified by **March 28, 2025**

PARTICIPANT INFORMATION:

Name: _____

Email: _____ Cell: _____

Address: _____

City/State/Zip: _____

Tshirt Size: S M L XL 2XL 3XL

Have you attended BOW before? _____

Dietary restrictions or other special needs, please email: rachel.alliss@dnr.iowa.gov

CHOOSE ONE OPTION PER SESSION (starred *, double starred ** and caret ^ offerings have multiple session requirements):

SESSION 1

- Basic Spincast Fishing
- Can It!
- DIY Charcuterie Boards: From Tree to Table
- Firearm Fundamentals
- Mentored Turkey Hunt**
- Water Quality 101
- Wild Blossom Jellies
- Wild Mushroom Foray

SESSION 2

- Cooking Over the Campfire
- Hit the Bullseye
- Invasivores
- Landscaping for Wildlife
- Mentored Turkey Hunt**
- Mushroom Watercolor Painting
- Sandbar River Fishing via Kayak
- Wild Game Processing
- Wild Mushroom Foray

SESSION 3

- Dutch Oven Cooking
- Falconry 101
- Foraged Flavors
- Lake Panorama Paddle
- Lightweight Trailers for Beginners
- Mentored Turkey Hunt**
- Nature Photography
- Sandbar River Fishing via Kayak
- Wild Tea Party

SESSION 4

- Foraged Flavors
- Hike Through Time
- Lake Panorama Paddle
- Mentored Turkey Hunt**
- River Kayaking
- Wait, Where am I?
- Wild Fish Prep & Cooking
- Wild Mushroom Foray

MEDICAL FORM

Name: _____ Date of Birth: _____

Physician: _____ Phone Number: _____

Yes No Are you allergic to any medication (aspirin, penicillin, etc.)? List: _____

Yes No Do you take any medication? List with reason: _____

Yes No Have you ever been told by a doctor that you have epilepsy? When? _____

Yes No Have you had recent surgical operations, accidents or injuries? When/What? _____

Yes No Have you been "knocked out" unconscious, had a concussion or head injury? When? _____

Yes No Are you pregnant?

Do you wear: Glasses or Contact Lenses?

Date of last tetanus immunization: _____

Please check any of the following medical conditions you have had within the last 5 years:

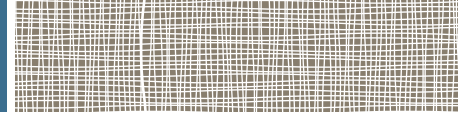
- Asthma
- Heart Disease
- Diabetes
- High Blood Pressure
- Fainting Spells
- Seizures
- Hay fever or allergies
(especially to bees, ants, etc.)

Do you have any medical training?

Doctor Nurse Emergency Medical Technician Other: _____

Name and phone number(s) of person to contact in case of emergency: _____

Is there anything else about your health you would like us to know in case of an emergency?



WHAT TO BRING



NECESSITIES

- **SHOES:** Sturdy shoes that can get dirty are important.
- **WEATHER APPROPRIATE:** Rain gear and cold-weather clothing are necessities, as classes will be held regardless of weather. This is Iowa and it's hard to predict what we will have for temperatures.
- **FREE TIME ITEMS:** You will have free time to relax and explore St Thomas More Center grounds and the banks of Lake Panorama. Bring your camera, a flashlight/head lamp and a sense of adventure. You never know what you'll find! There are hiking trails on property to explore and Springbrook State Park, Greenwood Cemetery Park, Bundt Prairie, Lenon Mill Park, and other Guthrie County Conservation Board gems are minutes away.
- **SKINCARE:** Sunscreen and bug spray – it's that time of year.
- **AN OPEN MIND:** Bring a creative spirit and a willingness to learn and try new things. It will be an awesome weekend!

SESSION EQUIPMENT

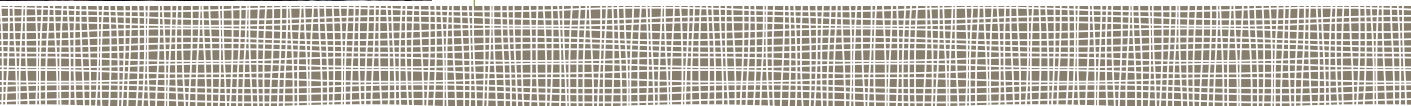
- **DO NOT BRING ANY FIREARMS WITH YOU.** We will supply all firearms and ammunition for the Introduction to Firearms class.
- **IOWA FISHING AND/OR HUNTING LICENSE** Please purchase a fishing or hunting license **BEFORE** coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available. Licenses can be purchased online at <https://GoOutdoorsIowa.com> or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
 - * Mentored Turkey Hunt (**4th Season Turkey Tag, Hunting License & Habitat Stamp**)
 - * Basic Spincast Fishing
 - * River Fishing via Kayak & Sandbar

SILENT AUCTION

- **FRIENDS OF BOW** will sponsor a Silent Auction on Saturday (*details on next page*). We're asking each participant to bring something to donate to the auction. All proceeds will go to support the BOW program. Please pay with cash, check, or credit card for any purchases.

BOWTIQUE

- **FRIENDS OF BOW** will sponsor the BOWtique where you can find all your BOW inspired apparel and gear. All proceeds will go to support the BOW program and BOW scholarships. Please pay with cash, check, or credit card for any purchases. BOWtique times will be posted at the event.



SILENT AUCTION

At each of our workshops, **FRIENDS OF BOW** holds a silent (*and sometimes not-so-silent*) auction to help us cover workshop costs and attendance scholarships. It's a lot of fun and we get to send participants home with some wonderful things. We are asking each participant to donate something to the auction. It doesn't have to be anything big – but we won't complain if it is! It doesn't even have to be anything new. Just bring something, if you can.

Below are some general guidelines and ideas, but don't let these stifle your creativity!

OUTDOOR THEME: but doesn't have to be outdoor equipment. For example, it could be a really cool rock, a lamp made of natural materials, an art print or a pair of hummingbird earrings. Of course, you're always welcome to bring a tent or a kayak. (*We try to be optimistic!*)

NEW OR USED: as long as it is in good condition. For example, if you have a piece of outdoor equipment you're no longer planning to use — bring it!

HOMEMADE ITEMS: knit gloves, crochet hat, crafts, paintings or other artwork, jams/jellies or dehydrated food are always welcome.

If you have an item to donate, please bring it to the registration area when you check in Friday.

All proceeds from the auction go to pay for equipment costs, scholarships, food and lodging for volunteer instructors, and a host of other expenses. Many thanks in advance for your generosity!

Nature crafts

Favorite local honey/wine

Books of all kinds

Coffee beans or tea and mug

Homemade hiking stick

Crochet or knit project

Outdoor themed basket

Homemade anything!

