



August 5-7 2011 LUBRECHT FOREST MISSOULA, MONTANA

Sponsored by Montana Fish, Wildlife & Parks

Becoming an Outdoors-Woman is a workshop aimed at women who are 18 years of age or older who want to learn or improve their outdoor skills. **This workshop is for you if.....**

- *you have never tried these activities, but hoped for an opportunity to learn.
- *you are a beginner who hopes to improve your skills.
- *you know how to do some of these activities, but would like to try some new ones.
- *you are looking for the camaraderie of like-minded individuals.

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Montana Fish, Wildlife & Parks

GENERAL INFORMATION

Registration: All successful applicants will be notified with a letter of confirmation and directions to Lubrecht Forest. An alternate list will be generated also. Unsuccessful applicants will receive a full refund.

Cancellation deadline: is July 29th 2011. If you cancel before July 29th, you will receive a full refund. After that date, a \$40.00 processing fee will be deducted from your refund. Registrants who do not attend and who do not cancel by August 1st, will be assessed the full program fee. You may send a substitute.

Lubrecht Forest – Located near the Blackfoot/Clearwater Junction near Seeley Lake, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and dining hall accessible to individuals with disabilities. Paved trails connect these areas. Lubrecht offers terrific meals and can usually accommodate special dietary needs for an additional fee. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.
- **Lodging** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **Cabins** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Feel free to bring air mattresses, sleeping pads and other personal comfort items. Participants are welcome to bring **tents, campers and RV's**. No pads or hooks are available.

What to Bring: The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sun screen and insect repellent and don't forget a flashlight. Many classes are held outside (rain or shine) so come prepared.

Special Needs: If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs.

2011 WORKSHOP SCHEDULE

Equipment: If you participate in the fishing class, please feel free to bring your own equipment. If you do not have equipment it will be provided.

Please do not bring firearms.

Hunter Education Certificates: Participants attending Shotgun or Rifle shooting classes must attach/enclose a copy of their hunter education certificate or NRA certificate. If none, you must have attended the BOW Basic Gun Handling class since 2009.

Door Prizes: Participants will have a chance to win door prizes and raffle items. Registrations postmarked by July 1st will receive a free raffle ticket in their registration packet. We will have a **Silent Auction** where you can bid on items that interest you. Participants and instructors are invited to bring items for the silent auction. We also have a **BOW Gift Shop** where you can purchase hats, shirts, fanny packs and other items. All proceeds go back to the Montana BOW program. Don't forget to bring your pocketbook.

Car Pool: A list of the participants for the workshop will be sent to those who request it, so that car-pooling can be arranged.

Please try to share a ride!

Contact Information:

Montana Fish, Wildlife & Parks – (406) 444-2535

TTY/TDD – Telephone Device for the deaf – (406) 444-1200

FRIDAY, August 5, 2011

10:30 am – 12:00 pm Registration and Check In

11:30 am – 12:00 pm Welcome and Overview

12:00 – 1:00 pm Lunch

Session I - 1:00 pm to 4:30 pm

- 1A Basic Gun Handling
- 1B Beginning Bait & Lure Fishing
- 1C Wilderness Survival
- 1D Butterflies of Western Montana
- 1E Beginning Plant Identification
- 1F Row Your Raft
- 1G Dutch Oven Cooking

4:30 pm Social Hour - Dutch Oven Treats

5:00 pm BOW Book Club Meets

6:00 pm Dinner

7:00 pm Evening Program

SATURDAY, August 6, 2011

7:00 am - 8:00 am Breakfast

Session II - 8:00 am to 11:30 am

- 2A Begin Fly Fishing
- 2B Intermediate ID Of Wild Plants: Riparian Areas
- 2C Wilderness Survival
- 2D Rifle Shooting**
- 2E Bird Identification
- 2F Introduction to Canoeing
- 2G Bait & Lure Fishing on Water**

12:00 am - 1:00 pm Lunch

BOW Book Club - Book lovers are invited to join our book discuss group at Summer BOW. We'll discuss *Refuge, an Un-natural History of Family and Place* by Terry Tempest Williams. Purchase your own copy of this story about changes occurring in bird life on the shores of the Great Salt Lake that parallel changes in the author's personal life.

SATURDAY, continued

Session III - 1:00 pm to 4:30 pm

- 3A Beginning Fly Fishing
- 3B Introduction to Basic Horse Packing
- 3C Designing the Native Garden
- 3D Shotgun Shooting**
- 3E Map & Compass
- 3F Introduction to Canoeing
- 3G Dutch Oven Cooking

4:30 pm Social Hour - Dutch Oven Treats

6:00 pm Dinner

7:00 pm Evening Program

8:30 pm Silent Auction Over



SUNDAY, August 7, 2011

7:00 am - 8:00 am Breakfast

Session IV- 8:00 am to 11:30 am

- 4A Bird Identification
- 4B Canoeing On the River**
- 4C Intermediate Plant Identification – Upland Forest
- 4D Beginning Fly Tying
- 4E Map & Compass Field Course**
- 4F Fly Fishing On The Water**
- 4G Float Tube Fishing

12:00 - 1:00 pm Lunch

**** Prerequisite required for this class.**

Pack up and drive home safely.

Workshop Descriptions:

1A. Basic Gun Handling - This class will cover various types of firearms, the basics of firearm safety, and information on selecting and purchasing guns. **Kathy Irwin, Twana Bourke and Bill Hammer** are Montana Hunter Education Instructors. No actual shooting will take place. *This class is a prerequisite for anyone who does not have a hunter education or NRA certificate and wishes to register for the rifle and shotgun classes.*

1B. Beginning Bait & Lure Fishing – Learn about fishing with **Jan Thon & John Cloninger**. This class is an introduction to the equipment and skills necessary for a novice to begin fishing on the lakes and rivers of Montana. Participants will learn about fish habitat, equipment selection, choosing bait and lures, knot tying and casting using spinning rods. Jan & John are Aquatic Education Instructors for FWP. BOW participants who've not previously attended this class will have first priority.

1C. Wilderness Survival - Taught by **Chris Dover**; this class will introduce participants to the necessary skills for surviving a night(s) outdoors. Chris trains search dogs and volunteers with a search dog rescue group. She will discuss shelter building, fire making, woods awareness and proper clothing.

1D. Butterflies Of Western Montana - Learn why butterflies are more than just a pretty insect in this class led by **Jen Marangelo**, founder of the Missoula Butterfly House and Insectarium; and **Kristi DuBois**, nongame wildlife biologist for FWP. As we stroll through a mountain meadow, we will learn about butterfly natural history, life cycles, and which markings and behaviors to look for to identify some common families and species. We will also discuss butterfly gardening, conservation, and photography.

1E. Beginning Plant Identification – This class, led by **Jan Nixon** will expose participants to basic terminology, observation techniques, and helpful field guides and ID books. You'll have lots of "hands-on" identification of trees, shrubs and flowering plants, while rambling around the meadows and forests near camp. Designed for someone with no previous formal experience with plant identification.

1F. Row Your Raft – Get behind the oars and learn how to safely row a raft down the river. Learn about the gear needed to outfit a raft and how to inflate and rig a raft with a rowing frame. Working in small groups you'll rig and launch your raft and take a turn rowing down a gentle stretch of the Blackfoot River (no white-water). Instructors **Chet Crowser and Aaron Berg** are avid rafters and will teach you how to read the river and steer your raft. Bring your life jacket if you own one or we'll provide one for you.

1G. Dutch Oven Cooking – Learn the “art” of Dutch oven cooking with **Bob Dowdy** and see how easy outdoor cooking can be. Bob is a director in the Montana Chapter of the International Dutch Oven Society and enjoys cooking and sharing his dishes with others. This class will prepare a variety of dishes which will be served as appetizers during social hour Friday and Saturday evening.

2A. Beginning Fly Fishing - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana. Your instructor is **Jim Vashro**, FWP Fisheries Manger and enthusiastic proponent of all things fishy. Class is held at camp. Fishing equipment will be provided, or bring your own. *This class is a prerequisite for Fly Fishing On The Water – Class 4F.*

2B. Intermediate ID Of Wild Plants: Riparian Areas – If you've already had a little experience with the basics of plant ID (at BOW or elsewhere) and are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the stream-sides, pond and marshy areas near camp. Water is a key to the presence of many species not able to survive in drier habitats. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in forest plants see Class 4C.

2C. Wilderness Survival – Repeat of Class 1C.



2D. Rifle Shooting - Hunter Education Instructors **Kathy Irwin, Twana Bourke & Bill Hammer** will teach basic shooting techniques. Participants will have an opportunity to shoot .22 caliber and larger caliber rifles. ***Participants must have taken the Basic Gun Handling class at a BOW workshop between 09' and this year's workshop, or attach a copy of their Hunter Education or NRA certificate with the registration.*

2E. Bird Identification – Wildlife biologist and bird lover **Pat Jamieson** will share the joy of bird watching. Pat will cover optical equipment, field guides, bird biology and identification tips. A “show and tell” display of field guides and bird books will be available. Binoculars will be provided, or bring your own. Dress for cool (windy or rainy) Montana mornings and enjoy the bird walk. Both beginner and veteran bird watchers are welcome.

2F. Introduction to Canoeing – Learn to paddle your canoe with skill and confidence in this class geared for the beginning canoeist. Canoe instructors **Judy Boyce, Phyllis Friesz and Jim Meade** will teach you about canoe equipment and clothing. You'll learn basic paddle strokes on flat water. Bring rain gear and extra clothes in case you get wet. Participants will be kneeling during the class. *This class is a prerequisite for Canoeing on the River – class 4B.*

2G. Bait & Lure Fishing on the Water – Go fishing with **Jan Thon & John Cloninger** and put your new fishing skills to work. This class gives you plenty of time to practice casting. The instructors will be on hand to help provide assistance as you fish a local river. They'll show you how to properly release a fish too. ***Participants must have taken Beginning Bait & Lure Fishing at this or a previous Montana BOW workshop.*



3A. Beginning Fly Fishing - Repeat of Class 2A.

3B. Introduction to Basic Horse Packing

Have you wanted to spend a night or more in the back country with horses? Learn basic skills, methods, and equipment used for packing horses and mules. The class will be held out of doors in a 'simulated' camp environment displaying simple, light weight options as well as a fall hunting camp. Long jeans, sturdy boots/shoes, and leather gloves are recommended. Instructor **Shari Marihugh** is a passionate, lifelong horsewoman with over a decade of professional wilderness outfitting, packing, and big game guiding experience.

3C. Designing the Native Garden - Turn your yard or garden into a wild-life-friendly native plant refuge. Join **David Schmetterling and Marilyn Marler**, and learn to use drought tolerant native plants to create a yard that is environmentally friendly and affordable. You'll visit David and Marilyn's beautiful garden in Missoula and learn tips on creating "homes" and natural food sources to attract wildlife to your yard. Bring your garden plans (sketch of your yard or an aerial photograph) for discussion during the class.

3D. Shotgun Shooting - This hands-on shooting class is taught by **Randy Allen**, a Hunter Education Instructor and avid shooter. Types of shotguns, patterning and shotgun ammunition will be reviewed. Participants will learn gun fit, proper shooting stance and basic shooting techniques while shooting at clay targets. ** Participants must have taken the Basic Gun Handling class at a BOW workshop between 09' and this year's workshop, or attach a copy of their hunter education or NRA certificate with the registration.

3E. Map & Compass - Do you own a compass? Then learn how to correctly use it. Knowledge of land navigation skills is important for travelers in the backcountry. Bring a compass, or we'll loan you one and learn to navigate with confidence. **Darlene Edge**, avid outdoors woman, will teach you how to use a compass and read a topographic map. Some outdoor exercises are involved so dress accordingly. This class is a prerequisite for the Map & Compass Field Course – Class 4E.

3F. Introduction To Canoeing – Repeat of Class 2F.

3G. Dutch Oven Cooking – Repeat of Class 1G.

4A. Bird Identification - Repeat of Class 2E.

4B. Canoeing On The River – Join canoe instructors **Judy Boyce, Phyllis Friesz, and Jim Mead** for a leisurely float on the Clearwater River canoe trail. This 3-mile canoe trip will provide an opportunity to test your skills on a scenic, slow moving waterway. ** Participants must have completed either class 2F or 3F.

4C. Intermediate ID Of Wild Plants: Upland Forest – If you've already had a little experience with the basics of plant ID (at BOW or elsewhere) and are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the upland forest of the Garnet Mountains. A few hundred feet elevation gain, and differences in soils and degree of slope all combine to present a very different array of plant species from those found near water. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in riparian plants, see Class 2B.

4D. Beginning Fly Tying – Catching a fish on a fly you've tied is like catching a fish twice. **Dave Hagengruber**, Aquatic Education Coordinator for FWP, will help you tie wet flies, dry flies and nymphs that you can use on your next fishing trip. If you use cheater glasses please bring them to class.

4E. Map & Compass Field Course - Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class, taught by **Darlene Edge**. ** Participants must have taken the Map & Compass class at this or a previous BOW workshop.

4F. Fly Fishing On The Water – Spend a relaxed morning practicing your new fly fishing skills. This class gives you plenty of time to develop your casting technique. The instructors will be on hand to help you 'read' the water and improve your fly presentation. They'll show you how to properly release a fish too. ** Participants must have completed either Class 2A or 3A.

4G. Discover Float Tube Fishing – If you don't own a fishing boat but want to get out on the water, learn how to use the portable and affordable float tube. Your body is usually half-way submerged in the tube requiring the angler to wear waders for warmth and flippers to maneuver around. This class doesn't teach you how to fish. Participant must be competent anglers and provide their own fly rod or fishing pole to use during the class. Bring your own waders or flipper if you have them or they will be provided. The instructor is **Kim Driscoll**, who loves fishing the mountain lakes of western Montana in her float tube.

2011 Montana Sponsors

Backcountry Horsemen of the Flathead -- www.bchmt.org

Capital Sports & Western – Helena -- www.capitalsportsmt.com

DOC's Sandwich Shop – Missoula -- www.docsgourmet.com

Montana Discovery Foundation – Helena
www.montanadiscoveryfoundation.org

Montana Fish, Wildlife & Parks -- fwp.mt.gov

Montana Native Plant Society -- www.mtnativeplants.org

2011 National Sponsors

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Pope & Young Club

Rocky Mountain Elk Foundation

Sables - Safari Club International Foundation

UWSP Foundation

U Of W - Stevens Point, College of Natural Resources

REGISTRATION FORM
BECOMING AN OUTDOORS WOMAN
August 5-7, 2011
Lubrecht Forest

Separate these last 2 pages from the rest of the brochure and return the completed form with your payment.

Registration forms may be faxed (if paying by credit card) or mailed. Registrations will not be accepted by phone, by email or on forms other than this one. Registration fee must be included with this form.

Enrollment is limited. Spaces will be filled as registrations are received.

Only one person may register per form.

Name: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Other Phone: _____

Email : _____

Birth Year : _____

Age Limit : 18 years of age or older

I attest that I am at least 18 years old. I acknowledge that my participation in the Becoming an Outdoors Woman Workshop sponsored by Montana Fish, Wildlife & Parks, involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which the department has no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana, Montana Fish, Wildlife & Parks, harmless from and against any claim. I understand that photos/videos may be taken for promotion of the program.

Signature

Date

Workshop Fee - includes instruction in classes, class materials and use of demonstration equipment.

_____ \$230 includes lodging in a dorm and meals.

_____ \$190 includes lodging in a cabin and meals.

_____ \$170 includes tent/camper space (circle one) and meals

_____ \$150 includes meals; I have my own lodging off camp.

Check or money order enclosed. Make payable to FWP

Bill Credit Card Visa Master Card

Name as it appears
on credit card: _____

Card # _____

Expires: _____ / _____ _____
(month) (year) (pin #)

Scholarships - A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (\$130 or \$90). Preference is given to full-time students and singleparent households.

Circle your t-shirt size: S M L XL XXL XXXL

- Teachers - I would like to receive OPI Renewal Units
- Release my name & phone # for carpooling purposes.
- I'll participate in the Book Club on Friday afternoon.

Roommate preference: (List up to 2 names only)

Complete if staying in dorm or cabin:

My room/cabin preferences:

- Early to bed- early to rise
- Like to stay up late

Please check if bringing your own equipment:

- Fishing
- Compass
- Waders

Make checks payable to: **FWP**
 Mail registration form and fee to:
 FWP-BOW
 PO Box 200701
 Helena MT 59620-0701
 Fax number 406-443-2561

No registrations will be accepted by phone, by email, or on forms other than this one. Enrollment is limited. Classes and lodging will be filled as registrations are received.

Do Not Write Below This Line

Date _____ Amount _____ By _____

Lodging _____

CONCURRENT SESSIONS

Please read instructions.

Select your top (5) class choices by ranking them from 1 to 5 (1 being your first choice) in each session. Classes are filled in the order in which the registrations are received. Strike-out classes that you don't wish to take part in.

() See workshop descriptions for prerequisites for these classes.**

FRIDAY SESSION I 1:00 pm to 4:30 pm

- August 5**
- ___ 1A Basic Gun Handling
 - ___ 1B Beginning Bait & Lure Fishing
 - ___ 1C Wilderness Survival
 - ___ 1D Butterflies of Western Montana
 - ___ 1E Beginning Plant Identification
 - ___ 1F Row Your Raft
 - ___ 1G Dutch Oven Cooking

SATURDAY SESSION II 8:00 am to 11:30 am

- August 6**
- ___ 2A Begin Fly Fishing
 - ___ 2B Intermediate ID Of Wild Plants: Riparian Areas
 - ___ 2C Wilderness Survival
 - ___ 2D Rifle Shooting**
 - ___ 2E Bird Identification
 - ___ 2F Introduction to Canoeing
 - ___ 2G Bait & Lure Fishing on Water**

SESSION III 1:00 pm to 4:30 pm

- ___ 3A Beginning Fly Fishing
- ___ 3B Introduction to Basic Horse Packing
- ___ 3C Designing the Native Garden
- ___ 3D Shotgun Shooting**
- ___ 3E Map & Compass
- ___ 3F Introduction to Canoeing
- ___ 3G Dutch Oven Cooking

SUNDAY SESSION IV 8:00 am to 11:30 am

- August 7**
- ___ 4A Bird Identification
 - ___ 4B Canoeing On the River**
 - ___ 4C Intermediate Plant Identification – Upland Forest
 - ___ 4D Beginning Fly Tying
 - ___ 4E Map & Compass Field Course**
 - ___ 4F Fly Fishing On The Water**
 - ___ 4G Float Tube Fishing