



# Becoming an Outdoors- Woman Mini-Workshop July 13 - 15, 2018

Join us in celebrating 25 years of **BOW** in Montana with a weekend of *self-discovery* and *outdoor exploration* at beautiful Lone Pine State Park! This BOW is geared for women who may not be hunters and anglers, and who may be looking for different ways they can experience the outdoors.

Sponsored by:



**MONTANA FISH, WILDLIFE & PARKS**

Schedule of Events					
Friday, July 13th		Saturday, July 14th		Sunday, July 15th	
		Gather	7:30am-8:00am	Gather	7:30am-8:00am
		Session III	8:00am-11:30am	Session V	8:00am-11:30am
		Lunch (own sack lunch)	11:45am - 12:45pm	Reflection	11:30am-12:00pm
Participant Check-in	3:00pm-4:30pm	Session IV	1:00pm-4:30pm	Have a safe trip home!	noon
Welcome	4:30pm-5:00pm	Social Hour BYOB Make It & Take It	4:30pm-6:00pm		
Ice Breaker & Social Hour BYOB	5:00pm-6:00pm	Dinner BBQ	6:00pm-7:00pm		
Dinner salads & cheesecake	6:00pm-7:00pm	Program	7:00pm-8:30pm		
Session I Day Pack	7:00pm-7:30pm	Announcements	8:30pm-9:00pm		
Session II Owl & Bat Hike	8:00pm-9:30pm				

**For questions call Sandy at 406-250-0254 or Sara at 406-444-9948**

**Registration Process:** Registration must be in mailed in. No walk-in or faxes will be accepted. Successful applicants will be notified with a letter of confirmation and directions to Lone Pine State Park. A waiting list will also be generated. Unsuccessful applicants will receive a full refund. **Registration deadline is Monday, July 9<sup>th</sup>.**

**Lone Pine State Park** is located on the crest of the hills just southwest of Kalispell. The overlooks feature breathtaking Flathead Valley vistas. On a clear day, you can see Flathead Lake, Big Mountain, Jewel Basin and into Glacier National Park. The park has a visitor center and pavilion and offers opportunities for all kinds of outdoor activities. A map with directions will be provided with your confirmation packet.

**Lodging: Lodging is not provided at this workshop.** Each participant will need to find their own lodging in Kalispell, the nearby communities, or campgrounds. **However, rooms** are available at Flathead Valley Community College on a first come basis. Please work directly with the college at [reslife@FVCC.edu](mailto:reslife@FVCC.edu). The rooms are \$50 a night if you bring your own sleeping bag and towels or \$62 a night if linens are provided for you.

**Food:** You will need to provide your own breakfast, lunches, and snacks, but dinner will be provided by BOW for Friday and Saturday nights. There will not be time to go to town for lunch on Saturday so please bring your own sack lunch. You might consider a small cooler for breakfasts, lunches, and snacks.

**Car Pool:** If you are interested in car-pooling, check that box on the registration form. We will generate a contact list so you can make your own car-pool arrangements.

**Contact Information:** Montana Fish, Wildlife & Parks: (406) 444-9948. Hearing impaired use Montana Relay: 711 or 1-800-253-4091.

**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, day pack, hat, sun glasses, sunscreen, insect repellent, flashlight or headlamp, and your phones or cameras for photography and geocaching.

## SESSIONS

### SESSION I – Survival Day Pack

We will talk about the essentials for your day pack that will help you in a survival situation.

### SESSION II

**Owl & Bat Hike –** We are all invited to follow Derrick Rathe, Lone Pine Park Ranger, for a later evening hike at Lone Pine on Friday night. He knows where the owls (scary) are hunting for their evening meals and where the bats (creepy) will be flying. And he knows about the other critters that go bump in the night – lions and wolves, and bears, oh my. By the time we get back, we won't think of them as scary or creepy. This hike is optional.

### SESSION III

**Poetry & Creative Writing – Nancy Rose** is a retired English teacher and published poetry author. As you sit in the beautiful scenery of Lone Pine she will help you capture your own thoughts and feelings, what you can touch, see, hear, and smell that morning. A copy of everyone's work can be generated for participants to take with them, contemplate and continue the process on future outings. Bring your own journal and a good writing utensil.

## SESSION III Continued

**Native Plants – Kimberly Pinter** is a long-standing member of the local native plant group and has established several native plant gardens. Both Lone Pine with its varied ecosystems and Owen Sowerwine Natural Area in the river bottom offer lots of options to see and identify native trees, bushes, grasses and flowers.

**Birding – Derrick Rathe**, Lone Pine Park Ranger, has an enthusiasm for winged critters from hummers to raptors and owls. He's been leading birding tours since early spring and knows the best places to see them all. Of all the classes offered, this is the one he enjoys sharing with people at Lone Pine. You might bring your own smaller binoculars and bird books if you have them.

**Sketching & Water Color – Kathy Martin** is a Hockaday Museum art instructor. She hosts many kinds of art classes and will now be teaching you how to 'look' as you sketch and then add color with watercolor colored pencils. If you have it, bring your own sketch book.

## SESSION IV

**Outdoor Journaling – Eliza Thomas** teaches at Flathead Valley Community College in the Education department, but one of her many special talents is journaling – using all the senses she'll lead you through a myriad of ideas for recording thoughts and feeling while in one of the many peaceful yet striking sites at Lone Pine. Bring a writing journal of your choice along with pen and colored pencils.

**Photography – KC Glasetter and Jean Pachke** are retired teachers who together are enjoying their love of capturing the sights of the beautiful Flathead. There will be lots of explanations, suggestions, and tips. At the end, they will put your photos on the computer, so your work can be shared with everyone. Bring your own camera, whatever it is. Cameras on your phones are great.

**Wild flowers – Julie Schairer** is handling her family nursery and truck farm in the Bitterroot Valley. Her 'down to earth' flower walk will leave you ready to go out on your own. Ask all kinds of questions; she knows so much.

**Book Club – Sandi Vashro** can always find a book about Montana history and its people. This year we will be reading ***Evelyn Cameron, Photographer on the Western Prairie by Lorna Milne***. She and her family settled among British expatriates raising polo ponies on the Powder River in eastern Montana. Documenting the 'harsh eastern Montana landscape' she became an 'extraordinary photographer'. We'll discuss the book and then move into recording your story. You are unique and special in all the world and you need to tell your story. You will need to purchase and read the book before coming to the workshop.

## SESSION V

**Track & Scat – Pat Allick** is a science teacher, Bow Hunter Ed teacher, hunter, angler, and all around out-doors lady. She will be sharing with you her knowledge of the mammals, birds, and other creatures that we share the outdoors with. Finding both the tracks they leave on the moist soil and the scats that they deposit indiscriminately will help you key in on what was there before you.

**Beginning Yoga & Meditation – Sunni Green** teaches the practice of Iyengar Yoga and body conditioning at the SBG and Yoga Room for youngsters and adults. She is as her name indicates, always with a smile, a way to adapt a pose to your body's needs, and a genuine understanding of the physical and mental well-being of our bodies. Bring your yoga mat and appropriate clothing.

**Flathead Valley Geology – Bonnie Streeter** is a retired science teacher who has a wonderful reputation for teaching her students science in the outdoors. From the Lone Pine overlook, she'll explain the geological and glacial processes that formed the Flathead Valley from Glacier National Park to Polson on a terminal moraine.

**Geocaching – Christina Relyea** is an associate professor at FVCC teaching natural resources classes. She is an avid geocacher, having presented many classes. She will bring enough GPS units for everyone and will help you add a geocaching app to your phone.

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# BOW 2018 Workshop Registration - Lone Pine State Park

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Birth Year: \_\_\_\_\_ Must be 18 to Attend

**In case of Emergency, call: Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Do you have special dietary needs? Vegetarian No Gluten No Dairy Other

We will attempt to accommodate your needs.

Other: \_\_\_\_\_

**Please indicate your first (1), second (2) and third (3) choice options for each of the three sessions in the columns below. Please read course descriptions.**

**Session III**

- \_\_\_ Poetry & Creative Writing
- \_\_\_ Native Plants
- \_\_\_ Birding
- \_\_\_ Sketching & Water Color

**Session IV**

- \_\_\_ Outdoor Journaling
- \_\_\_ Photography
- \_\_\_ Wild Flowers
- \_\_\_ Book Club & Own Story

**Session V**

- \_\_\_ Track & Scat
- \_\_\_ Beginning Yoga & Meditation
- \_\_\_ Valley Geology
- \_\_\_ Geocaching

\_\_\_ I'm a teacher, I would like to receive OPIU Renewal Units

\_\_\_ I would like my contact information (Name, address, phone number, and email) shared in the participant information packet.

\_\_\_ I am interested in carpooling

**T-shirt size (unisex) circle one:** Small Medium Large X-Large 2XL 3XL

**Scholarships:** A limited number of scholarships are available for Montana resident who are first-time BOW participants. Please contact Sara at 406-444-9948 if you want more information about scholarships

**No registration accepted by phone, email, fax, or walk-in, or on forms other than this one.**

# BOW 2018 Workshop Registration - Lone Pine State Park

Name: \_\_\_\_\_

Workshop Fee per participant: \$85

Workshop Fee includes instruction, some class materials, and use of demonstration equipment; and includes Friday and Saturday night dinners.

\_\_\_ Check/money order included with my registration. Make check payable to **FWP**

\_\_\_ Bill by credit card \_\_\_ Visa \_\_\_ MasterCard \_\_\_ American Express

Name as it appears on the card \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ / \_\_\_\_\_ 3 digit security code on back: \_\_\_\_\_  
Month Year

**Cancellation deadline:** Cancel on or before July 6th, 2018, to receive a full refund. No refunds will be given if cancelling on/or after July 6, 2018.

Mail completed registration forms and check to:  
FWP-BOW  
P.O. Box 200701  
Helena, MT 59620-0701

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness, death, and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in the training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature \_\_\_\_\_

\_\_\_\_\_ Date