



*Becoming an Outdoors-Woman*  
**30<sup>th</sup> Anniversary**  
**2024 Workshop Roster!**

*Whether you are a newcomer to the outdoors or an aspiring Outdoors-Woman, BOW can introduce you to a variety of outdoor activities and can provide you with the opportunity for continued skills development.*

**Cost: \$325.00**

***Includes Food, Accommodations, and all Workshop Equipment/Supplies and Instruction!***

***ONLINE REGISTRATION ONLY***

***REGISTER EARLY - PRIORITY IN WORKSHOP CHOICES ARE GIVEN IN ORDER OF REGISTRATION***

Join the *Manitoba Wildlife Federation Community* Facebook group, or the *Becoming an Outdoors-Woman (Manitoba)* Facebook group for regular updates on BOW and other MWF programs.

**30<sup>th</sup> Anniversary celebrations will have a country flair to them this year. Friday night we are having a hoe down. Dress up in your western wear and join the fun! Saturday evening will be our banquet dinner and live auction (casual dress).**

## Attention BOW Registrants

Workshop dates and times will be determined for the BOW weekend based on demand and/or instructor availability. Therefore, the 2024 Workshop Roster may be subject to change. Priority in workshop choices are given in order of registration. Please indicate your preferred **TOP 3 WORKSHOPS** for each scheduled session on the corresponding registration form (when it becomes available online). We encourage you to read the below workshop descriptions, they are here to provide you with background information on the workshop and assist you with making your workshop choices.

If you successfully registered, an additional registration package with confirmation of your individual workshop schedules and the weekend agenda will be sent to you by **May 10th, 2024**, via email and mail. Information on specific workshops, packing suggestions, additional program activities, friendly reminders and a map to the Circle Square Ranch will also be included in your registration package.

## 2024 Workshop Options (Subject to Change)

Friday May 31, 2024 SESSION I - PM	Saturday June 1, 2024 SESSION II - AM	Saturday June 1, 2024 SESSION III - PM	Sunday June 2, 2024 SESSION IV - AM
Filleting	Filleting	ATV Training	ATV Training
Shotgun 101	Shotgun 101	Waterfowl 101	Shotgun Maintenance
Sausage making	Smoking Fish	Butchering	Muzzleloader
Goat Cheese/Soap Making	Field Dressing	Rifle	Knotty Girls
So you want to hunt Big Game?	Rifle	Archery	Bow Hunting
Archery	Tree Stand Safety	Traditional Porcupine Quilling	Fly Fishing Part 2
Fly Fishing Part 1	Tarpentry 101	Foraging 101	Handguns
Handguns	IHunter	DIY-Intro to Basic Builds	Tarpentry 101
Outdoor Cooking	Learn to Fish	Learn to Fish	Leather Work

# BOW Workshop Descriptions

## Archery

Learn the basics of archery, including equipment, accessories, safety, and hunting ethics. We will then move to the range for target and 3D target shooting practice.

## ATV Training

This course will familiarize you with ATV's! You will get to have some fun and tour on the ATVs through Austin Circle Square Ranch's diverse landscapes. Valid driver's license is required.

## Bow Hunting 101

Considering taking your hunting to the next level? Bow Hunting 101 aims to introduce you to the fundamentals of hunting with archery equipment so that you can head out to the woods with confidence. We touch on equipment, concealment, hunting tactics, safety, shot placement, blood trailing, and field care, as well as bow hunting ethics in this course.

## Butchering

This is Meat Cutting 101! Learn how to identify the various cuts on an animal and get the meat off the bone with minimal waste. We will also have hands-on practice with poultry, so this class is great even if you don't hunt!

## Field Dressing

Do you want to start hunting on your own? Learn what to do with a big game animal after you have taken the shot and located your downed game. Practice hands-on field dressing techniques with livestock to prepare yourself for that hunting situation. These new techniques will help you properly clean wild game.

## Filleting

Now that you have caught your fish where do you begin? This filleting workshop will give you hands-on instruction with filleting techniques, working with knives, and preparing your catch.

## Fly Fishing – PART 1

This two-part series will teach the fundamentals of fly fishing with an experienced instructor. Part 1 will focus on MB fly fishing opportunities, basic equipment, essential knots, fly selection and a casting clinic. All equipment is provided.

## Fly Fishing – PART 2

This two-part series will teach the fundamentals of fly fishing with an experienced instructor. In part 2 we hit the water! Participants will be given the chance to put their new skills into action. All equipment is provided. You must register for and complete **Fly Fishing – Part 1** to participate in **Fly Fishing – Part 2**).

## Goat Cheese/Soap Making

Learn the basics of cheese and soap making!

You always wanted to try to make cheese and soap? In this class you will learn how to get started. We will use pasteurized milk to learn how to make crumbled soft cheese and use goat milk to start diving into soap making for bars to give away as gifts. Participants will be able to take home some cheese and soap and hopefully can expand from there on the basic knowledge gained in preparing those items.

## BOW & MWF MERCHANDISE FOR SALE!

**Fantastic BOW merchandise will be available for purchase throughout the weekend! Don't miss out on these memorable items! Cash, Cheque and Credit Card will be accepted for all BOW merchandise purchases.**

### **IHunter**

Are you worried about going for a hike in the woods and not being able to find your way back to your car or your camp site? Practise skills such as creating waypoints, recording and following your tracks, and other basic essentials for navigating during your outdoor adventures.

### **Handguns**

Learn from the experts! The Austin and Area Wildlife Association will teach you how to shoot handguns safely and properly. Try your hand at a variety of calibers with an experienced instructor to help you. This workshop will begin with an in-class overview and briefing to get you familiarized with the firearms and will then move to the range to do some target shooting!

### **Knotty Girls**

Feeling a little knotty? Want to tie one on? Why not try this workshop? Imagine what you can twist-up, tie-up and knot up!

### **Learn to Fish**

This is your opportunity to learn how to handle fishing gear and even fish on your own! Learn how to tie knots, how to cast and how to choose your gear. This course will include some shoreline and boat fishing practice.

### **Leather Work**

Learn the craft of leather work a practice that is over 400,000 years old. Learn all the tools and techniques required to repair and make your own leather goods complete with your own design. Course will include leather tooling and each participant will go home with their own complete leather belt.

### **Foraging 101**

An introduction to foraging for edible plants in MB. In this hands-on session you will learn how to safely identify and harvest edible plants and mushrooms in Manitoba. Topics will include berries, plants, mushrooms, ethics, safety, gear, recipes, and more. Participants will harvest some plants and get to try out a few tasty wild treats.

### **Muzzleloaders**

Looking to enjoy big game firearms hunting without the cold weather? Like the idea of traditional shooting? This workshop will teach you how to safely handle, load, shoot and clean muzzle loaders.

### **Outdoor Cooking**

Techniques, tips & tasters. Learn and try different recipes, fire-pit cooking, backpack menu ideas and tips on cooking game.

### **DIY: Intro to Basic Builds**

This hands-on class will provide you with the practical knowledge and skills to undertake some basic wood-working home and backyard projects. Whether you're looking to bring birds to the yard or to give flowers a place to flourish this class is for you! Join us as we *hammer* away stereotypes, *saw* through barriers and bring girl *power* to the *build*!

### **Traditional Porcupine Quilling**

A form of Traditional Art amongst Cree/Ojibway and was also part of a Quilling medicine society where women were initiated. Quilling was a form of traditional beadwork, only the very best Quilling was worn by the highest honor and by traditional leaders / chiefs / spiritual people. Learn about different styles, sewing, birchbark and wrapping. An art to honor the porcupine.



### **Rifle**

Learn basic firearm safety, safe handling techniques, and range safety before venturing out to refine your rifle shooting techniques and sharpen your marksmanship skills. A variety of rifles will be on hand for participants to use under the guidance of instructors.

### **Sausage Making 101**

Turn goose, deer, or any wild game/meat into your very own delicious sausage! Under the expert guidance of an experienced sausage maker, learn recipes, ratios, equipment, mixing, forming, linking, and cooking. Sampling is a necessity!



### **Shotgun 101**

Learn basic firearm safety and safe handling techniques, as well as how to load and unload various types of shotguns. There will be ample opportunity for each participant to shoot at clay targets under the supervision of the instructor.

### **Shotgun Maintenance**

Expand your knowledge in proper firearms cleaning and maintenance. Learn how to disassemble and clean a shotgun and expand your knowledge of gun options and accessories.

### **Smoking Fish**

Learn the art of smoking fish using traditional and modern smokers. Participants will learn to prepare fish for smoking, make brine and smoke fish using different types of smokers. Everyone will take a smoked fish home or can eat it fresh out of the smoker!

### **So Now You Want to Hunt Big Game!**

This class is for women who have completed most of the basic skills classes or you have this background already. You want to take the next step for preparing for your Big Game Hunt. Find out what to take, where to go, what to pack, what to wear and so much more! If you have questions about some gear you own, feel free to bring it and we can talk about it. Be prepared to go walking in the bush!

### **Tarpentry 101**

“A not neat knot is a knot not needed” – Someone wise.

Are you interested in learning how to tarp up an entire campsite using only 3 knots? Have you ever been forced to huddle in a camper, tent, or rain jacket for hours on end with no reprieve from the rain or heat? Well no longer! In Tarpentry 101 you will learn how to set up a high-quality tarp in any situation, regardless of your environment, providing respite from the heat and rain (even the snow).

Be the hero on your next camping trip and shelter everyone under your tremendous knowledge of Tarpentry.

### **Tree Stand Safety**

Learn about the different tree stands available on the market. Assemble stands and set them up safely for use on your next hunt! We will review safety instructions and harness fitment and all the many ways you can feel confident that your set up is safe!

### **Waterfowl Hunting 101**

Aside from fishing, one of Manitoba's greatest assets is its bird hunting opportunities. Canada geese are abundant around Winnipeg. Ducks flourish on the many large marshes (Delta, Netley and Whitewater Lake) and in grain stubble throughout the farmed landscape. We will teach you the basics for hunting these birds. Where to go, what you need and how to go about it.

## WEEKEND AGENDA

*Some scheduled activities may be subject to change due to weather conditions.*

### FRIDAY MAY 31, 2024

10:00 - 11:15 am — Check-In & Registration

11:45 am — Welcome / Overview / Lunch

#### Session I - 1:15pm - 4:15 pm

5:30 pm – Cookout Dinner

6:30 pm -- Games

7:30 pm – Barn Dance! Dress up in your favorite western gear and join the fun!

9:00 pm – Campfire (weather permitting)

### SATURDAY JUNE 1, 2024

7:45 - 8:30 am — Breakfast

#### Session II - 8:45am – 11:45am

12:00 - 1:00 pm — Lunch

#### Session III - 1:15pm - 4:15pm

5:30 pm – 30<sup>th</sup> Anniversary Banquet Dinner

7:00 pm – Nature Walk/Meditation

8:00 pm – BOW Live Auction\*

9:30 pm – Campfire (weather permitting)

### SUNDAY JUNE 2, 2024

7:45 - 8:30 am — Breakfast

#### Session IV - 8:45 am – 11:45 am

12:30 noon — Lunch, Draws & Farewells/Group Photo

## ADDITIONAL INFORMATION

**Circle Square Ranch** is located approximately 34 km S.E. of Austin on several hundred acres of rolling, treed countryside. Buildings resemble a “wild west town”. All accommodations are dormitories with bunk beds. No individual accommodations are available. If you wish to stay in a room/dorm with a particular person, please indicate so on the registration form.

**Meals:** If you have special dietary needs, depending on the severity, you may need to bring your own food/dietary supplements. A fridge and microwave are available. Please indicate on the registration form if you have allergies or dietary restrictions and/or contact the MWF at 204-633-5967 for more information.

### Registration

Except in the case of medical or family emergencies, registrants who do not attend and who do not cancel prior to **May 3<sup>th</sup>** will not be entitled to a refund. No changes to workshop selection can be made after **May 3<sup>th</sup>**.

## \*BOW LIVE AUCTION

To help defray the costs and support the BOW program, a group of BOW Instructors has volunteered to host an auction! Instructors will be donating related items “near and dear” to them, or that they used or make in our sessions at BOW.

PARTICIPANTS are also invited to donate a craft or hobby item they have produced – or even a “white elephant” item. Participants who donate an item will receive an entry to win one **FREE REGISTRATION TO THE 2025 BOW WEEKEND!**

All money raised goes directly to the BOW program. Credit Cards, Cheques and Cash are accepted. Bring your wallets Ladies...this Live Auction is one of the best!