



## **Becoming an Outdoors-Woman** *Outdoor skills building and more!* **INFORMATION PACKET - 2026**



**Becoming an Outdoors-Woman is a program hosted by the Manitoba Wildlife Federation. BOW is a 3-day overnight camp experience for adult women. Over 25 workshop topics are offered related to hunting/fishing, after-the-harvest knowledge, and projects for the outdoors enthusiast. Skill building is magnified by the opportunity to meet and network with other women interested in outdoor pursuits. Workshops are structured for beginners, and no previous experience with hunting, fishing, shooting, or crafting is necessary. Just bring a teachable attitude and a desire to learn!**

### **Location: Circle Square Ranch**

Circle Square Ranch is a camp situated on several hundred acres of rolling hills and mixed forest -- a perfect spot for outdoor education. It is located off Hwy 34, between the TransCanada and #2 highways. (Approximately 34km southeast of Austin, MB.) All BOW participants will be responsible for their own transportation to and from the camp.

### **Dates: May 29, 30, and 31, 2026**

Arrival will be Friday, May 29 at 10 am, and departure after a full weekend will be May 31 in the late afternoon. Please plan on arriving on time and staying for the whole weekend. If you cannot attend the whole weekend but still want to register, please let us know. There will be no pro-rating of fees.





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### **Cost: \$380 per attendee**

This fee includes meals & snacks, shared accommodations, workshop instruction & supplies, and evening activities. Payment will be collected by credit card at the time of registration. MWF merch will be available for sale at BOW, and bids in the live auction will be extra, but all the weekend necessities are covered! Your fee goes directly towards covering BOW programming expenses. The Manitoba Wildlife Federation and BOW fundraising covers the rest of the significant operating costs.

**Food:** Meals are served in the Town Hall cafeteria. Cooking is done in-house by Circle Square Ranch staff. Meals are nutritious, wholesome, and taste great. Many dietary restrictions can be accommodated, please let us know your needs well in advance. For very specific or extreme dietary needs, you are welcome to supply your own food. A refrigerator and microwave can be made available to you.



**Lodging: ACCOMODATIONS ARE RUSTIC/CAMP LIVING** All BOW attendees, instructors, and staff will be assigned a spot in shared quarters. You will be placed in a cabin or dormitory room with bunk beds. There are no private accommodations at the camp, however there is adequate space for those who may desire to set up a tent as an alternative. Please request to do so in advance.



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**Registration Details:** Registration is online ONLY. March 19<sup>th</sup>! New Participants 9 am, Returning Participants 1 pm.

A number of spots are made available for a first-timer pre-registration opportunity. *Pre-registration is **ONLY** for first-timers. (Yes, we'll check.)* General registration will open at 1 pm the same day no matter how many places are filled from the new registration, and it will stay open until all the available spots are filled.

Registration is on a first-come-first-served basis and starts the **moment** online registration goes live. Be ready with your workshop wish-list and credit card number! BOW fills up **FAST**. We recognize the demand for a larger program, but this weekend is the limit of the available resources.

A waiting list will be started after all the spots are filled. If spots open between registration and the event weekend, wait-listed hopefuls will be contacted in order of the time of their original registration. If you sign up and cannot attend, please cancel **BEFORE** Friday, May 1<sup>st</sup>. **Those who do not attend but did not cancel before May 1<sup>st</sup> are not entitled to a refund.**

**Activities:** The focus of the weekend is the workshops, but there will be entertainment to go with our outdoor pig roast supper on Friday, and the BOW live auction will be held Saturday after supper. The auction is an important source of funding for BOW. It's also just a fun time even bidding isn't in your budget. The auction will have a wide variety of items to bid on, including the Mentored Adventures lots -- mentored hunting and fishing





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opportunities for later in the season donated by BOW instructors or groups. Everyone is invited to donate something to be auctioned, whether it's a small purchase with the fellow outdoors-woman in mind, a handmade something, or even a suitable re-gifted item! There is incentive to donate: **Every BOW participant who donates something for the auction will be entered in a draw for a guaranteed spot and free registration for BOW 2027!!** Cash, Debit/Credit Card/Cheque are all available forms of payment for live auction, merch etc.

**Workshops:** Workshop descriptions are on the following pages. We encourage you to review the descriptions to help in selecting your preferences. All workshops teach skills assuming no prior knowledge. Don't be hesitant to pick anything from the list that is attractive to you! We will try our best to accommodate everyone's choices, but you may be placed in a workshop that isn't among those you indicated. Please come to all your workshops with an open mind. Even the skill or project that you didn't think you were interested in could become your new obsession, and no matter what you are doing, you will be among others who share your interest in the outdoors. There is no such thing as wasted time at BOW! Dates/times/placements *are* subject to change, even after assignment.





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**Please select your top three choices for each of the four sessions and have them ready when you sit down to register.** (Hint: If you really want a certain course and it's being offered twice, choose it for both time slots. It's no guarantee of placement, but you will have a better chance. You will not be placed in the same class twice.)

Course assignments and a weekend schedule will be **emailed** to you before May 1<sup>st</sup>, 2026. This will be part of a Welcome Package that also includes lodging assignments, packing suggestions, and other details.

FRIDAY MAY 29, 2026	SATURDAY MAY 30, 2026	SATURDAY MAY 30, 2026	SUNDAY MAY 31, 2026
SESSION 1 - FRIDAY PM	SESSION 2 - SATURDAY AM	SESSION 2 - SATURDAY PM	SESSION 4 SUNDAY AM
LEATHER BAG	SHOTGUN 101	SHOTGUN 101	SHOTGUN MAINTENANCE
INTRO TO CAMPING	ARCHERY	ARCHERY	TURKEY TACTICS
SO YOU WANT TO HUNT BIG GAME?	FIELD DRESSING	BUTCHERING	KNOTTY GIRLS
SAUSAGE MAKING	RIFLE	RIFLE	MUZZLELOADER
ROOTED AND RESILIENT	SAUSAGE MAKING	ROOTED AND RESILIENT	WILLOW WALKING STICKS
FLY FISHING 101	FLY TYING	FLY FISHING 101	FLY TYING
LEATHER BELT TOOLING	FILLETING	FILLETING	BIRCH BARK BASKETS
NATURES APOTHECARY	SURVIVAL ADVANCED	PORCUPINE QUILLING	NATURES APOTHECARY
SURVIVAL BASICS	LEARN TO FISH	LEARN TO FISH	KNIFE SHARPENING
	OUTDOOR COOKING	OUTDOOR COOKING	WATERFOWL 101
	CANNING AND PRESERVING		

**Archery** -Learn the fundamentals of archery in this beginner-friendly class. Participants will be introduced to basic equipment, accessories, safety practices, and hunting ethics. After covering the essentials, the class will move to the range for hands-on practice with both target and 3D targets. This session is a great way to build confidence, improve accuracy, and experience the skill and focus that archery requires.





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**Birch Bark Baskets-** Discover the centuries-old art of birch bark basketry, a craft practiced by Indigenous peoples for generations. In this hands-on class, participants will learn how to select and prepare birch bark, shape and assemble baskets, and use traditional stitching techniques. Along the way, you'll explore the history, cultural significance, and practical uses of birch bark baskets. By the end of the class, each participant will leave with their own handcrafted basket, combining timeless tradition with modern creativity.

**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!

**Canning and Preserving** -Join us for a hands-on canning and preserving class where you'll learn the art of preserving seasonal fruits and vegetables. We'll cover everything from basic techniques to safety tips, ensuring you can confidently create your own homemade jams, pickles, and sauces. Whether you're a beginner or looking to refresh your skills, this class will provide the knowledge and tools to keep your pantry stocked all year long. Take home your own creations and a wealth of tips for future preserving projects!

**Field Dressing** -Big Game 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** – Learn the fundamentals of fly fishing with Stu Thompson, a renowned Manitoba-based fly fisher, author, and guide with over 55 years of experience. He will teach MB fly fishing opportunities, basic equipment, essential knots, fly selection and a casting clinic. All equipment is provided.



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**Fly Tying** - for this hands-on class where you'll learn the fundamentals of fly and jig-tying! You'll create a jig, an ice-fishing lure, and a traditional fly—each introducing you to new fly-tying techniques and materials. By the end of the session, you'll have the skills to tie one of the most popular and versatile flies in fly-fishing: the woolly bugger!

**Intro to Camping** - Curious about camping but not sure where to start? Participants will explore essential camping skills such as choosing the right gear, setting up a tent, planning simple meals, staying safe in nature. Through hands-on demonstrations and practical tips, you'll gain the confidence to plan your first camping trip and make the most of your time outside. Whether you're looking for a new hobby, planning a family adventure, or simply wanting to spend more time in nature, this class will give you the foundation you need to get started. No prior camping experience is required.

**Knife Sharpening**- Bring your own knife—or use one of ours—and learn the essential skill of sharpening in this hands-on class. Participants will explore different types of knives, sharpening tools, and techniques to maintain a razor-sharp edge safely and efficiently. The class covers honing, grinding, and edge maintenance, helping you extend the life of your knives and improving performance for cooking, hunting, or outdoor use. By the end of the session, you'll have the confidence and skills to keep your knives in top condition

**Knotty Girls** - Ready to twist, tie, and knot your way to a new skill? Join this hands-on workshop and discover the art of ropework and knot-tying. Learn practical knots for camping, boating, or everyday use, and leave with the confidence to tie them tight. Why not give it a try?

**Leather Bag**- Learn the traditional craft of hide sewing in this hands-on class, where you'll create a custom bag from leather. Our skilled instructor will guide you through every step, from pattern cutting to stitching, ensuring you leave with a bag that is functional and stylish. Whether you're a beginner or have some experience, this class will teach you the techniques to craft durable, personalized leather accessories.

**Leather Belt Tooling** - Create your own custom leather belt while learning the fundamentals of leather tooling. In this hands-on class, participants will be introduced to the tools and techniques used to transfer patterns, carve, and stamp designs into leather.



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You will learn the basic steps of cutting, shaping, and finishing leather while adding your own decorative touches. By the end of the class, each participant will leave with a handcrafted, tooled leather belt of their own design.

**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.

**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.

**Nature's Apothecary-** Explore the healing power of nature in this Nature's Apothecary class, where you'll learn to create your own natural remedies using plants, herbs, and other natural ingredients. Our knowledgeable instructor will guide you through the process of making tinctures, salves, teas, and more, while teaching you about the therapeutic properties of various plants. Perfect for beginners or those looking to deepen their understanding of herbal medicine, this class will empower you to harness the healing gifts of nature for your own wellness.

**Outdoor Cooking-** Experience the art of outdoor cooking in this exciting class led by Chef Tristan, where you'll learn to prepare and cook wild game in the great outdoors. With expert guidance, you'll explore techniques using fresh, wild ingredients. Whether you're a seasoned chef or a beginner, you'll gain valuable skills to enhance your outdoor cooking adventures. Leave with a full stomach, new culinary knowledge, and the confidence to cook with wild game on your own!

**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.



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**Rifle-** Learn basic firearm safety and then hit the range! Instructors will teach you basic shooting technique and help you build and improve rifle shooting/marksmanship skills. Everyone will start with provided .22 rimfire rifles, with opportunity to explore a selection of other center-fire caliber rifles. All students can shoot rifles with an authorized instructor present. You do not need your PAL firearms permit to take this workshop.

**Rooted and Resilient – Mental Well Being in the Outdoors-** This session blends mental well-being skills with the lived experience of being outdoors. It recognizes that stepping into outdoor spaces can stir confidence, fear, self-doubt, empowerment, grief, joy — sometimes all at once. Learn grounding exercises and share experiences in this safe environment.

**Sausage Making** -Turn goose, deer, or any domestic meat or wild game into your very own delicious sausage! Under the guidance of experienced sausage makers, learn recipes, ratios, equipment, mixing, forming, linking, and cooking. This is a hands-on class. Sampling is a necessity! Participants: tie hair back or wear a hat, not wear rings or bracelets, and short sleeves recommended

**Shotgun 101-** PULL! In this intro to shotgunning, members of Team Lady Fowlers will help you learn basic firearm safety and safe handling techniques, what makes a shotgun different than a rifle, and how to shoot one. Then you will hit the range where instructors will help you shoot your first clay “bird”, with plenty of time to build confidence and skill through practice. All students can shoot shotguns with an authorized instructor present. You do not need your PAL firearms permit to take this workshop.

**Shotgun Maintenance-** Learn how to disassemble, clean, and reassemble a shotgun, a skill that extends to other firearms maintenance. This process helps you understand how firearms work, taking a bit of the mystery out of these hunting tools. You don't have to own a firearm (yet) to learn how to take care of one, and you don't have to take the shotgunning workshop to enjoy this hands-on experience! (You do not need a PAL to handle firearms with an authorized instructor.)



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**So Now You Want to Hunt Big Game!** -Do you want to take the next step and need some guidance 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. Feel free to bring anything *except* firearms!

**Survival Basics** – Learn essential survival skills in this hands-on basic survival class, where you'll discover how to thrive in the wilderness with limited resources. Our experienced instructor will cover key topics such as shelter building, fire starting, navigating in the wild. Whether you're a beginner or just looking to refresh your knowledge, this class will give you the tools and confidence to handle unexpected outdoor situations. Walk away with practical skills to stay safe and prepared in nature!

**Survival Skills – Advanced** - This class is designed for those with a basic understanding of survival (whether through BOW or not), offering the opportunity to refine your skills and master more challenging scenarios. Leave with the confidence and knowledge to survive in harsher conditions!

**Turkey Tactics-** Learn the essentials of turkey hunting in this hands-on class for beginners. Participants will gain a solid understanding of turkey behavior, practice effective calling techniques, and explore decoy setup strategies. The class also covers scouting tips, safety, and ethical hunting practices, giving you the knowledge and confidence to plan and execute a successful hunt.

**Waterfowl Hunting 101** - Among Manitoba's greatest outdoor assets are waterfowl hunting opportunities. Canada geese are abundant, ducks flourish on the many large marshes and in agricultural fields, and lesser-known game birds from cranes to coots are out there. Learn about habitat, hunting techniques and tools. Get hands-on experience as you set up an A-frame blind and learn about using a call. All that and more in this intro to waterfowl hunting!

**Willow Walking Stick Carving** -Unleash your creativity in this willow walking stick carving class, where you'll learn the art of shaping and crafting your own custom walking stick from willow wood. Our expert instructor will guide you through the carving techniques, offering tips on design, safety, and finishing touches to create a beautiful, functional piece.