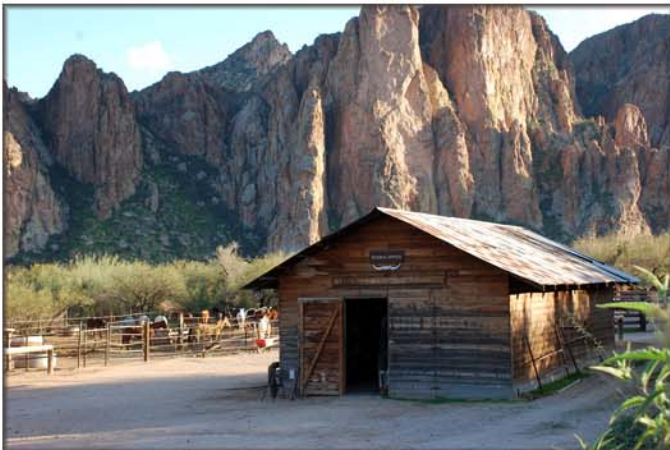




## ***BOW DELUXE***

**January 29-31 2010**  
**Saguaro Lake Ranch**



Images taken February 2009

**B**ecoming an Outdoors Woman is an Outdoor Skills Clinic for women. The objective of the program is to provide women with an opportunity to learn basic outdoor skills in a fun, non-threatening manner. We are looking for women who have never had an opportunity to experience the "out of doors" and are willing to learn basic outdoor skills with us.

Sponsored by the  
**Arizona Wildlife Federation**



For Information: Visit our web site  
**[www.azwildlife.org](http://www.azwildlife.org)**

**Call or Write!**

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# The Arizona Wildlife Federation Presents

*BOW Deluxe*  
*January 29-31, 2010*  
*Saguaro Lake Ranch*



## **TRAIL RIDE**

Explore the desert along the Salt River and see the vistas of Saguaro Lake on horseback. This class includes horse orientation and instruction and an hour and a half trail ride through the desert with spectacular views of Saguaro Lake and riding along the Salt River. We are sorry but the stable cannot accommodate riders over 250 pounds. \* THERE IS AN ADDITIONAL FEE OF \$75.00 FOR THE TRAIL RIDE.

## **KNOWLEDGE**

### **Birding**

Join the Sonoran Audubon Society and learn about the wonderful birding opportunities available in our desert. Participants learn the basic of bird identification as well as their distinctive characteristics and habits. This class is hands-on in that you will venture out to put some of your newfound knowledge to the test. Please bring binoculars and a bird book if you have them.

### **Desert Survival**

Hands-on class covering basic desert survival: shelter, water and food. The class will create a mock camp. What to do if you're lost. This class covers planning, protection and prevention skills for your next venture into the wild. Learn practical solutions for overnight survival in the wilderness. You will learn how to avoid emergencies in the out-of-doors, but still be prepared for them if they do occur. You will receive a booklet outlining basic survival rules and skills. Learn how to equip the ultimate field survival fanny pack and how to use it.

### **Edible and Medicinal Desert Plants**

**Presented by authors Don Wells and Jean Groen (*Foods of the Superstitions*)**

This class will cover the identification of various edible and medicinal plants and cacti of the southwest. The uses of these plants by Indians and the early settlers will also be discussed.

### **NRA Home Firearms Safety**

This class teaches basic knowledge, skills and attitude necessary for the safe handling and storage of firearms in the home. You will also be able to identify, load and unload various firearms, ammunition types, and definitions of commonly used terms. This is a prerequisite for the handgun class. The BOW Basic Firearms Safety or AZGFD Hunter Education program satisfies the prerequisite. \*\*THERE IS AN ADDITIONAL FEE OF \$25.00 FOR THIS CLASS.

### **Outdoor Photography**

This course will cover the basic photographic concepts; care, exposure, selection and use of equipment. There will be ample opportunity to try out your own equipment. Bring your camera and its instruction manual to class. Please read the instruction manual at least once before class.

## **FISHING**

### **Beginning Fishing**

This course is an introduction to the equipment and skills necessary for the novice to enjoy fishing. Learn basic fishing terminology; identify several game fish species, fish behavior and habitat as it relates to fishing. Learn how to choose and rig a balanced rod and reel, use proper terminal tackle, tie fishing knots and also learn how to care for it all. Cast and learn how to deal with snags and tangles. Participants will fish on the Salt River or on the fishing docks at Saguaro Lake. Arizona Game and Fish supplies all equipment.

### **Fly Fishing**

This session is geared toward those with some basic fly-fishing knowledge. The goal of this class is to help attendees move towards their independence as fly-fishers. Participants are encouraged to be self-sufficient enough to pursue fly-fishing on their own terms, side-by-side with a partner or in solitude. Bring your own fly-fishing equipment or use our top-of-the-line gear. Participants should also bring waders if you have them, sunscreen, polarized glasses or sunglasses.

## HUNTING

### Hunting Desert Critters

No matter if you are looking for meat to put on the table or a framed photo to hang over the table: the techniques are the same. Hunting opportunities abound in our desert lands, big game and small. We have mule deer, Coues Whitetail deer, javelina, bear, mountain lion, rabbits, three species of quail and three types of dove. Learn about these animals and the techniques and gear required to successfully hunt them.

### Predator Calling (Photo Opportunity)

Hunting the hunters! It is tough to beat the excitement of seeing a coyote or fox come into the sights and sounds of wounded prey. Join the Phoenix Varmint Callers and learn the basic techniques for fooling those animals at the top of the food chain. Afterwards, participants will experience a non-harvesting “stand”. Have cameras ready, as you never know what may come in!

## COOKING

### Dutch Oven Cooking

Learn the basics of Dutch Oven cooking and produce mouth-watering cobblers, rolls and main dishes in a camp-like setting. Students will learn how to use these traditional camp cooking utensils as well as receive many great recipes. The class will prepare Saturday’s evening meal for the entire camp.

## OUTDOOR ACTIVITIES

### Archery

This is a hands-on course where participants learn proper shooting form and technique as well as safety. Explore a variety of bows and what each one has to offer in the sport. Learn about the development of archery through the ages. Besides gaining knowledge about target archery, attendees find out about field archery and 3-D archery.

### GPS (Geocaching)

It is a treasure hunt! Use your GPS to find “treasures” near the ranch. We will begin with a review of basic GPS skills. Let us know if you need a loaner GPS.

### Boating 101 (Classroom)

Learn about the types of boats available and the parts of the boat. The maintenance required for your boat and trailer. Basic navigation rules will be discussed as well as dock maneuvering and ramp courtesy. This will be a classroom style session.

### Boating 102 (On the Water)

We will take you on a boat ride on beautiful Saguaro Lake and demonstrate the concepts learned in Boating 101. You will be given the opportunity to operate the vessel. **Boating 101 is a prerequisite.**

### Handgun/Shotgun

This class will be held at the Rio Solado Shooting Facility and **participants will need to car pool.** You will learn basic handgun safety and marksmanship. The Basic Firearms Safety course, the NRA home firearms safety or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.

### Still Water Paddling

#### FIRST STROKES: CANOEING & KAYAKING

Learn the fine art of getting from point A to point B in a canoe or a kayak without going swimming. This session is an introduction to the basic strokes and safety tips for beginning paddlers. This is a fun hands-on course on flat water with plenty of practice and personalized instruction. You will receive a brief discussion on the types of canoes and kayaks available, terminology, and wearing apparel suggestions. Please wear clothes and shoes that will keep you warm even when wet. Neoprene, fleece, wool, raingear will all work. Cotton is the worst thing for you to wear. **This means no blue jeans!**

## Tentative Schedule

### Friday Afternoon

12:00-1:30 pm – Registration  
1:30-1:45 pm – Welcoming  
**2:00 – 5:15 pm – Session 1**  
5:30-6:30 pm – Dinner  
7:00-9:00 pm – Evening Entertainment  
9:00 pm – Campfire

### Saturday

7:30-8:00 am – Breakfast served  
**8:45 am - 12:00 pm – Session 2**  
12:30-1:00 pm – Lunch served  
**1:45 - 5:00 pm – Session 3**  
5:30-6:30 pm – Dinner  
7:00-9:00 pm – Wine Tasting/Fundraiser  
9:00 pm – Campfire

### Sunday Morning

7:30-8:00 am – Breakfast served  
**8:45 am - 12:00 pm - Session 4**  
12:30-1:30 pm – Lunch served