becoming an Outdoors-Woman®

BOW DELUXE

January 25-27, 2013

Saguaro Lake Ranch

Becoming 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.

Sponsored by the
Arizona Wildlife Federation

Images taken February 2009

For Information: Visit our web site

www.azwildlife.org

Call or Write!

Arizona Wildlife Federation
PO BOX 51510
Mesa AZ 85208
(480) 644-0077

Email: awf@azwildlife.org

Arizona BOW

January 25-27, 2013

BOW REGISTRATION FORM

Sponsored by: Arizona Wildlife Federation
To be held at Saguaro Lake Ranch

Only one person per registration form please. Photocopy for additional registrations.

Name_____ Address_____

City _____ St _____ ZIP _____ Fax _____

E-mail (please print)_____ Phone (day) _____ Phone (eve) _____

Confirmation and classes will be **emailed** to you. If you prefer to receive this information by regular mail check here_____

Roommate Preference, if any_____Special Needs_____TShirt Size S M L XL 2XL
Please Circle Size

Participants understand that photographs and/or videos may be taken during the sessions and may be used in future support of the program. The applicant by signing below recognizes that the program involves some risk and that she takes responsibility for any action or injury that may result by participating. Applicant must be at least 18 years of age prior to workshop.

Signature _____ Date _____

Choose four classes from each session, and number them from 1 to 4 to reflect your first, second, third and fourth choice for the session. Participants will be assigned one class per session, with **choices determined by priority choice** on a first come, first serve basis.

Session 1 Friday Afternoon January 25	Session 2 Saturday Morning January 26	Session 3 Saturday Afternoon January 26	Session 4 Sunday Morning January 27
___ Beginning Fishing	___ Javelina Hunting	___ Archery	___ Fly Fishing 102
___ Edible and Med. Plants	___ Birding	___ Standup Paddling	___ Still Water Paddling
___ Trail Ride*	___ Hiking 101	___ Predator Calling	___ Geocaching
___ Dutch Oven Cooking	___ Desert Survival	___ Dutch Oven Cooking	___ Outdoor Photography
		___ Trick Track Trail	___ Trail Ride*

WORKSHOP FEE $380 (*add $90 for Trail Ride)

Workshop Fee includes instruction, program materials, use of equipment, deluxe lodging and meals Friday evening through Sunday noon. Lodging at Saguaro Lake Ranch is comfortable resort style ranchettes.

ONLY Credit Card REGISTRATIONS CAN BE ACCEPTED BY FAX (480) 644-0078

☐ Check enclosed. ***Please make check payable to*: BECOMING AN OUTDOORS-WOMAN (BOW)**
***Mail to*:** BOW/Arizona Wildlife Federation; PO Box 51510, Mesa, AZ 85208

☐ Please bill my: ☐ **MasterCard** ☐ **VISA** ☐ **Discover**

Credit Card # : ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ **Expiration Date:** ☐☐/☐☐ **CCV#**____

Signed _____

Fee includes: instruction, program materials, use of equipment, meals and lodging, Friday noon through Sunday noon for all sessions. VISA, MasterCard or Discover cards accepted.

Cancellation Policy: PLEASE READ CAREFULLY! There will be a $25 administration fee for all cancellations. There will be no refund if you cancel after January 10th. You may send a woman substitute in your place.

Upon receipt of your registration and payment, you will be sent a confirmation E-mail, a map to Saguaro Lake Ranch, and a list of appropriate clothing and other needs. All other equipment will be provided by the staff.
***For more Information:* Visit our WEBSITE at** www.azwildlife.org; **E-mail:** bow@azwildlife.org; **or Call** (480) 644-0077; 1-(800) 827-9453

Enrollment is Limited! — Register Early to Reserve Your Space!

The Arizona Wildlife Federation Presents
BOW Deluxe
January 25-27, 2013 at Saguaro Lake Ranch

TRAIL RIDE

This class includes a two and a half trail ride along the Salt River before gaining elevation as you head up Horse Thief Wash to ride along our Skyline Trail with views of the entire area including Saguaro Lake, The Bulldogs and Stewart Mountain. The two and a half hour Harders Point ride takes you along some of our most spectacular desert trails. Your trail guide will point out unique desert cacti that make the Sonoran Desert so famous! We are sorry but the stable cannot accommodate riders over 250 pounds. * THERE IS AN ADDITIONAL FEE OF $90.00 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.

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. You will need an AZ fishing license for this class.

HUNTING

Javelina

Javelina are not rodents! They are a collared peccary and a relative newcomer to the Sonoran desert. Learn about these fascinating critters and how to hunt them. Your tool of choice could be bow, rifle, handgun or camera. The techniques are the same.

Predator Calling

PHOTO OPPORTUNITY

Hunting the hunters! Want to experience pure adrenaline? It is tough to beat the excitement of seeing a coyote or fox come in to the sights and sounds of wounded prey. Join members of the Phoenix Varmint Callers. They will explain 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. This class will prepare the 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.

Day Hiking 102

This class will help prepare for a day trip into the desert. Learn how to choose gear and clothing, techniques for staying safe and sound, the principles of the 'Leave No Trace' philosophy and trail etiquette for minimum impact on the environment. You will participate in a 90-minute (approx) hike into the desert. You may bring your own daypack if you have one or we will provide you one. Please let us know! Be sure to wear sturdy hiking boots, a hat and don't forget the sunscreen.

Trick, Track and Trail

Learn how to identify wildlife 'sign' such as tracks and 'scats' and what foods, plant and animal, are important to Arizona desert wildlife. Participants will be instructed on how to interpret or 'read' wildlife tracks and sign and learn the fundamentals of observing wild animals, including tips on getting closer to wildlife and use of camouflage techniques. Attendees have the opportunity to make their own camouflage shirt with the materials they talk about and gather as they hike through the desert.

ON THE WATER

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!**

Stand Up Paddleboarding (NEW!)

Find out about this ancient way of travel made new again. You simply step onto the board and paddle to navigate on the water. Jimmy's SUP (http://www.paysonmarketplace.com/marketplace/businesses/jimmys-sup/) will be there with his staff to walk you through this fun old/new sport. 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 – Wine and cheese Tasting
7:00-9:00pm Dinner/Fundraiser
9:00 pm – Campfire

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