

## 2023 Schedule of Events

This workshop is designed for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop is for you if:

- You have never tried these activities but have hoped for an opportunity to learn.
- You are a beginner who hopes to improve your skills.
- You would like to try your hand at some new activities.
- You are looking for the camaraderie of like-minded individuals.

### Friday, October 6

10 – 11:30 a.m. Check-in and Registration  
11:30 a.m. – 1 p.m. Lunch and Welcome:

#### 1:30 – 4:30 p.m. SESSION I

- A. Introduction to Firearms
- B. Hiking
- C. Beginning Archery
- D. Beginning Fishing
- E. Predator Hunting and Trapping
- F. Deer Hunting
- G. Photography
- H. Trailing

4:30 p.m. Free Time  
5:30 p.m. Group Photo  
6 p.m. Dinner/Evening Program

### Saturday, October 7

7 – 7:45 a.m. Breakfast

#### 8 – 11 a.m. SESSION II

- I. Intro to Horsemanship
- J. Beginning Shotgun Shooting
- K. Intermediate Archery
- L. Beginning Rifle Shooting
- M. Beginning Fly Fishing
- N. Bighorn Sheep
- O. Orienteering
- P. Planting for Wildlife

Noon – 12:45 p.m. Lunch



Learn more at  
[OutdoorNebraska.org/BOW](https://OutdoorNebraska.org/BOW)

All times are Mountain Time. A Nebraska park entry permit is required. Classes and schedule are subject to change. If a class cannot be held as planned, participants will be offered an alternative class.

In extreme weather situations, outdoor classes may be changed accordingly to provide safety to all participants and instructors. We reserve the right to determine proficiency to participate in any class.

#### 1 – 4 p.m. SESSION III

- Q. Intro to Horsemanship
- R. Hunting with Shotguns
- S. Handgun Hunting
- T. Camping Skills
- U. Dutch Oven Cooking
- V. History of Fort Robinson
- W. Bow Fishing
- X. Forestry

4 p.m. Free Time  
6 p.m. Dinner/Silent Auction, Raffles  
*(Proceeds go to the BOW Scholarship Fund and BOW workshop materials and supplies.)*



### Sunday, October 8

7 – 7:45 a.m. Breakfast

#### 8 – 11 a.m. SESSION IV

- Y. Firearm Cleaning & Care
- Z. Wildlife of Nebraska
- AA. Trout Fishing
- BB. Turkey Hunting
- CC. Birding
- DD. Game and Fish Cooking & Cleaning
- EE. Bow and Crossbow Hunting Basics and Equipment
- FF. Reptiles and Amphibians

Look inside for the following inserts:

1. Registration Information
2. Liability/Medical Release
3. Scholarship Information

Sponsored by:



Follow us on facebook  
[Facebook.com/BOWNebraska](https://Facebook.com/BOWNebraska)

## Fort Robinson State Park

October 6-8,  
2023



## Nebraska's Becoming an Outdoors-Woman Program

BOW empowers women with the knowledge and skills to get you out hunting, fishing and cooking. Instruction will teach you how to use various tools that will help you provide for yourself in the outdoors. All of the classes will prepare you for outdoor adventures for many years to come.

FOLLOW US ON FACEBOOK AND INSTAGRAM – at Becoming an Outdoors-Woman Nebraska for more information about BOW and Beyond BOW adventures.

# Selection of Classes

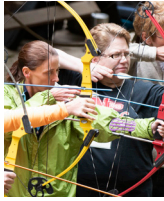
## Session Fitness Levels:

Low

Moderate

High

### BEGINNING ARCHERY - Indoor/Outdoor class. **Low/Moderate**



In this beginning archery class participants will learn step-by-step instruction on correct shooting techniques and form, nocking an arrow, targeting, and release techniques, along with basic archery terminology and safety. This is a fun, hands-on experience that promotes archery as a healthy lifetime activity. Participants will be doing live shooting. **Equipment will be provided.**

### BEGINNING FISHING - Indoor class. **Low**

This indoor class will offer hands-on instruction from start to finish, covering equipment, places to go and landing the fish. Learn about equipment, knot tying, choosing bait, loading a reel and casting and fishing terminology in this simple approach to fishing. **No live fishing will be done in this informational class.**

### BEGINNING SHOTGUN SHOOTING - Outdoor class. **Low/Moderate**



Learn proper techniques in gun handling and safety and get tips on how to shoot shotguns. Participants will shoot clay targets. Firearms and safety items will be provided. **Participants must use firearms provided.**

### HISTORY OF FORT ROBINSON - Indoor/Outdoor class. **Low/Moderate**

Learn about the history, buildings, people and exhibits of Fort Robinson and discover their stories at this outpost that witnessed 75 years of army life. On this shuttle tour, your guide will explain the Fort's complex history from the Red Cloud Agency, prisoner of war camp, Buffalo Soldiers, dog training and more. **Some walking required.**

### BOWHUNTING AND CROSSBOW BASICS AND EQUIPMENT - Indoor/Outdoor class. **Low/Moderate**

This class will cover the basics of bowhunting, crossbows and equipment. You will shoot at various 3-D animal targets from the ground and an elevated stand, and learn tree stand selection, safety, preparation for hunting, tracking and preparation and care of game. **Equipment will be provided.**

### BOWFISHING - Outdoor class. **Low/Moderate**



If you have often thought of archery but really enjoy fishing, this might be next step for you. You will grab a bow and arrows and head to the water as you learn all about the sport of bowfishing in a shooting situation. This class will shoot at underwater targets. **Equipment will be provided.**

### WILDLIFE OF NEBRASKA - Indoor/Outdoor class **Low/Moderate**

Western Nebraska has some of the less common species in the state like the swift fox, shortgrass prairie birds, bighorn sheep and pronghorn, along with many other wildlife species. Included in western Nebraska is the beautiful Pine Ridge that is characterized by several hundred square miles of forests, meadows, steep buttes, small canyons, minor peaks and numerous small streams. Learn about the abundance of wildlife that live here and the diversity of plant communities of the prairies, woodlands, wetlands and riparian systems.

### DEER HUNTING - Indoor/Outdoor class. **Moderate**

This class will cover the biology and habits of deer. Learn the essentials of hunting these animals from gear, firearms, safety and hunting strategies through hands-on field experience and simulated hunting situations. **Be ready for hands-on activity and wear proper shoes/boots for some hiking.**

### FIREARM CLEANING & CARE - Indoor class. **Low**

Learn shortcuts and tricks that make cleaning a gun simple to learn, along with cleaning products from the gun industry that make the task of cleaning and maintenance much easier.

### TURKEY HUNTING – Indoor/Outdoor class. **Moderate**



This class will cover the biology and habits of the wild turkey. Discussion will include hunting strategies including the Pine Ridge and other areas, equipment, clothing, camouflage, calling, patterning a shotgun, chokes to use and safety. No actual hunting will be done.

### PLANTING FOR WILDLIFE - Indoor/Outdoor class. **Low/Moderate**

Landscaping is a great way to enjoy the outdoors. It is gratifying to create a sustainable, wildlife-friendly habitat that is also a place to relax and connect with nature. Find out which native plants will work best in your landscape and the different species of birds, butterflies and other wildlife they will attract. Participants will learn how to plant for wildlife habitat, as well as feeding, watering and identifying wildlife.

### FLY-FISHING - Outdoor class. **Moderate**



Class will cover all aspects of fly-fishing, including casting, equipment, instructions on reading water, insects and their hatches and use of various knots. A 2023 Nebraska fishing permit is required. **Participants may bring their own equipment.**

### INTRO TO HORSEMANSHIP - Outdoor class. **High**

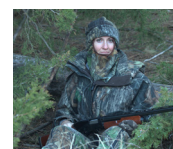


This introductory class teaches the basics of horse behavior and care. Learn about characteristics, grooming and basic riding concepts. Then put your skills to the test on our trail ride that takes you up into the buttes and see nature from a unique viewpoint.

### INTERMEDIATE ARCHERY – Outdoor class. **Low/Moderate**

This next step in archery will teach you to tune your own bow, set nock points and adjust sights. We will fine-tune your form and go over how to extend your shooting distance. This course is for those who want to hone their skills or learn to tune their equipment, and will help you advance your skills beyond the beginning archery phase. **Participants may bring their own equipment. Equipment will be available.**

### HUNTING WITH SHOTGUNS - Outdoor class. **Low/Moderate**



This offers an excellent opportunity to fine-tune your shotgunning skills by getting tips from instructors and shooting clay targets. Students will learn what game animals can be hunted and how to hunt with shotguns, along with gun selection, game loads and chokes.

### INTRODUCTION TO FIREARMS - Indoor class. **Low**



Learn basic firearm safety, gun handling, identifying guns and the use of various firearms and types of ammunition. Participants will gain confidence and knowledge about firearms. No live shooting will be done.

### BIGHORN SHEEP - Indoor/Outdoor class. **Low/Moderate**

Learn about the history and ecology of the bighorn sheep of the Pine Ridge and how these animals were reintroduced from declining populations. Find out what the challenges are in keeping the herd healthy and at suitable populations. Learn about the studies that are conducted on these majestic animals of the hills and buttes. **Wear comfortable hiking shoes as you will go in the field to view bighorn habitat and hopefully get a glimpse of some.**

### TROUT FISHING - Outdoor class. **Low/Moderate**



Learn what lures and baits to use to attract trout while fishing on a pond. Techniques include fly fishing, rod and reel, casting, lure presentation and other tricks of trout fishing. **A 2023 Nebraska fishing permit is required. Participants may bring their own equipment.**

### GAME & FISH CLEANING & COOKING – Outdoor class. **Low**

This course teaches you game and fish cleaning techniques and equipment basics such as how to choose and sharpen a knife as well as sharing recipes for putting a savory meal on the table.

### PHOTOGRAPHY - Indoor/Outdoor class. **Moderate**

Learn outdoor photography from our award winning NEBRASKAland Magazine staff. Using point-and-shoot and digital cameras, this class will concentrate on field photography. It will cover basic camera operation, settings, subjects, lighting, composition and practical field photography. Students may bring their own camera and equipment.

### TRAILERING - Outdoor class. **Low/Moderate**

This class will cover how to properly hitch a bumper-pull and gooseneck trailer to a vehicle, safely maneuver and pull trailers of different sizes, and back them into a parking spot. This is a great opportunity to try your hand at trailering, backing and pulling skills.

### BEGINNING RIFLE SHOOTING - Outdoor class. **Moderate**

Get lots of coaching on how to safely handle, load and shoot rifles and muzzleloaders. Learn marksmanship and shooting techniques along with shooting rifles used in common hunting scenarios. **Firearms will be provided; please do not bring your own.**

### HANDGUN HUNTING AND SHOOTING - Outdoor class. **Low/Moderate**



This course will cover the basics of handgun shooting. Safety, handling and shooting techniques will be covered as well as how and what to hunt with handguns. Participants will target shoot using various hunting handguns.

### DUTCH OVEN COOKING - Outdoor class. **Low**



Learn how to cook in a Dutch oven on coals. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There are several opportunities to practice your newly developed skill and you'll love eating what you make in this class.

### PREDATOR HUNTING AND TRAPPING - Indoor/Outdoor class. **Low/Moderate**

This class will teach predator hunting and trapping basics and how to call a wide variety of predators. Learn about calls and calling techniques, equipment and tricks of hunting predators. Then, learn about the basics of trapping, what kinds of traps to use, scents used and more. Class will go on a short hike to observe signs and learn tracking skills.

### CAMPING SKILLS - Outdoor class. **Low/Moderate**



Learn how to pack and prepare for a camping trip. There will be hands-on demonstrations using various types of tents and equipment, as well as tips on how to camp, where to go, and fun things to do while camping.

### BIRD ID - Indoor/Outdoor class. **Low/Moderate**

Increase your enjoyment of bird watching and learn different types of bird habitat, as well as seasonal and daily cycles necessary for watching birds. Learn how to identify birds by habitat, sound, color and field markings. **Bring your own binoculars and bird guide if you have them. Class will go on a short hike.**

### HIKING - Indoor/Outdoor class. **Moderate**



Learn how to select equipment that will make hiking fun and comfortable. Discover some of the hiking and biking trails across the state. Learn how to pack and prepare for a day trip starting with the basics and working your way to more advanced trips. **Wear good hiking boots/shoes; class will go on a short hike.**

### ORIENTEERING - Indoor/Outdoor class. **Moderate/High**

Orienteering is a recreational activity using a map and compass to navigate between designated checkpoints. Learn the skill of being able to read a map and compass and navigate your way to various checkpoints throughout Fort Robinson. Orienteering is all about being able to figure out where you are on your map so you can decide where to go next. It can be a great hobby or a useful tool when hunting or hiking in unknown areas. **Wear good hiking boots/shoes; class will be hiking through the park.**

### FORESTRY - Indoor/Outdoor class. **Low/Moderate**

The beautiful Pine Ridge is characterized by several hundred square miles of forests, meadows, steep buttes, small canyons, minor peaks and numerous small streams. Learn about how the diverse plant communities of the prairies, woodlands, wetlands and riparian systems survive through the seasons and wildfires, and how they reproduce. **Wear good hiking boots/shoes; class may go outside.**

### REPTILES AND AMPHIBIANS - Indoor/Outdoor class. **Low/Moderate**

Nebraska is home to many fascinating reptiles and amphibians. Learn about these unique creatures, where they live, what they eat, and interesting facts about them. Some live species will be on hand to view. **Wear good hiking boots/shoes; class may go outside.**

**Fort Robinson State Park**

**Oct. 6 - 8,  
2023**

## Nebraska's Becoming an Outdoors-Woman Program



### BOW Scholarship

Limited funds are available for partial scholarship(s) valued at \$125 for Nebraska residents only.

Preference will be given as follows:

- First-time participants
- Nebraska Residents
- Financial need
- Outdoor enthusiast who wants to learn hunting, fishing, and/or shooting sports skills
- Ability to impact others with newly learned skills

In the event you are not selected for a scholarship, you will have the option to pay the remaining balance of the full registration fee (\$250) or you may request a refund of your \$125 deposit and not attend the weekend. Balance of \$125 will be due by May 13. **If you decide not to attend for any reason, please notify us**, so we may have the option of offering this opportunity to another applicant.

**Scholarship Application Deadline:** April 1, 2023

**Requirements (all to be completed together at the time of registration):**

- Complete scholarship questionnaire (available at [NebraskaBOW.com](http://NebraskaBOW.com))
- Pay \$125 deposit with application (may pay by PayPal or credit card online)
- Complete registration form (may be submitted online with credit card payment)

For the complete Scholarship Application go to [NebraskaBOW.com](http://NebraskaBOW.com) to print/download a copy of the entire scholarship form for submission.



**Fort Robinson State Park**

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## Nebraska's Becoming an Outdoors-Woman Program



**REGISTRATION** — Register and submit payment online at [NebraskaBOW.com](http://NebraskaBOW.com). An automated confirmation of registration and class schedule will be sent electronically after registering online. Save your schedule at the time of registration and bring it to the workshop. Another copy will not be sent to you before the workshop. Additional information will be sent in September, along with a map to Fort Robinson State Park and clothing recommendations. Call **402-471-5571** or email [Tiffani.Gerber@nebraska.gov](mailto:Tiffani.Gerber@nebraska.gov) for more information.

**CANCELLATION DEADLINE** — Refunds will be provided if cancellations are made before **July 15**. After that date, a \$100 processing fee will be deducted from your refund. There are no refunds for registrants who do not cancel by **Aug. 1, 2023**; however, you may send a substitute.

**SCHOLARSHIPS** — Limited scholarships are available. To apply please see the back page of this insert or visit [NebraskaBOW.com](http://NebraskaBOW.com). Scholarship applications are due by **April 1, 2023**.

**LODGING** — Participants will stay in the cabins at the park; bedding will be provided.

Thursday night lodging is available for an additional \$50 (no meals); you will need to mark that box on the registration if you choose this option.

A Nebraska state park entry permit is required to enter Fort Robinson State Park. To make check-ins faster, purchase permits ahead of time at [OutdoorNebraska.org](http://OutdoorNebraska.org). Permits will be sold at the park.

**WHAT TO BRING** — Please bring personal items that you need and any medications and check the "What to bring list," which will be emailed to registered participants and will be available at [NebraskaBOW.com](http://NebraskaBOW.com). **For all workshop sessions unless otherwise noted, demonstration equipment will be provided. Do not bring your own unless it is specified in the session descriptions.**

**Door Prizes** - Participants will have a chance to win door prizes and raffle items at the workshop. If you, or a business you know, would like to donate a door prize, please contact us. We like to showcase Nebraska businesses and products.

**Silent Auction** - This has become a fun tradition at the workshop. We invite participants and instructors to bring items for the silent auction. Then you may bid on items that interest you. All proceeds from the silent auction go back to support the Nebraska BOW program. Cash, credit cards and checks are accepted.

**BOW-tique** - BOW logo clothing and other useful items are available for purchase during the workshop. All proceeds from the gift shop go back to support the Nebraska BOW program. Cash, credit cards and checks are accepted.

**All times are Mountain Time for the Fort Robinson State Park BOW.**

*Registration is taken on a first-come, first-served basis. Priority will be given to first-time participants, and any repeat participants who bring a new participant, until **March 31, 2023**. There is no guarantee of openings on **March 31**.*

*No registrations will be accepted by telephone or fax. Fee and waiver form must accompany registration.*

*Sponsored by the Nebraska Game and Parks Commission*

Fort Robinson State Park

Oct. 6 - 8, 2023

Nebraska's Becoming an Outdoors-Woman Program



2200 N. 33rd St. • P.O. Box 30370 • Lincoln, NE 68503-0370 • Phone: 402-471-0641

Nebraska BOW Participant Waiver and Assumption of Risk Must be completed and submitted with registration

REGISTRATION FORM

One form per person (photo copy for additional registration)

Name, Phone (Day), Cell Phone, Address, E-mail (required), City, State, ZIP

May we use the above information on a participant list distributed at the workshop? Yes No

By signing below, the applicant understands that photographs may be taken during the sessions and may be used in future support and promotion of the program.

I would be interested in carpooling Yes No

I would like to room with:

1. (We will try to honor your preference as space allows but not guaranteed)

Signature Date

Indicate your first (1), second (2), third (3), and fourth (4) choice for each session

Table with 4 columns: FRIDAY, SESSION I; SATURDAY, SESSION II; SATURDAY, SESSION III; SUNDAY, SESSION IV. Rows include activities like Introduction to Firearms, Hiking, Beginning Archery, etc.

If you are signed up for any firearm class, we recommend INTRODUCTION TO FIREARMS as a precursor unless you have firearm experience.

Form with three sections: special requirements, prior workshop attendance, and T-shirt size selection.

WORKSHOP FEE- Includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging, if so indicated.

\$250 (includes meals and lodging) \$125 (applying for a scholarship) \$50 (Thursday night lodging)

Name, Date of Birth, Sex, Address, Phone, City/State/Zip, Emergency Contact, Phone

In consideration for the participant, named above, being allowed to participate in any way in the hunting, shooting and outdoor skills activities conducted at the Nebraska Game and Parks Commission's Becoming an Outdoors-Woman Program...

Furthermore, I herewith agree to indemnify and hold forever harmless the State of Nebraska and the Game and Parks Commission, its officers, officials, agents and employees ("Released Parties") against loss from any claims, demands or actions that may hereafter, or at any time, be made or brought against the Released Parties on account of damages or bodily injury or death to the participant sustained in consequence of the aforesaid activity.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

X Participant's Signature Date

Participant Allergy Information

Please list all food/medications/materials/plants/stings that the participant needs to avoid.

Table for Allergy Information with columns: Allergy 1, 2, 3; Type; Management/Medication; Notes

Please list any additional physical or medical issues that you would like the program staff to be aware of.

EMERGENCY MEDICAL AUTHORIZATION

The medical information is correct to the best of my knowledge, and I am able to engage in all activities, except as noted by me. In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order injection or surgery or other medical procedures required by the emergency situation.

Signature of Participant Date