



2024 Summer Becoming an Outdoors- Woman Workshop August 16-18

Join us for a weekend of self discovery and adventure in the beautiful Lubrecht Forest!

The "Summer BOW" workshop is a 3-day event beginning at noon on Friday and ending around 1 p.m. on Sunday. The workshop is held in a camp setting where meals and lodging or tent/camper space is provided.

The weekend is divided into four instructional sessions that run 4 hours each. Participants choose from a variety of classes that provide hands-on learning in a comfortable and non-competitive learning environment. Classes are held outdoors as much as possible. Evenings at this weekend workshop are filled with more learning opportunities, fun, and camaraderie.

BOW contact: Kylie Kembel, 406-444-5280, kylie.kembel@mt.gov

BOW Summer 2024 Application for Registration Process

Registration Process: Three part registration process for 2024.

1. Apply for registration online (web address coming soon). This is a time stamped process. All participants can submit application for registration beginning May 18, 10:00 a.m. (MST)
 - A. Application for registration priority received between Saturday May 18 10:00 a.m. and Tuesday May 21st 5:00 p.m. (MST) will go to new attendees and individuals bringing a new attendee(s).
 - B. New attendees are those who have never attended Montana's Summer BOW weekend.
 - C. The first 60 applicants will be offered registration based on attendance history and time stamp. The remaining applicants will be waitlisted.
2. Those accepted will receive an time sensitive e-mail with an acknowledgement of risk form, a survey to select courses, and instructions on payment.
3. Those that complete the above steps will receive e-mail confirmation from FWP with acceptance to the Summer BOW camp 2024 and additional details.

*Waitlisted applications could be offered registration at any time. Please keep watching your emails.

Lodging options to be selected in part 2:

\$340 includes lodging in a dorm (double room) and meals

\$290 includes lodging in a shared cabin/box car and meals. No bedding provided

\$240 includes tent/camper space and meals. Camper space limited.

Workshop Fee-includes instruction, class materials, and use of demonstration equipment.

Cancellation deadline: For a refund, cancel by 5:00 p.m. [July 26](#), and contact Kylie Kembel at kylie.kembel@mt.gov. Reach out to Kylie with questions.

Scholarships: A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Preference is given to full-time students and single parent households.

Scholarship requests will be taken at part two of the application process. Interested applicants should submit a one-page letter explaining your needs and why the scholarship would be beneficial.

Application for Registration Process: Registration applications will open online (web address coming soon) at 10:00 a.m. May 18. Everyone is welcome to submit an application for registration at the that time. Priority acceptance will be given to new attendees and those bringing a new attendee(s) until 5:00 p.m. on Tuesday, May 21st. All attendees must register individually and provide unique email addresses for contact. Remaining open places will be given to applications based on time stamp. Successful applicants will be notified with an e-mail letter of confirmation with further instructions on class registration and payment. There is a capacity of 60 attendees for the event.

Lubrecht Forest: Located near the Blackfoot-Clearwater junction, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging, and a dining hall accessible to individuals with disabilities. Paved trails connect these areas. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.
- **Accommodations** – Participants can choose from the following options: The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a shared bathroom down the hall. The rustic **cabins/box cars** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag, or bedding. Participants are welcome to bring **tents or campers**. No pads or hookups are available.

Hunter Education Certificates: Participants in **Beginning Shotgun** and **Beginning Rifle classes** must attach a copy of their Hunter Education certificate or NRA certificate. If none, you must have attended the BOW **Basic Gun Handling** class at this workshop.

Door Prizes: Participants have a chance to win door prizes and raffle items at the workshop.

Silent Auction: **CASH or CHECKS only.** This has become a fun tradition at the workshop. We invite you to bring items for the silent auction, and/or bid on items that interest you.

BOW Gift Shop: **CASH or CHECKS only.** BOW logo clothing and other useful items are available for purchase during the workshop. All proceeds from the gift shop and silent auction go back to support the Montana BOW program.

Wildfires: Unfortunately, Montana has suffered from drought conditions off and on for the last several years. If the workshop were cancelled due to the fire danger, all persons registered will receive a full refund.

Tentative Schedule

| Time (MST) | Friday August 16 | Saturday August 17 | Sunday August 18 |
|------------|----------------------|---------------------|------------------|
| 7:00 | | Breakfast | Breakfast |
| 7:30 | | | |
| 8:00 | | Session 2 | Session 4 |
| 8:30 | | | |
| 9:00 | | | |
| 9:30 | | | |
| 10:00 | | | |
| 10:30 | Participant check in | Lunch | Lunch |
| 11:00 | | | |
| 11:30 | | | |
| 12:00 | Lunch | Lunch | Lunch |
| 12:30 | | | |
| 1:00 | Session 1 | Session 3 | Farewell |
| 1:30 | | | |
| 2:00 | | | |
| 2:30 | | | |
| 3:00 | | | |
| 3:30 | | | |
| 4:00 | | | |
| 4:30 | | | |
| 5:00 | Meet and Greet | Social | |
| 5:30 | Dinner | Dinner | |
| 6:00 | | | |
| 6:30 | Evening programming | Evening programming | |
| 7:00 | | | |
| 7:30 | | | |

Tentative class list

Subject to change based on interest, weather, and instructor availability

Hunting Related Classes:

Basic Gun Handling- Learn about several types of firearms and the basics of firearm safety. You'll see how different actions work, how to get the proper firearm fit, and how to safely handle and store firearms. No actual shooting will take place. ***Hunter Education is highly recommended prior to coming to this class, but not required.**

Beginning Rifle- Learn the fundamentals of rifle shooting, shooting positions and sighting techniques. This is a wonderful opportunity for people new to shooting or who want to improve their skills. You'll have an opportunity to shoot .22 caliber and larger caliber rifles. ***Participants must attach a copy of their Hunter Education certificate or attend the Basic Gun Handling Class on Friday August 16.**

Mock Ungulate Hunt- When do you use a tree stand, hunting blind, or spot and stalk? What signs do you look for when hunting large ungulates? How does a range finder work, and what is the best way to pack your hunting bag? What do you do if you have to track your animal or leave it overnight in bear country? This class is designed to give the participant practice using common hunting gear while in an outdoor setting. **No firearms will be used during this class. There are no pre-requisites for this class, although taking basic gun handling, beginning rifle, shotgun, archery, and backpacking may be beneficial.**

Introduction to Archery- How do you hold a bow? What is a "nock?" This class will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting using a Matthews Genesis bow.

Fishing Classes:

Bait and Lure Fishing – This on-the-water class will teach the different types of lures, baits, and poles used in spin fishing. This class will discuss basic fish ID and how to target specific species from shore.

Beginning Fly Fishing - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana. Fishing equipment will be provided, or bring your own. You'll practice dry casting in a field in camp. ***This is the prerequisite for the Fly Fishing on the Water class.**

Intermediate Fly Fishing -Take your fly fishing to the next level with this class! Bring your questions as we will dive deeper into technique, choosing flies, reading the water, and tips to help you succeed on the water. ***This or Beginning fly fishing is a prerequisite for the Fly Fishing on the Water class.**

Fly Fishing on the Water - Spend a relaxed morning practicing your new fly fishing skills. Participants will travel to a nearby river and practice casting techniques, reading the water, and (hopefully) how to land and release a fish. You'll learn about fishing ethics and safety, too. **** Participants must have completed Beginning Fly Fishing or Intermediate fly fishing class at this workshop. Space is limited.**

Outdoor Recreation Classes:

Birding Basics -There's more to birds than bright colors and pretty songs. Just what is a feather? Why do some birds migrate hundreds of miles while others endure Montana winters? Why do birds sing? What's the best way to watch birds? How do you use field guides? You'll learn birding basics as well as the best techniques for bird watching. This is a good class to take prior to the Bird Watching class.

Bird Watching – This is one of the fastest grown outdoor recreation activities. Accessible to anyone anywhere. Get outside for a bird watching adventure. Learn the basics of using binoculars and field guides and discuss bird biology and identification tips throughout the morning. Binoculars and bird field guides will be available to borrow or bring your own. Dress for cool (windy or rainy) Montana mornings. Both beginner and veteran bird watchers are welcome. Beginners will benefit by taking the Birding Basics class offered Friday.

Maps & Compass 1 - Come learn basic navigation skills using map and compass to find your way. In this class you'll learn the parts of a compass, how to read a topographic map, and how to use them in tandem. You'll learn how to navigate to new locations by following a bearing and pinpointing your location through triangulation. You'll also learn how plan routes using a topographic map. This is a hands-on class with some lecture components. We will have maps and compasses for you to borrow to use during class. Some outdoor exercises are involved, so dress accordingly.

Maps and Compass 2 -Take your newfound skills using a map and compass and team up with your classmates to find as many checkpoints as possible. Work solo or in small teams. **Maps & Compass 1 is a prerequisite for this class.*

Beginning Kayaking - Wide and stable recreational kayaks are the perfect platform for people of all ages to enjoy wildlife viewing, fishing, photography and even camping on Montana's waters. Learn the basics of kayaking with our knowledgeable instructors and bring a sense of adventure; water shoes, old sneakers or water sandals; quick-drying clothing; and a leash for your glasses or anything else you might drop overboard!

Kayak Trip - Practice what you learned on Saturday and join our instructors for a trip down the Clearwater River Canoe Trail. ** Beginner Kayak class is a prerequisite for this class. Space is limited.*

On the Road – Does your car, truck, or SUV have the gear you need in case of an emergency – for both you and the vehicle? Can you change a tire, put on tire chains, or jump start an engine? Learn what you should always carry and how to do general maintenance on your vehicle. Yes, you can do this! You'll feel safer and more empowered for your next road trip.

Beginning Plant Identification - This class will expose you to basic plant terminology, observation techniques, and helpful field guides. You'll practice "hands-on" identification of trees, shrubs, and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

Nature Journaling - Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is for **any** artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to yourself, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) if you desire

Backpacking 101 – Learn what kinds of packs exist and for what purposes. Learn how to pack your backpack and how to properly fit it to your back. Learn where the best places to store certain equipment and how to pack it for your trip.

Wilderness Survival – Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you need and the items you should always carry to survive an unexpected night(s) outdoors. This is information everyone should know.

Stand Up Paddleboarding – Take some time on still water to learn the basic paddle strokes of the SUP sport. Learn techniques to moving on your board from seated to standing. This class covers water safety, hands on learning, and board types and tips to find the board that is right for you!