

Class Descriptions

All Classes May Not be Offered at Every Workshop

ARCHERY:

(A) BEGINNING ARCHERY

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.

CAMPING:

(C) CAMPING 102

In the camping 102 course you will learn, not only how to set up camp, but we will show you how to make it as elaborate or as basic as you desire. We will have four large tents with which to set up. Once the entire camp is set up you will have the opportunity to sleep out in what we refer to as tent city. Fully equipped with lantern hangers, covered kitchen, dining area/game room, cooking instruction (menu selection), from hot dogs to steak. Are prepared foods good? What utensils are best for cooking (pots, pans etc.) How important is a clean camp?

(D) 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 receive many great recipes to try yourself.

(E) CAMPFIRE COOKING

Learn the basics of cooking over a campfire. Cook with grills, pans and aluminum foil. Learn how to build a fire and how to manage it; choose the woods to use and where to get them. Pick up tips on what to do when that essential item is left behind. Learn how families can work campfire cooking as a team.

(F) OUTDOORS ESSENTIALS

Every experience level could learn from this course. Though a few of the topics could seem "heavy", we just chuckle and have fun with it. A great class to learn from shared experiences and discussions. Topics focused on: *Essentials to pack when going into the outdoors *The many methods of water purification *Going Poo/Pee in the outdoors with techniques, guidelines, how to dig a cathole, State and National parks and their guidelines for bathroom etiquette *Visuals for campsite set up to help least attracting of animals *Fire rings and Leave No Trace fires *Low impact practices *Women's outdoor hygiene *Leave No Trace Principles *How to build a poop kit *Questions welcome prior to camp, to be answered in class. Registration will forward your questions.*

(PP) UNPLUG AND UNWIND: TAKING TIME FOR YOU

Rush, rush, rush is how many live their busy lives. Time to slow down and care of you. By day three of BOW, you've had a glorious fun time. You may even want to spend your last day, last class, taking a walk into the woods to rest yourself before heading back to your busy life. A journal and pen will be provided to you in the class. Bring: a camp chair/mat/blanket to relax on, water bottle, hat, sweatshirt, poncho. Bring: something quiet to do. Ideas: real camera, book, binoculars, sketchbook. Plan to leave your cell phone/electronics in your cabin.

PADDLING SPORTS:

(H) STILL WATER PADDLING: 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. Class includes a brief discussion on the types of canoes and kayaks available, terminology, and wearing apparel suggestions.

CLIMBING:

(I) ROPES CHALLENGE COURSE

The course consists of a series of group and individual confidence building challenges that encourage cooperative problem solving and individual risk-taking. It emphasizes teamwork and builds confidence and trust. Program events are designed to accommodate both the goals and physical abilities of each individual. Success and safety often depend more on the intellectual and imaginative resources of a group. Participants are completely safe at all times. Instructors are personnel from Friendly Pines who are certified on the course with extensive training.

(J) RAPPELLING 101

In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to tie a seat harness. There will be actual rappelling on short cliffs located on the campgrounds. All gear is provided.

(K) RAPPELLING 102

A continuation of Rappelling 101 with a greater degree of difficulty. Participants hone skills and advance to more challenging rappels. Climbing gear and ropes are provided. **Prerequisite: Rappelling 101**

FIREARMS:

(L) BASIC FIREARM SAFETY

A hands-on experience for the novice and a refresher course for the more experienced shooter, this class covers basic gun safety, identifying, loading and unloading various firearms, ammunition types, and definitions of commonly used terms. **A prerequisite for shotgun, rifle and handgun.**

(M) RIFLE MARKSMANSHIP Students learn rifle handling, shooting positions and techniques on paper targets using .22 caliber rifles. Participants will need to provide their own transportation to this class. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(N) BASIC SHOTGUN

Covers everything students need to know to become a competent wing shot, or to enjoy a round of trap or skeet. Federal Ammunition provides the ammunition. Shotguns provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(O) HANDGUN BASICS

Participants will learn basic handgun safety and marksmanship. Ammunition and firearms provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ hunter education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

(TT) HANDGUN MAINTENANCE

By the end of this course the student will be able to properly and safely field strip, clean, lubricate and re-assemble their firearm(s). Note that each firearm is different and certain techniques you may find to be easier or more difficult with your particular firearm. The student must PRACTICE to know what works best of for them and to ensure proper maintenance of their firearm. Remember there are many ways to clean and maintain firearms. It is up to the owner to know what the factory recommendations are for their firearm as to not void warranties and/or damage their firearm.

FISHING:

(P) WARM WATER FISHING

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish and other species. Learn proper lure selection and the use of these lures. Learn the most effective bait and fishing techniques for warm water species. With this knowledge, participants will be well prepared to catch fish in Arizona's warm waters. The Arizona Game and Fish Department will furnish all equipment. **No fishing license is required.**

(Q) INTRO TO FLY-FISHING

This fun, step-by-step fly fishing workshop is designed for curious first-timers, as well as for those who want to feel more accomplished out on the water. Our team of instructors will introduce you to equipment, fly patterns, and help you with hands-on fly casting & knot tying. The class is taught in an outdoor setting so bring clothing appropriate for the time of year, sunscreen, sunglasses, hat & water. **All equipment is provided, but if you already own your own please bring it with you, however don't purchase any equipment prior to the class.**

(R) FLY FISHING

Specifically designed for those who have completed the Intro to Fly Fishing course or have some prior fly fishing experience, this on the water workshop encourages participants to think like a fly fisher! We'll review & build upon basic skills so you can become more confident & capable fishing independently. Participants should bring clothing suitable for the outdoors, hat, sunglasses, sunscreen, water. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. No fishing license is required.**

(S) ADVANCED FLY FISHING

Float tubing is a fun, stealthy, specialized approach to lake fly fishing. This fishing workshop introduces committed participants to fly fishing from a float tube, covers equipment and tactics & concentrates on float tube safety. Class is limited to 5 candidates: 1) who are comfortable in the water, 2) who have taken a previous BOW fly fishing course, or who have prior experience

fly fishing, 3) who are properly outfitted. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. *No fishing license is required.**

(RR) CRAYFISH, CRAWFISH, CRAWDADS OR MUD BUGS

We're going to catch study and cook a pot full of Arizona Lobsters. They make great table-fare for you or your family. The Crawfish are an invasive species in our Arizona waterways. They are omnivorous critters that destroy critical habitat for our State fishes both Native and Introduced. We will be doing the environment a favor and providing tasty bits for the "Wild Game Tasting" evening at the September B.O.W. event. We'll carpool to Goldwater Lake and catch as many as we can in the class time scheduled. Come prepared for the weather, (it may be a little wet).

HUNTING:

(T) BEGINNING HUNTING

You will learn basic hunting techniques; how to scout, glass, track, stalk and look for sign. A must for beginners and a plus for less experienced hunters who would like to hone their hunting skills.

(V) 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!

(W) SAUSAGE MAKING

Become familiar with the ancient art of making sausage. This is a hands-on class where you will grind, and prepare bulk-type sausages. This class will emphasize the use of game meats and game will be used when available.

(TT) BIG GAME FIELD CARE

You have taken a big game animal! What's next? In this class we will take you through the steps of field dressing, caping and butchering a big game animal. We will be using a freshly harvested domestic meat goat. This class is not for the squeamish! You will be given the opportunity to get your hands uhhh dirty.

OUTDOOR KNOWLEDGE:

(B) GPS 101

Learn how to use your pocket-sized navigator to pinpoint your location, mark waypoints and navigate to distant points. The instructor will review the features to consider when choosing a receiver and introduce you to some of the fun and practical applications of using a GPS unit in your outdoor activities. At the end of the session, you will get hands-on experience with a GPS. If you own a GPS unit, please bring it to the class

(X) BACKPACKING/HIKING 101

Despite what the glossy magazine pictures will show you, it isn't required that you spend two months of your annual salary for backpacking gear. This class will help prepare you for a comfortable and enjoyable overnight hike into the wilderness. Together, we will talk about the ten essentials, safety considerations, Leave No Trace principles, as well as gear and equipment selection.

(Y) BACKPACKING/HIKING 102

In the previous class you learned what is necessary to have a tranquil hike into the wilderness. Now, we are going to practice skills that will bring you confidence of the how's and why's. This session will be in the field so bring a day pack, two liters of water, a hat to shield you from the sun's rays and comfortable hiking shoes or boots.

(Z) BASIC LAND NAVIGATION

This course includes classroom and field exercises in map and compass reading. Students will learn to accurately read a US Geological Survey (USGS) map, and how to use them for hiking, hunting, fishing and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and to determine their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instruction. This is a must for active outdoor enthusiasts who like to get off the trail.

(AA) GEOCACHING (GPS)

It is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech savvy family outside. This class focuses on the Global Positioning System, how it works and how it can help in the outdoors. We will begin with a review of basic GPS skills then you will use your GPS to find "treasures" near the camp. Let us know if you need a loaner GPS unit.

(CC) HORSEMANSHIP

This introductory class on horses teaches the basics of horse behavior and care. Participants will become familiar with the terms currying, tacking up and untacking. Attendees will participate in an approximately hour-long ride into the forest on the horse they saddle themselves. Participants will also take care of their mount after the ride, which may include untacking, brushing or applying liniment

to the horse, as well as watering and bedding them down for the night. Participants are required to wear a certified helmet (provided) and appropriate riding boots (smooth sole with a heel - 3/4 - 1.5 inches is usually appropriate) **THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$50.00.**

(DD) I'M LOST NOW WHAT?

Hands-on class covering basic mountain and desert survival: shelter, water and food. The class will create a mock survival camp. 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.

(EE) FIRST AID IN THE BACKCOUNTRY

In the backcountry, what you do in the first five minutes matters. A lot. In fact, it could be the difference between life and death. This class focuses on what to do when mishap happens and the Golden Hour of care rests solely on your shoulders. If time permits, we will additionally talk about heat illness, foot care and management of sprains/strains/fractures – all common backcountry injuries.

(NN) THE INCREDIBLE VERSITILE PRICKLY PEAR

Opuntia Tuna or Prickly Pear is a Sonoran desert native plant has fed healed and helped clothe the Sonoran desert people for more than a thousand years. It is also used as a juice, in jellies as well as candies. In this class you will learn how to pick the fruit of the prickly pear cactus and how to turn it into juice.

(QQ) ARIZONA WILD FOODS

Tap into your inner locavore and learn about ancient and new wild foods in Arizona that are relevant to today's health-conscious and slow food movements. The session will cover the basics of identification, seasons and settings, safe and ethical collection, historic and current uses, methods of preparation, and valuable references to get you started. The material will touch on wild foods throughout the state, whether you're munching on mountaintops, grazing in grasslands, dining on deserts, or noshing around the neighborhood. Instruction will be held in both the classroom and field.

(SS) PRIMITIVE SKILLS

Itching from poison ivy?! Hungry, and lost in the woods? Need a fire and you don't have any matches? No problem!

Could you survive in the wilderness with nothing but a knife? Spend an exciting session learning through hands-on experience the skills that could save your life! You will learn how to make shelters to keep you warm and dry, fire making techniques, how to find and purify water, and learn how make snares & traps, and other traditional hunting tools to get those needed calories!

PHOTOGRAPHY:

(FF) WILDLIFE PHOTOGRAPHY--From Vision to Fruition

Do you see something interesting in nature, but when you photograph it, your image turns out nothing like what you envisioned? Do you want to make better use of the gear you have, rather than feel like nothing but a mega-zoom lens for wildlife photography will do? Do you want to know how to better apply composition, light, and color techniques to advance your photography of nature and wildlife?

This class will help you move beyond simply documenting wildlife through your lens and enter into a world of inspirational, evocative wildlife photography. Learn inspiring and practical skills and techniques that will improve how you see the world around you--and how to re-imagine the images you take before, during, and after you photograph them. Drawing from her personal experience as a wildlife photographer, I will help you via this fun, light-hearted, but informative webinar to learn techniques you can apply immediately to improve your nature photography.

WILDLIFE:

(GG) ARIZONA'S VANISHING HABITAT

The biggest threat to our wildlife is habitat loss. It comes from subdivisions, fires and drought. This class will touch on the historic and varied life zones of Arizona and the fascinating animals that live here. There will be an emphasis on riparian and water and grasslands. Learn about the restoration projects that have been done and how you and your family can be part of the next one.

(HH) BIRD WATCHING

There are over 800 species of birds to see and marvel at in the United States. Come learn how to use binoculars and field guides, locate and identify birds, and see your surroundings through new eyes. You will learn how to use a bird's distinguishing characteristics, behavior, and habitat in order to identify

a species and understand how it lives. Because half the class is hands-on, you will venture out to put some of your newfound knowledge to the test and start a lifetime of birding enjoyment. Please bring binoculars and bird book if you have them. Participants are encouraged to take the morning bird walk at 6:00 a.m. Sat. or Sun. before breakfast.

(II) 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 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 woods.

SELF DEFENSE:

(LL) SELF DEFENSE: This class will provide you with the basics of Awareness, Avoidance, Verbal Strategies, and some physical techniques. Gym shoes or field boots are best to wear. Susan Baldwin from the Personal Protection Institute will be your instructor. Among many other accomplishments, she is a Retired Federal Agent, Combat Veteran and Reiki Master. *This class simulates real life situations, adult language is used.*

Get your Hunter Education Certification at BOW

Opportunity for Lady Hunters

The Arizona Game and Fish Department and the Becoming an Outdoors-Woman (BOW) program are partnering to bring the Department's Hunter Education Program to women 18 or older. This is all part of the Department's ongoing outreach efforts.



The Hunting Class at the Winter 2006 Workshop

“This is a great idea,” says Linda Dightmon, coordinator for the Arizona BOW program, and a Certified Hunter Education Instructor. “We feel that there are also some fantastic potential lady hunters out there that would love to get training with like minded women. That is what the BOW program is all about.”

Here is how it works. The participant will need to complete the online course, in advance, from the Arizona Game and Fish Department's web-

site <http://www.hunter-ed.com/az/index.htm>. The field day requirements and written exam will be completed at the BOW workshop. To fulfill the requirements the student will take Basic Firearms Safety at Friendly Pines Camp where the written exam will be given. She will also take the Beginning Hunting, which includes a Simulated Hunt as well as either Basic Shotgun and clay targets orientation or the Rifle Marksmanship class.



Coordinator, Linda Dightmon Takes Aim, August 2009

BOW workshops are held in a safe supportive atmosphere with qualified, patient, and enthusiastic instructors.

Go to <http://www.azwildlife.org/bow.html> for more information or call 480-644-0077.