



BOW DELUXE

January 24-26, 2020

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



For More Information:

Visit our website

www.azwildlife.org/BOW

Becoming an Outdoors-Woman

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[Facebook.com/pages/Arizona Becoming an Outdoors-Woman](https://www.facebook.com/pages/Arizona-Becoming-an-Outdoors-Woman)

The Arizona Wildlife Federation Presents

BOW Deluxe

January 24-26, 2020 at Saguaro Lake Ranch

TRAIL RIDE

We'll saddle up at historic Saguaro Lake Ranch and head out for a pleasant ride beneath the shadow of the famous Bulldog Mountains. You may have to ford the Salt River, but don't worry, a little water never hurt anyone. Don't forget to bring your camera because the landscape is breathtaking!

We are sorry but the stable cannot accommodate riders over 250 pounds. * THERE IS AN ADDITIONAL FEE OF \$125.00 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 and 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. Learn how to equip the ultimate field survival fanny pack and how to use it.

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

Arizona Wildlife: Observation and Tracking

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 desert.

Gardening for Wildlife

Whether your home's outdoor space is an apartment balcony or a 20-acre farm, learn how to create a garden that attracts native wildlife and helps to restore habitat in Arizona's urban, suburban and rural areas. Using resources such as the Certified Wildlife Habit program sanctioned by the National Wildlife Federation, learn how to provide food, water cover and a place for wildlife to raise their young in your own backyard. At the same time learn how to respond to problems with nuisance wildlife and feral animals. Turning your space into a welcoming haven for local wildlife is fun, easy and makes a big difference for Arizona's native wildlife, whether they are birds, bats or butterflies.

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.

Fishing/Boating Saguaro Lake

Spend the morning on one of our most scenic desert lakes fishing from a bass boat. This class is limited to the first 4 that sign up. **You will need an AZ fishing license for this class.**

Fly Fishing 102

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 Hunting

Javelina are not rodents! They are a collared peccary and a relative newcomer to the Sonoran desert. Learn about the habits of 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. Our top predator, "Stan the Steel Man" 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.

KAYAKING

Paddling Safety 101: Kayaking Classroom

This is a prerequisite for Paddling Safety 102. Safe, enjoyable paddling requires both knowledge and skill; this course will help you gain both. You will be provided with a wide variety of boating safety information through interactive activities and videos. With all of this fun you won't even notice the easy paddling test at the end of class (hey ladies, no worries, no paddler is left behind, everyone passes the test), and you will receive a Paddlesports Education Card after completion of this session. This course is sanctioned by the National Association of State Boating Law Administrators and recognized by the U.S. Coast Guard and the State of Arizona.

Paddling Safety 102: Kayaking on the Water

You must take Paddling Safety 101 to register for this class. For this session you will take concepts learned in Paddling Safety 101 and hit the water. Practice getting in and out of a kayak without going for a swim. You will learn all the strokes and how to keep your balance while participating in fun exercises. You will receive a paddlesport education card after completion.

HIKING

Day Hiking

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 Bulldogs. 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 & water bottle.

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.

Optics 101

Are you a birder, a hunter, a nature lover or maybe just a wannabe? The right choice of optics can really enhance your outdoor adventures. You will learn about magnification, objective and ocular lenses, eye relief and exit pupil. There may even be a bit of math involved (YIKES!) but it is easy stuff. Then we will go afield and see what we can see in our wonderful desert.

Geocaching

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.

PHOTOGRAPHY

Landscape Photography

We couldn't be in a better location for landscape photography than the Salt River at Deluxe BOW! This class is ideal for anyone - whether you have a smartphone or fancy camera! Professional nature photographer, Kim Gray, will introduce you to three (3) techniques that will help you improve your landscape images. You will learn key concepts about composition, lighting, and layering - all of which will help take your landscape shots to the next level! Class will be part classroom/part field with guidance. Gear: Any camera is welcome. Even your cell phone.

Friday

12:00-1:30 pm – Registration
1:30-1:45 pm – Welcoming
2:00-5:15 pm – **Session 1**
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
7:00-9:00pm Dinner/Fundraiser and whatever else we come up with
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