



# Class Descriptions

All classes will not be offered at every workshop

## ARCHERY:

### 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:

### BACKPACK CHEF

Food is the next heaviest thing in your pack, and one of the best challenges. There are many prepared dehydrate meals out there but what about putting together your own meals, from dehydration your own, to what's available at your local grocery store.

### 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.

### 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?

### 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.

### OUTDOORS ESSENTIALS

Every experience level should learn from this course. Ever wondered what essentials to start with? Or are you experienced in the outdoors and want to see samples of different products at stores. Knot tying, water purification, proper campsite placement for best guard of wild animals. Low impact practices, cat holes will all be addressed. Show table of great outdoor resource books. Blisters from hiking. Sample first aid kits. Womens outdoor hygiene. *Questions welcome prior to camp, to be answered in class. Registration will forward your questions.*

### UNPLUG AND UNWIND; TAKING TIME FOR YOU

Rush rush rush is how most of us live our busy busy lives. Enjoy slowing down and having time to quiet your mind and reset yourself. Class will walk out into the woods and sit amongst nature for some quiet time. Bring a book, journal, writing, meditation, quiet yoga, camera, binoculars, sketchbook, painting. As long as it's quiet, you can bring it/do it. Bring a camp chair and whatever quiet thing you want to do. Or bring a mat and take a nap. Electronic devices including cell phones will be left in your cabin. Bring a poncho just in case. Notebook/pen provided.

## CLIMBING:

**\*Notice on the rappelling classes:** all students must have closed-toed shoes or boots with good traction and ankle support to participate. Seat harnesses available to students will fit a range of waist sizes between 23 and 45 inches. These classes are not recommended if you are pregnant, have had recent surgery, or have any weakened or injured muscles, joints, or bones that restrict you from off-trail hiking, climbing, or similar strenuous activities requiring full body motion. After all, to rappel you'll will be walking backwards off a side of a cliff while holding a rope!

### RAPPELLING 101\*

Want to step beyond your comfort zone--try rappelling! In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to fit into a seat harness. Students will practice 30-ft rappels on a 45-degree angle cliff located on the campground. All gear is provided.

### RAPPELLING 102\*

A continuation of Rappelling 101 with a greater degree of difficulty. Students will hone their skills and practice multiple 25-ft rappels on a vertical cliff away from camp. Students will also learn how to tie various rope knots for climbing and rappelling. All gear is provided. **Prerequisite: Rappelling 101.**

### (J)RAPPELLING 103\*

Ready for the big wall? This class is hosted at nearby Watson Lake Park with 60-ft vertical rappels (and a somewhat strenuous hike back to the top). This rappel is great fun and a real confidence builder! All gear is provided. Prerequisite: **Rappelling 102 or Rappelling 101 (if heights don't bother you).**

### 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. **THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$50.00.**

## FIREARMS:

### 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.**

### 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.**

### 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.**

### 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.

### RIFLE MARKSMANSHIP

Students learn rifle handling, shooting positions and techniques on paper targets using .22 caliber rifles. **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.**

## FISHING:

### 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.**

### **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 and 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 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)

### **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. Fishing license may be required.**

### **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.**

### **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. No fishing license is required.

## **HUNTING:**

### **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.

### **BUTCHERING BIG GAME**

This is a hands on class where you will learn how to process a big game animal. We will be using the carcass from the Field Dressing Big Game Class. Not for the squeamish.

### **FIELD DRESSING BIG GAME**

OKAAAYYYY...You asked for it! Our BOW staff will demonstrate the proper way to field dress a big game animal. This class is not for the squeamish! You will be given the opportunity to get your hands uhhh dirty. We will be using a domestic goat or a lamb. Not for the squeamish.

### **GAME & FISH COOKING**

With few steps and a little common sense, game meat can be healthy and tasty substitute in many recipes. This class will actually prepare and serve the dishes for the evenings "Game Tasting." Recipes will depend upon game and/or fish available at the time of the class. ***This class will be limited to the first four participants.***

### **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!

### **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.

## **OUTDOOR KNOWLEDGE:**

### **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 nosing around the neighborhood. Instruction will be held in both the classroom and field

### **ARIZONA WILDFLOWERS 101**

Arizona is blessed with a spectacular variety of wildflowers from alpine to low desert. Learn the basics of plant identifications with some cool tools to help you on your path. Discover commonly found plants for your area, while making the acquaintance of some of Arizona's more bizarre species.

### **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.

### **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.

### **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.

### **NAME THAT ROCK**

What makes up Arizona's geology? Why, rocks of course. There are also minerals like copper and gold, sometimes in the rocks. We have mountains made by volcanoes and earthquakes. And dirt (lots of dirt!). This class will have you going out and digging in the dirt. Join geologist Rich Leveille for an insight to our states diverse geology.

### **PRIMITIVE SURVIVAL SKILLS: FIRE AND FIBER**

Empower yourself with some of the most rewarding and useful knowledge and skills that one needs in the outdoors. Learn to make fire with just the resources around you. Yes, by rubbing sticks together! Learn which materials work best and practice the specific techniques to make and use a hand drill and a bow drill to make fire. This session will also focus on making cordage from the materials found in nature. Cordage (rope, twine, string) is an important resource for a myriad of outdoor uses. Learn which materials to use, how to prepare them, and practice making your own cordage. You will come away from this session with valuable skills!

### **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.***

## **THE INCREDIBLE VERSITILE PRICKLY PEAR**

Opuntia Tuna or Prickly Pear is a Sonoran desert native plant that 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.

## **OUTDOOR ACTIVITIES:**

### **ART IN NATURE**

Mother Nature loves her colors! Discover the budding artist in you as we celebrate color in nature with fun, hands-on art projects for you to take home. No art experience necessary... just an open mind and a sense of humor that appreciates a very loose interpretation of "art!" Let's get messy together!

### **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.

### **BACKPACKING/HIKING 102**

In the previous class you learned what is necessary to have a tranquil hike into the backcountry. Now, let's practice the skills of packing our pack, selecting a campsite and throwing a bear bag. We will be out in the field for this session. Bring a day pack, two liters of water, a hat to shield you from the sun's rays and wear comfortable shoes.

### **GPS/GEOCACHING**

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. Then, it is a treasure hunt! Join the worldwide fun of geocaching, a great way to get your tech savvy family outside. You will take your new skills and your GPS to find "treasures" near the camp. If you own a GPS unit, please bring it to the class. Let us know if you need a loaner unit.

### **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.***

### **HORSEMANSHIP 102**

Want to ride some more? In this class you will develop the skills from Horsemanship 101 to learn how to ride at trot, canter and gallop. **Prerequisite; Horsemanship 101. *THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$50.00.***

### **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.

### **RATTLEMAKING**

Learn about using rattles in meditation and self-healing ceremonies, and make one to take home. In this workshop, we will make rattles with wet rawhide; cutting, punching, and stitching. All materials provided, including ideas for decorating your rattle.

## **PADDLING SPORTS:**

### **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.

### **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.

## **PHOTOGRAPHY:**

**OUTDOORS PHOTOGRAPHY Start Getting Composed:** Tell the story. Elevate yourself from simply "taking pretty pictures" to learning the secrets of designing artwork that engages, tells a story, and moves your audience. Did you know you can literally control which parts of your image the audience will see first, second, and last? You can control the mood, energy, and even how long someone gazes upon your work. Learn how to strategically use elements of composition and light to take your artistry to the next level. Class will be part classroom/part field with guidance.

Gear: Any camera is welcome. Even your cell phone.

Level: Beginner to intermediate

## **WILDLIFE:**

### **ARIZONA WILDLIFE: OBSERVATION AND TRACKING**

Learn how to identify wildlife sign such as tracks and scat, as well as which foods and habitats 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.

### **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.

### **BIRD WATCHING**

Birds are outdoors, right? So we'll be outdoors looking for and listening for birds, under instructor's guidance. Her journey from casual bird watcher with no binoculars into a lifelong fascination with our avian friends has taken her to far-flung places to see and experience cool birds. Could this happen to you? Has it happened already? After we have found local, higher elevation birds, using simple ways to enjoy bird-watching, hopefully you too will gain a new or enhanced curiosity about birds. On a serious note, we will touch on the modern-day "canary in the coal mine" concept and why birds are being studied so carefully in the early 21st century. If you have binoculars, bring them; however, we'll have Sonoran Audubon Society's loaners for everyone enrolled. Bird guide books are your "party favors" to take home, courtesy of instructor, Karen LaFrance.

### **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, be they birds, bats or butterflies.



# 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.