

Examples of Courses Offered at BOW Workshops

Advanced Shotgun Basics*

Participants will be taught the basics of shotgun safety and technique. Sporting clays is a relatively new, rapidly growing shooting sport designed to simulate true hunting conditions. *Participants must have taken "Intro to Firearms" and "Shotgun Basics" at this or a previous BOW workshop to take this class.*

Archery Basics

Students will be exposed to a comprehensive overview of the sport. You will be taught how to safely use basic archery equipment, focusing on Olympic style target archery which includes proper stance, nocking an arrow, targeting, and release techniques. Students will learn the "11 Steps to Archery Success" that can be applied across all disciplines of archery. This is a fun, hands-on experience that promotes archery as a healthy lifetime activity. Equipment will be provided.

Archery II – Advanced

The next step in Archery. Learn how to tune your own bow, set your nock point, and adjust your sight. We will fine tune your form and discuss what it takes to extend your shooting distance. This is a course for those who already shoot archery but want to hone their skills, or learn to tune their equipment. Or how about moving past that 20-yard mark and experiencing field archery? Our goal is to provide you with straight forward explanations of archery techniques so you can advance your skills beyond the beginning archery phase. Participants should bring their own equipment to get the most out of this course. We will also have some bows available. Come prepared to shoot, shoot, and shoot some more! Some archery knowledge and basic skills are beneficial prior to taking this class.

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!

Astronomy I – Basic

Learn how to use different tools to navigate the night sky. This class will introduce you to our solar system: the sun, moon, planets, comets, meteor showers and some basic projects. Bring your binoculars if you have them.

Astronomy II – Intermediate

This class will teach you why and how the night sky changes, solar and lunar eclipses, spring's seasonal constellations and their stories and finally some intermediate projects. Participants will be considered as having at least some basic experience and understanding of the night sky. Bring your binoculars if you have them.

Backpacking Basics

Participants will learn about the different levels of backpacking, equipment and equipment selection. Clothing, cooking utensils, trail etiquette and places to go will be discussed. Examples of various types of backpacking equipment will be available for participants to examine.

Basics of Bike Maintenance and Repair

The class will cover bike parts and fit, basic maintenance and tools, safety and bike handling skills. All participants will learn to repair a punctured tire and other basic repairs. Mountain bikes and helmets will be provided, but participants are strongly encouraged to bring their own. *This course is a prerequisite for anyone who wants to take Mountain Bike Basics.*

Camping Basics

We'll make you a "happy camper." Find out how much or little equipment it takes to keep you safe and sound on your adventures. We'll discuss Leave No Trace, shelter (tents), sleeping (bags/pads/cots), stoves and lighting of all varieties, trip planning, basic necessities and all the little comfort items new on the market. No matter what your experience level, you'll be certain to pick up new ideas from instructors and fellow participants and share your thoughts with others.

Discover Scuba Diving

Have you been wondering what it's like to breathe underwater? With a PADI Discover Scuba Diving Experience, you can try scuba in an easy, stress free environment – a great way to find out what scuba diving is really like before you take the full scuba certification course. Your instructor will spend a little time with you to explain the basic principles of scuba gear and diving. Once you feel comfortable, your instructor will take you in the pool to help you learn basic scuba skills. Then, if you like, you can go with your instructor for a short discovery dive in the pool. Most Discover Scuba Diving experiences last about an hour or two. All gear will be supplied by the instructor. Bring your swim suit and a towel. If you have your own mask, snorkel and/or fins that you know fit you, bring those as well.

Firearms Maintenance and Cleaning

How often do I clean my firearm? How far do I need to break down my gun? What do I use and where? What do I do with my ammo? These are some of the common questions that arise when an individual purchases a gun. Come join us as we learn to properly clean and maintain our different types of firearms.

Fish Biology 101

Is a jellyfish really a fish? What about a starfish? Their names sound fishy, but do they have what it takes to be a fish? This class will introduce you to the wide diversity of fishes that call Texas waters home. We will discuss basic fish biology, fish behavior, and fish habitat needs. We will finish off fish "school" with a fun art project for you to take home!

Fish Fillet 101

This class is a hands-on training where students will learn how to properly clean and/or fillet their catch. Participants will pair-up with a partner and each will have the opportunity fillet and skin a fish. Participants will learn how to determine if a fish is fresh and in edible condition; learn proper gear selection; sharpen knives to gut and fillet fish; gut and gill fish to transport long distances; fillet and skin any type of fish. Discussions will include various ways to prepare fish and the qualities of the different types of fish commonly found along the Gulf Coast.

Fishing I – Basics of Fishing

This will be an introduction to the equipment and skills necessary for the novice to begin to enjoy fishing. Participants will learn about fish habitat, equipment selection, knot tying and casting.

Fishing II – Advanced Skills*

This course is designed for the angler who already has some fishing experience. Participants will learn advanced techniques and skills. *Participants must have taken “Fishing I – Basics of Fishing” at this or a previous BOW workshop to take this class.*

Flyfishing Basics

Participants will learn the classic “four-part” cast and roll cast, as well as hooking, playing and landing fish using the “long rod.” The class covers basic information on how to fish using a fly rod and how to select the right fly for freshwater and saltwater fishing.

Flyfishing II – Advanced

This class will take the Flyfishing Basics to the next level. Students will learn to lengthen their cast by learning to shoot line. We will learn about mending our fly line on stream and why. Basic knots will be covered and more in-depth knowledge on different lines and why/where they are used. Students will learn to change the size of the fly line “loop” and why this is a valuable skill. *Participants must have taken “Flyfishing Basics” at this or a previous BOW workshop to take this class.*

Flytying Basics

This class will teach participants the basics of the flytying art. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to “try their hand” at tying flies, which they will be able to take with them.

Game Calling

Want to “talk to the animals” like Dr. Doolittle? Participants will learn techniques for calling in varmints (hogs, coyotes, bobcats, and foxes), turkey, waterfowl, deer and elk and even non-game animals. Each participant will receive her very own call and learn how to set up for the hunt, wildlife photography or simply to watch animals from close range. Call types, outdoor safety, camouflage, blinds, animal behaviors and responses are topics that will be included in this outdoor, hands-on session. And, you can drive your family and friends crazy!

Geocaching

A popular outdoor adventure appropriate for every person no matter your outdoor skill level. Geocaching uses a GPS unit to go on a treasure hunt of sorts. This class will focus on how geocaches work, where to find resources for the sport and you'll have an opportunity to join the fun. Equipment will be provided, but feel free to bring your own GPS unit.

Got Food? Will Travel!

Real food. Real Simple. That says it all! We are offering a fun and interactive session with strategies on healthy eating – whether you are at home, the office, at camp or on the trail. Learn tips on how to stick with your food plan in all situations. Focusing on planning, prep and knowing that you are worth taking care of and making your health a priority while living a full and active life! You'll get to taste different vegetables, get storage and traveling tips and walk away with healthy recipes and shopping lists.

Home Game Processing

After harvesting a big game animal, have you ever wanted to know “How do game processors do that and make it taste so good?” There will be proper quartering techniques for transporting game from the field. Sausage-making demonstrations will be conducted, as well as sampling from family secret TEX-MEX recipes. Come hungry and leave educated and happy.

Introduction to Birdwatching

Participants will be taken on a Birdwatching hike. Bird identification, life histories, habitat requirements, techniques, tips and places to go Birdwatching will be covered. You may bring your own binoculars if you have them.

Introduction to Bowfishing

Participants will learn the basics of Bowfishing safety, equipment, fish identification, regulations, and much more. *This is a prerequisite for anyone who wants to take “Introduction to Bowfishing – Advanced.”*

Introduction to Bowfishing – Advanced*

Take your newly acquired skills to the water as you experience a hands-on Bowfishing adventure! This session (Session “1 ½”) will occur Friday evening, after dinner. There are only 6 spots available in this session – and this session counts as one of your 4 choices – even though this is listed on your agenda as Session II (Saturday morning) – it will actually occur Friday evening. You will then have Saturday morning free. *Participants must have taken “Introduction to Bowfishing” at this or a previous BOW workshop to take this class.*

Introduction to Bowhunting

Participants will be introduced to the terminology and techniques used in bowhunting, which include equipment, blood trailing, wildlife anatomy, rules and regulations. We will also practice distance estimation. Bowhunting opportunities will be explored. Bows will be provided, if you have your favorite bow feel free to bring it. The instructor will inspect bows prior to the class. Field points only for arrows that fit your bow. Please wear walking or hiking shoes.

Introduction to Firearms

This class will cover basic types of firearms, firearms safety and an introduction to selecting and purchasing firearms. This class will not include any actual shooting, but is a *prerequisite for anyone who wants to take Shotgun Basics, Advanced Shotgun Basics, or Rifle and Handgun Basics.* *

Introduction to Hunting and Hunter Education Certification*

Participants will be introduced to techniques used in hunting, which include equipment, calls, tracking, species identification, habitats and rules and regulations. Hunting opportunities will be explored. Participants must wear walking or hiking shoes. Each student must bring \$15.00 cash to obtain their Hunter Education Certification, payable to instructor. This is in addition to the regular BOW fees.

Kayaking Basics*

This class will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able to take the kayaks on the water and practice what they have learned. Participants need to bring: Neoprene wetsuit/Farmer Jane, Synthetic clothing (long pants and long sleeve shirt), Fleece for warmth, Rain gear (jacket & pants), Hat or cap w/brim, beanie for warmth, Gloves, Booties, Sunglasses w/strap, Water bottle. There will be some clothing to borrow in various sizes.

Knot Tying

Learn the importance of proper knot tying and the techniques used to be successful. From this class you will learn to correctly tie basic knots used in your household as well as boating, fishing, climbing, scouting, and search and rescue. End the class with some decorative knots which will not only look good, but provide you with a large amount of cord taking up very little space.

Leave No Trace

Leave No Trace information is rooted in scientific studies and common sense. This is a stewardship program that combines knowledge and judgment with ethical responsibility. It is a program designed to expand the understanding of how we can enjoy the out-of-doors while protecting the natural areas and the experiences we all cherish. You can do your part by learning this message, which is framed under seven basic principles, whenever you recreate outdoors.

Map and Compass Basics

Even in today's world of electronic navigation devices, the skill of reading a Map and using a Compass can keep you out of trouble, get you out of trouble, or dramatically expand your adventure and survival options during any outdoor excursion. This class reveals the mystery of the compass as well as topographic and other maps leading to an understanding of route planning. Participants practice each of the skills they learn, both in the classroom and outdoors. All materials provided; however, if you already have a compass or mystery map, please bring them. *This is a prerequisite for anyone who wants to take Map and Compass II – Land Navigation.*

Map and Compass II – Land Navigation*

Even in today's world of electronic navigation devices, the skill of reading a Map and using a Compass can keep you out of trouble, get you out of trouble, or dramatically expand your adventure and survival options during any outdoor excursion. This class reveals the mystery of the compass as well as topographic and other maps leading to an understanding of route planning. Participants practice each of the skills they learn, both in the classroom and outdoors. All materials provided; however, if you already have a compass or mystery map, please bring them. *Participants must have taken Map and Compass Basics at this or a previous BOW to take this class.*

Mountain Biking Basics*

This class covers beginning techniques of mountain biking. Participants will learn basic mountain biking body position and skills. Mountain bikes and helmets will be provided, but participants are strongly encouraged to bring their own. *Participants must have taken "Basics of Bike Maintenance and Repair" at this or a previous BOW workshop to take this class.*

Natural Fiber Basketry

In this class we will weave a basket out of grapevine, jute, seagrass, raffia and reed. We will also discuss collection and dying of other weaving materials. When finished, you can take your basket home. Feel free to bring any special weaving materials that you might want to use to personalize your creation. Each student must bring \$5.00 cash to participate to cover supplies, payable to instructor. This is in addition to the regular BOW fees.

Nature Journaling

We will be covering tips and tricks to help you preserve your memories of your visits to the Outdoors. From writing down observations, to photographing and drawing the things you see, you will be able to create short journal entries that will create a life time of stories to tell down the road. This in turn will help you develop a lifetime habit of recording your experiences.

Outdoor Cooking

Participants will learn the basics of outdoor cooking techniques including cast iron Dutch ovens, tin turtles in the campfire, cedar plank grilling and many other methods. Become comfortable with outdoor stove technology, old and new. Come hungry and be prepared to help make the meal – from hors d'oeuvres to desserts – and spend some time grazing!

Outdoor Photography Basics

This class will cover basic operation of digital point-and-shoot and digital SLR cameras, composition, lighting and very basic lighting. We will aspire to take wonderfully composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, etc.) by the end of the class. We will be learning the appropriate settings to achieve a good macro shot. Participants should bring a camera and their camera manual. There will be an opportunity to go outdoors and practice taking pictures using your new skills. *This is a prerequisite to take "Outdoor Photography – Intermediate."*

Outdoor Photography – Intermediate*

This class picks up where the Outdoor Photography Basics class left off. After a brief review, we will go into more detail about composition, lighting and camera modes including aperture priority and speed priority. Yes, we will learn what those terms mean as well as quite a few more! We will explore settings to achieve proper exposure using aperture, speed, ISO and white balance. We will go outdoors to capture some shots and return to the classroom to critique your results. Please bring your camera, camera manual, and the cable for downloading images from your camera. You are welcome to bring your laptop if you wish, but a computer and/or iPad will be available for this purpose. *Participants must have taken “Outdoor Photography Basics” at this or a previous BOW workshop to take this class.*

Outdoor Survival

Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Your most important piece of gear is not a whiz-bang gadget—it’s you. This class teaches preparing for the predictable and solving problems by either avoiding them or adapting your gear and knowledge to your predicament. Participants will learn to build shelters and survival kits, start a fire, tie basic knots, procure water, recognize and respond to weather hazards and signal for help. Be prepared to get dirty and empowered!

Plant ID

Have you ever wondered about the plants around you? This basic class is designed to introduce you to the world of plants and to help you get started learning how to identify plants, especially wildflowers. Participants will learn how to look at plants differently to help identify them, how to select a field guide, and interesting facts and uses of plants. An easy hike is included to identify plants in the vicinity.

Rifle and Handgun Basics*

Different types of rifles and handguns, their uses and other equipment needs will be discussed during the first part of the class. During the second part, participants will travel to a shooting range where they will be able to try shooting different firearms. Firearms and ammunition will be provided. *Participants must have taken Introduction to Firearms at this or a previous BOW workshop to take this class.*

Shotgun Basics*

This class will provide an overview of shotgun types, ammunition, uses and safety. Participants will have the opportunity to practice shotgun techniques with an emphasis on the use of a shotgun for hunting. Shotguns and ammunition will be provided. *Participants must have taken Introduction to Firearms at this or a previous BOW workshop to take this class.*

Stand Up Paddling (SUP)

The fast-growing sport of SUP is a fun, easy way to go play on the water. With a minimum of equipment, you can paddle anything from ocean surf to lakes and rivers—no waves required. Paddleboarding offers an amazing full body workout and is becoming a favorite cross-training activity for skiers, snowboarders and other athletes. And since you're standing at your full height, you'll enjoy excellent views of everything from sea creatures to what's on the horizon. It's almost like walking on water! Wear something you can get wet (if cold weather – consider a wetsuit).

Take a Hike

A “must” class for day hikers. Learn how to plan your trip, what to bring along, and how to be safe. Participants will take a hike (approx. 2 miles) with the instructor over moderately challenging terrain.

Trailer Basics

This class will cover how to properly hitch a trailer to a vehicle, safely maneuver around curbs and back a trailer into a parking spot. Come learn the tricks of the trade and practice in a supportive, judgment-free, no “No-The-Other-Way!” zone!

Wilderness 1st Aid

This course is designed specifically for those who work and/or live in remote areas where Emergency Medical Service (EMS) response is delayed 30 minutes or more. Typically when help is delayed, the rescuer spends more time sustaining the patient and/or evacuating the patient to a safer environment than in an urban setting. This course provides information on how to respond to those wilderness medical emergencies and trains students to recognize the signs and symptoms of various maladies. This course also covers how to prioritize care; perform an initial assessment; perform emergency evacuation moves; perform a head to toe exam and collect a SAMPLE history. Discussions on packing appropriate first aid kits and developing emergency action plans will be explored during class time. We will discuss

the most typical dangers that apply to your environment and create scenarios that best simulate a true emergency that may arise in your area.

Wildlife 101

Did you know that nearly three fourths of the bird species found in the United States have been identified in Texas? Or that over 140 species of mammals and reptiles also call this great state home? If you are an Outdoors Woman in Texas, you will cross paths with wildlife. Come learn about (and meet) some of the more common wildlife species found in Texas (as well as a few uncommon ones). Find out how you can attract them and bring a touch of nature to your home!

Wonders of Wetlands

Have you ever swum in a swamp? Marched in a marsh? Boogied in a bog? If you have, you have already experienced the wonderful world of wetlands. Come learn about the different types of wetlands in Texas, and how crucial it is that we protect and restore the wetlands ecosystem. You will learn about some of the animals and plants that call wetlands home, and discover how they have adapted to live in such a unique environment. Wetlands are wonderful!

Woodworking for Wildlife

This class gets you started building different types of wildlife houses. Tips on constructing houses that attract birds in your area will be given. Take a nestbox home with you to start your collection.