

WHERE IS ROCK SPRINGS 4-H CENTER?

Rock Springs 4-H Center is located 8 miles south of Junction City off I-70. Take Hwy 77 south to Hwy 157, then west to the Center. A map will be sent with your confirmation information. All buildings are smoke-free, and alcohol is prohibited. Dogs are not allowed. There are no televisions or phones in your cabin. Pay phones are found throughout the camp.

WHAT TO BRING:

Since the weather in Kansas changes quickly, pack accordingly. Sturdy, comfortable shoes for walking and hiking, along with good socks are a must. Don't forget sunscreen and bug spray. You'll need to bring bed linens or a sleeping bag, a pillow, and toiletries, including a towel and wash cloth. We provide all class supplies unless otherwise noted.



Hands-on Skills Workshops

Becoming an Outdoors-Woman is a program offering hands-on workshops to women focusing on the learning of outdoor skills. These skills are usually associated with hunting and fishing but are also useful in other outdoor pursuits. Here is your chance to learn such outdoor skills as hunting, fishing, camping, orienteering, backpacking and boating.

Designed primarily for women, this program is an opportunity for anyone 18 years of age or older and is for YOU if...

- * you have never tried these activities but have hoped for an opportunity to learn.
- * you are a beginner who wants to improve your skills.
- * you know how to do some of these activities, but would like to try some new ones.
- * you enjoy the camaraderie of like-minded individuals.

ADDITIONAL INFORMATION OR QUESTIONS:

Jami Vonderschmidt at:
kansasbow@sbcglobal.net

or

B.O.W.
KS Dept of Wildlife & Parks
512 SE 25th Ave
Pratt KS 67124
(620) 672-5911

rossr@kdwp.state.ks.us
www.kdwp.state.ks.us



Hands-on Skills Workshops



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EXAMPLES OF HUNTING CLASSES:

Recreational Shotgunning
Intro to Shotgunning
Intro to Blackpowder
Rifle Marksmanship
Intermediate Rifle Marksmanship
Handgun Marksmanship
Intro to Archery
Bowhunting
Deer Hunting
Rabbit & Squirrel Hunting
Turkey Hunting
Intro to Upland Bird Hunting
Adv Pheasant Hunting
Wild Game Cooking
Tracking & Trapping
Predator Calling
Skinning & Tanning

EXAMPLES OF FISHING CLASSES:

Boating & Trailering
Intro to Fishing
Advanced Fishing
Limb Lining
Tackle Crafting
Beginning Fly-Tying
Fly-Fishing for Everyone
Stream Ecology
Float Tubing
Canoeing
Advanced Canoeing

Becoming an Outdoors-Woman Workshop Agenda

FRIDAY

9:00-10:30am Check in
11:00-12:00pm Welcome & Intro
1:15-4:45pm Session A
5:00-6:00pm Mini Sessions or Relax
6:15-6:45pm SUPPER
7:15-9:15pm 2 one-hr mini sessions
9:30-??? Camp Fire, Star Gazing

SATURDAY

7:15-7:45am Breakfast
8:00-12:00pm Session B
12:15-12:45pm Lunch
1:15-4:45pm Session C
5:00-6:00pm Mini Sessions or Relax
6:15-6:45pm SUPPER
7:15-9:15pm 2 one-hr mini sessions
9:30-??? Camp Fire, Star Gazing

SUNDAY

7:15-7:45am Breakfast
8:00-12:00pm Session D
12:15-2:00pm Lunch, drawings, goodbye's

An educational program of Kansas Department of Wildlife and Parks. The Kansas workshop and the national program are equipped and funded through a variety of cooperative efforts. If individuals, businesses or conservation groups are interested in helping the state program, contact the KS Dept of Wildlife and Parks to see how you can become involved.

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EXAMPLES OF OTHER CLASSES THAT MAY BE OFFERED:

Natural History & Botany
Backpacking Basics
Tent Camping
Beginning Orienteering
Adv Map & Compass
Birdwatching & Backyard Habitats
Outdoor Photography
Native Basketry
Biking
Rappelling
ATV Training
Dutch Oven Cooking



MINI-SESSIONS MAY INCLUDE:

Star Gazing
Star Lore & Mythology
Knot Tying
Emergency Field Care
Camping with Kids
Camp Cooking
Basics of Firearms
Laser Shooting System

AND OF COURSE—

NIGHT HIKES
CAMP FIRES
AND S'MORES!!