



Program Information and Schedule for Spring 2025

outdoors-[®] Woman

AN EDUCATIONAL
PROGRAM OF THE
KANSAS DEPARTMENT
OF WILDLIFE AND
PARKS

April 25-27, 2025
Rock Springs 4-H Center, Junction City, Kansas

KANSAS DEPARTMENT OF WILDLIFE AND PARKS

BECOMING AN OUTDOORS-WOMAN PROGRAM

What is Becoming an Outdoors-Woman?



The Kansas Becoming an Outdoors-Woman (BOW) program aims to inspire outdoor learning, participation, and advocacy in women through hands-on educational opportunities provided by enthusiastic volunteer instructors in a supportive, low-pressure environment.

BOW is a non-profit, non-membership program offered through Kansas Department of Wildlife and Parks.

BOW workshops are designed especially for women who are beginners, so no equipment or experience is necessary.

Website: ksoutdoors.com/bow
E-mail: lyndzee.rhine@ks.gov Phone: (620) 672-0767



Becoming an Outdoors Woman Kansas

\$175
Scholarships
Available

Concurrent Sessions List

1. INTRO TO HANDGUNS (outdoor)

Learn the basics of handgun safety, marksmanship, and care, then practice those skills with a variety of handguns.

2. FLAT-WATER KAYAKING (outdoor)

Explore kayaking by learning the fundamentals of paddling safety, including choosing the right equipment, entering and exiting the kayak, basic paddling technique, rules and regulations, and risk management. Part of the class will be spent learning on-shore and then a leisurely on-water paddle.

3. INTRO TO FISHING (indoor/outdoor)

Learn about equipment selection and care, regulations, fish identification, aquatic habitats, and more! Practice casting and retrieval techniques, catch and release, hook removal, and best practices for becoming a safe and ethical angler.

4. EXPLORE ARCHERY (outdoor)

Discuss equipment selection, terminology, fit, and care. Learn safety practices, archery applications, and conclude with target practice. You may bring your own bow or use ours. NO BROADHEADS!

5. NATURE HIKE (indoor/outdoor)

For the ultimate multi-tasker or the casual outdoor enthusiast. Join us for some informative classroom time, then set out on a hike around Rock Springs to identify the various flora and fauna that you encounter. Learn about applications like iNaturalist and discover the role you can play as a community scientist!

6. FISH CLEANING AND COOKING (outdoor)

This class will demonstrate various ways to clean several species of fish using both a regular and an electric fillet knife. After the fish are cleaned, you can cook some up to enjoy!

7. INTRO TO SHOTGUNS (outdoor)

Learn the basics of shotgun safety, handling, marksmanship, and care. Practice shooting multiple shotguns, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

8. FORAGING (indoor/outdoor)

Learn the basics of foraging including ID, safety, tips, and best practices, then put your skills to use on a real foraging adventure around camp.

9. PLANNING FOR POLLINATORS (indoor/outdoor)

Explore the world of pollinators! Learn about pollinator ID, the importance of pollinators, threats facing pollinator species, and ways to support our wonderful pollinator friends!

10. DUTCH OVEN COOKING (outdoor)

This one is for all the foodies out there. Learn the basics of dutch oven cooking including safety, equipment care, & methodology. The best part? You get to eat what you cook up!

11. INTRO TO FLYFISHING (indoor/outdoor)

Challenge yourself with this fun and active fishing technique! Learn about equipment selection and care, flies and lures, proper casting methods, and more.

12. STREAM ECOLOGY (outdoor)

Explore the beauty and living systems of a Flint Hills stream. You will be amazed at what the water holds, and how much there is to explore beneath the surface. We will be doing some wading, so prepare to get wet!

13. CAMPING (outdoor)

Develop skills to become an independent camper. Learn about choosing a campsite, camping safety, equipment set up and maintenance, and what you should never leave home without! Bring your own tent if you would like to practice setting it up! You may even choose to leave your tent up and camp under the stars!

14. INTRO TO RIFLES (outdoor)

Learn the basics of rifle safety, handling, marksmanship, and care. Practice shooting multiple rifles, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

15. COOKING WITH WILD GAME (outdoor)

Think that cooking with wild game is daunting? Think again! Join us for hands on instruction in working with a variety of game meats, then work together to cook up samples for the whole class to enjoy!

16. BIRDWATCHING FOR BEGINNERS (indoor/outdoor)

In this class, participants will learn birding basics including recommended equipment, common species, birding techniques, as well as best practices for becoming a safe and ethical birder. Participants will also discuss birding groups, resources for birders, and opportunities to participate in community science driven ornithological research like the Christmas Bird Count. From there, participants will take to the field to start or grow their own list of observed bird species with the assistance of an experienced instructor and lifelong birder.

17. INTRO TO TRAPPING & FURHARVESTING (indoor/outdoor)

Learn the basics of trapping and furharvesting in Kansas, including nomenclature, trap selection and setup, species pursued, best management practices associated with trapping, and its importance as a wildlife management tool.

18. INTRO TO HERPING (indoor/outdoor)

Discover the diversity of amphibians and reptiles (herps) that Kansas has to offer! Follow along on herping-hikes to learn the best, and safest, ways to find herps, how their physiology impacts their ecology, proper handling, identification, and much more. It will be a ribbiting time you won't want to misssss!

19. TRAILER BACKING AND MAINTENANCE (outdoor)

Do trailers give you tremors? Come learn the basics of trailer backing and maintenance and practice in a supportive, low-pressure environment with the encouragement of your peers. Before long, you will be the boss of the boat ramp!

20. PADDLEBOARDING (outdoor)

Explore paddleboarding by learning the fundamentals of paddling safety, including choosing the right equipment, boarding, reboarding, and standing upright on your paddleboard, paddling technique, rules and regulations, and risk management. Part of the class will be spent learning this on-shore, then when everyone is comfortable, experience paddling from a whole new perspective while taking a leisurely on-water paddle.

21. SMALL GAME PROCESSING (outdoor)

Interested in learning how to break down and butcher small game for the table? Sign up for this field-to-freezer style class to broaden your understanding of animal internal anatomy and how to translate this knowledge into the butchery of your own lean, sustainably-sourced meat.

22. BACKPACKING FOR BEGINNERS (indoor/outdoor)

Learn about backpacking basics from an experienced backpacker and outdoor outfitter. In this class you'll cover backpacking basics, review safety and equipment, and even practice packing and hiking with a pack as you participate in a fun orienteering event!

23. OUTDOOR PHOTOGRAPHY (indoor/outdoor)

In this class, you'll learn techniques for capturing the natural beauty and wonder of Kansas through a camera lens! This class will cover photography basics as well as tips for bringing the diverse flora and fauna of the Midwest into focus. Participants are welcome to bring their own digital camera or smart phone to practice their skills and get constructive feedback from experienced instructors and supportive peers.

BOW Pathways

BOW pathways are designed to guide participants on a path to bolstering their knowledge and skills in a particular topic through related and/or progressive classes. BOW Pathways are recommendations for class selection, and are NOT required, nor are they associated with a formal certification. Classes associated with pathways are not required to be taken in order unless prerequisites are explicitly outlined. For more information about BOW Pathways, contact Lyndzee Rhine at lyndzee.rhine@ks.gov.

PADDLING PATHWAY

Kayaking
Trailer Backing and Maintenance
Stream Ecology
Paddleboarding

SHOOTING SPORTS PATHWAY

Intro to Archery
Intro to Shotguns
Intro to Handguns
Intro to Rifles

FISHING PATHWAY

Stream Ecology
Intro to Fishing
Intro to Flyfishing
Fish Cleaning and Cooking

CAMPING PATHWAY

Camping
Dutch Oven Cooking
Trailer Backing and Maintenance
Backpacking for Beginners

COOKING PATHWAY

Dutch Oven Cooking
Fish Cleaning & Cooking
Cooking with Wild Game
Foraging

WILDLIFE WATCHING PATHWAY

Nature Hike
Birding for Beginners
Planning for Pollinators
Outdoor Photography

BOW INSTRUCTOR PATHWAY

Do you have outdoor skills or knowledge you would like to share with other likeminded women? Are you interested in expanding on what you learned at BOW? Would you like to put your knowledge to practice by helping to teach others? Are you interested in becoming a BOW lead instructor, or hosting mini-BOWs in your area?

If you answered yes to any of the above, the BOW Instructor Pathway might be right for you! Join us as a participant, then come back as an instructor or assistant instructor for your next visit! You will get a special behind the scenes look at what it takes to lead a BOW class, get

familiar with the BOW Coordination Team and other great BOW instructors, and gain access to KDWP tools and resources to further the mission of Kansas BOW within your own community and networks.

The best news? BOW instructors and assistant instructors can participate in classes free of charge when not instructing, pending schedules and spot availability.

If the BOW Instructor Pathway sounds like a good fit for you, contact Lyndzee Rhine at lyndzee.rhine@ks.gov.

Workshop Schedule for April 25-27

Becoming An Outdoors-Woman

FRIDAY, APRIL 25

Check-in (8:30 a.m. - 10:00 a.m.)
Welcome and Introductions
LUNCH 12:00 p.m. - 1:00 p.m.
Session - A 1:30 p.m. - 5:00 p.m.
Relax on your own
SUPPER 6:00 p.m. - 7:00 p.m.
Evening Activities

SATURDAY, APRIL 26

BREAKFAST 7:30 a.m. - 8:00 a.m.
Session - B 8:30 a.m. - 12:00 p.m.
LUNCH 12:00 p.m. - 1:00 p.m.
Session - C 1:30 p.m. - 5:00 p.m.
Relax on your own
SUPPER 6:00 p.m. - 7:00 p.m.
Campfire

SUNDAY, APRIL 27

BREAKFAST
Session - D 8:30 a.m. - 12:00 p.m.
LUNCH, turn in evaluations, good-byes. 12:00 p.m.

CANCELLATION POLICY: Registrant cancellation notice more than 2 weeks prior to the event will receive a refund, minus a non-refundable \$50 processing fee. Cancellations occurring with less than 2 weeks-notice, no refund will be issued. Exceptions to this policy may be made due to extreme circumstances, including serious injury, illness, or death to you or an immediate family member. Registrants who do not attend or provide proper notice of cancellation will not receive a refund. Substitutions of women age 18 years or older may be made, pending approval of the BOW Coordination Team. Contact Shelby at Shelby.Stevens@ks.gov for information and all cancellations (must include your full name.) Please inform the BOW Coordination Team as soon as possible if unable to attend the event.

WHERE IS ROCK SPRINGS 4-H CENTER?

If you're on I-70, take US Hwy 77 (exit 295) south 8 miles, then west on K-157. Follow K-157 4 miles to the entrance of Rock Springs.

If you're coming from US 56 and US 77 in Herington, go north 14 miles on US 77, then go west on K-157. A map will be sent with your confirmation information.

Rock Springs 4-H Center is a smoke- and vape-free facility. There are no televisions or phones in your cabin.



SCHOLARSHIPS: Sheila Kemmis Aspiring Outdoors Woman Scholarship

TEN scholarships of \$175 are available for first-time participants, and are based on financial need. If you would like to apply, visit ksoutdoors.com/BOW. Deadline to apply is Jan. 29. Scholarships will be awarded at least 20 days prior to the event.

WHAT TO BRING:

Since the weather in Kansas changes quickly, pack accordingly. Sturdy, comfortable shoes for walking and hiking, along with good socks and rain gear are a must. Don't forget sunscreen and bug spray, a camera to capture your weekend, and a lawn chair if you like! Pillows, bed linens, and towels are provided. We provide all class supplies unless otherwise noted.

ADDITIONAL INFORMATION:

Telephone, fax and e-mail registrations are NOT accepted. Participants will be emailed a confirmation letter, map, class schedule and information on what to bring.

If attending with a friend(s) or family, put their name(s) on the cabin-mate line. Please list any special needs such as food, health, physical or other needs on the Health Form found on the back of your registration form.

LODGING:

Visit <https://rockspringsranch.org/facility/leadership-lodge/> for photos and information about participant lodging.

FOR QUESTIONS ABOUT REGISTRATION OR PAYMENT, CONTACT:

Shelby Stevens by phone at (620) 672-0751 or email at shelby.stevens@ks.gov.

BOW Program Sponsors

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 programs, please contact the Kansas Department of Wildlife and Parks to see how you can become involved.

Kansas Sponsors and Supporters

Kansas Wildscape
Kansas City Safari Club International

***And all the outdoor enthusiasts
who share their time and
talents to teach at
Becoming an Outdoors-Woman.
Without them the program
wouldn't be what it is.***

Equal opportunity to benefit from programs described herein is available to all persons without regard to race, color, gender, sexual orientation, gender identity or expression, religion, national origin, ancestry, age, military or veteran status, disability status, marital or family status, genetic information or political affiliation. Concerns of discrimination should be sent to KDWP, 1020 S Kansas Ave., Topeka, KS 66612. 01/25