



**September 30 - October 2,
2022**

**Lakeview Methodist
Conference Center (LMCC)
Palestine, Texas**

PROCEDURE

1

REGISTRATION

Review the workshop information and course descriptions. To register and reserve your spot, submit your **\$195.00** payment at:

<https://lakeviewmcc.org/meetings-events/event-registration/>

Your payment confirms your spot in the workshop.
The first **120** ladies who click on the link and follow the steps to make payment will have a spot! The last few BOWs filled within just 2 hours!

2

CONFIRMATION & COURSE SELECTION

Approximately 3-5 days **AFTER** you pay and have your spot reserved via paying through the online link with LMCC – I will email you the ***“BOW Course Selection Packet.”***
This will be the packet where you select your top 4 class choices and sign releases.

QUESTIONS?

Contact Heidi Rao: Heidi.Rao@tpwd.texas.gov

www.tpwd.texas.gov/learning/bow

Workshop Information

Payments and Refunds

The cost of the program is **\$195.00**. The workshop fee includes instruction, program materials, use of demonstration equipment, meals, lodging, and evening programs.

Once your reservation has been processed, you are responsible for paying for the entire fee. If you decide to arrive late, stay off-site, or leave early, you are still responsible for paying the entire BOW fee.

There will be no changes 10 days prior to BOW - we can adjust or try to accommodate requests during BOW weekend.

There are NO REFUNDS for this BOW.

Registrants are not allowed to "sell" or offer their BOW spot to another participant. We have a waiting list in place.

Enrollment Limit

Workshop enrollment will be limited to 120 participants, so register early and make sure you are open BOW weekend!

Scholarships

A limited amount of funds are available for scholarships (2 places). You would be responsible for paying the entire registration fee of \$195.00 (then, you would receive the \$100 scholarship as reimbursement, when you check-in to BOW). Preference will be given to full-time students and persons from low-income, single-parent households. A scholarship will only be awarded once per individual. Please send a letter addressing the following to heidi.rao@tpwd.texas.gov

- *Why would I like to attend a BOW workshop?*
- *What benefits I hope to achieve from attending?*
- *I plan to pursue and develop my outdoor experiences through...*
- *Have I been to a BOW workshop before?*

Equipment

Demonstration equipment will be provided by the program. Please read each class description for details relating to that event.

Lodging

Lodging is climate-controlled dormitory-style.

Special Needs

If you have special needs that require assistance, please indicate so on the registration form and we will try to accommodate them.

What to Bring

Classes are outdoors and hands-on. Tennis shoes or hiking boots are appropriate. Long pants are encouraged to protect you against brush and insects. You should also bring rain gear, insect repellent, shoes you can get wet and soiled, sunscreen, a water bottle, sunglasses, hat, alarm clock, camera, and a flashlight. Linens are not provided. Bring towels, sheets, blankets, sleeping bags and a pillow. Water bottles, flashlight, and camp chairs are highly recommended.

Closed-toed Shoes are REQUIRED for Water Classes! If you take or switch into ANY water classes, you MUST have closed-toed water shoes. No bare feet, sandals, flip flops or crocs.

<https://lakeviewmcc.org/>

**Lakeview Methodist
Conference Center
400 Private Rd 6036
Palestine, TX 75801
(903) 528-2711**



Life's better outside.®

PWD BR K0700-666 (08/2022)

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Course Descriptions

YOUR PAYMENT CONFIRMS YOUR SPOT

Only those who are paid and confirmed will receive a second email with the FINAL BOW Registration Packet (approximately 3-5 days later) to make your top FOUR class choices, including all of the details, paperwork and releases for the entire BOW weekend.

Archery Basics: Students 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. ***This course is a prerequisite for anyone who wants to take “Archery II - Advanced.”***

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. ***Participants must have taken “Archery Basics” at this or a previous BOW workshop to take this class.****

Basics of Bike Maintenance*: The class will cover bike parts, fit, maintenance and tools, safety and bike handling skills. 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.”***

Mountain Bike 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” at this or a previous BOW workshop to take this class.***

Boater Education Certification*: This is a condensed course just for the students at BOW! This course is covered over 2 sessions - **must attend BOTH sessions for TPWD certification.** Anyone born on or after September 1, 1993 who wishes to operate certain vessels on the public waterways of Texas must have Boater Education. With more and more people enjoying the lakes and rivers every year, it's important, for everyone, that boaters educate themselves on boating skills and seamanship. ***Each student's \$15.00 class fee will be paid by Friends of Texas BOW.***

Camping: 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.

Challenge Course*: Join the Lakeview staff 40 feet up in the trees for an adventure on the Barber Challenge Course. You will get to challenge yourself on over a dozen high elements including: zip line, climbing, leap of faith, pipe dreams and the vertical play pen. We start the class with instruction on how to climb so no prior experience is needed. The course has a mix of elements that are appropriate for different physical and comfort levels. ***Each student's \$20.00 class fee will be paid by Friends of Texas BOW.***

Critter CSI: Learning to Read Wildlife Tracks and Sign: All animals, from the lowliest bugs to the biggest mammals, leave some sort of sign of their passing through. Being able to identify and interpret animal tracks and sign allows new insight into the (often secretive) world of animals and their behavior. If you've ever wondered “What made that track?” or “What did that...and why?”, then this will be a good introduction to the art and science of tracking. We'll discuss track types, gaits, wildlife sign, and the best places to go tracking.

Coil Basketry: Coil basketry is a style of basketry found all over the world. In this class we will make a small coiled basket using jute and raffia. Feel free to bring unique materials from home to make your basket your own.

Firearms Maintenance & Cleaning: How often do I need to 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. Join us as we learn to properly clean & maintain our different types of firearms.

Fish Biology: 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.

Fishing: Class is 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. Learn the ABC's of fishing in both freshwater and saltwater. Students will learn about the different types of rods, reels, tackle, baits, species of fish you would likely encounter, habitat preferences, fish handling techniques AND the latest in fishing apparel. We will go fishing! You do not need a fishing license on LMCC private camp property.

Flyfishing I - Beginner*: 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. We will go fishing! You do not need a fishing license on LMCC private camp property. ***This course is a prerequisite for anyone who wants to take "Flyfishing II - Intermediate."***

Flyfishing II – Intermediate*: This class will take the Flyfishing I - Beginner 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. We will go fishing! You do not need a fishing license on LMCC private camp property. ***Participants must have taken "Flyfishing I - Beginner" at this or a previous BOW workshop to take this class.***

Fly Tying: Since flyfishing is becoming increasingly popular, so has fly tying! Creating your own flies adds to the appeal of the sport and can save you some money. However, you do not need to fly fish to learn the art of fly tying. Come learn the basics and maybe find your next rainy-day hobby!

Intro 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. Wear comfortable walking or hiking shoes. You may bring your own binoculars if you have them. ***Participants must attend a Friday evening classroom presentation (part 1) prior to the Saturday & Sunday morning sessions.***

Intro to Bowfishing*: Join Garquest Bowfishing Adventures for an exciting and educational experience in bowfishing! Participants will learn the basics of bowfishing safety, equipment, fish identification, regulations, and much more. This program will consist of hands-on training and is taught by a veteran of bowfishing, and state record and world record holder! ***This course is a prerequisite for anyone who wants to take "Bowfishing - Advanced."***

Bowfishing – Advanced*: ***ONLY PARTICIPANTS NOT HAVING TAKEN THIS CLASS IN THE PAST will be selected for, and allowed in this class. If you have taken this class in the past, please do not sign up again.*** Take your newly acquired skills to the water as you experience a hands-on Bowfishing adventure! This session will occur Friday evening, after dinner. There are only 5 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. Participants must have a fishing license to take this class.***

Intro to Firearms*: This class will cover basic types of firearms, firearm safety and an introduction to selecting firearms and ammunition. Participants will handle several types of firearms. This class does not include any actual shooting. ***This course is a prerequisite for anyone who wants to take Shotgun Basics, Advanced Shotgun, or Rifle and Handgun Basics.***

Intro to Hunting & Hunter Education Certification: Participants will be introduced to various aspects of hunting including equipment, rules and regulations, and safety. Participants must wear walking or hiking shoes. Additional registration information for this class will be sent with class confirmation email. Participants will receive the Texas Hunter Education course certification upon completion. ***Each student's \$15.00 Hunter Education Certification fee will be paid by Friends of Texas BOW.***

Kayaking*: 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 with brim, beanie for warmth, gloves, booties, sunglasses with strap, water bottle. There will be a limited amount of clothing to borrow in various sizes.

Leave No Trace: “If you enjoy spending time enjoying activities outdoors, odds are you have heard the phrase “Leave No Trace” before. But, what does that really mean? In this interactive workshop, we will learn about the 7 Principles of Leave No Trace and their practical application during your favorite outdoor activities. Come learn about catholes, campfires, trip planning, and maybe just a little bit about yourself.”

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's \$10.00 class fee will be paid by Friends of Texas BOW.*

No TOWN? Start One!: Is this your first BOW weekend? Are you a "Repeat Offender?" When you go back home are there others in your community who share similar BOW-type interests? Have you ever heard of TOWN? (Texas Outdoors-Woman Network) TOWN Chapters have formed across the state for like-minded Outdoor Women to join and enjoy activities in their home areas. If there is not a TOWN Chapter near you - START ONE! Taught by a seasoned BOW attendee/instructor - and dedicated TOWN leader!

Outdoor Cooking*: *ONLY PARTICIPANTS NOT HAVING TAKEN THIS CLASS IN THE PAST will be selected for, and allowed in this class. If you have taken this class in the past, please do not sign up again.* 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! *Each student's \$15.00 class fee will be paid by Friends of Texas BOW.*

Plant I.D.: 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.

Quacking Up With Randy!: Learn all about waterfowl identification, game calling, decoy setup, duck blind construction, and game laws and regulations in this hands-on phenomenal session with Randy – he’ll for sure have you QUACKING UP in no time!

Rainwater Harvesting: Rainwater harvesting is the collection, storage and use of rainwater. These systems can be as simple as a rain barrel under a downspout, to an integrated system capturing and storing rainwater for household use (including potable drinking water). This session will review the entire harvesting chain from rainfall to drinking iced tea. Applications from irrigating your garden to livestock and human use will be discussed.

Rifle and Handgun Basics*: Different types of rifles and pistols, their uses and other equipment needs will be discussed during the first part of the class. Participants will have the opportunity to practice shooting different firearms. Equipment and ammunition will be provided. *Participants must have taken “Intro 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 “Intro to Firearms” at this or a previous BOW workshop to take this class. This class is also a prerequisite for anyone who wants to take “Advanced Shotgun.”*

Advanced Shotgun*: Participants will be taught the basics of shotgun safety and technique. Sporting clays is a 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 to this class.*

Solar Oven Cooking: No electricity? No problem. Nothing is better than the copious amounts of free energy coming directly from the sun. Come learn how to harness the ancient power of the sun with the various methods and survival techniques of solar cooking. We will have a multitude of culinary demonstrations, covering everything from solar dehydration to water pasteurization. Even on a cloudy day in the snow, the sun can fill you and your family’s bellies with sustainable sultry nourishment.

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!

Wildlife Wonders of Texas: Everything is bigger in Texas – including our biodiversity! Did you know that Texas is home to at least 635 species of birds, 180 species of mammals, 240 species of fish, and 210 species of reptiles and amphibians? These wildlife wonders are spread out across the 11 ecoregions that span Texas. In this interactive class, you will learn about some of our states most wonderful wildlife!

*** Indicates that a class has a prerequisite or other special requirement.**

BOW SILENT AUCTION

As a fundraiser for TPWD's BOW program, a silent and possibly a live auction will be held at the fall workshop. You are encouraged to donate items which would appeal to participants and insight a bidding frenzy! Often we receive items related to the outdoors, but know diverse items are welcome. Previously popular pieces have included artwork, fashion accessories, gift baskets, cookbooks, handcrafts, clothing...you get the idea! Please turn your donation to the Friends of BOW in at check-in on Friday.

If we have enough participation, we may continue our evening with a live auction – so consider your donation here as well! In the past, we have received kayaks, hunts, membership packages, binoculars and lenses, backpacks, ice chests, etc. and have raised money for equipment, supplies, and mostly, to continue the mission of the BOW program. Thank you in advance for a great event! We can accept cash, check or credit for the BOW auction!



Laser Shot Simulations will be at BOW all weekend

Laser Shot has remained committed to developing the most realistic and practical firearm simulators, crew training simulators, and live fire facilities available to the government and public. Laser Shot offers training solutions for all skill levels while focusing on the core principles of “train like you fight” and being adaptable to individual customer needs.

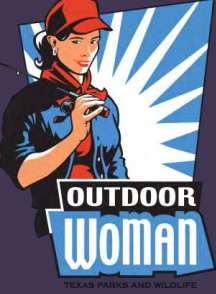
The Jump Pillow at camp will be open all weekend!



Raffle item: Pellet Grill



**We'll also include a bag of pellets and some utensils to get you started.
Many thanks to Camp Chef for supporting the BOW program!**



BOW Mentored Hunt Lake Waco December 3-4, 2022



- A total of Five (5) novice or first-time hunters plus One (1) alternate will be drawn from the spring + fall 2022 BOW Workshop Attendees
- Hunter Education Certification required
- Method of take: Shotgun (provided, along with ammunition) or Archery (must bring your own equipment)
- Must have taken Archery, and/or Intro. to Firearms AND (+) Shotgun during a BOW Workshop
- Camping at Lake Waco (Required)
- Save the Date: Dec. 3-4, 2022
- Questions? Contact Monica Bickerstaff at monica.bickerstaff@tpwd.texas.gov or (469)-601-8349



Life's better outside.®

FRIENDS OF TEXAS BOW



TEXAS BOW
FALL 2022
LAKEVIEW | PALESTINE

Friends of Texas BOW is an all-volunteer 501c3 organization that supports BOW by raising funds to purchase equipment and supplies so all participants and instructors enjoy the best possible experience.

Connect with us on Facebook & Instagram



P O Box 21
Brandon, TX 76628
friendsoftexasbow@gmail.com

#TXBOW2022

Be sure to tag your photos!

SILENT AUCTION

Once again, Friends will be hosting a silent auction fundraiser at BOW. Please bring your new and gently used donations on Friday and plan to browse and bid on Saturday.

Past donations have included paintings, jewelry, clothing, as well as outdoor equipment and supplies for camping, hiking and fishing. If you are an artist or crafter, handmade items are also popular. We look forward to seeing your unique items!

Purchases may be made with CC reader, PayPal or check. But if you really want to get through that Silent Auction line quickly, bring cash!

T-SHIRTS

Fall BOW t-shirts are now available. Orders close September 6. Shirts are scheduled to arrive before you travel to BOW.

<https://tinyurl.com/bdzfm239>

MEMBERSHIP MEETING

The Friends of BOW Board of Directors will host a brief meeting of the Friends membership at 1:00 pm on Saturday

ARE YOU A MEMBER?

We would love for you to join us in supporting BOW! The cost of an annual membership is \$25 and the life member option is \$250. Life members receive a thank you gift.

Submit your application online by following the links in the QR codes shown below.

You may also join during the BOW weekend. We look forward to seeing you!

MEMBERSHIP APPLICATION



PAYPAL



WALMART DONATION

Thanks to FOTBOW member Lynny Osenbaugh for spearheading the effort to obtain a Walmart Community Grant in the amount of \$1,000 through store #3640 in Katy. And a BIG thanks to store manager Mardis Ventura for her support!



VOLUNTEERS NEEDED!

Friends wants your help at BOW. Two or three helpers are needed to distribute goodie bags on Friday morning during registration. You would need to be on site by 9:30am. We will also need 5-6 helpers during the closeout of the auction on Saturday evening. Please send an email to Melissa if you are available for either event: friendsoftexasbow@gmail.com

AMAZON SHOPPERS

You can support BOW throughout the year as you shop at Amazon. Be sure to make all purchases through smile.amazon.com and select Friends of Texas BOW as your charity. Amazon will donate a small percentage of each purchase to Friends. So far, those micro donations have resulted in donations of \$112 during this fiscal year!