


becoming an



Outdoors- Woman

North to
Alaska

University of Wisconsin-Stevens Point,
College of Natural Resources
INTERNATIONAL NEWSLETTER, FALL 2004

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Alaska is not (quite) a foreign country, although my cab driver wanted to drop me at the International Terminal! The 14 International BOW “North to Alaska” participants soon learned that Alaska, while technically part of the U.S., is really much closer to Heaven than any of us could have possibly imagined.

We came from six different states. At least three of us were cancer survivors; three had never flown in a plane before; several had never fly-fished. Most of us had never seen a moose, a glacier or a sky that didn't darken until 11:30 pm.



BOW instructor Pat Marinac (left) and Jane Trotter show off a pink salmon

Like salmon that overcome tremendous odds to swim upstream, all of us were drawn to see and to experience the awesome wonders of Alaska. We were not disappointed.

The adventure began the moment we were greeted in Anchorage Airport by our hosts and instructors, Sterling Strathe, Pat Marinac and Darrell Toliver. Within 15 minutes, we were driving along Cook's Inlet on Highway 1. The mountains were reflected on the waters of the Inlet. Everything was shades of blue - the sky, the water, the mountains. Blue will always be the color with which I most associate Alaska - from the blue of the Alaskan flag, to the incredible teal blue glacial melt waters of the Kenai River and the deep ice-blue glaciers.

We headquartered at Trail Lake Lodge in Moose Pass, a town on the Kenai Peninsula about 25 miles north of Seward. From there, Sterling, Pat and Darrell took us on a series of wonderful adventures. The loving preparation and time they invested allowed all of us to experience and learn to our maximum ability. The week before we arrived, they had walked the streams to be sure there were fish and easy access to the water. They had diligently sampled restaurants to insure our group could be accommodated and that there would be no period too long between meals. Their research paid off as we greeted each day with the eager wonder of children unwrapping presents.

By Jane Trotter, Illinois

Continued next page...

The first night we gathered to make the fishing lan-yards we would be using on the streams. The next day we took a fjord cruise from Seward to the Alaska Maritime National Wildlife Refuge. We saw hump-back whales, otters bobbing on their backs, sea lions

noon - let's go rafting!" So, after dinner, we took a float trip down the Kenai River. It was still daylight when we pulled off the water at 10:00 pm!

Tuesday morning found us fly-fishing for Dolly Vardens (a type of trout) and rainbows in Quartz Creek. That afternoon, we hiked to watch the spawning salmon leap up Russian River Falls. We were awed and humbled by the power of the falls and by the survivor determination of the salmon as they threw themselves upward against the torrents of rushing water. That night we learned to tie flies and we made fish prints from real fish.

Wednesday morning brought fishing in Resurrection Creek, followed by an afternoon visit to Exit Glacier, a trip to the Seward SeaLife Center and, of course, some shopping. After dinner in Seward, at "7:00 in the afternoon," we tried our hand at sea kayaking on Resurrection Bay .

Thursday was "Create Your Own Adventure Day." A third of us

went halibut fishing on the Gulf of Alaska. All caught their limit and arranged to have their halibut frozen and shipped home. The rest took a day trip to Homer to visit the Wildlife Refuge and to shop. We also fished for rainbows and Dollies on the Anchor River. Sterling found grizzly bear tracks on an exposed sandbar. We backtracked until we found the grizzly-killed moose carcass. While we never did actually see a live grizzly, Sterling showed us a dramatic story written in sand, tracks and bones.

Friday brought tears, hugs and farewells! In a closing circle ceremony, we recalled and shared our impressions and memories. Over and over again we told each other how much this BOW experience had changed us and how much we had learned about our selves. All of us, in some fashion, had waded, floated or paddled deep water for the first time and come away as stronger and more confident outdoors-women. Over and over, we all said "Thank You" to our hosts and to each other. The trip has given us a lifetime of lasting memories.



Sandy Ansfield compares her hand to a grizzly bear track. The claws marks are between the eagle feather on the right and Sandy's hand on the left.

sunning on rocks, puffins, numerous species of waterfowl, and GLACIERS. We spent the entire day on the upper deck of the boat drinking in the scenery, getting to know each other and pinching ourselves, just to be sure we weren't dreaming. If the sights were beautiful, the sounds were awesome. Whales sigh when they surface. Glaciers crack when ice breaks free from the 25-story face of the flow, crashing into the water.

Monday we got our first experience fly-fishing on Resurrection Creek in Hope. I have never seen so many large fish together in one place! Because this was our first day fishing, our instructors split us into two groups so we could each have more individual, hands-on coaching. Half of us fished while the other half panned for gold. All of us ended the day with photos of the fish we had caught (and released) and a precious vial of gold.

During the summer, the sun sets late in Alaska. As we became accustomed to the longer days we began telling time differently, as in, "It's 7:00 in the after-



Kudos well done

Congratulations to Safari Club International Life Member **Janet Nyce** of Pennsylvania for being one of the four finalists for Budweiser's 2005 Conservationist of the Year Award.

Janet, a long-time friend of the BOW program, has given years of selfless service to the causes of wildlife conservation, outdoor education and outdoor sportsmanship.

"I can't tell you what a privilege it is to be one of the four finalists for this great honor," said Nyce. "As a committed conservationist and sportswoman, the greatest satisfaction for me has always been that I have made a difference in improving the state of wildlife and outdoor opportunities, especially for women and kids. That Budweiser has taken notice is proof positive of these improvements."

This annual award is given to individuals who have made outstanding contributions to the conservation wildlife and wild habitats. The winner will be given a \$50,000 grant by Budweiser and the National Fish and Wildlife Foundation to be used towards wildlife conservation efforts, as well as \$5,000 to each of the runners up. Past recipients of the award include BOW Founder **Christine Thomas**, Ducks Unlimited volunteer and board member **Sandi Beitzel**, and SCI Vice President **Gloria Erickson**.

To vote for Janet Nyce for the Budweiser Conservationist of the Year, log-on at Budweiser.com, then click on the "Feature Outdoors" window when it comes up on the bottom left of the frame.

Best wishes to BOW coordinators **Jean Bergerson** (MN), **Barbara Pulliam** (KY) and **Lenora Lovett** (CO) who will be retiring this year. Their combined service of over 30 years with the BOW program is appreciated by thousands of women who have attended their workshops. We wish these three fabulous women well in their future outdoor fun and leisure time!

Phil Bloom (IN BOW) is this year's recipient of the Outdoor Writer's Association of America (OWAA) Outstanding Board Member Award. Board Chair Ted Upgren describes Phil as "faithful" and "good-humored." BOW Director Diane Lueck adds, "It was treat to catch up with Phil at the recent OWAA conference." Congratulations Phil!



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Welcome New Coordinator Lora Lacefield, KY

Editors' note: Long-time Kentucky BOW coordinator Barbara Pullium passes the torch to Lora Lacefield this September as she prepares for life of leisure in retirement. Here, Lora provides us with a glimpse at her career and interests.

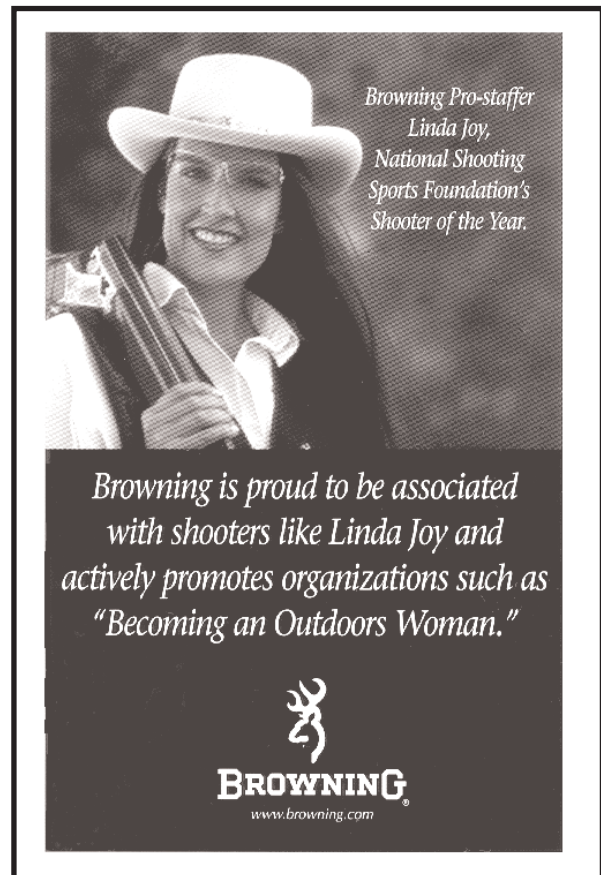
I was a x-ray technologist at the University of Kentucky for 12 years before deciding I'd like to live the life of a Fish and Wildlife employee.

In 1998, a career in forestry seemed more interesting and challenging so I pursued a forestry degree. I graduated in 2001 and immediately starting working for KDFWR as a seasonal Wildlife Biologist in the deer program. I'm not sure what happened to the forestry degree!

In 2003, I transferred to the Information and Education Division of Fish and Wildlife to assume the responsibilities of the STEP OUTSIDE Coordinator. I am also a Hunter Education Instructor, I have a column in KY Afield Magazine and occasionally shoot hunts for the KY Afield TV Show. I instruct archery and other shooting activities for BOW and other events.

I started hunting and fishing at the ripe old age of 25. My husband is responsible for getting me hooked on traditional outdoor recreation. When we were dating, he fished all the time; he would target shoot during the off season and hunt everyday when the season opened. I decided I had better try that stuff if I ever wanted to see him. He was VERY patient and I seemed to pick up the skills of firearm handling and archery fairly quickly.

I became a competitive archer in 1995 and won my first amateur national title in 2001 with the Archery Shooters Association. I took 2004 off to regroup and focus on my job but I plan to compete again in 2005.



I also compete for fun in sporting clays and trap and I am an avid hunter and fisherwomen. I am an English Setter breeder and I raise them for upland bird hunting.

I'm actively involved in several conservation organizations and activities including Rocky Mountain Elk Foundation and Kentucky Network of Outdoor Women

I enjoy many types of hunting including elk, whitetail deer, turkey, ruffed grouse, rabbit, pheasant and dove.

**From
Nova Scotia:**


Dear BOW,

I want to thank you and your staff and volunteers for your dedication to this program. Due to my involvement in four BOW workshops:

- *I no longer avoid winter activities or feel deterred by the cold weather (Winter BOW cured that !!!)*
- *I have purchased snowshoes for myself & my husband and use them actively.*
- *I learned how to kayak and consider it my favourite outdoor activity.*
- *I learned valuable outdoor survival skills.*
- *I have had the chance to introduce friends to BOW and now they are also wild devotees !!!*
- *I embrace and appreciate the outdoors and share this passion with others.*

Keep up the great work. As long as there are BOW programs I will continue to attend. It is not just about the activities, it is also about the "EXPERIENCE" and the camaraderie of women !!!

- *Brenda Silver, Canada*



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- Markus Friederich "Fred" Leupold, Company Founder, circa 1907

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Thank you for your support! Working with all of you through the Becoming an Outdoors-Woman program has been a wonderful experience. We look forward to a positive future for women in the great outdoors.

Christine L. Thomas, Founder, Becoming an Outdoors-Woman®

Thank you, new & renewal contributors, for your support.

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- \$50.00 **Garnet** Appreciation gift: BOW sponsor T-shirt (L XL circle one)
- \$100.00 **Silver** Appreciation gift: Sterling silver "O" logo pendant
- \$250.00 **Gold** Appreciation gift: 10K Gold "O" logo pendant
- \$500.00 **Ruby** Appreciation gift: BOW jeans jacket (Size _____)
- \$1000.00 **Diamond** Appreciation gift: Orvis fly rod and reel with BOW logo reel case
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10 Years of Minnesota BOW Women Explore

by Jean Bergerson, MN BOW Coordinator

Ten years ago a group of us were sitting at a Minnesota Becoming an Outdoors-Woman steering committee meeting and discussing whether or not we wanted to expand to a winter workshop from the fall and spring events that were planned. A lot has changed since then; faces at the steering committee meetings have changed, workshop sites have increased and varied, Beyond BOW events were started and now fill more quickly than the workshops.

However, there are also those things that remain the same. Many of our original steering committee members are still active instructors, several of the original instructors are still teaching, and the excitement, enthusiasm and inspiration the workshops give me keep me committed to the original intent of Becoming an Outdoors-Woman. That intent is to teach women about shooting sports and hunting, angling and other outdoor pursuits so they could continue on their own with a sense of independence and confidence.

In the 10 years we have had Minnesota BOW I have seen some positive changes for outdoors-women. Retailers are now finding women are a viable part of the marketplace. Each year we see more clothing and gear designed for women. More learning opportunities are available for women. Ten years ago there was only one Minnesota outfitter catering to women, but now many groups offer programs for women to canoe, fly-fish and camp. Few offer shooting sports or hunting experiences, which is one reason BOW is so important.

Changes have also happened to me. I now have a group of BOW friends with whom I plan hunting trips. They have introduced me to other fascinating outdoors-women. I have met wonderful outdoor mentors like Betty Wilkins who donates her farm each year for a ladies' archery hunt. I have met wonderful organizations and sponsors who love what we do and work hard to give us the support we need to

continue our great slate of programs and scholarships.

Where will we be in 10 years? I wish I could look into a crystal ball and have that answer. I know there will be a "Friends" organization established to bring supporters together, raise funds needed for programs and supplies and possibly do further networking for ladies. I hope there will be a day when opportunities are so plentiful that anyone who wants to will be able to step outside. I also know that my involvement in Becoming an Outdoors-Woman over the past 10 years has enriched my life both personally and professionally and I will remain involved with it in some way for years to come.

Editor's note: Jean will be retiring from her BOW coordinator position this year. The International BOW staff and all of Jean's friends across the country wish her great success, fun, and peace in her future pursuits!



Jean hauls in a tasty tuna on the Bahamas BOW 2003 trip

BOW in Far Off Lands

What's the most exotic place to attend a BOW workshop? BOW and Beyond BOW programs have been offered from British Columbia all the way south to the Caribbean, but how does New Zealand sound? In November 2003 and March 2004, the New Zealand Department of Fish and Game made BOW a truly international program (or "programme" in NZ) by hosting workshops for women in the Auckland area.

Similar to the first BOW workshop held in Wisconsin in 1991, the NZ workshop filled to capacity quickly and workshop planners had to cancel advertising to avoid turning participants away.

Participants across the ocean explored typical BOW topics: firearm safety and shotgun shooting, fly fishing and tying, and wild game cooking. They took a tour of the Whangamarino Wetland and were treated to an outdoor clothing fashion show. As would be expected, they attended the event for many of the same reasons North American BOW women do.



NZ women gear up for fly fishing lesson

"We're so busy running between our jobs, friends and family, that it's fantastic to do something just for us," said one woman.

NZ Public Awareness Advisor, Shonagh Lindsay, reported both workshops to be great successes. "After running two very successful BOW courses, we are now convinced that there are a lot of women

"We are now convinced that there are a lot of women out there who do want to practise these sports ... They just need to be encouraged to take the first initial steps..."

Shonagh Lindsay,
New Zealand Public Awareness Advisor

out there who do want to practise these sports or at least find out more about them. They just need to be encouraged to take the first initial steps..." she said.

Up-and-coming wine makers Rongopai Wines donated chardonnays and pinot merlots "that were served at just the right temperature" at the end of the day.

The next NZ BOW event will be held September 25th and 26th. "It is a weekend programme, which includes five modules, but does not include staying overnight - and is within approximately an hour's drive of Auckland Central." Visit the Fish and Game NZ website at www.fishandgame.org.nz to see pictures and read more about Becoming an Outdoors-Woman in New Zealand.

Book Review

Getting Started in Fly Fishing

by Tom Fuller

Reviewed by Diane Lueck

This is a great book! Tom Fuller, an avid angler and columnist for Outdoor Life magazine, is also a Becoming an Outdoors-Woman instructor. According to Massachusetts BOW coordinator Ellie Horwitz, Fuller credits BOW for his very effective approach to teaching fly fishing. In the book's acknowledgements, Fuller writes: "These wonderful and enthusiastic people [BOW students] let me know they had limited time, they wanted to learn how to put a fly fishing outfit together, they wanted to know the basics of casting, and then they wanted to catch fish - and all in...one day."

Fuller organized his book like the perfect BOW class. He begins with the start-up kit, describing rods, lines, hooks, and accoutrements with superb explanations of flyrod jargon. Always working with the "Why" of each tool, he adds many pic-



and diagrams. Another chapter includes knot tying and casting techniques, again with easy-to-follow illustrations.

Getting the reader (figuratively) onto the water, Fuller uses photographs and diagrams to explain reading the water, where to cast, and how to use a net. This chapter has a tip that I can just hear in a BOW class - quit before exhaustion, even if you're enthusiastic. "It's usually a tired and careless fly fisher who takes an early bath."

The book contains plenty of information about trout species and habitat, and how to fish a variety of creeks and ponds. Like any good workshop class, this book builds on early lessons as you feel more confident; More about trouble shooting your cast; More about understanding what trout eat; Marvelous detail about aquatic insects, life cycles, and how to imitate them to help you catch trout. The chapters that deal with tying flies are beautifully illustrated, easy to follow, and fun to read.

**"I have to tell you,
I have never fly fished
in my life...
But I want to now!"**

Diane Lueck

Leaving you wanting more, this book finishes up with a bibliography of resources, both of books and organizations dealing with fly fishing. I have to tell you, I have never fly fished in my life, nor taken a class in it. But I want to now! This is a great book!

Published by Ragged Mountain Press/McGraw Hill, for \$14.95.

An advertisement for Cabela's Women's Clothing catalog. At the top, it says "FREE Women's Clothing catalog" in a serif font. Below this is a photograph of a smiling woman in a dark jacket holding a small dog. To the left of the woman is a smaller image of the catalog cover, which lists "Women's Clothing Fall 2004" and "Cabela's". Below the photo is the Cabela's logo in a stylized script font, followed by the tagline "WORLD'S FOREMOST OUTFITTER" and "Hunting • Fishing • Outdoor Gear". At the bottom, it provides contact information: "FREE CATALOG 800.606.8877", "SHOP ONLINE www.cabelas.com", and "RETAIL STORES 800.581.4420". A vertical copyright notice on the right edge reads "© 2004 Cabela's, Inc. C22-409".

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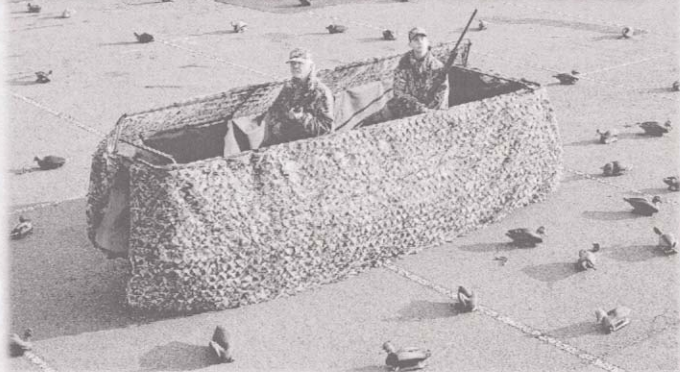
1/2 red onion, sliced into 8 thin slices and separated into rings

2 medium oranges, sliced into 6 slices each

4 tablespoons butter

4 pieces butcher string (3 feet long EACH)

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Makes 4 servings.

Prep. Time: 10 minutes

Cook Time: 15 to 18 minutes

For a free copy of the new DU/Lawry's recipe collection, call 1-800-248-9687.

Michigan BOW Star Volunteers

by Lynn Marla, Michigan BOW coordinator

Nancy Thurston has been involved with BOW programs in Michigan almost from the beginning. Nancy has long been affiliated with the Ruffed Grouse Society (RGS), chairing banquets and helping with their youth hunt each year. Nancy raises and trains English Setters and I suppose that is how we first became friends. She brought her dog to one of our first BOW events where she and I shared the teaching for a "Hunting with Dogs" class.



Star Volunteer Pat Byrnes (left), BOW coordinator Lynn Marla and "friends" welcome participants to a BOW workshop in 2003.

With the support of her RGS chapter, Nancy stepped forward volunteering to coordinate a BOW program in the Thumb area of Michigan. She now coordinates a winter and a summer BOW program. There were times when I couldn't help her much and she shouldered the entire burden.

Nancy not only handles much of the coordination of the workshops, she also teaches. Her specialty has been cast iron cooking as well as helping with the hunting dog classes.

Her family has also pitched in. Her husband has taught shotgun shooting and her daughter brought her little Arabian gelding up to our program last summer to lead a class in horseback riding.

Nancy has a friend through her association with RGS, Pat Byrnes, who is a real sparkplug. Pat has been an invaluable team worker, both for her ideas and her enthusiasm. Pat is in charge of games, donations, prizes, fun, and teaches classes too. Her specialty is birch baskets. One year she taught a class on using gourds, helping the participants turn them into baskets, bird houses, and hanging objects of art. Pat also does bead work with natural stones, bones and other objects.

These two women have given a lot of their time and talents to the BOW program in Michigan and I feel so lucky to have them as good friends and for the work they do promoting outdoor skills for women.

Editors note: The International BOW program thanks Nancy and Pat, and all the generous volunteers across North America who make the BOW program such a rewarding experience.

It's almost time...

"Now there dawns the day of the hunter... lemon leaves to walk upon...and brown chestnuts...leafy glades gleaming white with frost...dew jewels glittering like tears on bramble eyelashes...strands of pearly clouds shining at the horizon's graceful throat...a hunter's moon sending silver shafts through bare and stretching arms of a naked tree."

Jay Reed, Outdoor Writer, 1929-2002



Liz Fund continues to grow

Participants at the 2004 annual BOW Coordinator's Conference, held in Montana, again showed their generosity by raising \$1,800 for the Liz Barthel Memorial Endowment Fund. BOW coordinators and sponsor representatives from 19 states spent four sunny July days at the Luebrecht Experimental Forest near Missoula networking, learning and BIDDING during silent and live auctions featuring fabulous donated prizes. Proceeds from the auctions go directly to the "Liz Fund" to provide scholarships for low-income women with children to attend BOW.

Auctioneers Cathie Harms (AK BOW) and Kelly Stang (NY BOW) had their hair coiffed and wore special outfits in celebration of the occasion.

Big thanks go to Montana BOW coordinator Liz Lodman and her staff for hosting a productive, well-organized and hilarious conference.

Thanks also to sponsor representatives Jackie Love (Browning) and Christie Buchanan (SCI Sables) for joining us at the conference and adding to the fun.



Auctioneers Cathie (AK) and Kelly (NY) make a fashion statement during the 2004 BOW Coordinator Conference.
Photo credit, Dana Permenter, LA



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Arkansas	Sep 16-18	Phyllis Speer	870/424-5750
Br Columbia		Sue Boswell	250-962-9320
California		Susan Herrgesell	916/653-7448
Colorado		Renee Herring	303/291-7303
Delaware	Aug 19-21	Dawn Failing	302/323-5336/5333
Florida	Feb 25-27, Apr 22-24, Sep 9-11, Nov 18-20	Lynne Hawk	561/625-5126
Illinois	Jun 10-12, Sep 16-18	Mary Allen	217/524-4126
Indiana	Jun 3-5	Phil Bloom	219/461-8257
Iowa		Julie Sparks	641/747-8383
Kansas		Jami Vonderschmidt	316/683-5499x107
Kentucky		Lora Lacefield	800-858-1549 ext. 428
Louisiana	Apr 15-17	Bill Breed	318/345-3912 or 343-1241
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Manitoba	May 6-8	Darlene Garnham	204/633-5967
Maryland	Sep	Karina Blizzard	410-260-8559
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Michigan	Jun 3-5	Lynn Marla	517/241-2225
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New Hampshire	Sep 9-11	Laura Ryder	603/271-3212
New Jersey		Linda Buono	908/735-7040
New Mexico		Coralie Carrier	505/382-9087
New York		Kelly Stang	518-402-8862
Newfoundland		Lucy O'Driscoll	709/729-6974
No. Carolina		BB Gillen	919/733-7123x269
No. Dakota	Aug 19-21	Nancy Boldt	701/328-6312
Nova Scotia		Susan Hruszowy	902/424-4321
Ohio		Jen Dennison	614/265-6544
Oklahoma		Vickie Proctor	405/744-5499
Oregon	Feb 25-27	Nancy Smogor	503/872-5264
Pennsylvania		Lori Richardson	717/787-6286x3324
Prince Edward Is		Dawna Gillis	902/855-3198
SCI/Sables	June	Don Brown	520/620-1220
S. Carolina	May, Sep	Steve Bates	803/734-3885
S. Dakota	Sep 16-18	Chad Tussing	(605) 773-2541
Tennessee		Donald Hosse	615/781-6541
Texas		Ashley Mathews	512/389-8183
Utah		Nancy Hoff	801/278-3953
Vermont		Susan Nadeau	802/241-2720
Virginia		Karen Holson	804/367-6355
W. Virginia	Apr 15-17, Sep 16-18	Elizabeth Gallaher	304/558-2771
Wisconsin	Feb 11-13, Sep	Michelle Grimm	715/346-4151
Wyoming	Jun 24-26	Helen McCracken	307/777-4531

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Alaska BOW - Lasting Memories (see cover story)

Sights: Glacier Ice Blue/Kenai Blue/Sky Blue
Dazzling Sunlight on Sparkling Water

Sounds: Rushing Water/Shouts of Triumph/Laughter!

Flavors: Reindeer Sausage/Grilled Halibut

Aromas: Perfume of Alder & Labrador Tea
carried on moist air

Quotes: "I never thought I could...now I know I can!"
"I will come back!" "Thank You!"