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“Jane Deere” for Farm and Ranch Women

Move over, John. The new face of the farm is *Jane*, and she is influencing agriculture, land use, and habitat enhancement across the United States and beyond.

In the U.S., there were more than 800,000 female farmers who were the sole operators of their farm in 2002, according to the Census of Agriculture conducted through the National Agricultural Statistics Services. Women are a fast-growing segment of agricultural landowners includ-



Wisconsin “Jane” participants bundle up against the cold for a nature journaling hike

ing those who inherit land, purchase land for investment, or acquire land to become new farmers and make a connection with nature.

Beginning in 2004, International BOW, with the help of a generous grant through U.S. Fish and Wildlife Service and our other BOW sponsors, began a research project that looks at educational interests of women involved with farm and ranch land. Part of that project has been to offer pilot “Jane Deere” workshops in Wisconsin, Montana and Texas. Jane Deere, while open to anyone, was designed specifically for farm and ranch women to learn about wildlife and outdoor recreational skills in a relaxed atmosphere. The classes weave land stewardship principles into the learning and fun.

We kicked off with the first workshop in April in Wisconsin. The 40 degree weather and 25 mph wind did little to muffle the enthusiasm of 30 women who came to learn how to run a chainsaw, to fish, navigate with a map and compass, learn about wildlife habitat and fur bearer ecology, and to try their hand at shooting sports.

The small group enjoyed a cozy evening program where landowners shared their farm experiences, followed by a session on “A Sense of Place.” Many people feel a strong connection to their land or the land where they recreate. The group brainstormed ways to describe and further appreciate the places they hold close to their heart. We discussed the way these descriptions could be used to help promote products sold on the farm, and how talking about our sense of place helps others understand the importance of maintaining rural and wild areas.

Continued next page...



Montana “Jane” participants successfully remove the chain from a saw

A week later, we headed down to Texas to host the second Jane Deere in conjunction with the Welder Wildlife Foundation, Texas Wildlife Association (TWA) and Texas Parks and Wildlife. The beautiful facility at Welder, a 7,800-acre wildlife refuge, provided the perfect setting for exploring wetland and upland habitat, archery, brush management, and more.

Tamara Trail of TWA and Dr. Selma Glasscock, assistant director of the Welder Wildlife Foundation were essential leaders in both the organization and teaching at the workshop. Tamara’s Whitetail Deer Ecology class received rave reviews.

“I’ve been hunting for 2 years and my husband always sits with me and tells me which deer I should take. Now I feel like I can do it myself,” an excited participant told us.

One of the highlights of the program was a wagon-ride tour of the property as the sun began to sink and evening breezes cooled the Texas air. Participants saw countless species of birds, many white-tailed deer, the rolling landscape and a roaming herd of cattle managed by the property rancher. As with all BOW events, camaraderie and story swapping made the evening relaxing and memorable.

In August, Montanans were treated to Jane Deere at the Teddy Roosevelt Memorial Ranch, operated by the

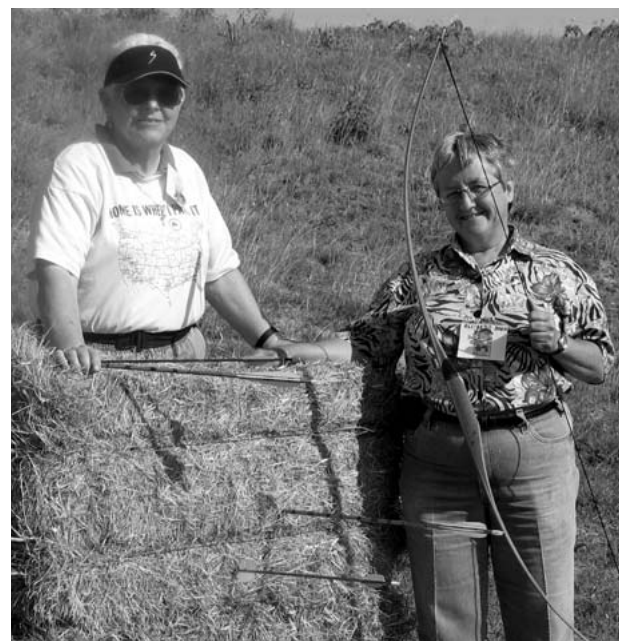
Boone and Crockett Club, outside the town of Dupuyer. The ranch is located in a unique ecosystem where the plains meet the foothills of the Rocky Mountains, far from any urban development. The weather was perfect - sunny and 70 degrees - and the company was even better!

Montana BOW coordinator Liz Lodman teamed up with International BOW and the folks at the ranch, including Lisa Flowers, education program director, and Alysson Hoof, education specialist. Together we planned and offered classes in nature journaling, wildlife habitat, fly fishing, shotgun skills, native plants and more.

Generous volunteers from Montana Fish, Wildlife and Parks, as well as university extension agents and Maggie Engler of the Rocky Mountain Elk Foundation provided a top-notch teaching staff. The fabulous food and scenery rounded out a fun and relaxing weekend.

“This workshop has opened a whole new world to me, not otherwise accessible,” one participant told us. “The quality of the location, the instructors, and the topics are beyond excellent. They have truly enriched my life.”

With three successful pilot workshops completed, we look forward to seeing “Jane Deere” grow to be offered in more states across the country. To see pictures from the three workshops, visit our website at www.uwsp.edu/cnr/bow/, then click on “The Jane Deere Project” at the top of the page.



Texas “Jane” friends show off their sharp shooting

Gun Dog Writer

Pens National Winner

Professional retriever trainer and Becoming an Outdoors-Woman instructor, Beth Ann Amico, was awarded a Maxwell Medallion Award by the Dog Writers Association of America (DWAA) at their 70th Anniversary Awards Banquet. Traditionally held on the eve of the Westminster Kennel Club Dog Show in New York City, the gala celebration honored winners of the DWAA Annual Writing Competition.

Amico's award-winning article, "Picking the Perfect Puppy," appeared as the cover story for the May 2004 issue of the National Rifle Association's publication *Woman's Outlook*.

Amico has shared her waterfowling expertise with numerous women through BOW in Oklahoma and Arkansas. She is co-owner of Deep Fork Retrievers along with her husband, John Amico and is the first woman from Oklahoma to be accepted into the prestigious Professional Retriever Trainer's Association. Their kennel has produced finished field retrievers for clients across North America and was recently featured in the PBS broadcast "The World of Dogs." Her heartwarming tale of a retriever's first duck hunt will appear in the upcoming anthology "A Mile in Her Boots – Women Who Work in the Wild", to be published in 2006.

Beth Ann told us, "I was especially thrilled to receive this award, as I was the only gun dog writer to be recognized this year."



Beth Ann and one of her favorite labs, Rebel.

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The Gift

by Andrea Johnson, Pinellas Park and Perry, FL

I was introduced to the great outdoors in 1998 by the man who would eventually become my husband. I did not grow up hunting or fishing, but I was open-minded, eager and curious. When my relationship began with my then-boyfriend, an avid sportsman, my motivation was to spend time with him, understand his passion and see where it took me. As time passed our relationship blossomed and the outdoors became the center of *our* life, not just his. I learned quickly that this was far more than a hobby or a sport, but also a lifestyle, one that I am proud to call my own.

A whole new world opened up for me - everything from boating, fishing, scalloping and lobstering to hunting in gun season, hunting with our dogs, archery, muzzleloading, still-hunting and riding 4-wheelers. I learned the joy of walking and riding in the woods, taking time to observe the sunrise, the sunset, the moon, the wind, the air, the rain, the extreme Florida heat and even what we Floridians call the cold. I've been taught to appreciate the trees, the flowers, the deer, the hogs and the turkeys. I've learned to cook wild meat. I know my camo. I know how to worm dogs and check them for ticks. I know how to use a 4-wheel drive. These are a few of my favorite things.

My husband, Bo, was killed in a car accident a little over a mile from our hunting camp in Perry, Florida, on August 20, 2004, just 9 months after we married in the mountains of Tennessee. Bo was 30 years old.

Bo left me with many gifts; not just the material kind, but the very best kind, ones you can't see or touch. One of the best gifts Bo gave me is the gift of the outdoors. Hunting is not only about harvesting game. It's also about family and friends. It's about camaraderie, story-telling and making memories. It's about silence, peace and solitude. It's about feeling renewed and refreshed. It's about learning and teaching. It's about awareness and appreciation. It's about the simple pleasures that life has to offer.

I do not know what my future holds without Bo by

my side. I think that as time passes, the pain will subside some, and I can find peace in the woods again, with Bo in my heart.

I took the first step in my journey "back to the woods" by registering for my first BOW workshop in Ocala, Florida, February 2005. I needed to do something completely different than I normally would have. I thought that surrounding myself with other women and being taught by women would be new and refreshing. My best friend, Jen Beckner, and I had talked about signing up for a BOW workshop several times over the years. Life got in the way, and we were not able to make that happen until now. With Jen at my side, we headed to Ocala. We conquered Florida Whitetails, Introduction to Shotgun Shooting, Basic Archery and Black-Powder Firearms. We camped out in Jen's tent and made it through a very amusing, soggy night and day. We enjoyed evening activities like knot tying, the silent auction, and sessions on manatees and alligators. We made some connections with other participants and instructors that are sure to be lasting. New friends. Not part of the original plan, but a great bonus to an already wonderful weekend.

I could feel the tears welling up in my eyes as we began a short hike in the Ocala National Forest as part of the Whitetails session on Friday afternoon. On part of our walk, I realized that Jen was walking in front of me and I was trailing closely behind her, stepping in the marks left by her shoes. It was always Bo that I walked directly behind in the woods. I realized that Bo would have been very proud of me and he wouldn't have wanted it any other way. I know Bo was with me that afternoon in the woods; he was walking right beside me.

Thank you so much, BOW, for providing me with a positive, fun learning experience at a very difficult time in my personal life. The staff was incredible and laughs were many. We are planning to attend two more BOW outings later this year. Can't wait!

Bo, Thank you for this wonderful gift. I will cherish it always and I will find ways to honor you and this gift, for the rest of my life. I love you and miss you. Rest in peace. Love, your wife, Andrea.



The February 2005 Florida BOW group. Andrea ("The Gift", page 4) and Jen are among the smiling faces in the center.

Dear BOW,

Here is a picture of a deer I took with a bow. I never did ANY of these things until I took BOW the first year it was offered in Kansas. I haven't missed a year, and went to Wyoming BOW with a friend once too. Because of BOW, I turkey hunt, bow hunt, backpack and shoot competitive archery. I guess I'm one of your success stories!

Jami Vonderschmidt, Kansas BOW Coordinator



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- Aldo Leopold

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On these pages, you'll see a broad range of levels for individuals to sponsor the international program and support this newsletter. If you can afford to help us further the opportunities for outdoors-women *your contribution is precious*.

We also invite you to become a regular reader of our newsletter simply by asking to be added to our mailing list. We won't share your address with anyone else, and we won't ask you for anything else throughout the year. The Becoming an Outdoors-Woman Newsletter is intended to let you know what's going on at the international level. Please feel free to contribute with an article about your experiences at a BOW workshop or a further opportunity, with a book review, or an outdoor product evaluation.

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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Yes, I would like to help sponsor **Becoming an Outdoors-Woman** and receive the BOW quarterly newsletter. (Appreciation gifts will arrive in 6-8 weeks.)

- \$20.00 **Bronze** Appreciation gift: BOW sponsor patch
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The Next Step?

Adventures in Good Company might be it

by Marian Marbury

When I first saw BOW advertised my husband was too ill to do much outdoors. BOW gave me a chance to do things I loved. I refreshed old skills and I gained new ones - reading a map and compass, Dutch oven cooking - I even learned to build a fire. Most important was being with others who also loved being outside.


Our vacations had always been very important to us, so when my husband passed away, I needed to find a 'do something' vacation. I did not want a cruise or tour filled with couples. I put 'women travel' into a search engine and found Adventures in Good Company. I thought, 'That's what I need - good company.' I signed up for hiking in the Shenandoah Mountains in May. I had a great time.

In September I went canoeing/no-impact camping in the Boundary Waters Canoe Area of northern Minnesota. My canoeing skills, refreshed at a BOW workshop, served me well. I also decided to show off my BOW fire building skills and quickly became the official fire builder for our group." - Bonnie Shapbell, graduate of 10 BOW weekends

Adventures in Good Company offers adventure travel and active vacations for women of all ages. Like BOW, most women are between 35 and 65; the youngest participant was 20 and the oldest was 81. Of 35 trips a year, about half include wilderness camping: everything from Bonnie's canoe trip in the Boundary Waters, to sea kayaking in Alaska, to backpacking in the Grand Canyon and on the Appalachian Trail. The wilderness trips offer a hands-on approach for women to learn or practice their skills. For example, if you learned how to use a map and compass during your BOW weekend, you can practice with expert assistance on a Good Company trip. Trip guides are prepared to do all the cooking, but participants are always welcome to work on fire building and group cooking skills.

While all Adventures in Good Company trips involve being active in the outdoors, not all involve camping. Maybe your idea of the perfect way to relax is to spend the day hiking and then have a hot shower followed by dinner at a local restaurant. Or maybe you'd like to immerse yourself in dog sledding through pristine winter wilderness, then relax your muscles in a hot sauna. Some of the trips focus on the natural history of an area and many trips, particularly international ones, allow for cultural interaction. And all of the trips focus on fun! Many women say they haven't laughed so much in years.

As Bonnie found during BOW weekends and Adventures in Good Company trips, one of the greatest pleasures was spending time outside with others who shared the love of the outdoors. For women who are looking for a "BOW-like" experience, and who enjoy camaraderie with other women in a supportive learning environment, check out www.adventuresingoodcompany.com.



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Dear BOW,

I ran across a saying today that I'd like to share with you. It reminds me so much of BOW and everyone I've met there. It goes like this: "Be grateful for the doors of opportunity and for the friends who oil the hinges." I truly am.

Mary Molski, Wisconsin

Dear BOW,

Okay, BOW has really spoiled me. I took a kayak class at a boat shop this past weekend. Attendees were me and 3 men. First, why do guys always have to muscle everything they do?? I got a big arm bruise helping one of the guys take a kayak off a rack. At BOW workshops women chat, get to know each other and have a good time while learning. These guys did not socialize or help each other out or encourage each other. I had forgotten how important all those things are to learning.

I made up for this experience the next day. I attended a women's shotgun clinic at the Hartford Conservation Club. There were four women and a male instructor that worked great with women. I had fun, met some interesting women and it appears I have helped to form an every-other-Monday women-only-night at the club. The director was very excited that there was an interest in a women's night. I "hooked up" with this club, thanks to connections made at a Wisconsin BOW field day.

Marsha Kray,
Wisconsin

Remembrance



Rosey (right) and her friend Helen Gurkow smiling in the Bahamas

This month we were saddened to hear of the passing of a dear BOW friend, Rosey Sedlacek. Rosey attended many BOW workshops, including two "BOW Destinations" trips

to the Bahamas. The next issue of this newsletter will include a tribute to Rosie, a warm and wonderful outdoors-woman.

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Welcome

student assistants in the International BOW office

Amanda Bettenhausen

I have been an avid outdoors lover since I was little. Both sets of grandparents live on the shores of northern Wisconsin lakes so it was natural for me to love



swimming, fishing, camping, chasing bugs and other outdoor favorites of children. My parents encouraged me to enjoy nature any way possible whether it be hiking, collecting flowers, or trying to catch the world's biggest musky with my beloved Snoopy fishing pole. I

am an active member of the Rusk County Wisconsin Water Alliance in northern Wisconsin and hope that America's natural wonders will still be as beautiful for my grandchildren as they were for my grandparents.

My hobbies include fishing, star gazing, cooking, camping, canoeing and most other ways to pass the time outdoors. I haven't tried any shooting sports but I am willing to give it a try.

I am junior at UW-Stevens Point majoring in communication with a public relations emphasis.

Diana Davidson

I was born and raised in the Finger Lakes area of New York State. I've lived in Wisconsin for 6 years and love it here. It's a sunny and pretty state. I love being outdoors, especially in the woods or on a lake. As kids, my brothers and sisters and I would camp out in our sleeping bags, catch fish and cook

them outdoors. We spent our days swimming, fishing, building shelters in the woods or paddling our canoes. Maybe that's why I still enjoy hiking, swimming, camping and canoeing with my husband. There's something so calming and rejuvenating about being in the woods or on a quiet lake. Nature is my religion and I'm a naturalist. Finding wildflowers or those serene mossy spots in the woods is pure joy for me.

I'm a nontraditional student at UW-Stevens Point. I don't think too many students are grandmothers, but we have our second and third grandkids on the way. I've had a long career in Food Science, providing lab results on juices and beverages. I'm now switching to a career in Medical Technology.

I experienced my first BOW workshop this summer. I didn't want to miss a thing, so I got up very early and stayed up way too late. There were lots of women to talk to that liked the same things I did. I got to shoot a shotgun for the first time in twenty years. I was literally shaking at first, but once I calmed down and hit a few targets, I was exhilarated. I thought my accomplishment was something, until another woman said that she hadn't shot a gun in 50 years. She was giggling and laughing so much that I felt even better.

Outdoor cooking is something my husband and I enjoy all year long. I was very eager to help out with that class because I've never used a Dutch oven before. It's added a whole new avenue of cooking for me. A Dutch oven is the first thing on my wish list for Christmas this year. I'm looking forward to trying snowshoeing and more outdoor cooking at the winter workshop in February next year.



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The Wild Food Gourmet

Venison with Wine, Berries and Blue Cheese

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The meat can also be grilled or broiled.

- 2 pounds well-trimmed venison medallions, about 4 inches wide by 1/2 inch thick
- 2 tablespoons Ducks Unlimited Poultry and Game Seasoning and Rub
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 cup dry red wine
- 2 tablespoons balsamic vinegar
- 1 tablespoon plum preserves
- 3 tablespoons chilled butter, cut into pieces
- 3/4 cup fresh berries, any kind
- 1/4 cup blue cheese crumbles

Season meat evenly with DU Poultry and Game Seasoning and Rub. Heat olive oil in a large skillet over medium-high heat. Add meat and brown on each side, about 1-2 minutes each side, but not past rare. Add garlic, wine, vinegar and plum preserves. Remove meat after 1 minute and keep warm. Reduce liquid to a few tablespoons. Whisk in chilled butter until melted. Immediately remove pan from heat and stir in berries. Arrange medallions on plates, spoon sauce over and top with blue cheese crumbles. *4 servings*

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

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Dear BOW,

There comes a point in time when you know that you have found something in your life that truly touches your soul, and reinforces what you have believed in all of your life. The "BOW" weekend helped me find a part of my spirit that I haven't been able to find for a long time. The women that I met were so interesting, the activities were fun and educational, the food was exceptional, but most of all, I feel that the person that came home on Sunday is the person that I have always wanted to be, and I am looking forward to years of learning and growing into the "outdoor woman" that I will be for a lifetime.

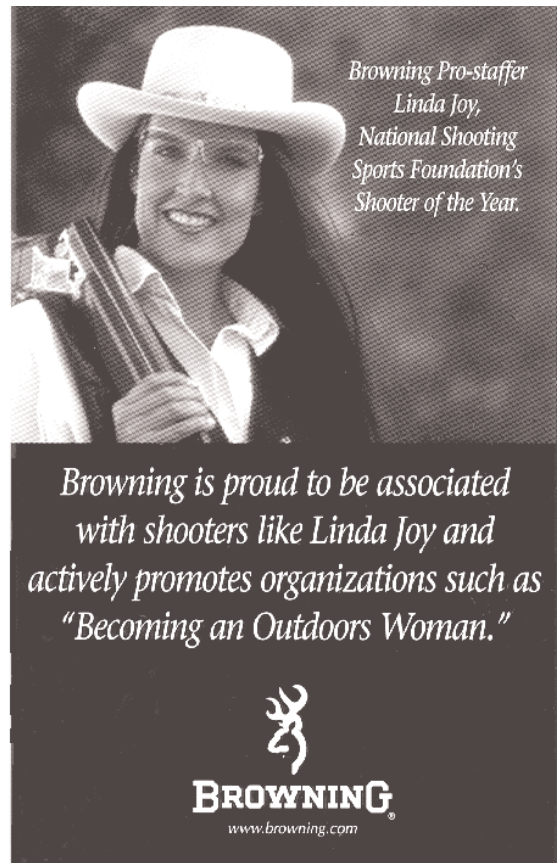
Thank you,
Kelly

Kudos

The International Hunter Education Association honored **Tim Lawhern**, Hunter Education Administrator for the Wisconsin Department of Natural Resources as one of the recipients of the 2004 IHEA EVP award. The award recognizes contributions of individuals providing exceptional service and support to IHEA. Tim has also recently served as President for the IHEA Board of Directors and was chosen for this award because of his dedication to the mission of the IHEA. Congratulations Tim!

The International Hunter Education Association announced the **National Shooting Sports Foundation** (NSSF) as the recipient of the IHEA Industry Award for 2004. This award recognizes an industry member that has shown outstanding support of the IHEA and its hunter education effort, that has been innovative in fostering new ideas in hunter education and has helped the hunter education movement in a superior way. NSSF has been an International BOW sponsor since the creation of the program.

The International Hunter Education Association Foundation Board welcomes its newest member,



Doug Painter, with the National Shooting Sports Foundation. Mr. Painter has pledged his commitment to the preservation of our hunting heritage through support of the IHEA Mission: *To continue the heritage of hunting worldwide by developing safe, responsible and knowledgeable hunters.*

BOW instructor and former coordinator **Luann Waters** was honored as Outstanding Alumnus of Oklahoma State University Zoology Department. We agree, you are outstanding, Luann! Congratulations on the honor.

Congratulations to BOW Founder **Dr. Christine Thomas** who was selected as Dean of the College of Natural Resources at the University of Wisconsin-Stevens Point after serving as interim Dean for a year. The college is privileged to have Dean Thomas' leadership and energy.

And finally, we are pleased to announce **Dr. Diane Lueck**, BOW director who earned her PhD. from the University of Wisconsin-Madison this August. Way to go, Dr. Diane!

Utah BOW

a fabulous line-up of events

by Wendy Mair, an avid BOW supporter

Over four hundred Utah women participated in BOW workshops in 2004, sponsored by the Utah Division of Wildlife Resources. BOW is popular among a core group of women who are enjoying the line-up of events, instruction and camaraderie. They keep coming back for more and bringing newcomers with them. Here is the year in review.

In January, thirty-five women attended an indoor archery clinic at the Salt Lake Archery Center. Instructors Randi and Larry Smith provided safety guidelines and coached the women through their first shots. Fifty-five couples enjoyed the annual BOW Valentine's Moonlight Sleigh Ride and Dinner at the Hardware Elk Ranch in February.

One of the most popular Utah BOW events is the Spring Women's Shotgun Clinic held each March/April. The clinics run for six consecutive Saturdays from 9 am to whenever the women stop



Utah BOW Instructor, Louise Bradshaw coaches at a shotgun clinic

shooting. Most days that was not until 3 pm. About thirty women attended this year's six-week clinic.

During May and June, BOW and Four Seasons Fly Fishing sponsored three fly-fishing clinics at the beautiful Johnson's Mill Bed and Breakfast. A total of thirty women learned how to fly fish at these three clinics.

Also in May, in Hanna, the Sportsmen for Fish and Wildlife hosted their first 'Women in the Wild' weekend workshop with about eighty-five participants. The ladies rotated through four different workshops throughout the day, choosing from a variety of outdoor activities.

On July 17, BOW instructor Terry Tate introduced a dozen women to muzzleloaders at the Lee Kay Center in Salt Lake City. Muzzleloaders are growing in popularity, along with Cowboy Action Shooting and Single Action Shooting Sports, in part because of the nostalgia and challenge of shooting "primitive" guns.

Later in July, BOW sponsored another women's archery clinic in conjunction with the Bowhunter Clinic and Archery Expo in Tooele. The twenty-five women were pleased to have as their guest instructor former Olympian archer, Denise Parker.

Fifty women attended a one day trapshooting clinic sponsored by 'Women on Target' and BOW at the Heber Valley Gun Club in August. In September, BOW sponsored a Skeet Clinic taught by Neal Davis. Twelve students braved high winds and cold to learn the fundamentals of skeet shooting. Fifteen women

participated in the BOW Upland Game Hunting Event led by Upland Game Coordinator, Dean Mitchell on September 25.

October brought eighteen women together for another trapshooting clinic hosted by the Heber Valley Gun Club and BOW. The next day, twelve more women participated in a skeet clinic at the Lee Kay Center. Over twenty women enjoyed two different overnight pheasant hunting trips in October and November at Pheasant Run Outfitters, near Gunnison, Utah.

Thanks to volunteer BOW coordinator Nancy Hoff and other volunteers, instructors and local sponsors who make these events happen, many more women will have the opportunity to learn new outdoor skills and make new friends in 2005 and beyond.

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Becoming an Outdoors-Woman

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Wyoming	Jun 23-25	Helen McCracken	307/777-4531

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