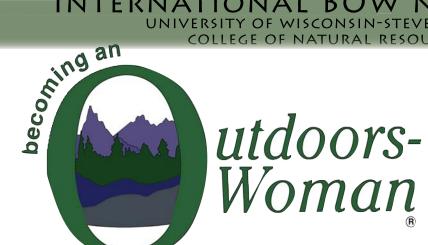
UNIVERSITY OF WISCONSIN-STEVENS POINT COLLEGE OF NATURAL RESOURCES



Volume 11 No. 1 Spring/Summer 2006 In this issue...

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HELP! I'M TRAPPED IN A MUMMY BAG!

here I awoke, curled in a deep dark snow cave

at two o'clock in the morning. Somehow in my sleep I had gotten twisted up and couldn't find the opening or the zipper of my rented mummy sleeping bag. A moment of absolute terror! I wanted to panic and loudly scream, "Get me out!" Of course, not many outside people would hear me yelling from within a snow cave.

"Rosie," I told myself, "calm down, take it one step at a time, feel the sides of the sleeping bag, work the bag." Then...relief! I finally saw the blue-tinged whiteness of the snow cave walls and ceiling. After pulling

the bag zipper down, I eventually settled in and fell back to sleep until dawn's light. The temperature was 17 degrees, cloudy with gentle snow falling. I had passed the requirements to earn a BOW Winter Survival/Camping Achievement Award "for outstanding sportwomanship, perserverance, mettle and courage camping the winter snow in northern Wisconsin!"

The BOW workshop in Wisconsin was a rite of passage for me and eighty-four other women. Courses

in cross-country skiing, dog sledding, snowshoeing and tons more were offered out in the snowy north woods at a conference center called Treehaven. This year I took classes in Winter Survival/Camping (a.k.a. How to Stay Calm in a Mummy Bag), Nature



Rosie was still smiling after excavating her snow cave

Journaling (a writing and poetry group), Archery (with a compound bow), and Outdoor Cooking (with Dutch ovens). How exciting and fun to learn new skills and just love being outside in the clear, crisp, white winter air.

The best part was to realize that when I crawled out of the snow cave in the morning, I discovered that I am capable of so much more than I ever thought possible.

Rosie Poetzel, WI 2/13/06



A thing is right when it tends to preserve the integrity, stability, and beauty of the biolic community. It is wrong when it tends otherwise.

– Aldo Leopeld

Get involved. Become a SCIF Sable and make a difference. The rewards for our volunteeers are great, and often unexpected: the joy of a child touching her first animal pelt; the pride of a woman shooting a rifle at a target for the first time; the warmth of new friendships forged with other Sables.

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BOW DONATES TO HURRICANE RELIEF

In late August 2005, Kansas BOW coordinator
Jami Vonderschmidt contacted our coordinator
list-serve group to let us know they would be having
first-time ever silent auction at their September BOW
workshop. The money raised would go to hurricane
survivors and be presented to the Red Cross in the
name of Kansas BOW participants. Jami wrote, "For
those of you who have workshops coming up this fall,
I would 'challenge' you to do the same."

Never a group to turn down a challenge, BOW coordinators in six states rose to the occasion and collected money, clothing, diapers, formula and personal hygiene items for those who had lost so much in the devastating storms of last fall. Participants in Maryland, Colorado, Florida, Ohio, South Dakota, and Kansas generously contributed thousands of dollars in relief funds.

THANK YOU! TO BOW PARTICIPANTS, INSTRUCTORS, VOLUNTEERS AND COORDINATORS FOR YOUR GENEROSITY IN THIS EFFORT.

CARRIE TAKES JOE HUNTING

afari Club Minnesota Chapter member Carrie Mellesmoen, who is also a member of the North American Bear Foundation board of directors, is an attorney with a real estate license, and she grew up in a hunting family. Her husband, Joe, did not. So Joe has become a willing student, accompanying Carrie on some hunts. Sometimes he hunts. Sometimes he videotapes her adventures, like on a recent

bear hunt at BOW-friendly Arrowhead Wilderness Lodge (www.arrowheadwildernesslodge.com) near Brimson, Minnesota. When not in their bear stand, the log-burning sauna or not-so-rustic whirlpool bath in the lodge, Carrie and Joe took time to pose with grouse and BOW-engraved Browning Citori for Mark LaBarbera's camera.







Kari said, "Yes!"

Come Join Us... Join Women On Target™ across the United States at women-only charity shoots, instructional clinics, and hunting excursions. For more information and a complete schedule of events: (800) 861-1166 www.nrahq.org/women/wot.asp

TOM TAKES KARI BY SURPRISE

he Michigan BOW program had the pleasure of helping plan a marriage proposal between one of our long-time instructors, Sgt. Tom Wanless and one of our faithful BOW participants, Kari Wolfe. January of this year, Tom called me and said he wanted to propose to Kari at our Winter BOW in front of all 85 participants! Tom is a favorite of mine, so I was glad to facilitate his big surprise. Tom and Kari's moms were both there as participants and actually in on the surprise. Kari didn't have a clue, until Tom got up and started into this nervous rambling about how he had met her through our Winter BOW program two years earlier. None of this seemed especially pertinent to the fact that this was supposed to be a birthday surprise for both moms who had birthdays in February. I was as nervous as a cat until Sgt. Tom finally popped the question and Kari

Maybe Sgt. Tom will be calling me and wanting to have the actual marriage at our summer BOW. I am sure we can make that happen. And we wish them a lifetime of happiness together.

said "YES". We then proceeded to celebrate with cake

and "Congratulations!"

DEAR BOW,

(Editor's note: People tell us BOW changes lives. This Indiana BOW alumna says BOW even saves lives! We are highly impressed with the quick-thinking of the author and her husband.)

The orange safety whistle that I received in my Indiana BOW registration packet and the training that I received in Officer Beville's survival class and the overnight backpacking class helped to save a man's life while my husband and I were on a paddling vacation on Lake Jocassee in South Carolina a couple of weeks ago.

Very briefly, my husband and I heard a man hollering for help while we were paddling. When we paddled toward the yelling, we saw a bassboat going in circles, and a man struggling to stay afloat in the water. We paddled to him, and learned that he had lost his balance and gone overboard, whereupon the propeller nearly chopped off his arm. My husband got

The author with a nice walleye and her safety whistle

a life jacket around him, and the man held on with his good arm while we paddled him to a flat rock. I gave my husband my Smokey Bear bandana from cooking class to tie off the man's arm. Then my husband used the Uniden weather radio to call in a May Day. The only person who was listening turned out to be on a lake 20 miles away!

My husband started using our topographic map of the lake for a flag, and I started blowing my BOW orange emergency whistle for all I was worth. An elderly couple with a small motorboat responded. They were able to motor off and find a larger boat capable of picking up the injured man to take him to the park office dock. He was airlifted to Greenville. Last we heard, the victim was doing very well, and the surgeons were able to save his arm, which, the last time I saw it, looked like a spiral cut ham.

This testimonial proves that BOW not only encourages people to use our parks and teaches healthy use of leisure time, but BOW training saves lives. Having and using an emergency whistle works. Keeping a bandana in your survival kit works. We were taught never to go out without a map and compass, and while the map was used in an unorthodox way, that worked too.

Even better, after SC DNR Conservation Officer Mike Isaacs took my statement about the incident, I asked him if they had BOW in SC. He flipped down the visor on the driver's side of his truck and showed me his BOW instructor badge! I pointed out the BOW insignia on my whistle, and told him that the whistle and instruction I received were important in saving the boater's life. This made his day!

So, let everybody in the program know that they are doing a good thing.

And if you have any extra Smokey Bear bandanas, could you please send me one to replace the one we used to tie the guy's arm off with?

Thank you, best wishes, Lee Harlin Bahan Freetown, IN



CELEBRATE THE ORIGINAL OUTDOOR CHALLENGE

by Denise Wagner

ike putting fresh line on your best fishing reel or refinishing the stock of your favorite gun, an alliance of energetic partners in 2006 are spiffing up traditional outdoor sports' preeminent public showcase—National Hunting and Fishing Day.

Saturday, September 23, will be the 35th anniversary of this annual commemoration, formalized by Congress in 1971. Founded and fostered by the **National Shooting Sports Foundation** (NSSF), National Hunting and Fishing Day promotes hunters, anglers and the conservation benefits they provide.

Wonders of Wildlife, the National Fish and Wildlife Museum and Aquarium based in Springfield, Mo., is leading a charge to invigorate the celebration and message. Wonders of Wildlife emerged as an icon for the North American wildlife conservation model when it opened in 2001. It is the only hunting- and fishing-focused facility affliated with the Smithsonian Institution and certified by the American Zoo and Aquarium Association. With approximately a quarter-million visitors per year and over two acres of diverse habitats

for more than 225 species of live fish and wildlife, Wonders of Wildlife is the perfect new home for National Hunting and Fishing Day.



National Hunting and Fishing Day was created to celebrate the conservation successes of hunters and anglers. From shopping center exhibits to statewide expos, millions of citizens have an opportunity to appreciate America's sportsmen- and women-based system of conservation funding, a system that now generates more than \$1.7 billion per year, benefiting all who appreciate wildlife and wild places.

If you are interested in attending or hosting a National Hunting and Fishing Day celebration in your area visit our web site www.NHFDay.org. National Hunting and Fishing Day is observed on the fourth Saturday of every September.





Partnerships Work!

Vicki Proctor, Oklahoma BOW coordinator

We have a new Bass Pro shop here in town and they have majorly recognized the importance of women and outdoors - and have really adopted BOW as one of their favorite "conservation" groups. We (BOW) teach one seminar a month on camping related topics, 12 months of the year, at their store.

One weekend last fall, Bass Pro had the Johnsonville Brat Company come in with their big grill and they called to see if BOW would staff the brat sale. We helped cook and serve. People gave donations AND!!! We got to keep all the profits. We were told to expect anywhere from \$600 to \$1500. At the end of the weekend, I had over 30 BOW and Camp Fire people that worked the sale. We didn't make \$1500. We made \$4500. Can you believe that??? It was awesome.

This is a parnership that works. Thanks Bass Pro!

DEAR BOW,

E nclosed is \$500 in memory of Bruce Humphrey and Bob Sommers. Both these men loved the outdoors, and encouraged women in the family to participate equally with the men in fishing and hunting. They had a great connection to the land and nature. Unfortunately, with our rural areas rapidly disappearing, people are losing this connection, and the sense of their place within it. I am so glad that BOW exists to provide the experience, and the resulting empowerment.

Meri T. Jensen, IL

had to tell you about the bear I got last September in Dunbar, WI. It weighted about 400 lbs. If it wasn't for the BOW program, I wouldn't have had the courage, confidence or skills involved. Thank you so much!

Brenda Thompson, WI

MEMORIAL Donations

any people ask about sending BOW donations in memory of a loved one. The Becoming an Outdoors-Woman program has several scholarship endowments, and we are honored to accept funds in someone's memory. You can send them to BOW Inc. Memorial Fund, PO Box 1026, Stevens Point WI 54481. Thank you!





HALPINO REVISITED

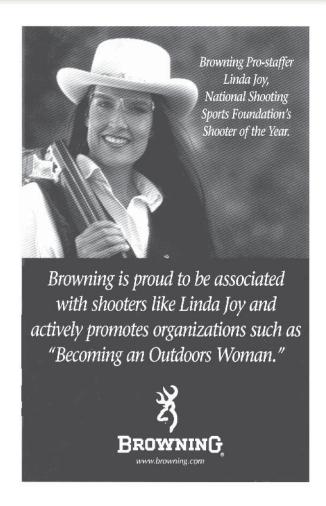
by Diane Lueck, Int'l BOW director

You have one of the best jobs in the world," I remarked to Mike Jones, Director of the Mississippi Department of Tourism. We were leaning against a sunny porch rail overlooking the Mississippi River, complete with alligators and turtles lounging on exposed logs. It was my second bowhunt at Halpino Lodge, part of Tara Wildlife Properties near Vicksburg. Mike agreed with me. "Despite recent problems," –this being just after a horrendous hurricane season—"my job is to promote the state and resources that I love. What could be better?"

Enough talking! Time to get back out into the woods, and wait for a big ol' whitetail buck to make the mistake of getting inside my bow range. It was November, and the southern deer were not yet in the rut. We hoped our stands would intercept them on the way to or from feeding grounds and beds. "We" was nine gal pals from around the country, gathered by NHB (Nomadic Hunting Buddies) leader Tes Randle Jolly of Alabama. In addition, we came from Mississippi, Louisiana, Kentucky, Indiana, and Wisconsin. But we had this in common—we were there to hunt!

You would think, after those storms and being on the banks of the Mississippi, we would be slogging through thick gumbo mud to the tops of our snake boots. But to the contrary, it is hard to imagine how dry it was. "It's as though the hurricanes sucked all the water out of the area and it never rained since," Mike Jones described it.

Trooping to my evening set one day, I crossed a gully. Normally, the draw would have been lush with tangled vegetation and sticky mud. But the former slough was a bare mud flat, rock hard, with hexagonal-cracked pedestals deep and sere. Food



plots were bare. Grasses and forbs were unable to sprout, and plow marks remained in the upturned clay. Even the ubiquitous armadillos had abandoned these meadows. Boots crunched through the prairie asters and dry brush, leaving me wondering what food sources would bring in the deer.

Our guides, Jason and Joey, worked hard to find good stands. We hunted over "bean trees" (honey locusts) and asters. We hunted travel routes and bedding sites. For the most part, the hunting was as dry as the terrain. The first afternoon, I saw a heart-stopper—at 60 yards and moving away. I grunted and rattled, but there was no turning his beautiful head. Beyond that, I saw two spotted fawns, and three young six-pointers who posed for me to the point of torment. Fortunately, a few of the other women had better stories.

Continued on page 8...



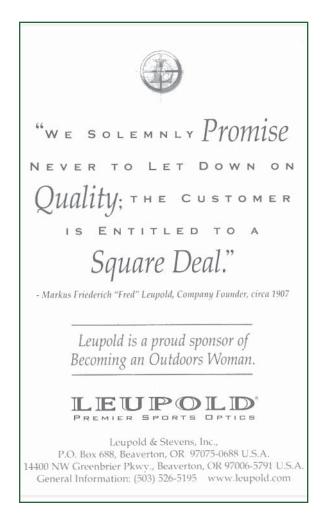
Halpino continued...

Linda Owen got a nice doe, as did Elise Irwin. But the newest NHB, Lisa Metheny of Indiana, stole the show. "Oh, I think it was a good shot," she wailed, as I jumped into the pickup beside her at dark. "But maybe it was an asterisk buck." At Halpino, you need to shoot a doe or else a buck that meets certain criteria: height of tines, width of inside spread, antler mass, body mass. If you choose to take a lesser buck, you can—one time. Then you get an asterisk by your name, and you can never again shoot a small buck.

Lisa and the guides didn't immediately find her deer, and decided to wait until morning to search. She spent a restless evening as we all tried to keep her mind off worrying. Retelling the story put us in her shoes.



Lisa Metheny with her Pope and Young Photo by Tes Randle Jolly



"Jason put me on a great spot, on a locust tree," she reflected. "I saw lots and lots of small bucks before the one I shot came out."

The rest of us headed out for morning stands, leaving Joey, Lisa, and her roommate Billie Norman to find the buck. And what a deer! Lisa will never be allowed to forget that she thought it may have been an "asterisk buck." We'll tease her forever about the opposite of ground shrinkage, as her great shot brought her a Pope and Young class beauty—the best buck ever shot on that property by a woman. Whoo hoo Lisa! The hunting buddies were thrilled with her success, and we can't wait to make plans for the next hunt at Halpino.



Proud New Sponsor

A letter from Tina Gregor, Maryland

i, I recently went to a BOW banquet in Maryland and I had a great surprise from my husband, Steve. BOW coordinator Karina Blizzard

had called us up to the front to give us a thank you gift for the fundraising we did for BOW. When she was done, Steve proceeded to talk about a surprise that he had for me. He had signed me up as a Becoming an Outdoors-Woman Lifetime Sponsor and I was getting a Browning Citori shotgun with the BOW logo engraved

Tina Gregor's husband, Steve, makes a special announcement

(in appreciation for the sponsorship donation). I was so shocked and surprised. It was like I was standing there watching him give this to someone else. It took a minute for it to sink in that is was really me up there getting the gun. It was an amazing surprise that I will never forget.

I just love the BOW programs. I have been going to them since they started here in Maryland. I even went to one when I was 6 months pregnant. I have a blast at them, learning new things and meeting new people. I have been to every Maryland BOW banquet.

I did not grow up being around guns or being an outsdoors person. My husband introduced this all to me and I love it. Now I am introducing it to my two

girls. I started hunting with Steve in 1994. He took me moose hunting in Newfoundland, Canada for my first hunting trip. I not only got the biggest bull in camp but was the first women to ever hunt in that camp. The other men were not too happy with me. But my husband was so proud. I have been hooked ever since.

I just wanted to let you know how much I enjoyed receiving the shotgun and how much BOW means to me. I have met so many amazing people since I have been affliated with BOW programs.

Thank you also for working with my husband to make this happen for me.

He appreciates your help so much. I am very honored to be a part of BOW. I tell everyone who will listen about BOW.

Thank you,

Tina Elkridge, Maryland





AN INVITATION... TO BECOME A PERSONAL SPONSOR OF BECOMING AN OUTDOORS-WOMAN®

n these pages, you'll see a broad range of levels for individuals to sponsor the international BOW 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, 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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Show support for women's outdoor opportunities, promote hunting, fishing, and other outdoor pursuits, and enlarge the outdoors infrastructure for women.

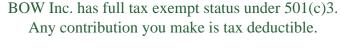
Become a personal sponsor of Becoming an Outdoors-Woman.



BOW's newest Lifetime Contributor, Tina Gregor, receives her Browning Citori

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.)

Sponsorship Level	Appreciation Gift			
\$25.00 Bronze	BOW sponsor patch			
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\$1250.00 DIAMOND Orvis fly rod/reel with BOW logo reel case				
\$3000.00 LIFETIME CONTRIBUTOR Browning Citori shotgun with engraved BOW logo				
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BOW DIRECTOR NAMED MEMBER OF 2 BOARDS

B ecoming an Outdoors-Woman director **Dr. Diane**Lueck has been elected to the Pheasants Forever
(PF) National Board of Directors and to the Natural
Resources Foundation of Wisconsin Board.

The Pheasants Forever board consists of 16-members and meets quarterly to oversee the operations of Pheasants Forever, Inc. and Quail Forever. PF has been a BOW sponsor since 2000, joining sixteen other conservation groups and corporations.

PF was formed in St. Paul, Minnesota in 1982. PF is a non-profit conservation organization dedicated to the protection and enhancement of pheasant, quail, and other wildlife populations in North America through habitat improvement, land management, public awareness, and education. Such efforts benefit landowners and wildlife alike. There are over 113,000 PF members in over 600 chapters across the continent, while the seven month-old Quail Forever accounts for another 37 chapters in 17 states.

A life member of Pheasants Forever, Lueck is excited to be serving on the Board. "I define myself with two words: hunter and educator," she stated. "To me, these two words are intertwined. Offering people the opportunity to learn the pure fun of shooting, hunting, and enjoying the outdoors makes it easier to teach about conservation and land management. Helping hunters understand water quality and wildlife management enhances their recreation as well.

Promotion of both resource management and the shooting sports is my objective as a hunter and as an educator. The mission and vision of Pheasants Forever resonate strongly with my beliefs."



The Natural Resources Foundation (NRF) of Wisconsin was founded in 1986 to support the goals and needs of the Department of Natural Resources. Today the NRF has nearly 2000 members with a mission to promote the knowledge, enjoyment and stewardship of Wisconsin's natural resources. Key NRF program areas are endangered species protection, habitat protection and restoration, community-based conservation, and environmental education and outreach.

"Diane has been involved with BOW since 1991 and her talents, energy, and enthusiasm through the years has made her an excellent manager and spokesperson for the program," said **BOW Founder Christine Thomas**, Dean of the College of Natural Resources at the University of Wisconsin-Stevens Point. "It was only a matter of time before other organizations took notice of Diane's talents."



A NEW HOME FOR COLORADO BOW

This past January the Colorado Division of Wildlife (CDOW) announced a new program, Women Afield, which focuses on fishing, hunting, and shooting clinics followed by one-day small game and upland bird hunting outings. As a result, Colorado BOW needed a new home. Wildland Enterprises and the Colorado Wildlife Federation (CWF) partnered to continue to provide unique BOW-signature programming for women in Colorado.

Wildland Enterprises is the homeoperated business of Susanne and Bret Roller. Susanne worked for the CDOW for over ten years and served as a Wildlife Officer for her last five years with the State. She instructed

BOW classes at

A.C.

New Colorado BOW coordinators Susanne and Bret, with friend

可

Colorado's fall workshops and is a hunter education instructor. Bret previously instructed women's outdoor classes at Colorado State University and helped at the 2005 BOW spring and fall workshops. Together, Susanne and Bret sponsored Beyond BOW workshops beginning in 2005, as BOW participants began requesting clinics that would expand on classes offered at BOW. Susanne works full time for the Rocky Mountain Elk Foundation and Bret successfully runs several home-based businesses.

Susanne and Bret have a passion for teaching and did not want Colorado to lose the BOW program. BOW has truly opened up new avenues for women who want to experience the outdoors, but were not quite sure where to begin. They sought to find a Colorado-based conservation organization that could help them continue BOW. The CWF stepped up to the plate. The CWF's mission is to promote conservation, sound management, and sustainable use of Colorado's wildlife and wildlife habitat through education and advocacy. The CWF is dedicated to helping BOW and reaching out to women. Their contacts will be invaluable to Susanne and Bret as they organize future workshops and expand Colorado's program.

The first workshop is planned for September 2006

and will be held near Rocky Mountain National Park. Many of the same great instructors will be returning to offer their previous year's popular classes. By 2007, Wildland Enterprises and the CWF hope to once again offer both spring and fall workshops.

Susanne and Bret can be reached at 303-697-2800 or at www.coloradowildlife.org.

The Becoming an Outdoors-Woman Newsletter is a quarterly publication of the College of Natural Resources, University of Wisconsin-Stevens Point.

Please send articles for consideration and names to be added to the mailing list to peggy.farrell@uwsp.edu, or call toll-free, 1-877-BOWOMAN (1-877-269-6626).

www.uwsp.edu/cnr/bow/ Publisher: Christine L. Thomas Editors: Peggy A. Farrell Diane Humphrey Lueck

BOW NEWS

13.

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Arizona Apr, Aug

Linda Dightmon 623/979-4612

Arkansas Sep

Phyllis Speer 870/424-5750

Br Columbia Jun, Sep

Sue Boswell 250/746-1096

California Oct

Susan Herrgesell 530/347-0227

Colorado Oct

Susanne Roller 877/560-2800

Delaware Aug

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Florida Mar, Sep, Nov Lynne Hawk 561/625-5126

Illinois Jun, Sep

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Maryland Karina Blizzard	Oct 410-260-8559	Nova Scotia	Feb, Oct
Massach. Ellie Horwitz	June 508/792-7270 ext. 105	Judy Clattenburg Ohio	902/424-4321 Oct
Michigan Lynn Marla	Feb, Jun, Jul 517/241-2225	Jen Dennison	614/265-6316
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Montana	Jul	S. Carolina Steve Bates	May, Sep 803/734-3624
Liz Lodman	406/444-2615	S. Dakota Chad Tussing	Sep 605/773-2541
Nebraska Julie Geiser	Sep 402/471-5482	Tennessee	June
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Coralie Carrier	505/382-9087	Virginia Karen Holson	Mar
New York Kelly Stang	Sep 518/402-8862	W.Virginia	804/367-6355 Apr, Sep
Newfoundland Lucy O'Driscoll	May 709/729-6974	Elizabeth Gallaher	304/558-2771
N. Carolina	Jun	Wisconsin Peggy Farrell	Feb, Aug 715/346-4681
BB Gillen	919/733-7123 ext. 260	Wyoming Janet Milek	Jun 23-25 307/777-4670
N. Dakota Nancy Boldt	Aug 701/328-6312	Janet Minek	<i>3</i> 0 <i>1/111-4</i> 0/0



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