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## The Uneven Laker Girls

The raucous laughter spilled out of the cabin across the still water and sentinel pine forest. Celebrating over a dinner of freshly caught walleye, nine women who had been merely acquaintances through the Minnesota BOW program were now fast friends on a three day fly-in fishing trip to the Canadian wilderness. The women raised a toast in honor of the soon-to-be annual event and the new group name, "The Uneven Laker Girls," the first all-women group to ever visit Uneven Lake. It was an Outdoors Woman moment!



Minnesota BOW instructors, participants and Steering Committee members catch fish in the Canadian wilderness

It all started with an email in the fall of 2003 from Sandy Austin. She, along with friends Terri and Dayna, had fished Uneven Lake, known for walleye and northern pike, several times. Was anyone interested in an outing for June 2004? After a flurry of emails, a somewhat unlikely group came together. After a long winter of anticipation, messages started flying back and forth in late April. There were decisions to be made: American plan or housekeeping plan? Should we hire a guide or would Mike Austin, Sandy's husband, spend a few days in a boat trying

to answer questions, pointing out hot spots and advising lure choices? Then there were cabin and meal assignments to be determined, equipment and clothing to be packed and coordination of travel plans to Wilderness North fly-in service 135 miles north of Thunder Bay, Ontario. And who was bringing the chocolate?

Starting out on an overnight caravan, we played hopscotch north up Highways 35 and 61, with stops for food and gas, meeting at the border station to cross into Canada together. At 1:00 in the morning the customs inspector just shook his head at the two fully loaded SUVs of excited women. "What do you

have to declare?" he demanded. Our answer: "We're going fishing!"

*Continued next page...*



*"Uneven Lakers" continued...*

We arrived at Wilderness North shortly after 5:00 a.m. and compared notes on wildlife sightings. We were all disappointed that despite the warnings about moose on the road, we hadn't seen a one. After a hearty breakfast washed down with lots of coffee and a trip through the gift shop, it was time to board a floatplane. As two groups of men unloaded an incoming plane, we grilled them for fishing reports, took lots of pictures, and even purchased a case of Canadian beer from one very flabbergasted guy. He was probably more used to buying a lady a cocktail than having a bunch of women who claimed they were capable of fishing trying to lighten his cargo going home. We heard the standard question, "Are you women really going fishing?"

Our flight was a breathtaking 20-minute ride over the trees and water of the Canadian wilderness with a detour over a stunning set of waterfalls. Uneven Lake Lodge hosts, Bill and Pam, greeted us at the dock and showed us to our cabins where we loaded the refrigerators, grabbed our rods and tackle and returned to the dock. It was 11:00 a.m. after a night of little or no sleep and everyone was still going strong! With a wide range of fishing and boating experience, we made informal boat assignments and plotted our first day's fishing strategies. We were going fishing!

Mike joined us, sharing his secret that orange or white lures will catch fish on this lake. We dressed in layers, swimsuits under shorts, under jeans, under rain pants, sunburns under swimsuits. Our levels of experience ran from very accomplished independent women to those of us who learned quickly to tie our own knots, pick our own lures, remove hooks (from all kinds of places), and return

much of our catch to the lake. As boating teams of two we learned to help land fish, take a quick picture or two, locate and load our stringers. We fished in all kinds of weather, and boated in storms (did you know a graphite rod is like a lightning rod?), spent the days on the water, going out early in the morning and returning after dark. We were fishing!

As the days progressed we realized why men retreat to fishing holes. The sunrises were magnificent and the fish, on some days, seem to jump into the boat. No children to worry about, no husbands to cook for and no office desks waiting for us. No TV, no phones, no laptops - complete and blissful deprivation!

Laughter was the best part. After the dinner dishes were washed the fellowship would start. Trips were made to the fridge for beer and the "fishing stories" began. Stories of fish, personal stories, life stories, BOW stories, husbands, kids, work and friends stories. These women understood each other. We all came from separate pasts and different life trails but we were able to connect on a level of being a woman that loves the outdoors. As the night rolled on into early morning, the laughter roared. On our last morning we were told we were the loudest group to ever visit Uneven Lake.

A quote from one participant that really sums it up for most of us: "For me it was great to experience that I am a good fisherman and I can figure it out and catch fish myself. When I'm with my husband, he always captains the boat and he always catches more than I do, so I've always wondered if I really did know what I was doing." She does! We have the pictures to prove it!

Now the trip is an annual event and the women have reserved a date for July 2005. This was a true BOW experience, women helping each other, laughing together, and having fun in the outdoors.

# Shooting for 100 at the Okie BOW

Over the past few years, the Oklahoma BOW program has gone through some pretty big changes, including moving its home from the Department of Wildlife Conservation to Oklahoma State University to the Camp Fire USA program! When Vicki Proctor became the OK BOW coordinator in 2003, she was new to the program and felt she had her work cut out for her. After getting her feet wet on her first workshop and attending the BOW coordinator training session in Ohio in 2003 (where she taught BOW assistant director Peggy Farrell to line dance!), Vicki was ready to dig in. Here's a look at her creative influence on BOW in the Sooner State. Vicki writes:

**W**e really lucked into some good publicity for this year. Beth Gollob, a news reporter for The Oklahoman who now wants to become Annie Oakley, was "embedded" in the workshop as a writer and really fell in love with the program. She's dragging some of her family members to the workshop next year. We had our whole Camp Fire committee participating in the workshop and taking pictures. I was on a radio show a few weeks before the event called "Hunt, Sleep, Fish." Its kind of the Okie version of the Car Talk guys on NPR, but these guys literally hunt, sleep and fish for a living and all have radio talk shows. Their wives attended this year's workshop and loved it. In fact, they want to teach the shooting classes next year.

I'm a firm believer that if people make it through the first year of anything they do, then can really go for it the second year (After all, Oklahoma's state motto is, "Labor Conquers All Things"! ). That's where I'm at as coordinator. Camp Fire USA is a good home for BOW; an agency like ours does these kind of "camp events" all the time and so it's a perfect fit.

We have introduced what we call "BOW encampments." These are just a weekend where we've selected some state park, sent out flyers, and people just show up to camp and bring their bikes, kayaks, backpacks, etc. We offered one this summer and it was

a great success. I showed up with my kayaks and dutch oven ... and paddled and ate the whole weekend. Some of the women hiked, some read, some just cooked and ate, some sat and chatted, some kayaked with me... just whatever they wanted to do. One woman came who didn't associate with us at all. As I talked to her, she said she needed the weekend to read, rest and never felt at ease to do that by herself. She said that knowing we were in the next campsite if she needed us was perfect for her!

We have our first "Beyond BOW" set for April at another state park. This park has a commercial cave for "tourists" but also has 5 wild caves. We introduced a mini-session this BOW on caving and that will be our focus. People can still come just to camp and hang out, or to really explore the world of caving. AND, to top it off, I have one of the caves reserved that you can sleep in. Anyone wanting that experience can try it out. It's a small cave and the park built wooden platforms to sleep on, so it's not totally primitive. There is a nice waterfall in it that sounds like a running bathtub all night. The ceiling is low, so while you hang out on your bed you still have to wear a helmet to keep from whacking your head!

So it's been really fun for me finally! We had around 40 participants last year. This year we had 86. Shooting for 100 next year! Sky's the limit at the Okie BOW!

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# IvanMeets BOW

by Lori Richardson, Pennsylvania BOW

**W**e had a successful - albeit soggy - Big BOW weekend in Pennsylvania with 104 participants this year. You may remember that in 2003, Hurricane Isabelle barreled through Pennsylvania late Thursday night and into Friday morning as our participants were making their way toward BOW. Downed trees and power lines blocked every set of directions we'd supplied yet only two of our 83 participants opted to stay home. Now that's determination. We know these ladies are excited about attending this annual event.

This year, Hurricane Ivan arrived late Friday afternoon and departed several inches of rain later, around 1 p.m. on Saturday. Our horseback riding classes were cancelled due to dangerous trail conditions and one of the high ropes classes was cancelled due to high wind. The evening speaker we had scheduled was terribly disappointed to be unable to join us as his home was being flooded.

But some of us were better off being at camp since many of the state roads were closed due to flooding and two thirds of the counties were in emergency situations. The campfire burned on through the worst of it thanks to some very persistent staff and instructors. Through all the rain, wind and



Lori Richardson puts the finishing touches on a teepee at the 2004 BOW Coordinator Conference in Montana.

flooding brought by Ivan, we had only three casualties - two canopies and one side-view mirror. I am so proud of all of our participants who toughed out their outdoor classes in the rain with smiles on their faces. These PA gals are tough cookies.

Thanks so much to all involved. Everyone had a great time and it shows in the wonderful evaluations! Cheers to another first class event!

*Editor's note:*

*The International BOW staff and BOW coordinators across the country bid a fond farewell to Lori as she leaves her BOW coordinator position to ply her talents as a writer and designer with the PA Game Commission monthly Game News Magazine. We will miss Lori's creative influence and sunny personality. Best wishes for much success in all your future efforts Lori! PAF.*

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# BOW “Works”

This past October, three BOW friends in Pennsylvania met for a day of whitewater rafting. On that same day, in Wisconsin, four BOW friends dipped their paddles into the cold waters of the Manitowish River.

What these seven women had in common was they had all been participants in the “BOW Destinations” trip to Alaska earlier in the year. The friendships formed on that trip have led them to share new adventures back home. In their own words, “BOW works - it has provided this group of women with the skills, self esteem and sense of adventure to get out and enjoy nature!”

Here are some additional quotes from the AK alumnae group following their river trips:

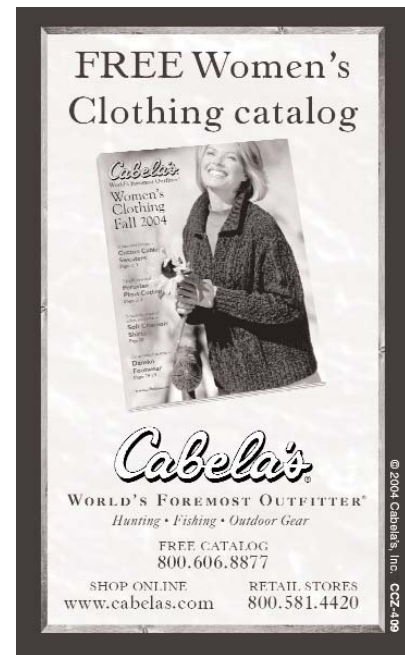
“It was pretty cool thinking about seven of us out on the water at the same time, in two different states.”

“Our raft [on the PA whitewater trip] became the rescue raft early on. We had to pull a large man out which was funny because the raft of women got the job done. Thank goodness for all of the experience [gained from BOW].”

“We are all planning on getting together in the future with talks of day trips fishing, snow tubing and rafting again.”

“This mini-group is planning to get together in the winter for a cross-country skiing/snow shoeing weekend at Jane's cottage in Tomahawk, which, by the way, has a hot tub!”

“BOW has given me many opportunities to develop outdoor skills and meet some wonderful people. Thanks to you all!”



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— Aldo Leopold

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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®

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Bunny Huntley, VT  
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Jeanne Horsmann, CA  
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Monica Hopkins, WA  
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0

## **Garnet**

Shirley Johnson, NH

## **Bronze**

Andrea Krauss, KS  
Mary Jo Cappitelli, IL  
Rink Somerday, NM  
Patt Roberson, LA  
Randa Smith, LA  
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# Catching up - Ten Years Later

When the newsletter editors asked BOW Founder Christine Thomas for a few words about our newest Lifetime Contributor, **Sharon Borg Wall**, she replied, "Beautiful, intelligent, involved." Read this story and see why!

Ten years ago, Sharon Borg Wall attended the first BOW workshop conducted at Safari Club International's Granite Ranch in Jackson Hole, Wyoming. Shortly thereafter, she donated to BOW as a Ruby sponsor.

Recently, BOW caught up with Sharon when she became the 8<sup>th</sup> Lifetime Contributor to the program. Sharon said, "It's BOW's leadership in advancing and promoting outdoor sporting activities for women," that inspired her generous contribution. Over the years, Sharon has seen how women's involvement brings appreciation of the outdoors to their children; how it strengthens family bonds; how it reinforces the notion that hunting, fishing, hiking and camping teach important survival skills; and how the very act of engaging in those activities spurs individuals to be mindful of good stewardship. "BOW is in the forefront of teaching women outdoor skills that translate to greater self-confidence and self-reliance."

"It was absolutely inspirational to spend time with the women at that workshop"

Sharon Borg Wall, BOW contributor

Sharon has been "outdoorsy" since childhood. But it wasn't until 1986 when she met her future husband, Duffy, that she allowed herself to be coaxed into handling a shotgun or rifle. She attributes her sporting "addiction" to his careful coaching and the wonderful people he has introduced her to throughout their partnership.

Even before meeting her husband, she worked as Chief of Staff for Congressman Richard T. Schulze, who originated the Congressional Sportsmen's Caucus. In 1989, when the Congressional Sportsmen's Foundation (CSF) was founded as the collective voice of the country's sporting organizations, Sharon was invited to serve on its Board of Directors as Secretary. Having cultivated a love of the

shooting sports, Sharon accepted. Five years later, she was elected to the CSF chairmanship.

Currently, Sharon enjoys shooting sports, bicycling and running with her seven dogs near her farm on Maryland's eastern shore. And she's busier than ever working with numerous community service and shooting sports organizations.

Her conservation interests are pursued on the boards of the Southern Africa Wildlife Trust and the Chesapeake Chapter of Safari Club International. Involvement in SC gives her passion for community service a workout. Last year she helped initiate the chapter's Sportsmen Against Hunger program, and she's been assisting the Chapter with hunting opportunities for disabled hunters.

She also devotes time to the Salvation Army Advisory Board and to the Cambridge Chapter of Quota Club International. She is honorary Chairman of the R. Duffy Wall Lung Cancer Research Program at M.D. Anderson Cancer Center in Texas and contributed to the Steering/Finance Committee for the Cancer Research and Prevention Foundation.

Sharon goes to lengths to connect her commitment to sporting heritage, wildlife conservation and community service with the "warm and friendly" relationship she's enjoyed with BOW for many years. More than a decade ago, her work with Safari Club International brought BOW to her attention. Since then, she's crossed paths with Christine Thomas or

Diane Lueck at events hosted by SCI and CSF. She also loves reading the BOW newsletter.

But it's the Becoming an Outdoors-Woman workshop at SCI's Granite Ranch a decade ago that she emphasizes. "It was absolutely inspirational to spend time with the women at that workshop," Sharon recalls. "They had so much energy and were so determined to excel. I returned home from that experience with a lot more than just new outdoors skills. I knew I would stay involved in the protection of our sporting way of life. No question about it, I'm a huge fan of BOW."



# Smooth Sailing at Arizona BOW

by Linda Dightmon, AZ BOW coordinator

**W**e are a long way from the ocean, but if I had to sum up our last BOW event in two words, those words would be *smooth sailing*. The weekend progressed with barely a hiccup. Even the weather cooperated with nary a rain drop on the camp grounds.

There were 105 participants and a bunch of fabulous instructors who enjoyed a Friday afternoon game tasting complete with Prickly Pear Margaritas. Then there were bird dogs to meet and a wonderful presentation on Arizona endangered species, a night hike and a bonfire to round out both evenings. Saturday night we had a presentation on American Indian music and a sing along with Wally Bornman.

On Saturday afternoon we gave away door prizes to the oldest, youngest, the participant who traveled the farthest and so on. I asked if any participants were 80 or older, not for a moment believing that there were any. Up jumped Charlotte Norrid, 86 year young. As she came up to claim her prize the entire camp stood and applauded. A standing ovation, if you will. If anyone was short on inspiration that night, she provided it. Charlotte was there with three of her daughters and two of her granddaughters. She liked the fact that the BOW weekend gave her quality time with her "girls."

The classes she took were "I'm Lost, Now What", Birding, Basic Land Navigation and GPS. This is a gal in step with technology, and yes, she has an email address. There was also another family group consisting of a grandma, mom and two daughters. How cool is that!

Perhaps the best compliment came from a participant at the Sunday lunch. She said, "I came here expecting to have fun, and I did... but I didn't expect to learn so much while I was having fun. Wonderful program. You made learning fun."

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Arizona BOW participant Charlotte Norrid, 86 years young

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# Book Review

## The Thrill of the Chase

Reviewed by Katie Brashear, Wisconsin

Perhaps you're looking for some adventure to carry you through the hectic holiday season. What better way to spend those snowy wintry nights beside the fire than to share in tales of inspiration and intrigue by fellow women hunters! "The Thrill of the Chase" is an exciting compilation of 31 profiles collected by Kathy Etling, field editor for Buckmasters and Bowhunting and author of five other books, and Susan Campbell Reneau, author of several big-game hunting books.

You'll find yourself holding your breath as you read of ambitious women who narrowly escape being encircled by lions, evade rattlesnakes fangs on a solo hunting trip, and embark on record-making sheep and deer hunts. Readers will be inspired by the story of the first woman to harvest all 29 varieties of North American big game after surviving a stroke! Travel throughout the United States and Canada for big game, visit British Columbia on a waterfowl hunt, and marvel at Africa's safari.

Some of the women featured in this book overcome seemingly impossible odds. Many of them comment on the value of the hunting experience over record books entries. Their prose captures the beauty of the landscapes they hunt. Judy Dadonna's words capture the spirit of this collection:

"Hunting... [is] appreciation, admiration, anticipation, and excitement. It's silence, the slight stirring of soft breezes, the first light in the sky, the chirping of the birds, the unknown fragrances, and all the different trees and plants growing nearby. It's...the peace that comes simply from being in the woods. No matter where I hunt, it seems new every time."

"The Thrill of the Chase" is available from Safari Press, Inc. online or by contacting the publisher directly.



BOW program assistant Katie Brashear

## Welcome Katie

The International and Wisconsin BOW programs welcome UW-Stevens Point graduate student Katie Brashear as our newest assistant. Katie is pursuing her master's degree in natural resources with an emphasis in wildlife ecology and management. Katie is a little "bird crazy" and has wanted to be an ornithologist since she was just seven years old. Her current research involves bird communities in harvested forests and black-throated blue warbler (*Dendroica caerulescens*) biology.

Katie fills a variety of roles for the BOW program: office assistant, web designer, workshop instructor and presenter, BOW spokeswoman and newsletter contributor (see book review on this page). She also manages the Central Wisconsin Prairie Chicken viewing project in cooperation with the Wisconsin Department of Natural Resources and Wisconsin BOW. For more information on the project, visit [www.uwsp.edu/wildlife/pchicken/index.htm](http://www.uwsp.edu/wildlife/pchicken/index.htm).

The BOW program is pleased to have Katie's diverse talents and sunny smile on the team.

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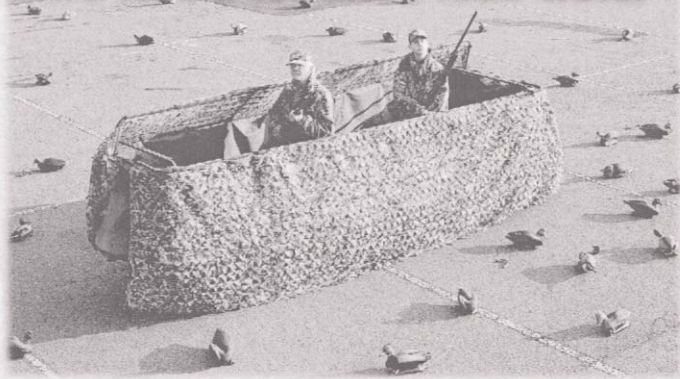
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- 1 pound ground venison
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- 4 buns, lettuce and tomato

Mix venison well with next 7 ingredients. Shape into four patties. Wrap a piece of bacon around each patty and secure with toothpick or skewer. Broil, grill or pan sear each side until done. Serve in a bun with your choice of condiments.

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# Memorial Scholarships

*helping participants build BOW memories*

by Diane Lueck

In 1998, a dear friend, Liz Barthel of Louisiana, died in a car accident. In 2002, a young outdoorswoman, Nicole Oeltjen, was lost to us as well. Other BOW friends have died of cancer and we miss them all. To honor these women, a number of endowments were established and scholarships are provided.

## Remembering Liz

The last conversation I ever had with Liz Barthel involved planning a turkey hunt. No surprise. If she wasn't hunting, she was teaching about hunting. If not hunting or mentoring, she was advocating or volunteering. Liz was a driving force behind BOW in Louisiana, and quickly became a spokesperson for the program through the Rocky Mountain Elk Foundation and Safari Club International. Liz was justifiably famous as a hunter and outdoorswoman, and believed in education as a means of appreciating wildlife. To honor Liz's dedication to her two girls, BOW workshop scholarships in her name are given to low-income women with children at home.

## Nicole = Outdoors

Those who had the privilege of knowing Nicole Oeltjen have been forever touched by her love of life, her love of people, and her love of the wonders of nature. Nicole was an accomplished shooter, enjoyed hiking, and avidly shared what she knew and loved with everyone she met. Those who miss her so very much feel that her spirit is still in the great outdoors, and the lessons she taught will live on. Nicole's memorial scholarships for women in western/mountain states will ensure outdoor education opportunities through BOW in perpetuity.

## Marcia: Dedicated Volunteer

Marcia Hauk was a secretary for the South Dakota Game, Fish & Parks Department. She was devoted to the BOW program, and truly supported women's opportunities outdoors. After Marcia's death from cancer, her family began a scholarship program in her memory. Continued funding comes from a fundraising raffle hosted by the Outdoor Women of South Dakota. The OWSD put in many hours on the phone, on the road, and on foot collecting donations from organizations and businesses throughout the state. The raffle is fun, generous, and much appreciated by scholarship recipients.

## Contributions are Appreciated

Each year, several thousand dollars are added to these endowments. The interest generated supports up to 12 scholarships for women around the country. If you would like to contribute to this continuing commemoration of our comrades, please send your check to BOW Inc, PO Box 1026, Stevens Point WI 54481 and write Endowment in the memo line. Thank you so much!

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# Dr. Guynn Mojo Medicine Woman

*Editor's note: Sally Angus Guynn is a hoot. Professionally, we've known Sally for a dozen years, through her involvement in workforce diversity related to fish and wildlife agencies. Sally has degrees in biology, science education, and human resources development. She is a facilitator for the USFWS Management Assistance Team, which helps resource agencies with management effectiveness, change, and employee morale. When I think of Sally I just grin. She's personable, funny, Southern charming, and beautiful. I love my mojo earrings. Here's the story behind them. DHL.*

What happens when a woman on a mission goes hunting, and she's got her mojo working? She gets really lucky! Sally Guynn of Shepherdstown, West Virginia, got some powerful help from a little tried and true ancient good luck charm. Sally related that while wild boar hunting in South Carolina - the only woman with a dozen men - she bagged the only boar, a giant 265 lb. pig with her Remington model 700 6mm rifle.

Sally's good luck hunting charm is actually a bone (baculum) from a part of a male raccoon (hint: it begins with a "p" and rhymes with Venus). A sought after amulet in the South for hundreds of years, it is believed to have the most power of all mojos because, of the animals which have this bone (walrus, bears, whales, wolves, etc.), the raccoon has the very largest relative to its body size. Who knew? Soon after her hunting adventure, Sally and three girlfriends formed VaVas, Inc. and began producing and marketing the good luck charm that had brought her hog-hunting good fortune.


The VaVas created VaVamojos® - a fashionable line of jewelry necklaces, earrings and charms in silver and gold. "Everybody was talking about getting their mojos working, but no one knew exactly what a mojo was," Sally explains. "It's pure good luck."

VaVamojo jewelry is cast from a mold of the baculum (thus preserving the raccoon penile population). Professionals, students, outdoors-women and even movie stars including Charlize Theron and Anne Heche, to name a few, are wearing these elegant good luck charms.

Though we can't guarantee a VaVamojo® will bring hunting success, it's sure to be a fun conversation piece at any hunting camp or dinner party. Visit [www.vavamojos.com](http://www.vavamojos.com) to learn more about the VaVas.



Dr. Sally Guynn



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