

# BOW WINTER WORKSHOP

Discover the Outdoors

Discover Yourself

January 19 – 21, 2024

Osprey Wilds

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Phone (320) 245-2648

<https://ospreywilds.org/>

Find information on BOW events at

[www.mndnr.gov/education/bow](http://www.mndnr.gov/education/bow)

## Schedule of Events

### Friday

4:00 p.m.	Arrival and check-in (no early check-in please)
6:00 p.m.	Dinner
7:30 p.m.	Welcome
8:00 p.m.	Campfire

### Saturday

7:00 am	Coffee available
8:00 am	Breakfast
9:00 – Noon	Session 1
Noon	Lunch
1:15 p.m.	Group Photo Shoot
1:15 – 4:15 p.m.	Session 2
5:30 p.m.	Dinner
6:30 p.m.	Evening Program

### Sunday

7:00 p.m.	Coffee available
8:00 p.m.	Breakfast
9:00 – Noon	Session 3
Noon	Lunch
1:00 p.m.	Depart

## **Class Descriptions**

Classes are rated by physical exertion levels (E, M, or S). Classes marked E requires little physical exertion, M is moderate physical exertion level, and S is strenuous exertion level. Please know your own physical abilities. To keep overall costs of the workshop down some classes have material fees payable the day of the event.

### **SESSION 1**

#### **SATURDAY MORNING - 9:00 am - Noon**

##### **Dark House Fishing (Norwegian TV) (E-M)**

Spend 30 minutes indoors learning the tools of dark house fishing. Then walk to the dark house on the lake that has a 2x3' hole illuminated by daylight to view fish under the ice – referred to as Norwegian TV. You will learn how to use an ice saw and tongs, how to set up the house and how to use fish decoys to lure fish in. Fish spearing will be demonstrated, if you want to try spearing you'll need to purchase a fishing and dark house license.

##### **Birch Bark Bird Feeder (E)**

Create a birch bark log feeder by drilling holes for suet. Learn how to make your own “no melt” suet and fill the logs to take home and support your local bird population. This is an indoor make and take class. Nicola will also cover birds that will be attracted to the feeders this winter. Extra \$5 fee payable the day of the event.

##### **Beginning Archery (E-M)**

Learn about archery and how to properly shoot a bow. Then try your hand on the outdoor archery range. We will be using Genesis compound bows with an easy draw weight.

##### **Beginning Snowshoeing (M-S)**

Snowshoes is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a short hike, with an option for a longer snowshoe hike.

##### **Beginning Cross-Country Skiing (M)**

Topics include equipment selection and basic skiing skills. This class is for someone who has never cross-country skied or only tried it a few times and is looking for more help with techniques. Skiing will be on a flat surface to practice basic skills then progress to an easy trail that includes hills.

##### **Custom Wood Signs (E)**

Did you know wood burners create beautiful outdoor designs on wood? Learn how to use wood burners to create your own custom sign. Participants will design their own pattern on wood product in this indoor class. Extra fee of \$5 payable to the instructor at the workshop.

### **SESSION 2**

#### **SATURDAY AFTERNOON - 1:15 – 4:15 p.m.**

##### **Dark House Fishing (Norwegian TV) (E-M)**

Description under Session 1.

##### **Scouting Outing: (M)**

This class will spend part of the time indoors covering what to look for when scouting for wildlife such as tracks, scat, food sources, etc. followed by a hike to look for wildlife sign and wildlife. Dress in layers and wear warm (wool) socks!

### Indoor Climbing Wall (M-S)

Whether climbing a real rock face or an indoor wall, there is a challenge for everyone. Experience bouldering and top rope climbing on our indoor rock wall! Teamwork and goal-setting will be emphasized during this challenging sport

### Introduction to Ice Fishing (E-M)

This class will cover the basics of ice fishing then go on the lake to ice fish. Learn how to drill holes, equipment needed and how to fish using tip-ups and rods. Licenses not required for this class.

### Wild Game Cooking (E)

A fun approach to "field to fork" cooking as we show you how to showcase the unique flavors of wild game in easy to prepare appetizers and meals. \*Extra class fee of \$5.

### Beginning Archery (E-M)

Learn about archery and how to properly shoot a bow. Then try your hand on the outdoor archery range. We will be using Genesis compound bows with an easy draw weight.

## **SESSION 3**

### **Sunday Morning - 9:00 a.m. – Noon**

#### Introduction to Ice Fishing (E-M)

Description under Session 2.

#### Wood Duck Houses (E)

This indoor class focuses on wood ducks and the importance of nesting boxes. Participants will work in teams of two to make their own wood duck box to take home. Learn the biology of woods ducks and how they use these houses.

#### Beginning Snowshoeing for Winter Wildlife (M-S)

Snowshoes is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a hike to look for wildlife signs.

#### Beginning Cross-Country Skiing (M-S)

Topics include equipment selection and basic skiing skills. This class is for someone who has never cross-country skied or only tried it a few times and is looking for more help with techniques. Skiing will be on a flat surface to practice basic skills then progress to an easy trail that includes hills.

#### Antler Dream Catcher and Owl Pinecone Ornaments (E)

Crafters wanted! Bring your craftiness along to create a decorative dream catcher from a deer antler, accented with beads and beautiful wild game bird feathers. Crafters will also receive a kit of felt and pine cones to fashion three extremely cute owl ornaments. Extra \$5 fee for this indoor class.

#### Intro to Firearms (E)

Do you have little or no experience with guns and want to know more about them? If yes, then this class is for you! You will learn about the use and operation of different firearms. Remove the mystery by learning the terminology in a friendly environment. We will also spend time talking about firearms safety in this interactive and hands-on indoor class.

Register online here: [OW BOW 2024](#)

**Only one person can register at a time, so if you are signing up two or more women, you must do a separate online registration for each. Girls aged 14-17 must be accompanied by a parent or legal guardian, who must sign the waiver on their behalf when registering.**

**Class Sessions:** When registering, choose one class for each session. Be careful not to choose two classes in the same session. Classes with an (\*) will require a \$5 fee payable the day of event. Classes are first come, first served. If full, it will show **no vacancy**. To be put on a waitlist for a full event, please email [frontdesk@ospreywilds.org](mailto:frontdesk@ospreywilds.org).

**Session 1  
(Sat. 9 – 12)**

- Dark House Fishing
- Birch Bark Bird Feeder\*
- Beginning Archery
- Beg. Snowshoe
- Beg. Cross-Country Ski
- Custom Signs\*

**Session 2  
(Sat. 1:30- 4:30)**

- Dark House Fishing
- Scouting Outing
- Beginning Archery
- Climbing Wall
- Wild Game Cooking\*
- Intro to Ice Fishing

**Session 3  
(Sun 9 - 12)**

- Intro to Ice Fishing
- Beg. Cross-Country Ski
- Beg. Snowshoe Wildlife
- Intro to Firearms
- Antler Dream Catcher\*
- Wood Duck Houses

## Registration Fee \$205 per person

**Fee includes** lodging, all meals, three outdoor skill classes, evening programs and campfire. Please notify us of any special dietary restrictions or food allergies. Classes with an extra fee\* are payable the day of the workshop. **Cancellation deadline is Dec 19. If you cancel before Dec 19, a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will not receive a refund.**

**You will receive an email with course information and health and liability forms to complete and return, within 2 business days of registration.**

**Lodging** is in dorm rooms on bottom bunks in both Crosby and Lowry Lodges. Please list roommate preference if any, and note if your group would like to use top bunks to keep a larger group together. **Note Lowry Dorm is located further from the main building. Please choose Crosby if you have limited mobility or prefer not to be housed at Lowry.**

**Silent Auction:** Bring a new or slightly used item for our optional Silent Auction Table! Silent auction is a fun way to connect in the evenings and used to fund scholarships. **Bring cash or check to pay for winning bids.**

**Scholarships** are available for *first time participants in need of financial assistance*. You must be approved for a scholarship prior to submitting your registration form. Email [linda.bylander@state.mn.us](mailto:linda.bylander@state.mn.us) for an application form.