



*utdoors-
Woman*
In Minnesota



Osprey Wilds
Environmental Learning Center

BOW WINTER WORKSHOP

**Discover the Outdoors
Discover Yourself**

January 24 – 26, 2025

Osprey Wilds
54165 Audubon Drive
Sandstone, MN
Phone (320) 245-2648

<https://ospreywilds.org/>

Find information on BOW events at
www.mndnr.gov/education/bow

Schedule of Events

Friday

4:00 pm Arrival and check-in (no early check-in please)
5:30 pm Dinner
6:30 pm Welcome
8:00 pm Campfire

Saturday

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

Sunday

7:00 am Coffee available
8:00 am Breakfast
9:00 – Noon Session 3
Noon Lunch
1:00 pm Depart

Choose one class for each session. **Classes with an * require a \$5 fee payable the day of event.** Classes are first come, first served. If a class is full, it will say No Vacancy, so you will need to check your second choice.

Session 1

(Sat. 9 – 12)

- Dark House Fishing
- Beginning Archery
- Beginning Snowshoeing
- Beg. Cross-Country Skiing
- Birding and Suet Making***
- Fly Tying

Session 2

(Sat. 1:15- 4:15)

- Dark House Fishing
- Wood Carving
- Beginning Snowshoeing
- Intro to Ice Fishing
- Knots to Live By
- How to Plan a Pocket Prairie

Session 3

(Sun 9 - 12)

- Intro to Ice Fishing
- Wood Duck Houses
- Indoor Climbing Wall
- Animal Awareness
- Beg. Cross-Country Skiing
- You Can Camp!

You will be sent an email confirmation that your registration has been received. A packet of information will be emailed to you by December 15, confirming your class choices and including what to bring to the workshop.

Class Descriptions

Classes are rated by physical exertion levels (E, M, or S). Classes marked E require 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.

Beginning Archery (E-M)

Learn about archery and how to properly shoot a bow. Then try your hand on Osprey Wilds' new indoor 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.

Birding and Suet Making (E)

Learn how to make your own "no melt" suet to take home to support your local bird population. This class will start indoors to make suet. Nicola will cover birds that will be attracted to the feeders this winter then take you on a short birding hike.

* Extra fee of \$5 payable to the instructor at the workshop.

Fly Tying Basics (E)

Are you a fly angler or looking to learn a new indoor hobby for the winter? Then this class is for you. Park Naturalist, Linda Radimacky, will teach you why fly anglers use flies when fishing, the types of flies, equipment needed for tying. Then spend the rest of the class making your own fly!

SESSION 2 *SATURDAY AFTERNOON* 1:15 – 4:15 pm

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

Description under Session 1.

Wood Carving (M)

This class is an opportunity to learn how to carve wood using the tools of the trade. You will carve a tree atop a pile of rocks using blanks provided by the instructor. You'll then have time to paint the carving in class. This is an indoor class.

Beginning Snowshoeing (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.

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.

Knots to Live By (E)

Which knots do you use when hunting or fishing? Knowing how to tie a few basic knots can make a big difference in situations that life throws at us in the outdoors. Learn to tie some basic and useful knots as we make survival bracelets to take home. This is an indoor class.

How to Plan a Pocket Prairie to Attract Birds, Bees and Butterflies (E)

With just over 1% of remnant prairie left in Minnesota, every patch of prairie matters. So, whether you are contemplating a small container garden, a backyard design, or converting larger acreages, planted prairie restorations can play a key role in helping connect the native prairies we have left. In this indoor class we'll go through the steps to plan, design, and how to plant your own pocket prairies this spring so you too can experience the joy of native plants in your own home! This class taught by our DNR prairie specialist.

SESSION 3 *SUNDAY MORNING* 9:00 am – Noon

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. Fishing licenses not required for this catch and release program.

Wood Duck Houses (E)

This 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 wood ducks and how they use these houses.

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.

Animal Awareness (E-M)

Animals lead their daily lives all around us. While we might not see many of them often, they leave us clues like tracks, signs, and auditory signals. We'll spend the session learning about these animal messages and how to identify them in the field. Attendees might want a notebook. Dress for the outdoors.

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.

You Can Camp! (E)

In this class we discuss car camping essentials and some backpacking basics. We will practice using various equipment like tents, cots, stoves, and more! Learn where to camp when car camping and back packing. This class will meet indoors then go outside mid-class to learn how to set up camping equipment.