

BECOMING AN OUTDOORS WOMAN

Fall Workshop

September 14 - 16, 2018

Wolf Ridge ELC

Finland, Minnesota



mn DEPARTMENT OF
NATURAL RESOURCES



www.mndnr.gov/education/bow
MN DNR Toll-free 888-MINNDNR

For general class questions call
218-203-4347

Schedule of Events

ROLF HAGBERG

FRIDAY

4 p.m.	Registration (no early check-ins)
5:30 p.m.	Dinner
7 p.m.	Welcome
7:30 p.m.	Campfire
10 p.m.	Quiet time in Dorm Area

SATURDAY

7 a.m.	Coffee available in Dining Hall
8 a.m.	Breakfast
9 a.m. - noon	Session 1
Noon	Lunch
1:15 p.m.	Group photo in Dining Room
1:30 - 4:30 p.m.	Session 2
5:30 p.m.	Dinner
7 p.m.	Evening Program
8 p.m.	Silent Auction ends
10 p.m.	Quiet time in Dorm Area

SUNDAY

7 a.m.	Coffee available in Dining Hall
8 a.m.	Breakfast
9 a.m. - noon	Session 3
Noon	Lunch and group departure

GRAY WOLF PHOTOGRAPH BY OUTDOORSMAN-FOTOLIA

500 Lafayette Road
St. Paul, MN 55155-4040
651-296-6157 or Toll-free 888-MINNDNR
www.mndnr.gov

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BOW FALL WORKSHOP

September 14 - 16

Wolf Ridge Environmental Learning Center (ELC)

Finland, Minnesota

Toll-free 800-523-2733

FAX 218-353-7762

www.wolf-ridge.org

Email: mail@wolf-ridge.org

Find information on BOW events at

www.mndnr.gov/education/bow



ROLF HAGBERG

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 physical abilities. Wolf Ridge sits on top of a hill with significant elevation to the lake and hiking paths.

SESSION 1: SATURDAY MORNING 9 AM-NOON

Stream Study (S)

Ever wonder what it's like to live in a stream? This class examines the physical, chemical and biological properties of Sawmill Creek. Wade the stream (waders provided) to measure the chemistry of the stream and to identify aquatic life. Hike is 1.25 miles with a total uphill elevation of 320 feet.

Animals of the North Woods (M)

Learn about the animals of the north woods by looking for tracks and the variety of evidence left behind by animals and what we can learn about them from that evidence.

Canoeing (M)

Learn about canoeing history and equipment, practice techniques on the lake and safety. As you canoe you will experience the value of canoeing as a physical activity and how it affects their relationship with the environment. This class is approximately a half mile hike to the lake with 250 feet uphill elevation.

Superior View Hike (S)

Take a three-mile round trip hike along a section of the Wolf Ridge trail system and the Superior Hiking Trail, where a spectacular view of Lake Superior awaits. Stopping along the way at five different rest stops, you will examine the geology, history and meteorology of the area. Three mile hike with 330 feet uphill elevation.

E requires little physical exertion
M is moderate physical exertion
S is strenuous exertion level

Geology Rocks! (M)

Rock ON! Explore the amazing and complex geologic history of the North Shore area. Listen to the rocks as they tell of lava flows, glaciers and roaring rivers. Learn to distinguish between the common rocks of the North Shore. Discover the creation of the Lake Superior agate and hone your rock identification skills at the local gravel pit. Join State Park naturalist, Carolyn Rock (that's her real name) for a rocking day. We will carpool to the gravel pit.

EXPLORE MINNESOTA TOURISM





SESSION 2: SATURDAY AFTERNOON 1:30 - 4:30 PM

GPS and Geocaching (M)

Learn the basic concepts behind GPS technology and how it works. Each pair of participants will be given a Garmin eTrex H GPS to practice entering and finding waypoints. Once the basics are mastered, the fun will begin!

Plants Study (E-M)

This course focuses on the identification, the ecological role and the plant's potential as a resource for humans. Plants demonstrate interrelationships in nature, such as the symbiosis between plants and animals and the strong effect of habitats on species. Students will also learn about plants as resources first hand by creating medicines, foods, drinks and perfumes.

Block Printing (E)

Learn about the history of printing as well as the ancient technique of block printing to express a natural history event. You will take home your original 4" x 5" art block for future printing, as well as six to twelve printed cards.

Voyageur Life (S)

In this class, you will be assigned roles and become characters in an imaginary North West Company brigade in the year 1793. Portage and paddle along Wolf Lake and set up an encampment. There you will learn some of the skills of the colorful voyageur, such as making fry bread and tea, flint and steel fires, shaving a paddle and practicing voyageur games. Hike 1.5 miles with 250 feet of elevation.

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Charismatic Dragonflies (M)

Kurt Mead, Tettegouche State Park Naturalist, knows his dragonflies. Join him for a half mile hike, 250 feet elevation, to one of Wolf Ridge's lakes to chase dragonflies on the wing and to scoop for the larvae under water. These "charismatic microfauna" are an important part of Minnesota's ecology and they have a lot to teach us.

JAY KRIENITZ





SESSION 3: SUNDAY MORNING 9 AM - NOON

Archery (E-M)

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

North Woods Mammals (M)

Porcupines, white tailed deer and snowshoe hare, oh my. Learn the dynamic interrelationships of wildlife and their habitats. Through explorations, interactive demonstrations and field surveys, you will learn about the components of habitat, carrying capacity, limiting factors and biodiversity.

Superior View Hike (S)

Take a three-mile round trip hike along a section of the Wolf Ridge trail system and the Superior Hiking Trail, where a spectacular view of Lake Superior awaits. Stopping along the way at five different rest stops, you will examine the geology, history and meteorology of the area. Hike 3 miles with 330 feet of elevation.

Ojibwe Heritage (E)

Students will travel to a recreated Ojibwe site, where they will practice skills commonly used 250 years ago. Skills like fire starting using a bow drills or flint and steel, preparation of wild rice and raspberry tea, as well as making of basswood twine and black ash baskets.

E requires little physical exertion
M is moderate physical exertion
S is strenuous exertion level

Fun With Birds (M)

Ever wondered how birding enthusiasts identify what they're seeing? Learn the basics of bird identification, followed by a short hike looking for available birds if weather cooperates. This class is designed for the beginner birder, although all levels of knowledge and experience are welcome. Please dress for being outdoors and feel free to bring your personal gear if you have book(s) or binoculars.

EXPLORE MINNESOTA TOURISM



BOW FALL WORKSHOP REGISTRATION INFORMATION

September 14-16, 2018 | Wolf Ridge ELC | Finland, Minnesota
Toll-free 800-523-2733

Registration Available Online Only

Registration Directions

1. Click hyperlink: wolfridgeadultprograms.campbrainregistration.com and create a new account with your email and new password.
2. Enter your birthdate as month/day/year: 00/00/0000.
3. Select the Women's BOW Fall Workshop.
4. Fill out Registration form, select classes.
5. You have the option to rent linens for \$8 or bring your own. Linen set includes a pillow, sheet set, two blankets, towel and washcloth.
6. Use credit card to pay and submit.
7. You will receive a confirmation email that you registered.
8. You will receive your class selection and information on what to bring early August.

Workshop Fee \$205

Fee includes Friday night through Sunday afternoon lodging and meals, three outdoor skill classes, evening programs, and campfire. Instruction, equipment and fun are all included.

Cancellation policy: Cancellation deadline is August 13. If you cancel before August 13 a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration fee. Sorry, due to contract obligations no exceptions to cancellation policy.

Meals are family style: Please inform Wolf Ridge if you have food allergies when registering.

Lodging: Lodging is in dorm rooms on bottom bunks. You will need your own bedding, such as sleeping bag or sheets/blankets, pillow, towels and personal items. There is an option to rent linens for \$8 during on-line registration. We recommend bringing ear plugs if you're a light sleeper.

Silent Auction: Bring a new or slightly-used item to be placed on our Silent Auction Table! Bring cash or checkbook for the auction as we cannot take credit cards. We have great items to bid on and it is a lot of fun! Money is used for scholarships.

What to bring: Please come prepared for a variety of weather. We recommend dressing in layers with fleece or other non-cotton outerwear that can dry quickly. You will need sturdy hiking shoes and socks that wick moisture for the hilly terrain and uneven surfaces outside the campus area. Remember your flashlight, water bottle, camera, medications, ear plugs, check or cash for silent auction (no credit cards accepted) and personal items.

Class options: Below are the classes per session. Registration is on line, you will rank your class selection each session by interest. Classes are given out on a first come, first serve basis. Please read the description for activity level for each class and know your physical ability.

Session 1: Saturday 9 a.m. - noon

Stream Study
Animals of the North Woods
Canoeing
Superior View Hike
Geology Rocks!

Session 2: Saturday 1:30 - 4:30 p.m.

GPS and Geocaching
Plant Study
Block Printing
Voyageur Life
Charismatic Dragonflies

Session 3: Sunday 9 a.m. - noon

Archery
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