

North Dakota Parks & Recreation Department

NEWS RELEASE

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Becoming an Outdoors-Woman Program announces schedule

The North Dakota Game and Fish Department's Becoming an Outdoors-Woman program has scheduled four outdoor workshops in 2011. NDG&F is working in cooperation with North Dakota Parks and Recreation at Turtle River State Park and Lake Metigoshe State Park to provide two of the four programs.

A mini-workshop will be held June 3-5 at Turtle River State Park, Arvilla. Course offerings include archery, birding, campfire cooking, global positioning system, mountain biking, orienteering, fly-fishing and general outdoor skills. Workshop fees of \$135 cover instruction in all sessions, program materials, use of equipment, all meals and lodging.

The 17th annual summer workshop is scheduled Aug. 12-14, at Lake Metigoshe State Park, Bottineau. Participants may take several programs including archery, canoeing, field dressing big game, introduction to firearms, fly-fishing, kayaking, navigating outdoors, duck decoy painting, Dutch-oven cooking, global positioning system, plant identification, and tracking and trapping. Workshop fees of \$135 cover instruction, program materials, use of equipment, all meals and lodging.

Catfishing the Red River is set in Grand Forks Aug. 27-28. Participants must have a valid fishing license, and will be instructed in identification, tackle, gear and techniques of fishing catfish in the Red River. Workshop fees of \$50 include instruction in all sessions, program materials and use of equipment. No lodging is provided.

A waterfowl hunting workshop is scheduled Oct. 1-2, in Bismarck. Participants are instructed in firearm and waterfowl safety, shotgun shooting, waterfowl identification, water/field decoys and gear, and the techniques for decoying and calling waterfowl. Oct. 2 will feature a mentored hunt. Participants must possess a hunter education certificate, current hunting licenses and provide their own hunting clothing, boots or waders. Workshop fees of \$20 include instruction, program materials and use of equipment. No lodging is provided.

BOW workshops are designed primarily for women with an interest in learning skills associated with hunting, fishing and outdoor endeavors. Although open to anyone age 18 or older, the workshops are tailored primarily to women who have never tried these activities or who are beginners hoping to improve their skills.

To receive an [information brochure and enrollment form](#), access the Game and Fish website at gf.nd.gov, or contact Nancy Boldt, BOW coordinator, at (701) 328-6312; or email ndgf@nd.gov.