



Becoming an Outdoors-Woman, California - NEWSLETTER

February 2009

2009 Schedule of Events

**January 10
Duck Hunt
\$150**

**Wilderness
Unlimited
Williams, Colusa
County**

**March 7-8
Birding
\$225
Rancho Esquon
Durham, Butte
County**

**April 17-19
Drawing on
Nature
\$250
Carrizo Plains,
San Luis Obispo
County**

**May 1-3
ATV Clinic (dirt
bikes, ATVs, 4
wheel drives)
\$200
Hollister,
Monterey County**

WELCOME!

A BIG WELCOME to all of those who signed up for our newsletter at the San Mateo and Sacramento International Sportsmen's Expo in January. We hope you find this e-newsletter full of information and great tips and hopefully we can entice you to join us for one of our workshops.

Which brings me to the subject of the **Birding Workshop, March 6-8 at Rancho Esquon**, in Durham, near Chico. If you've ever sat in your backyard or hiked around California and wondered what birds you were hearing or seeing, this is the class for you. You'll learn to identify birds by their sound, shape and size, plumage, behavior and habitat. Instructor, Brian Williams, is an ornithologist who teaches at Sierra College. Many of the gals come back year after year because of Brian's instruction. Last year we identified more than 200 species of birds! We supply the binoculars and field guides.

The accommodations at Rancho Esquon are comfortable and homey. We will prepare your dinners on Friday and Saturday evening. Breakfasts and lunches are yours to supply and you can use the large kitchen for any of your storage and preparation needs. If you are an outdoor-woman, birding will certainly expand and enhance your outdoor experiences. Sign up today or if you know someone who might be interested, please pass on this information. Space is limited.

As you know, BOW, California is a non-profit organization and we depend on your donations to fund this important effort. We call your donation a "personal sponsorship" because you are the heart of BOW, California. With your \$40 sponsorship you make it possible for us to continue offering the women of California quality outdoor skills training. And, of course, your donation is fully tax-deductible. And, as an incentive, we are giving you 10% off the workshop of your choice. So, please support BOW, California today by donating your personal sponsorship of

Tina's **TIPS**

Top Birding Tips

A couple months back, while shopping in an outlet bookstore, I came upon a refreshingly light and funny birding book entitled, "Good Birders Don't Wear White – 50 Tips from North America's Top Birders." The book gave me the opportunity to laugh and to learn and I knew with BOW's fantastic Birding Workshop coming up March 7 and 8, that I must share a few of the tips from this great book. I also couldn't help but notice that there were four dominant themes throughout the book; 1) don't take yourself or birding too seriously 2) have fun 3) don't be afraid to try something new and 4) share your knowledge with others, especially children. Funny, I thought, I've heard the same advice from just about every one of BOW's wonderful instructors.

The following tips are adapted from Jon L. Dunn's essay entitled, "Cultivating Good Birding Practices."

Learn Distribution

Sometimes birders focus too much on the field marks of birds and don't learn their distribution. This leads to identification errors. Learning distribution means knowing the status of the birds in your area and includes such things as their relative abundance and what time of year you are likely to see them. We sometimes forget that birds don't read the distribution maps in field guides and sometimes show up where the book says they shouldn't be, so knowing

June 20
Day at the Range
\$125
Raahauge's
Corona, Riverside
County

July 18
Day at the Range
\$125
Clear Creek
Sportsmen's Club
Corning, Tehama
County

August 14-16
Fly Fishing
\$250
Tejon Ranch
Lebec, southern
Kern County

September 18-20
Fly Fishing
\$250
Bidwell Ranch,
Shasta County

October 23-25
Wonder Valley Multi-
course Workshop
\$350
Sanger, Fresno
County

November 7-8
Duck Hunt
\$250
Tule Lake,
Siskiyou County

November 21
Pheasant Hunt
\$100
Wilderness
Unlimited

\$40 or more.

Attention! This is a very special offer. We've set our 2009 schedule of events but will have other offerings from time to time. Well, it's TIME!

Have you ever thought of fishing in Alaska? I have! We've been offered a very special fishing trip just for women in Soldotna just south of Anchorage. The lodge is on a lake with quick access to the Kenai River and a short drive to the famous Halibut grounds at Deep Creek. And, the floatplane is docked at the lodge to fly you to remote wilderness lakes.

Everyone will have the opportunity to fish Halibut at Deep Creek, spend a day on a guided trip on the Kenai River for King Salmon and a bush plane fly-out to Wolverine Creek to catch Sockeye Salmon and watch Brown Bears doing the same.

Five nights and four very full days in the beautiful Kenai Peninsula which is legendary for big Halibut, King Salmon and remote glacier lakes. The lodge is luxurious with all the modern comforts. The gear and the guides are all included in the price.

The cost from June 16-June 21 is only \$1495. Airfare from Los Angeles to Anchorage is around \$800. Space is limited to 12 women. Take a look at the accommodations at www.AllAlaska.com. If you are interesting in learning more about this trip, please call Susan at 530-347-0227 or e-mail me at susan@bowca.org as soon as possible. I'm already packing!



Don't forget to use the REI link on the BOW, California website when you order merchandise from REI. REI donates 7% of your order back to BOW. Now, that's a great

which species may be casual or accidental visitors to your area can also aid with identification. There are many excellent regional field guides and journals that can help you learn distribution, not only for your backyard, but for areas you travel to as well.

Look at the Bird in the Field, Not in the Book

Way too often, birders fumble through their field guides while the bird is still in view. There is plenty of time to check the guide after the bird has flown away. Savor the time to study the bird in the field observing its field markings, behavior and listening to its song. If you hear someone say, "It looked just like the bird in the book" it's a sure bet someone spent more time looking in the field guide than looking at the bird.

Use Multiple Field Guides

I've been carrying around my Peterson Guide to Western Birds since 1983 and I assumed I'd never need another field guide. Then I read some convincing arguments regarding the old field guide debate of paintings vs. photographs and decided it was time for at least one of each. (I won't confess how many I own now.) The truth is, most field guides have something valuable to say about each species so even though we may have a favorite, don't exclude others.

Learn Behavior and Vocalizations

Don't just memorize field markings because they may not be visible under all conditions (like the time you forgot to clean your binoculars or stayed out so late it was too dark to see colors.) Knowing behavior can help you identify a bird even if you can only see it in silhouette and nearly all species can be recognized by their vocalizations even when you can't see the bird at all.

Learn From Others

Seek out a mentor. Be polite and listen. Ask questions. Go on guided bird walks with your local chapter of the Audubon society and of course, be sure to attend BOW's Birding Workshop at Rancho Esquon with Brian Williams March 7 and 8 and discover the birder within you.

Credits: *Good Birders Don't Wear White – 50 Tips from North America's Top Birders* edited by Lisa White 2007. ISBN-13: 978-0-618-75642-1

**Williams, Colusa
County**

deal for us and it costs you nothing!

Just one more thing...gals, we need your help. If you took pictures at the last Wonder Valley workshop, please send them to us. We're looking for some good photos of that events. Thanks.

Now, Let's Talk VOLUNTEERS!

Volunteers are our heart and our muscle. And we need your help to build BOW, California. Our most critical need is exposure and advertising. The more women who know about BOW, California, the more active participants we will have. So, we need you to spread the word. And, there are many ways to do that.

- When you receive the newsletter, forward it to women on your e-mail list and encourage them to sign up for the newsletter. Building our database will make us more attractive to corporate sponsors.
- Print out the flyers and post them in a place where women will see them and have the opportunity to register for the workshop.
- Do you have a sporting goods store or exercise facility (Curves), or office where you could display our flyers? I can send you the flyers and the stands and you can keep them supplied.
- Do you have media contacts who would be willing to feature BOW in their media forum? – radio, TV, newspaper, magazine, etc.

These are great ways to spread the word.

BUT there are many ways you can help. Ask yourself, what is my talent or gift. Are you a good fundraiser? Grant writer? Presenter? Organizer? Let us know what you would be willing to do to support BOW, California.

**YOU are the heart of BOW, California.
We depend on YOU.**

And Now.... The Wish List

You've heard the old saying "5000 heads are better than one"...or something like that...anyway, we are creating a Wish List for BOW. There are certain items that we need and if you would like to donate any of these items or know someone else who might want to donate, or where we could get a good deal on these items, please let us know. Of course, we will continue to add to the Wish List.

Here's the short list:

- Digital camera with video capabilities
- Laminator
- Power Point Projector
- Corporate Sponsor (call me and I can give you the details about this BOW wish.)

And remember – BOW, is a 501(c)(3) nonprofit organization. Any donation to

BOW is fully tax-deductible.

REMINDER! When you place an order with REI (and we know you DO!), go through the link on the [BOW](#), California website and we get 7% of your order. A great way to support BOW!