



Becoming an Outdoors-Woman, California - NEWSLETTER

January 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**

Happy New Year!

BOW, California has planned some exciting events for you this year. In addition to our multi-course workshop in October, the fly fishing clinics, the shotgun clinics, the birding workshop and the hunts, we've added an **ATV clinic** where you'll learn to drive ATVs, dirt bikes and 4-wheel drive vehicles. We can only accommodate 20 women so get your registration in as soon as possible. This clinic will fill up very quickly. You can read more about the workshops we offer on our website at www.bowca.org.

A BIG THANK YOU to those of you who sent in your personal sponsorships. As a non-profit organization, we depend on your donations to fund this important effort. And, your donation is

Tina's TIPS

Layer Appropriately

As cooler weather approaches it might be a good time to review the essentials of basic layering. New fabrics have made it so simple to stay dry and maintain a normal body temperature in all types of weather conditions, hot or cold. Layering your clothing is a tried-and-true way to ensure your comfort in the outdoors. The beauty of this simple concept is that it allows you to make quick adjustments based on your activity level and changes in the weather. With much thanks to our friends at REI here's a quick review of the basics.

Your Base Layer: Moisture Management

This is your next-to-skin layer. More than any other layer, the base layer helps regulate your body temperature. If you've ever worn a cotton T-shirt under your raincoat while you hiked, you probably remember feeling wet and clammy, even though you weren't getting wet from the rain itself.

Trapped inside your clothing, perspiration can leave you chilled or damp no matter how well your outer shell fends off rain and snow. Cotton is an example of a fabric that retains perspiration and can leave you vulnerable to unwanted chills.

If you're active, your next-to-skin layer should be materials such as silk, wool or synthetic fabrics such as REI MTS®, Patagonia® Capilene®, Polartec® PowerDry® and CoolMax® polyester. Rather than absorbing moisture, these fabrics transport (or "wick") perspiration away from your skin, dispersing it on the outer surface where it can evaporate. The result: You stay drier even when you sweat, and your shirt dries faster afterwards.

Examples: Keeping dry is important for maintaining a cool body temperature in the summer and avoiding hypothermia in the winter. Base layers can be anything from briefs and sports bras to long underwear sets (tops and bottoms) to tights and sport shirts. Thermal underwear is available in light-, mid- and expedition-weights. You can select the right weight to match your activity and the temperature.

Some base-layer garments are designed to fit snugly for better performance, range of motion and easier layering. For hot weather, the wicking layer often consists of a loose

wheel drives)
\$200
Hollister,
Monterey
County

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

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 \$40 or more.

Our next workshop is the **Birding workshop**, March 7-8 at Rancho Esquon in Durham, Butte County, 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

fitting, mesh garment.

Your Middle Layer: Insulation

The insulating layer helps you retain heat by trapping air close to your body. Polyester fleece vests, jackets and tights are classic examples of insulation ideal for outdoor activities. They not only trap air but are also made with moisture-wicking fibers to help keep you dry.

Natural fibers such as wool and goose down are excellent insulators. Wool sweaters and shirts (especially the new generation of merino wool products) offer soft, reliable warmth and keep on insulating even when wet. For very cold and dry conditions, goose down is still an excellent choice. It offers an unbeatable warmth-to-weight ratio and is highly compressible. Down's one drawback is that it must be kept dry to maintain its insulating ability.

Classic fleece such as Polartec® 100, 200 or Thermal Pro polyester and synthetic insulations such as Thinsulate® provides warmth for a variety of conditions. These are popular insulators because they're lightweight, breathable and insulate even when wet. They also dry faster and have a higher warmth-to-weight ratio than even wool. Classic fleece's main drawbacks are wind permeability and bulk (it's less compressible than other fabrics).

Like thermal underwear, fleece garments are available in 3 weights for different uses:

- Lightweight for aerobic activity or mild climate
- Midweight for moderate activity or climate
- Expedition-weight for low activity or cold climate

Examples: For high-energy activities such as cross-country skiing, biking or running, choose lighter-weight fleece to avoid overheating. Tights or tops made of Polartec® 100 or Polartec PowerDry® are excellent for this. For very cold conditions, try thicker fleece such as Polartec® 200 or 300.

Wind fleece such as Polartec® Wind Pro polyester or Gore WindStopper® adds a high level of wind resistance to fleece. It accomplishes this via a hidden membrane that does not affect breathability or the other things we love most about fleece.

Your Shell Layer: Weather Protection

The shell (outer) layer protects you from wind, rain or snow. Shells range from pricey mountaineering jackets to simple windproof jackets, but most are designed to block precipitation and hold in your body heat while allowing water vapor to escape. This is an important piece when you're active, because if wind and water are allowed to penetrate to your inner layers, you begin to cool off. Furthermore, without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell.

Fit is another consideration. Your shell layer should be roomy enough to fit easily over other layers and not restrict your movement.

Shells can be lumped into the following categories:

Waterproof/Breathable Shells – These are usually the most functional (and more expensive) choices. They'll keep you comfortable in any weather, and are especially suited to wet, cold climates and alpine activities. Fabrics (usually a laminated membrane or sometimes a fabric coating) include Gore-Tex®, REI Elements® and a wide variety of other branded choices. These shells are categorized by REI as rainwear, which

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 Williams, Colusa County

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. Space is limited.

We want to tell you about a win-win situation we've created. We're thinking ahead and offering you a sort-of payment plan for the Multi-course Workshop in October. We are aware that the economy is difficult for some and we want to help. So, if you want to secure your spot in the workshop, you can pay \$100 now and the remainder in October. This may make it easier on you AND it gives us an idea of how many participants we can expect.

However, if you are planning to attend the Multi-course workshop and don't want the payment plan, PLEASE e-mail me at susan@bowca.org so we can get a good count of how many to expect. This will help us immensely. Thanks so much.

emphasizes low weight and packability, or mountaineering wear, which is more abrasion-resistant and has additional features.

Water-Resistant/Breathable Shells – These are best for mild weather, light precipitation and high activity levels. They're usually made of tightly woven fabrics (such as mini ripstop nylon) that block the wind and treated with a Durable Water Repellent outer finish to make water bead and roll off.

Soft Shells – While many offer good wind and rain resistance, soft shells emphasize breathability. They are usually designed to offer both shell and insulative properties, so they in effect combine two layers into one. Most feature stretch fabric or fabric panels for added comfort during aerobic activities. As this category has grown in popularity, styles have become specialized by season, so you'll now find cold- and mild-weather options.

Waterproof/Non-Breathable – Typically made of a durable, polyurethane-coated nylon, which is water- and windproof, these economical shells are ideal for rainy days with light activity.

Insulated Shells – Some outer shells have a layer of insulation built in, making them suitable for cold conditions, but not as versatile for layering in a variety of temperatures.

Another way to support BOW, California is to use the REI link on our website to order your REI merchandise....and we know you do! Did you receive an REI gift card for Christmas? REI donates 7% of your order back to BOW. Now, that's a great deal for us and it costs you nothing! And, by the way, the January clearance sale is going on right now.

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

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.

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.**

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!