



Becoming an Outdoors-Woman, California - NEWSLETTER

March 2009

2009 Schedule of Events

**January 10
Duck Hunt
\$150
Wilderness
Unlimited
Williams,
Colusa
County**

**March 7-8
Birding
\$225
Rancho
Esquon**

There's so much to tell you in this newsletter. Please take the time to read it through. I wouldn't want you to miss anything!

First, as many of you may know, our friend, Luis Ramentas, made a video at the Wonder Valley multi-course workshop last October to send to Ellen Degeneres to tell her about BOW and hopefully have us on her TV show. It's pretty funny and you can now look at it at <http://www.youtube.com/watch?v=M6N6jdFw-A>. If that link doesn't work, please go to www.youtube.com and type in Ellen Degeneres BOW. Let us know what you think of the video. We really want feedback.

And, you can help spread the word about BOW by sending this link to everyone on your e-mail list and ask them to do the same. We

Tina's TIPS

**Thermos Cooking
or Some of the Amazing Things You Can Do with a Stainless Steel Vacuum Bottle**

The word Thermos is one of those words that is both a brand name and a product description. In doing my research for this month's column, I learned that the thermos was invented by Scottish scientist Sir James Dewar in 1892 but was not manufactured commercially until 1904 when two German glassblowers formed the company, Thermos GmbH. Supposedly the company sponsored a contest to name the thing, and a Munich resident won with the submission of Thermos (from the Greek, thermos = "hot.") Here in the US, William Stanley invented the all steel vacuum bottle in 1913. Although Thermos remains a registered trademark in some countries, it was declared a genericized trademark in the US in 1963 as it is synonymous with vacuum flasks in general; in fact I think we'd all agree it is far more common to speak of a thermos than a vacuum flask. Just to confuse matters, I learned that Aladdin bought Stanley (but still has their own product line and website,) that Nissan bottles (frequently rated a top performer by consumers) are actually made by

**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**

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

could have this all over the internet and accomplish our intended purpose – to have Ellen take a look at us and have us on her show. So, PLEASE help us spread the word.

Second. The response to the Alaska fly fishing trip was phenomenal. We already have 10 women signed up. Now, for the good news – we have wrangled the price down to \$1295 and opened it up to 20! Let me give you the run-down...June 16-21 (4 days/5 nights) staying in the All Alaska Outdoors Lodge two hours from Anchorage in Soldotna (rooms for two with full kitchen), fishing for three full days – one day on a charter fishing halibut and King Salmon at Deep Creek, one day fishing in drift boats on the Kenai River, and one day on a float plane trip to a wilderness lake. All lodging, guides and equipment are included in the cost, PLUS one evening meal. And I hear it's pretty incredible. The only cost to you is airfare, food, rental car (we'll split the cost between 4 people), and Alaska fishing license. Your catch will be processed in vacuum-sealed bags, frozen and boxed for you to take home. **This is an unbelievable deal.** So, if you've ever thought you'd like to fish Alaska, this is the time. Email me at susan@bowca.org if you are interested.

Third, We have two very exciting workshops coming up – April 17-19 is the Drawing on Nature workshop in San Luis Obispo County in the Carrizo Plains and May 1-3 is the ATV Clinic at the Hollister Hills State Park in San Benito County.

The **Drawing on Nature workshop** will be

Thermos brand, and that there are many other manufacturers as well. So, for the purposes of this column, the word thermos refers to any brand of stainless steel vacuum bottle. (No breakable glass or 'kids' thermos bottles using Styrofoam insulation, they're too fragile or just won't hold the heat.) And we're really talking the wide mouth bottles sometimes called "food jars" because they are the most versatile and easy to clean.

My number one tip for keeping things hot (food and beverages) is to pre-heat the bottle. This incredibly simple step produces amazing results. Pour boiling water into your thermos, lay it on its side, preheat it for 5 minutes turning once, pour out the water and immediately add your hot food or beverage. You'll be glad you did.

But can you actually cook food in a thermos? You bet you can. Essentially, dry ingredients and boiling water, or hot pre-cooked ingredients, are sealed in your pre-heated thermos, and by lunch time, you've got a hot fresh cooked meal. The principle is actually similar to a crock pot cooking but instead of a constant heat source to slow cook the food, the existing heat is so well insulated that the cooking process continues in the thermos itself. So why would anyone want to cook in a thermos? The more research I did the greater the variety of reasons I discovered, including; when no microwave is available (or when you desire not to use a microwave,) the cost savings of using minimal energy to only initially heat the food, no potential hazards associated with an electric appliance (like a crock pot) plugged in while you're away, the ability to cook a single serving at a time reducing leftovers, eating only freshly prepared foods, as an alternative to unhealthy "fast food" while on the road, to keep the kitchen cool during the hot summer and the list goes on. Thermos cooking is not only used by those who enjoy the outdoors, but also students, seniors, survivalists, travelers, health conscious individuals and anyone on a budget who wants to cut the cost of cooking. Unlike a saucepan on the stovetop, nothing leaves the thermos during cooking so foods are more flavorful and due to the lower cooking temperatures, nutrients and vitamins are preserved.

Since thermos cooking usually means your food will be cooked in boiling water, foods such as rice, pasta, and hot cereals are obvious choices, but that shouldn't limit your imagination. You can make soups, stews, casseroles, and many other recipes as well. Here's an easy casserole recipe – Tuna Macaroni. Pour one and a half cups of boiling water into your thermos. Then carefully pour in 4 tablespoons of dry milk, 2/3 cup elbow macaroni, 1/4 teaspoon chicken bouillon, and 1/2 teaspoon of parsley. Seal your thermos and shake for 20 seconds to mix contents. Lay the thermos on its side and let set undisturbed for 15 minutes. Finally, open your thermos and mix in one drained can of tuna and 1/2 cup canned peas. Reseal your thermos to allow your Tuna Mac to finish cooking. When you are ready to eat,

**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**

held at the beautiful Fish and Game Facility. The accommodations are spectacular and at that time of the year, the wildflowers will be worth the trip. You will arrive Friday afternoon after 4:00 and we'll have dinner for you that evening and Saturday evening. Famed wildlife artist, Bill Peters will instruct us on the basics of drawing and we will all be "budding" artists by the end of the workshop. You can register on-line or print out a registration form and send it in with your check. Space is limited. Register today.

The **May 1-3 ATV Clinic is quite a package.** California State Parks and Recreation Department offered us a great deal. We can camp at the Hollister Hills State Park, their instructors will teach us all about Off-Highway Vehicles including ATVs and 4-wheel drive vehicles, they will provide all of the equipment and gear and we will get plenty of "riding" time and they've invited a local winery to host a wine tasting on Saturday night! And, to make it even better, our Dutch oven cooking instructors are going to prepare dinner in Dutch ovens on Friday and Saturday nights. It just can't get any better. So, register today because this clinic will fill up very quickly. Space is limited.

Fourth, We are making some additions to the website. Mandy Loo, an incredible graphic artist, is creating printable flyers for each of the workshops so you can print them out and distribute them. Post them on the bulletin board at work, at your gym, at your school, at the grocery store, send them to friends, just spread the word about BOW. We have to grow

pour into a bowl, season with salt and pepper, and enjoy a hot, fresh, homemade, and economical meal!

With thanks to: Manufacturer's sites, Wikipedia, Amazon.com customer reviews, Cassidy Emmerson
http://www.associatedcontent.com/article/25160/cooking_in_a_thermostm_bottle.html?cat=22
and Kurt Saxon <http://www.kurtsaxon.com/foods005.htm>

Comments, questions or suggestions? Email me at tina@bowca.org.

**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
Williams,
Colusa
County**

to survive.

Fifth, Remember to send us your personal sponsorship of \$40 or more and get 10% off the workshop of your choice. We need your support. And, your contribution is tax-deductible.

Sixth, REI has some shockingly great sales on winter clothes and equipment right now. So, order through our BOW website and we get 7% back on your order total. And, just remember, I'm a size Medium!!

Take care and, in this challenging time, spend a little time on yourself.

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.

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.

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!