

THE GEAR ISSUE: EDITOR'S PICKS

ADVENTURESS

HUNT. FISH. EXPLORE. LIVE.

SUMMER 2016



Abby & Amanda with

SPOT & STALK

ANTELOPE

+KAYAK
GUIDE

Sistership

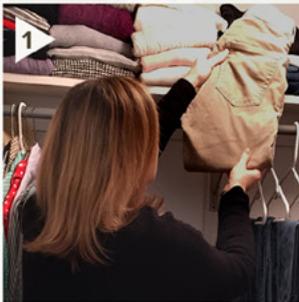
THE POWER OF FEMALE PARTNERSHIPS



Covey will transform your pants into your ideal field pants.



HOW IT WORKS



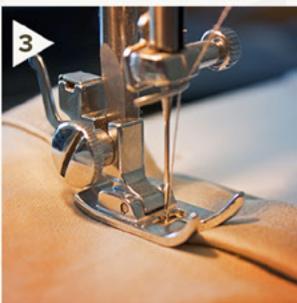
1 SELECT A PAIR OF YOUR OWN PANTS

Choose your style of Covey pant, then select a cordura color to add to your pants.



2 SHIP YOUR PANTS TO COVEY

We will send you a pre-paid shipping label to ship your original pants to Covey. Drop at any FedEx location.



3 COVEY WILL REPURPOSE YOUR PANTS

We will sew your choice of cordura fabric into your pants, transforming them into custom field pants.



4 YOUR PANTS TRANSFORMED

You will receive your repurposed Covey pants in 6 weeks or less.

"HUNT COUTURE"

- as seen in *Garden & Gun* magazine,
February/March 2016



COVEYCHARLESTON.COM



Pretty Hunter[™]

You are

AN ADVENTURE SEEKER, A DETERMINED PURSUER.

A FEMALE THAT LOVES THE OUTDOORS & CELEBRATES THE BEAUTY OF BEING A WOMAN. YOUR SPIRIT IS DELICATELY STRONG. YOU ARE A

PRETTY HUNTER. FIND YOUR PRETTY AT prettyhunter.com



Summer 2016 contents

8 Cover Girls

Not one, but two!
Meet Abby Atol &
Amanda Caldwell

10 Share Your Photos

Join in on
ADVENTURESS
social media!

14 Summer Photo

Featured
photographer:
Carolyn
@shelovescolorado

16 Spot & Stalk

Bowhunting
pronghorn antelope
out West by
Amanda Caldwell
and Abby Atol

26 2nd Annual Women's Trail Camera Contest

27 Trail Cameras

Editor's picks
of her favorite gear



editor's note

EDITOR'S PICKS FOR GEAR!

Why do we all spend so much time and money researching gear and trying to buy the best? Because we never want that moment where we have to leave the outdoors early because we don't have the proper gear. Or that gear doesn't hold up or perform correctly



so we lose that one chance we waited hours or days or months on for a trophy buck to step out or that fish of a lifetime to grab your lure. Gear is important, but it also gets expensive, so we want to spend our money on the right things

and not the wrong things we fall for due to marketing. That's why I decided to do special gear highlights for this issue!

Some of these products I've been using for years and some of them are new found loves, but all of them I approve of and use myself, photographing my very own gear for this issue (there might be a little mud on some of them still - ha)! Some of them are traditionally male hunting businesses investing in sizes and colors for women and some of these businesses are specifically for women designed by fellow outdoor women! Either way, it's so wonderful to see more and more businesses putting time and money into developing products for outdoor women! So throughout this issue, look for my Editor's Picks!

I'm also so excited about this issue showing strong women and the powerful bonds between us, from our cover girls Abby and Amanda hunting together, to women teaching women to kayak and the beginning of a women's outdoor group for our More Inspiration pages. I hope you'll feel the energy and inspiration in this issue as much as I did while creating it! To women!

Jennifer Pudenz

ADVENTURESS

betheadventuress.com

*Information and
inspiration
for the outdoor
woman and
country lifestyle*

ISSUE 6
SUMMER 2016

Founder & Editor
JENNIFER PUDENZ

FEATURED
PHOTOGRAPHER
Carolyn
[@shelovescolorado](https://twitter.com/shelovescolorado)

CONTRIBUTORS
Amanda Caldwell
Abby Atol
Marianne Huskey
Korrin Bishop

on the cover



Read about the
2016 Summer Cover
Girls, Abby & Amanda,
on page 8!

Summer 2016 contents



30 Protect Your Skin

Sunscreen safety from professional angler and guide Marianne Huskey

32 Yakin' Away

Tips and gear for kayaking by Jennifer Pudenz

44 More Inspiration: Sistership

The power of female partnerships by Korrin Bishop

55 Recipes: Summer Strawberries

57 Last Shot

Featured photographer: Carolyn @shelovescolorado



Cover Girls!



Meet
**Abby &
Amanda!**

It's always great to have a friend that's got your back, including when you're on a hunting adventure! This issue includes not one, but two cover girls - meet Abby and Amanda!

Though she had crawled, lunged and squat walked for several miles in previous hunts, this day provided a good wind and ditch between Abby, Amanda and two antelope bucks. With Amanda ranging for her, Abby tried to stay calm while pulling back, aiming and letting the arrow fly. And this pictured DIY public land archery antelope from last September was Abby's first harvest at age 23!

Minnesota native **Abby Atol** credits her new love of hunting coming from supportive people such as Amanda and her boyfriend, Ryan.

"Meeting Amanda through Ryan, and seeing firsthand the potential of women hunters

makes me strive to be the best huntress I can be," says Atol.

Growing up on a ranch near the little town of Fort Shaw, Montana, **Amanda Caldwell** has lived the outdoor lifestyle her entire life, exploring the Rockies and learning it's ways ever since a young age. With both parents as avid hunters, they've instilled the kind of fundamentals and ethics that make her the person and hunter she is today.

While Amanda has hunted all general tag species in Montana from mule deer to mountain lions, her favorite to hunt by far is elk during the rut in September.

Amanda is sponsored by Mathews, Sitka, Stone Glacier, FHF Gear and OnXMaps.

Follow them on Instagram at [@abbyatol](#) and [@amanda_caldwell!](#)

FUN + STYLISH

Fishe
WEAR™

Practical and fun
fishing fashion
for women.

FISHING LEGGINGS
WADING BELTS
NECKWEAR
JACKETS
HATS + BAGS



#FisheWear

ORDER ONLINE
www.FisheWear.com



+Join in!

SHARE
YOUR
PHOTOS

FACEBOOK ~ INSTAGRAM ~ TWITTER

We love seeing how you're getting outdoors! Submit your photos on the ADVENTURESS Facebook page or by using #betheadventuress on Instagram! Each of our social media pages is different from one another - so like, follow and join in with other outdoor women!

*Kelly >
Cohen*

harvested
her first elk!



< Raelynn Northrup

with a big, beautiful
largemouth bass!

> Bekah & Sally Klarr

- a springbok slam for these sisters!



~ Jamie Dailey

with an
awesome
catfish catch!



#betheadventuress

~ Shania Snow
with her first northern pike!



~ Caitlin Berndt & Kylie Tokairin
having fun pulling crab
traps together!

Katie >
Vandiver
with
her first
turkey!



~ Michelle Rupp
caught this awesome walleye!



Check out the **NEW Huntress Series** designed for the female hunter! Smaller mouthpiece, same great sound!



MADISON

DEER CALLS

EST. 2008

We can build you a one of a kind custom deer call. Our goal is to build you a deer call that will provide you with years of use. These make great gifts for birthdays, memorials, groomsmen gifts or any occasion.

LET'S MAKE SOME NOISE

MADISONDEERCALLS.COM

INTRODUCING



BLACK LABEL WADER

ENGAGE

WITH THE FINEST WADER EVER BUILT.

EXPLORE

ALL BANDED BLACK LABEL HAS TO OFFER.

EXPERIENCE

BLACK LABEL.



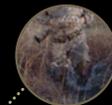
INTERNAL HAND-WARMER

Coral Fleece Lined Internal Hand-Warmer Pocket



INTERNAL DEVICE POCKET

Conveniently Placed Zippered Internal Device Pocket



PADDED LEG AND SHIN GUARD

900 D Reinforced Padded Leg and Shin Guard



NEW BOOT DESIGN

Sole Inserts for All Day Comfort and a Lug Style Boot Cleat Pattern with Added Wear Areas on Exoskeleton



WELDED SEAMS

Minimal Stitch Design Using Arc Welded Technology™



PRIMALOFT®

60 gram PrimaLoft® Silver Insulation



SHEDS™

SHEDS™ Waterproof Breathable Technology



THINSULATE®

1600 gram Thinsulate® Insulated Boots

LEARN MORE AT BANDED.COM/BLACKLABEL



SUMMER





Carolyn

Featured
photographer

COX CANYON ARCH

New Mexico

“My happiest summer days are spent traipsing through the creeks, and photographing the waterfalls, of the San Juans of Colorado. I have found my home here.”

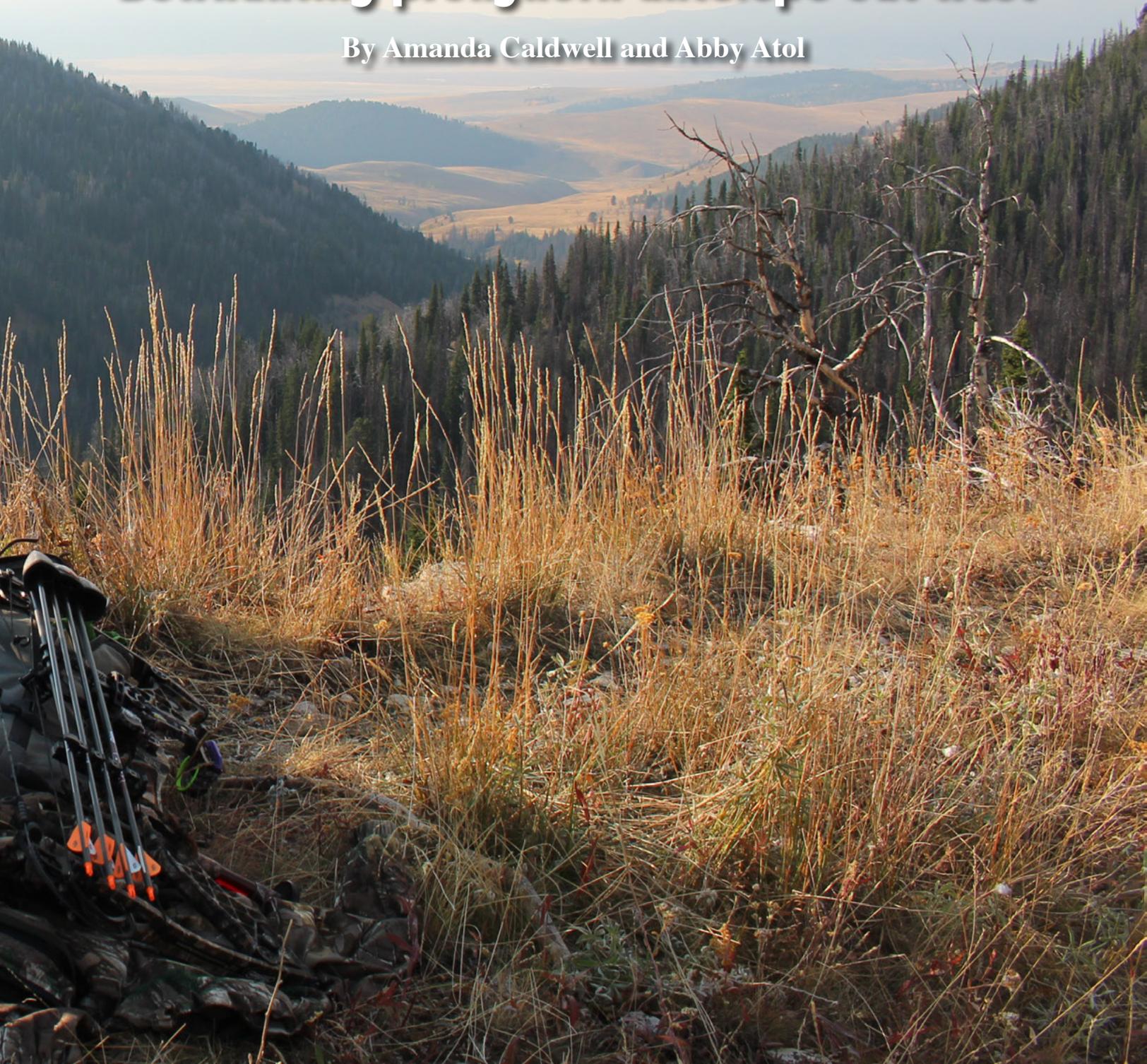
See more of
Carolyn's photos
on Instagram
[@shelovescolorado](#)



Spot & Stalk

Bowhunting pronghorn antelope out West

By Amanda Caldwell and Abby Atol



HUNT.



Abby Atol successfully ending an antelope bow hunt.

Summer is here, and that lingering thought in the back of our minds rises to a whole new level of anticipation because we know hunting season is near. In Montana, archery season for deer and elk opens on the first Saturday in September, however, if you are among the rising number of applicants that put in for an archery pronghorn tag, hunting season starts even sooner, on August 15. It could be the excitement

HOWEVER, IF YOU ARE AMONG THE RISING NUMBER OF APPLICANTS THAT PUT IN FOR AN ARCHERY PRONGHORN TAG, HUNTING SEASON STARTS EVEN SOONER, ON AUGUST 15.

of getting into the field more than two weeks prior to the September opening fiasco, or the fact that you are stalking after one of the most challenging animals to get within archery range on. Either way, those who pursue antelope in the scorching August heat are passionate about the pursuit.

Pronghorn, also known as “antelope” or “speed goats,” are commonly known as the most difficult North American animal to spot and



stalk archery hunt and for good reason. In this article, we will discuss the challenges of archery hunting antelope and go through a few steps we believe you can take to improve your chances of landing this beautiful animal.

The advice and tips you will read is what we have found to work for us in the field. You should do whatever works for you if you are successful that way. Circumstances are different every time you go out. The wind, time of day, animal wariness, lighting and weather conditions all play a part in how to approach the hunt. Yet while these variables are ever changing, certain things should stay the same and can help get you into lethal range.







HUNT.



An archery antelope by Amanda Caldwell.



THE PRONGHORN

Both sexes of pronghorn possess horns; however the horns developed by a doe will seldom exceed ear length while the average horn length of a buck is around 15 inches.

Facial markings of a buck include a dark brown stripe down the face with a dark, nearly black, patch on either side of his jowl, while does only have a small deep brown mark on lower half of their face.

A mature buck will weigh around 120 pounds with a height at the shoulder of just over three feet while a mature doe will scale around 90 pounds and stand less than three feet in height. Pronghorn have oversized windpipe, heart and lungs, which allows them to breath in an abundance of air when they are on the go. Having these features, along with their light bone structure, is why

antelope are capable of reaching speeds of up to 60 mph. With their exceptional lung capacity, antelope are able to maintain speeds of 40 mph for several miles.

BEFORE THE HUNT

Practice shooting from a variety of positions such as sitting, leaning and kneeling, as well as holding your bow at full draw for an extended length of time. Also get comfortable shooting from longer distances. Your biggest supporter in the field is your confidence.

If hunting with a partner or group, agree on a plan and some hand signals before the hunt. Solo antelope hunting is fine, but having a partner is great when you get in close to shooting range.

CHALLENGES

There are two main challenges of spot and stalk antelope hunting. Antelope can see very far (8-10 zoom) and have wide peripheral vision. This makes sneaking up on them extremely difficult. Also, the terrain where antelope reside has low to no cover. Many antelope in Montana contain themselves to open fields so that they can see any danger.

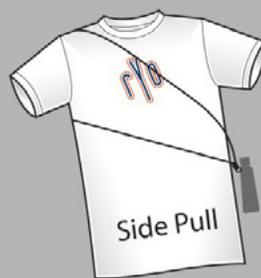
You are not likely to shoot an antelope with a bow on your first, second, third and so on time out. This does not mean you are failing, it just means you are gaining the experience necessary to conquer your hunt.

TARGET ACQUIRED

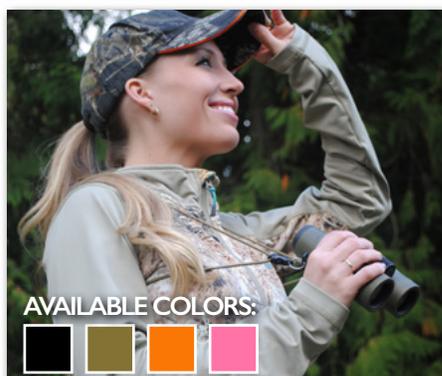
First off, it is easier to hunt the lone buck than it is to hunt the buck with a herd of does.



1 Harness / 5 Adjustable Positions



A lightweight, custom fit perfect for women!



AVAILABLE COLORS:



HOME OF THE:



"BECAUSE IT WORKS"



rickYOUNGoutdoors.com

WATCH DEMO VIDEO!





- PUT IN THE TIME
- HUNT THE LONE BUCK
- STRIVE FOR SUCCESS & PREPARE TO FAIL
- BE PREPARED TO CRAWL & USE COVER
- MAKE MOVEMENTS WITH PURPOSE
- BE PATIENT
- PRACTICE AWKWARD SHOTS
- USE A RANGEFINDER

With antelope having great eyesight, hunting a herd of them is just adding more and more (unnecessary) difficulty into your spot and stalk hunt.

If you miss a chance at a shot, that means you succeeded in getting close enough to shoot. Good on you! That is not a failure; again, it is just more practice. If you spooked a herd, it just means you learned the hard way how easily these animals spook.

Crawling through prickly bushes in the blazing heat with rocks digging into your knees is tough. Be ready for that as well as an aching lower back from creeping along open terrain. It is all worth it to get in position for a shot on your pronghorn.

With that being said, if there is no chance of getting close to an antelope, instead of spooking it, consider it a lost cause and move on. There will be more antelope, and if you really need that one, leave it until circumstances are leaning more your way.

GETTING CLOSER

Sagebrush is my friend during antelope season. Combined with the right camo (we wear Sitka Gear), and your skill to be still, to the antelope, you are sagebrush too.

Antelope are unlike deer because they are not on a schedule. They wander around throughout the day, bed down whenever they want and drink whenever they want. As long as you do not spook them, most likely they will not go anywhere. Take your time. Move with purpose.

Binoculars are an extremely necessary tool in locating your antelope, and if you can use cover and keep an eye on the antelope that is great; however, when you get within shooting range, forget the binos and watch their movement through your rangefinder. We suggest this even if you are great at estimating distances.

AFTER THE HUNT

As soon as you shoot an antelope, the most important thing that needs to be done is getting the skin off of the meat - after that, the meat needs to come off of the bone. Antelope will taste gamey and sagey if not properly taken care of. Because pronghorn archery season takes place during the summer heat, the meat needs to be put in a cooler as soon as possible.

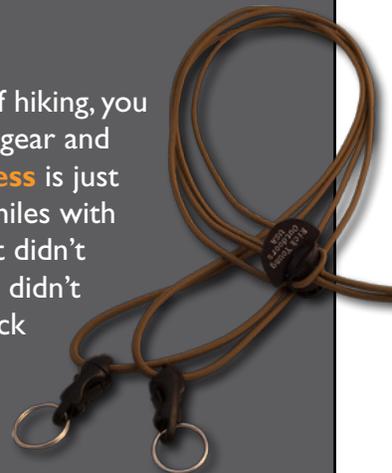
We hope the advice from this article gives readers some extra confidence going into the field, and raises excitement for women in the sport of bowhunting. Good luck on your antelope hunts this season!

Amanda Caldwell and Abby Atol are the cover girls of this issue! Check out more about them on page 8.

+Editor's Picks

Anytime you are doing a lot of hiking, you need lightweight, comfortable gear and the **Ultra-Light Bino Harness** is just that! This spring, I walked 11 miles with mine while shed hunting and it didn't tangle, was great to adjust and didn't cause me to sweat like the thick binocular straps do! \$24.99

rickyoungoutdoors.com



When you're a long way from anywhere, it's crucial to be safe.

Big Game Gut Gloves help keep you safe from accidental cuts while cleaning game, are durable and long so your camo stays clean, and reusable so you don't have to tote multiple throwaway gloves. Rinse in a creek now, or store in a plastic bag to easily rinse later. I love that they come in many sizes - small enough for women and youth! \$29.99

biggamegutglove.com



If you're like me... and most women... you have trouble finding jeans/pants. They become even harder to find when you're looking specifically for hunting/field pants.

Covey Charleston

has come to the rescue by offering you a custom fit as you mail them your own pants that already fit great, and they recreate them with tough briar-proof material! \$160-175

coveycharleston.com



Women's **ADVENTURESS** ^{2nd Annual} **TRAIL CAMERA CONTEST**

TO ENTER: Submit your best deer and non-deer trail camera photos from 2015-2016 dates (limit three photos per category), **PLUS** any kind of photo of yourself setting up or checking a trail camera!

Deer & Non-Deer Category Winners!



EMAIL BY AUGUST 21ST:
inspire@bettheadventuress.com

Each winner receives:

- ~ Covert DLC MPE6 Trail Camera
- ~ Stic-N-Pic Mini Tree Mount & Stic-N-Pic Mini Ground Mount
- ~ Trophy Rock, bag of Four65, Trophy Rock flashlight, hat & shirt

Watch for photos to be highlighted on ADVENTURESS Facebook!



Trail camera photos must be the entry person's OWN photos and in their ORIGINAL state (no alterations) with info bar.

Editor's Picks Gear

There's not always going to be a tree where you want to set up a trail camera - or a tree of the right size. That's no problem with

Stic-N-Pic.

Their ground and tree mounts are quality made and will add so much versatility to your trail camera setups (water especially). \$19.99-44.99

sticnopic.com



Problems with trespassers and people stealing your trail cameras?! Try **Cambush** - it's camo for your trail camera! You won't believe how well it blends into the surroundings - helping you keep your trail cameras and catch trespassers. \$14.99 cambushcamo.com

Covert Scouting Cameras is known for great quality photos. I recommend their MP8 trail camera for quality with a price that doesn't break the bank. \$134.99

dlccovert.com

This vest is actually designed for gardening, but it's perfect for the many activities of the outdoor woman - including trail cameras! The Heirloom Vest by **Duluth Trading Company** has plenty of pockets to carry your batteries, SD cards, trail camera, pruners, gloves, scent lure spray, tree mount, phone, water bottle, etc. \$69.50

duluthtradingcompany.com





All Natural Mineral Lick



**QDMA
PARTNER**

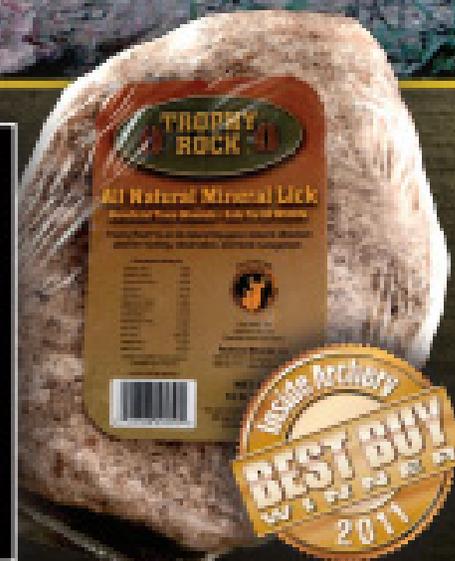


Bigger Bucks... Naturally.™

Redmond Minerals, Inc.
1-888-521-7771
trophyrock.com

We mine Trophy Rock from a deposit hundreds of feet below the earth's surface in rural Utah, where nature has loaded it with more than 60 trace minerals that can make a huge difference in herd health and antler development.

THE ORIGINAL
ROCK AND IT'S
MINED IN THE
U.S.A.



Can your trail camera mount
DO THIS?



No matter the angle
Put your trail cam exactly
WHERE YOU WANT IT.



Why Stic-N-Pic?

No tree?
NO PROBLEM.



Stop advertising,
START HIDING.



Masterpiece Outdoors

Jesse@SticNPic.com

Orders@SticNPic.com

608.839.5557

Join the conversation at:

 Facebook.com/SticNPic

Find us online at:

www.SticNPic.com

Made in the USA. Patent Pending.

© 2015 Masterpiece Outdoors, Inc.

FISH.



PROTECT YOUR SKIN

By Marianne Huskey *As featured on The Women's Outdoor News*

As a young girl, I loved summer. Who doesn't love fun in the sun and a beautiful tan? Now, at the age of 41 and with years on the water, I have developed sunspots on my face and hands.

For those of us who spend time on the water in the summer and on the ice in the winter, the sun can be extremely damaging all year long. I have had three face peels, along with prescription creams from my dermatologist to reverse the damage, and nothing has worked. So, please don't wait until the damage is done. Protect yourself early in life. Here are some tips:

I recommend zinc oxide sunscreen, which gives great natural protection. I use the generic 'Clear Zinc' from Walgreens because it's affordable (\$6.99), even for those who go through so much of it like me.

Use Broadband Spectrum SPF 50, reapplying often, as directed.

After applying sunscreen, remember to wash your hands with a scent-removing hand soap before you touch any of your baits and continue fishing. I carry a bar of soap with me so I have it while I reapply on the water.

See more of Marianne's fishing at mariannehuskey.com and matzuo.com.



the
won®

women's outdoor news
womensoutdoornews.com

"Shooting,
Hunting,
Fishing
and
Adventure!"

You Tube



An ezine that features news, reviews and stories about women who hunt, fish, shoot and live outdoor adventures.





Padding Guide to

yakin, always

By Jennifer Pudenz



Current Designs

EXPLORE.

One of the things I love the most in life is being on the water, and one of my favorite ways to do that is through kayaking. My first time kayaking was actually at the opening of a new state water trail where they had a wonderful free event with kayaks, life vests and paddles available to whoever showed up! That soon turned into me renting kayaks and then having to have my own! There are so many different ways to kayak, here are some tips to get you started off right and then you'll be hooked too!

GEAR

If you see someone on the street with some really strange tan lines... it could be a fellow kayaker! Ha! You're often enjoying your kayak while the sun is strong, and with being so close to the water, you are going to get burnt if you're not careful. And since you are sitting down, you are going to burn in different places that you normally wouldn't apply sunscreen on. After you're out a few times, you'll see what I mean – those odd areas are often on the inside of your thighs, knees, below the knees, ankles/feet and the most unexpected... the top of your hands and knuckles as you grip your paddle! Wear sunscreen, reapply often (I know easier said than done) and cover yourself with long sleeves and pants when you need to.

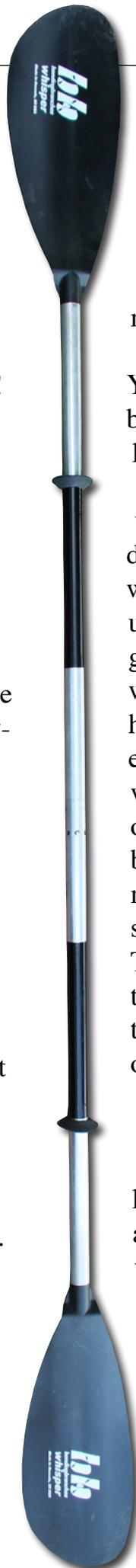
The best clothes to wear while kayaking include light, quick-drying clothes. Luckily nowadays, there are really great options out there! Some of my favorite high-performance clothing comes from Duluth Trading Company, Un-

der Armour, Ascend and Fishe Wear. These help you stay cool by wicking sweat, dry quick when you get splashed with water and often include SPF in the clothing, as well as being designed to move with ease while being active.

Another important factor is your shoes. You want to have shoes that can get wet because whether you have to drag your kayak off the bank or to the bank, you usually have to get in the water a bit when getting in or out. There are a lot of different kinds of shoes out there that will work so find what works best for your usage. I recommend shoes that float and go over your whole feet (not flip flops), whether they are completely enclosed or have holes throughout. While I have an expensive pair of shoes specifically for water, my favorite is actually an old pair of Sketcher Go Walks that are enclosed, but slip-on and lightweight with light material and soles because I can easily slip them on and off while in the kayak. Though since they are not made for water, I have destroyed the look of them and they do get stinky if you don't put them on a boot dryer afterward, while my water shoes look great still after each use.

The most important thing you can wear is a life vest. If you are renting a kayak, your renting fee should include a life vest. If you have your own kayak, there are life vests specifically for kaya-

<< **Bending Branches** of northern Wisconsin makes excellent paddles for all kinds of needs and price points. Check out their **Kayak Paddle Sizing Guide** before you buy a paddle.



Kayaking Gear

By fellow outdoorswoman, Linda Leary of Anchorage, Alaska!



There's a lot of great performance neck gaiters out there that provide cool, wicking material and UV protection, but what I like about this particular one by **BUFF** is it also features built-in odorless insect repellent! \$28.95 Find it at [Duluth Trading Company](#).



I'm a splasher and a sweater, and this **Duluth Trading Company** Dry on the Fly shirt is my favorite for fishing and paddling. It looks great, keeps you cool and protected in the sun, and will dry quickly from water or sweat! \$49.99 [duluthtradingcompany.com](#)

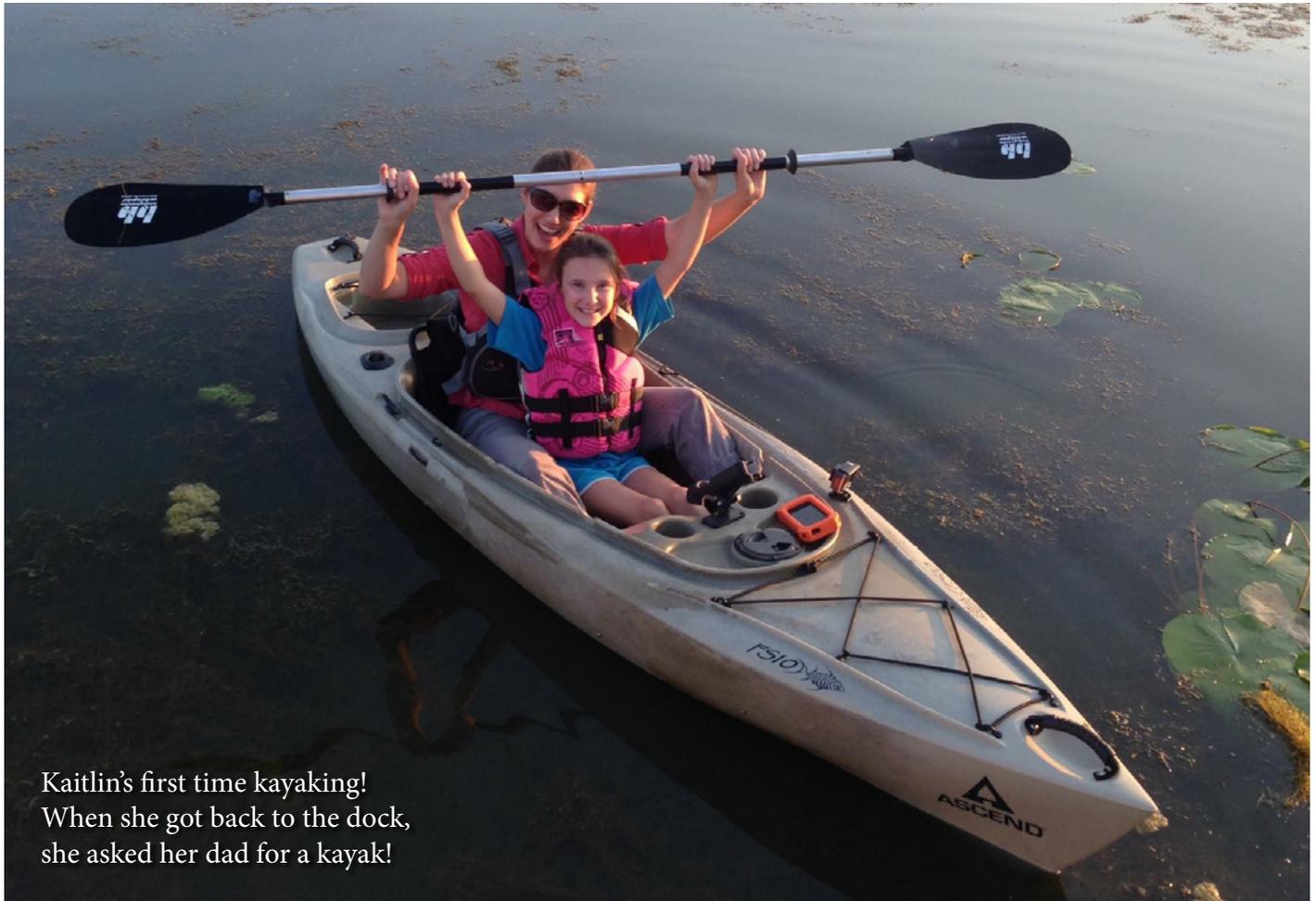


A very fun company making a splash, **Fische Wear** offers creative, eye-catching performance wear leggings perfect for paddling as they wick away sweat and protect you from the sun with SPF 50! These work great for protecting your legs while sitting down in a kayak! \$110 [fishewear.com](#)



This **LifeProof** Nuud waterproof, drop-proof cell phone case and the LifeJacket floating case have been life changing for me as an outdoor woman! I no longer have to worry about water, sweat, mud, dirt, drops ruining my phone, and with the LifeJacket on as well, if it goes overboard, it floats! This combination lets me enjoy the water and take photos as I please without the worry of damaging or losing my phone! Starting at \$89.99, \$39.99 [lifeproof.com](#)

EXPLORE.



Kaitlin's first time kayaking!
When she got back to the dock,
she asked her dad for a kayak!

king that are shorter in the back so it isn't against your seat – though regular life vests work too. Drownings happen every year to people enjoying ponds, lakes and rivers, and drownings happen every year to kayakers specifically. In most of the statistics, those who don't survive were not wearing a life vest. Wear it! It doesn't matter how good of a swimmer you are, unexpected things can happen on the water, there are undercurrents you are not aware of, and being entangled or trapped under water can happen. Play it safe, play it smart – wear it.

KAYAKS

There are many different types of kayaks out there, and it's just a matter of picking

one that works for you and how you'll use it. A great way to start kayaking is by renting and/or joining group kayaking events. This lets you try out different brands, styles and lengths of kayaks so you find what you like the best, especially before you consider buying. Prices for kayaks can be as affordable as \$200-\$250 at the cheapest or as expensive as \$5,000! Ascend kayaks by Bass Pro Shops are continuing to gain in popularity due to their great quality for very reasonable prices.

Typical kayaks are usually in the range of 8-, 10- or 12-feet in length. However, there are smaller kid kayaks and bigger small-boat-like kayaks! There are also kayaks where you sit inside the cavity or are exposed sitting on the top.



Kristi Schirm's
(background)
and Sam's first
time kayaking!



Ashlin's first
time kayaking!





EXPLORE.



A kayak designed for fishing with stable dimensions and rod holders.

Beginners are best to start on shorter, wider kayaks, as these are sturdier until you get the feel and your balance on the water. However, these traits make them slower for paddling, so more experienced kayakers often like to upgrade to skinnier, longer kayaks that cut through the water smoother and quicker, but are tipsier.

Another great kayak for beginners or just for fun is the double kayak. That way you learn with another person, whether experienced or a beginner also.

Kayaks can even be designed for specific reasons such as fishing, coming with rod holders, places for your tackle, sliding systems for anchors and much more! If you love kayaking and you love fishing, combining the two can be a lot of fun! Some kayaks are even made large and stable enough for stand-

ing up or have options of stabilizing sides, so I've even heard of kayak bowfishing!

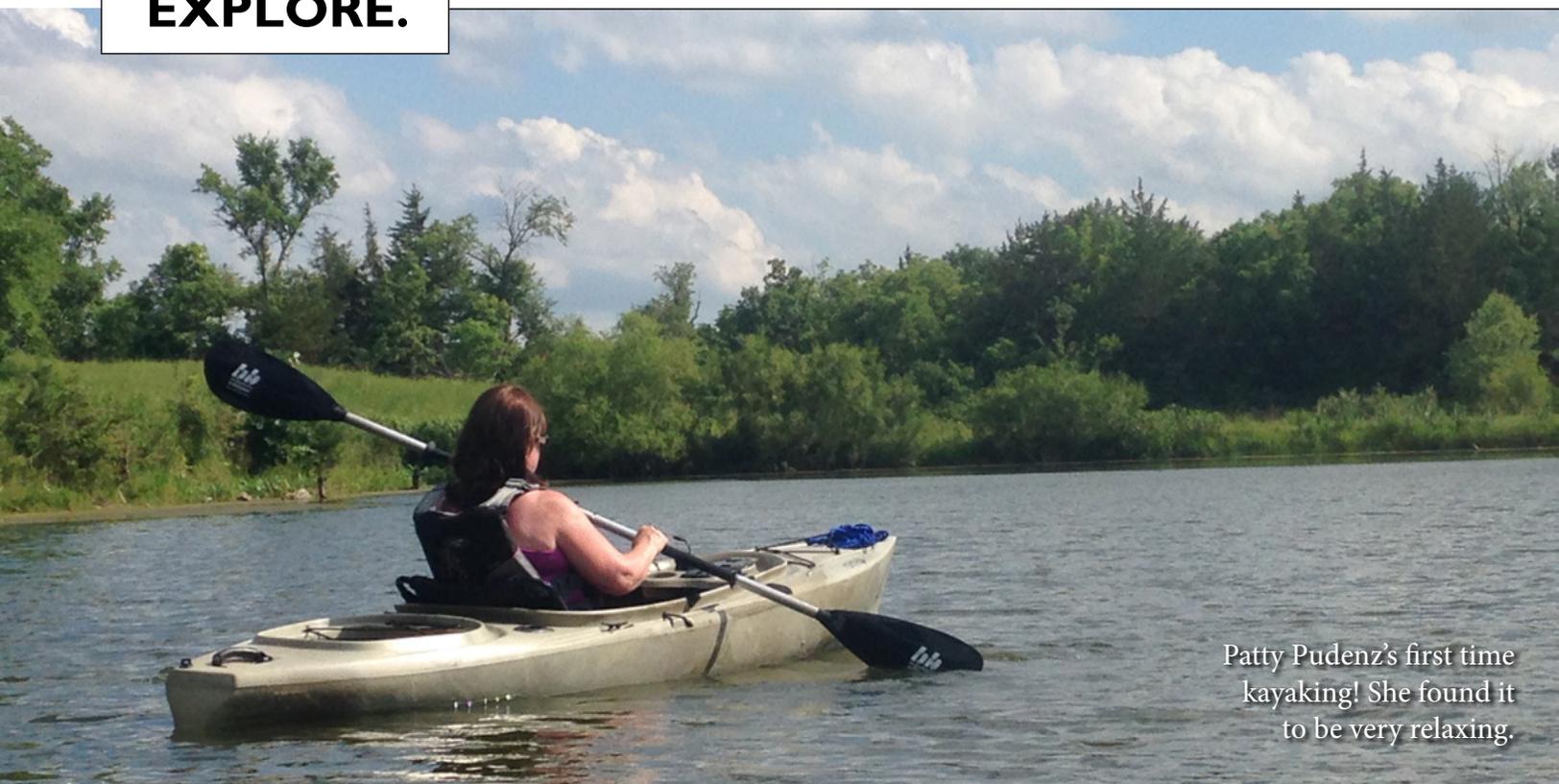
THE PADDLE

Like with the kayak, finding the right paddle can require trying out different types. While canoes use single-bladed paddles, kayaks use two-bladed paddles. Choosing the right paddle actually depends on your stature, size of the kayak and how you're going to use it. Wider and taller kayaks require longer paddles. Flat, flimsier blades are generally cheaper, but curved, sturdier ones increase the power of your stroke and help while pushing off shore.

PADDLING

A lot of beginners worry about what to do, and honestly there's not a lot to it. When

EXPLORE.



Patty Pudenz's first time kayaking! She found it to be very relaxing.

working with a new kayaker, I usually show them the movement of the paddles real quick and then slowly push them out a bit to give it a try. Most people are going to figure it out naturally on their own. Unless you're going into competing or strenuous long trips, you really don't need perfect technique to paddle around just fine and enjoy yourself. However, a few tips...

For beginners, it's important to begin in on safe, calm waters. The most challenging thing can actually be getting into the kayak. Whether that's on the shore or against a dock, keep your weight low and centered. Stabilize yourself by using your paddle against the shore or grabbing onto the dock while putting one foot at a time into the cockpit. Then slowly lower yourself into the kayak.

If you're pushing yourself off into the water, put the paddle vertical into the ground on one side and push, switching sides of the kayak until you're free in the water. A part-

ner is very helpful with stabilizing the kayak while you get in and pushing you out.

To begin paddling, grip the paddle with hands over, thumbs under. Wind your torso, placing the blade parallel to your foot. Stroke deeply and evenly with the paddle coming out of the water when your hand reaches your hip. Unwind your torso and turn to your other side to repeat.

To turn, you can use simply paddle more on one side of the kayak or use the paddle as a rudder, dragging it next to the kayak. The kayak turns toward the same side of the blade. You'll get better and better at controlling your kayak as you go.

SAFETY

Anytime you are on the water, safety is a must whether you are a beginner or have a lifetime of experience. Weather plays a huge roll and it's important to keep an eye on storms, flooding and wind, especially in

a kayak. I have The Weather Channel app on my smartphone and check it before heading outdoors and throughout the day.

Another large key in safety is to know the water you are on. If you're new to paddling, it's especially important to play it safe and stick to smaller, slow-moving water until you are more experienced. Small lakes and ponds are perfect for this. Even experienced paddlers need to be extra careful with large, open water as you don't want to get stranded too far from shore if something goes wrong, and rivers that can have a current that could push you into structures as well as have a hidden undercurrent.

It's worth repeating. Again - always have a life vest with you and **WEAR IT!** I especially recommend wearing it all the time if you are a beginner, are actively paddling, in riskier

water or have a lot of gear with you that could potential tangle with you if you should flip. I have never fallen off or flipped in any paddling situation, whether a stand-up paddle board, kayak, canoe or small boat, so it's not something you want this to scare you from trying something new, but you just want to be safe and prepared.

HAVE FUN!

There are so many ways to enjoy paddling and have fun with kayaking! Try a paddling event and meet new people, kayak with friends/family, teach others how to kayak, float a river with your kayak, bring your dog who also loves the water aboard, fish in your kayak, catch turtles, relax on the water and much more! Whatever you do, get out there and give kayaking a try! -JP

Bug Soother[®]
Repels bugs, gnat-urally

**Smells Great.
Feels Great.
Repels Great.**

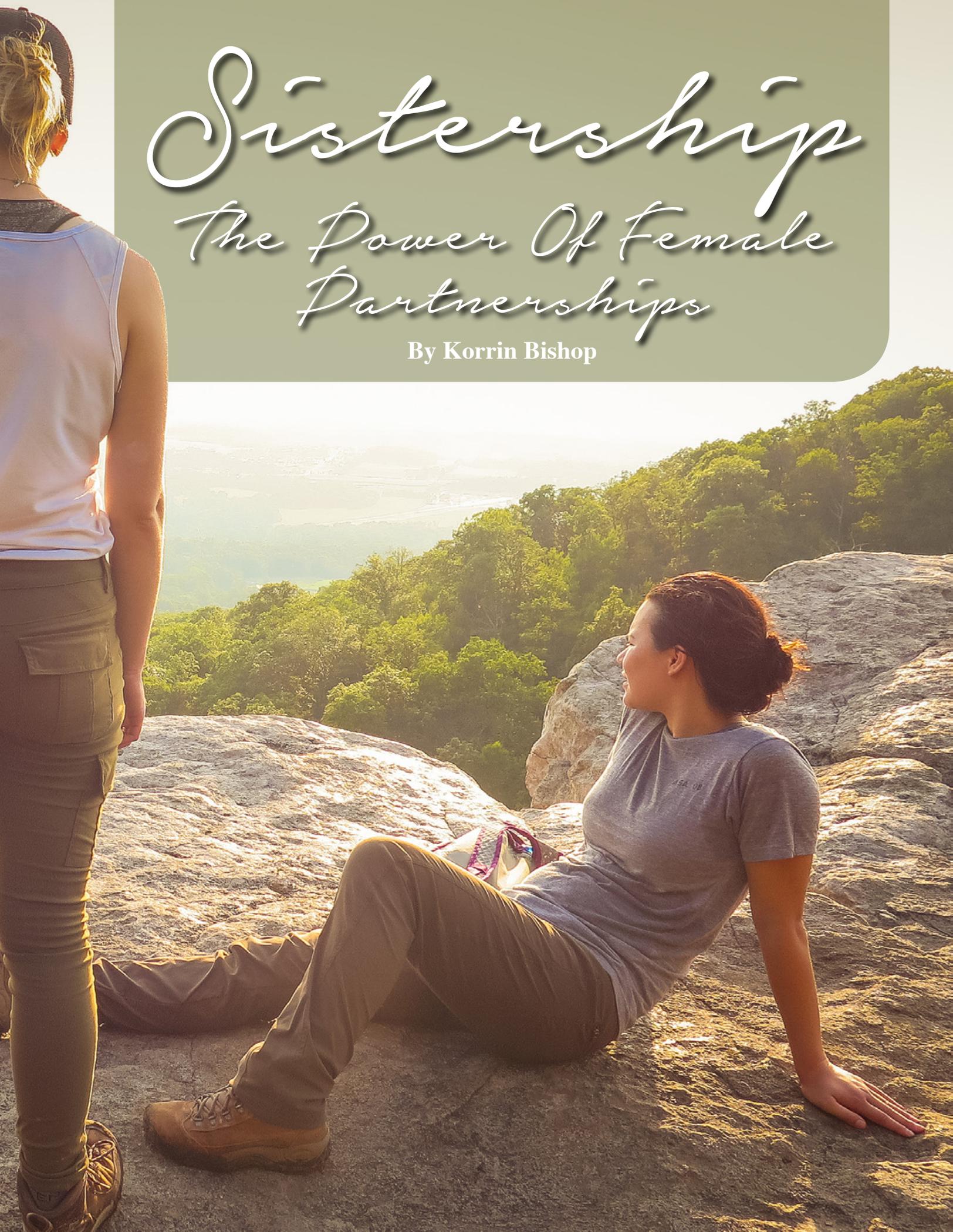
Save 25% Off retail
at bugsoother.com
w/ promo code **ADV18**



+More inspiration



PHOTO BY
ASHLEY BARRY.

A photograph of two women on a rocky mountain peak. One woman is standing on the left, wearing a white tank top and olive green cargo pants, looking out over a valley. The other woman is sitting on the right, wearing a grey t-shirt and olive green cargo pants, looking towards the standing woman. The background shows a vast valley with a river and a bridge, surrounded by green trees. The sky is bright and hazy.

Sisterhood

The Power Of Female Partnerships

By Korrin Bishop

September 2, 2014: Korrin to Liz

So, I just got back from my camping trip in Alaska with the fella, and I'm officially hooked on outdoor adventures. He's heading out in about a week for another canoe trip with some of his bros. They all go on an outdoor adventure together once a year.

Anyway, that got me thinking... it would be super fun to start an outdoor adventures group of ladies! I was thinking it could be a group of about 4-6 and we could go on a backpacking/canoeing/whatever trip together once or twice a year. I was trying to think of which of my lady pals are more of the outdoorsy type, and obviously thought of you! Anyway, let me know what you think, and if you'd be interested in getting a little group going!

Later that day: Liz to Korrin

Sounds soo soo fantastic. More later. But short answer: YES!

September 6, 2014: Korrin to Liz

If you have time in the next week or two, let's meet up and brainstorm! Yay for Wild Wilderness Women (just trying out a potential team name... ha!)!!!

If I had known back in September 2014 the name Wild Wilderness Women (WWW) would, in fact, stick, or if I had known that by the time of writing this, the group would be close to 40 women strong — if I had known it would bring me to Montana in September 2015 to partake in the Wild Sage Summit,



that it would have a web presence, or it would be run by a board of seven incredible women — if I had known any of this, well, maybe, just maybe, I would have tried to have had a more eloquent email exchange with Liz that I could share here today.

However, back then, I hadn't yet experienced

the full power of female partnerships. I hadn't been enlightened by *Power Through Partnership: How Women Lead Better Together* (a book by Betsy Polk and Maggie Ellis Chotas set to come out just months after this email exchange) to pull back the veil on this quiet revolution. I couldn't have



known this brief and ecstatic exchange would turn into one of the most fulfilling initiatives — and partnerships — toward which I’ve put my time.

Polk and Chotas discuss that while “bromance,” or strong male partnerships, have long been accepted and valued by society, the female equivalent has been far less pronounced — as well as plagued by stereotypes of “catfights,” untrustworthy girlfriends and a lack of interest in healthy professional competition. They urge a growing movement of what they deem “sistership,” an opportunity for women to collaborate in a way that is both personally and professionally filling. Through the co-founding of WWW with Liz, I personally experienced the vast power of this sistership, and it reached yet another level of strength when we established our all-female board to continue to operate and nourish this growing organization.

Partnering with other women afforded me the opportunities of confronting “impostor

syndrome” in a constructive way, avoiding passion project burnout and leveraging a unique type of strength and creativity that is unapologetically female.

“Impostor Syndrome”

In the past few years, many powerful, talented women have been bringing a needed voice to impostor syndrome — the feeling of not belonging or not having earned an accomplishment, coupled with the anxiety of eventually being exposed as a fraud. In my time as a student, a young professional and a wild wilderness woman, I have not been immune to feeling just that.

There are several facets to why impostor syndrome is something to discuss openly and address meaningfully, but a main one I think about is that WWW may not have come into fruition if impostor syndrome had been given center stage. I would have been too busy doubting the idea’s value, whether anyone would actually be interested, or if I had the

+More inspiration





skills needed to pull it off to ever get to the work of creating it.

However, there's a key reason why impostor syndrome wasn't given that chance to derail this dream — I had Liz. I chose partnership. Polk and Chotas explain why this decision actively works against the lack of confidence that impostor syndrome fuels:

The partnership dynamic plays a powerful role in developing confidence. The process starts with deciding to partner. When you say yes to combining your skills with those of a respected peer, you need to first acknowledge that you're bringing valuable skills and perspectives to the partnership: after all, your partner is choosing you for good reasons. And, while you may sometimes experience the impostor syndrome yourself, chances are you have faith in the credibility of your partner: a woman may cut herself down, but rarely will she transfer that insecurity to her close colleague. Through the very act of partnering, women learn to assume confidence in themselves because their professional identity is closely tied to that of their partner's.

In addition to partnership being critical to dismissing the impostor syndrome that could have stopped WWW from ever getting started, it has also given me the occasional loving slap in the face when my self-confidence has waned in unproductive ways. Upon receiving an invitation to speak at a women's event held by a well-known outdoors company, my immediate reaction to Mia, our board's VP of Adventure Planning, was along the



PHOTO BY JAYMIE SHEARER.

lines of, “What? They want me to speak? But I know nothing.”

Having Mia in my partnership circle pulled me back from a destructive loop of self-doubt by reminding me of the value I bring to our work. She told me with straightforwardness and kindness, “Korrin, you have built an amazing and strong organization of women who are supporting and empowering one another to push limits and try new things. You know everything.”

Avoiding Passion Project Burnout

Passion projects are the fuel of life. They’re filled with the very things that make your heart sing. They’re you taking the time to create

something you genuinely care about. I love passion projects. They keep my eyes wide and my mind dreaming.

However, for the many of us who juggle these passion projects alongside day jobs and other responsibilities, they can also make for a stressful situation. If you’re not careful with your steps, it’s easy to have the very thing that once brought you so much joy turn out to feel like a burden — the shame of not being able to keep up with things others have come to rely on, the overwhelming feeling of a busy life and the struggle of setting aside time to think strategically about the project as it grows.

I’ve found much of the threat of passion project burnout can be avoided by the gift of partnering with another woman. During our founding, both Liz and I were managing heavy loads — applying to business school, work travel, wedding planning, breakups, deadline chasing. We could have burned out quickly on WWW before it even really began if we hadn’t had our partnership.

Partnering allowed for Liz to lean out of the project when she needed to focus on getting her applications in for business school because she knew that I could lean in to carry some of the extra weight of planning our group for that time. When the situations switched and I needed to lean out to address some personal aspects of my life, I knew I could rely on Liz to make sure our first hike still went off with a bang. There was a mutual accountability that kept the momentum moving forward.

When Liz got accepted into business school and needed to redirect even more of her time toward that channel for a while, we established the all-female board we have today to continue to grow and direct WWW in a meaningful way. I now not only have the gift of having

co-founded this group with Liz, but also the support of five other women whose ideas and willingness to move along their own initiatives within the group inspires me to continue to put my time into this effort — and to not burnout.

When it comes to passion projects, it's okay to ask for help. Partnering with another woman — or a group of women — offers the comfort and understanding that your passion project will continue to flourish even when life steps in and asks you to step out for a little.

Unapologetically Female

Much of the mainstream talk about breaking the glass ceiling seems to eventually circle back to how women need to rid themselves of the confidence-lacking, emotion-fueled and communally-based “feminine” characteristics holding them back. We need take on more

“masculine” traits to be taken seriously and to advance within our fields. Answer assertively. Be aggressive. Take leadership. Don't express emotion. Don't be accommodating. Don't show vulnerability.

And yet, this approach still doesn't seem to be working. Not only does taking on “masculine” characteristics require women to delicately dance the line of being “too much” of any of these traits, and therefore, somehow, no longer “woman enough,” but perhaps even more importantly, this strategy can't work because it ignores the great value these chastised “feminine” characteristics actually bring to the table.

Being communal allows us to share ideas and skills and leverage the best pieces into the most optimal work. Having emotions allows us to shape our projects in ways that affect



The American Woman Shooter is a lifestyle magazine that celebrates women in the firearms industry, partners with sister groups, unites women, & educates women on firearm safety.

Get Your Subscription Today!

TheAmericanWomanShooter.com





actual people and promote mission-driven initiatives. Expressing vulnerability gifts us the strength of being able to face our fears and learn to overcome those challenges.

The partnerships I've grown with my co-founder and board feel unapologetically female in the most beautiful, empowering and productive of ways. Outside the bounds of traditionally male-dominated arenas where our skills are under-valued and our steps must be calculated, our strong tribe of sisters is finally given permission to be our full selves.

Polk and Chotas again bring further light to this benefit of female partnership:

In sharp contrast to the entrenched double standards that plague our society, women in partnership have access to the freedom that comes from working with someone who gets it because she has been operating on the same playing field, under the same unspoken rules and societal expectations. This shared understanding can make it easier

for a woman to bring her entire self to work, knowing that in the company of a female peer there's no need to modify, adjust or apologize for who she really is. Partnership is one of the few professional spheres (perhaps the only

one) in which women can comfortably be themselves — brusque, emotional or otherwise — in contrast to more structured, mixed-gender environments where women might not feel so at ease.

Empowering women isn't just about increasing confidence levels and instilling male-oriented methods, it's also about acknowledging traditionally female approaches are invaluable. The partnerships

that keep WWW functioning have given us the space to be intentional about nurturing just that.

Hey, Let's Partner!

As soon as I experienced the full power of partnering with other women through WWW,

**EMPOWERING
WOMEN ISN'T JUST
ABOUT INCREASING
CONFIDENCE LEVELS
AND INSTILLING
MALE-ORIENTED
METHODS; IT'S
ALSO ABOUT
ACKNOWLEDGING
THAT TRADITIONALLY
FEMALE APPROACHES
ARE INVALUABLE.**

I was hooked. It was like opening the door to infinite potential. I started meeting more and more creative, driven and smart women, and our conversations would naturally evolve into excited strategizing about how to live out our dreams, grow our ideas and, of course, in what ways we might be able to partner to help each other achieve these goals.

The benefits of female partnerships are vast, allowing for a full appreciation of the feminine and a support system to keep a dream in motion. It is my sincere wish that all women have the chance to uncover and experience the beauty of these partnerships, and the strength and joy they bring to both our personal and professional lives.

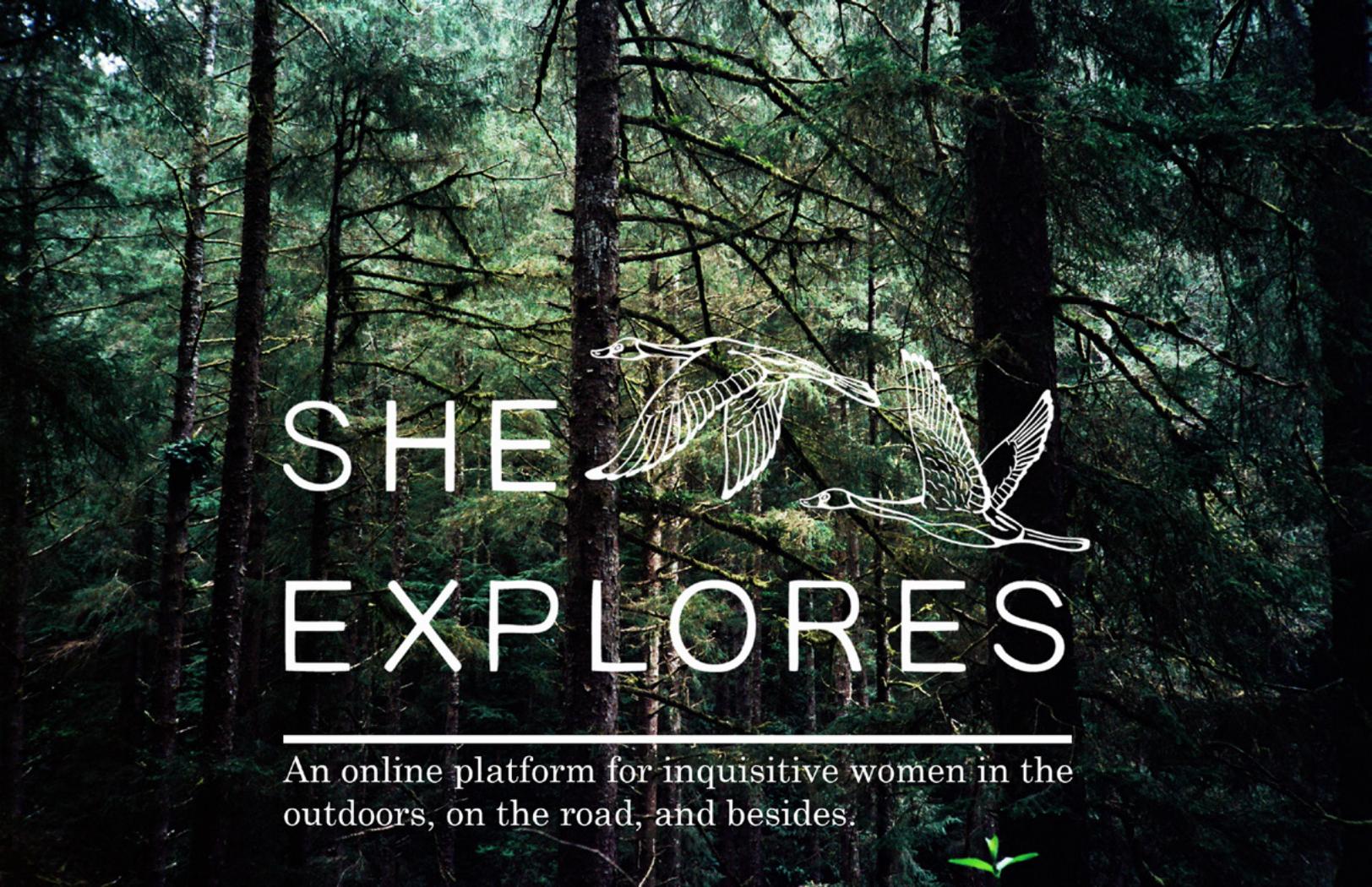
In the end, the best way for women to debunk the myths we are prone to catfights, can't collaborate professionally or don't have

the confidence to accomplish big things is to stop listening to that old narrative and start allowing ourselves to explore our untapped potential — together.

So, when that opportunity arises to send an exclamation-point-laden email to a gal pal about an idea you have, or to respond to the one you just received from her, I hope you'll both land on, "Hey, let's partner!"

Then, like Polk and Chotas through their book, and like my little attempt here, I hope you'll find a way to share your partnership story so even more women can begin to visualize and benefit from the underutilized power of sistership.

*Korrin Bishop co-founded **Wild Wilderness Women** and writes for her blog "Rough Outlines." Reprinted with permission from **She Explores**.*



SHE
EXPLORES

An online platform for inquisitive women in the outdoors, on the road, and besides.





GARDEN GEAR WITH GROW-READY GUMPTION

It's time to hoe, grow and reap what you sow. Good thing we've got all the gear you need to dig right in and work up a whirlwind. Like the ultra-flexible Sidewinder Shirt, new and improved pocket-packed Heirloom Gardening Vest and UPF 50+ packable Crusher Hat. With innovation like this, you're bound to have a blue-ribbon season.

GREEN THUMB ITCHIN'? WE'VE GOT MORE GARDEN GEAR ONLINE!
DULUTHWOMEN.COM/GARDEN

DULUTH
TRADING
CO.



SUMMER *Strawberries*

By Jennifer Pudenz

Part II of Gardening with Higher Standards

A perfectly fitting sign of summer, the beautiful, bright red coloring of strawberries stands out as much as their versatility. While June might be the most popular time for strawberries, everbearing varieties of strawberries produce berries from early summer to autumn! These plants send out fewer runners than June-bearing varieties, allowing them to use energy to produce multiple berry crops. So don't miss out and add everbearing strawberries to your garden!

Whether growing your own, picking from a strawberry farm, selecting from a farmer's market or buying from the grocery store, strawberries are a wonderful way to celebrate with family and friends, cool down from the heat and reap the health benefits of fruit. On the next page are two of my favorite strawberry recipes: my husband's favorite pie many of our friends and family rave about, and a healthy smoothie that fills me up as a breakfast and starts my day off right! This is also a great recipe to swap in other berries at the peak of their season, such as blueberries, raspberries and blackberries! Experiment and tweak to make it your own!

Strawberry Jell-O Pie

Ingredients:

- 1 pie shell
- 1 Qt. (4 C) strawberries
- 1 C sugar
- 4 T. cornstarch
- 2 C water
- 1 sm. box of strawberry Jell-O (not sugar free)
- Cool Whip (optional)

- Bake pie shell as directed whether homemade or box instructions (poke holes with fork on bottom, sides; bake 450 degrees for 10-12 minutes until golden). Set aside to cool.
- Dice strawberries into fourths.



- In a small bowl, mix sugar and cornstarch together (to avoid cornstarch clumps).
- Pour water in a small saucepan and cook on high heat. Slowly whisk in sugar/cornstarch mix, then stirring and boiling until thick. Take off stove.
- Add Jell-O, then mix all into strawberries.
- Pour strawberry mix in pie shell and cool for about three hours in the refrigerator.
- Top with Cool Whip. Enjoy!

Strawberry Banana Breakfast Smoothies

Makes 2 servings

Ingredients:

- 1 C strawberries
- 2 bananas, chunked
- 3 T. milled flax seed
- 4 T. vanilla yogurt
- 3 T. juice, such as orange or cranberry juice
- 2 T. honey
- 2 C ice

- Place all ingredients in a blender and mix on medium-high speed or pulse until smooth. Pour into glasses and serve immediately. -JP



*Make it your own
with other berries too!*

SLY AS
A FOX

COLORADO

See more of Carolyn's
photos on Instagram
[@shelovescolorado](https://www.instagram.com/shelovescolorado)

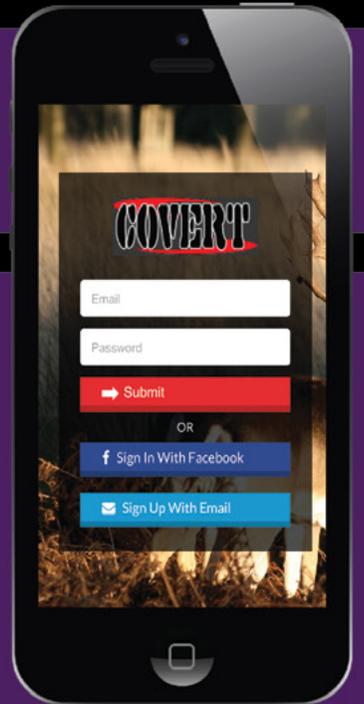


COVERT SCOUTING CAMERAS

- Get your pictures instantly!
- No Long-Term Contract
 - Pay As You Go
- 30 Days FREE Cloud Storage for all your Photos!



AT&T Code Black 12.0
Verizon Blackhawk 12.0



Real-Time Control of Your Device!

Check us out at:

www.covertscoutingcameras.com

