

Becoming An Outdoors Woman Workshop

Touch of Nature/Giant City State Park, Sept. 16-18, 2016

Class Descriptions

Archery I: An introduction to terms, equipment, and technique. Participants will be instructed in basic instinctive shooting skills/styles with opportunities to target shoot. Equipment provided.

Basic Canoeing: Learn the basic parts of a canoe, different strokes and when to use each one, how to carry and handle a canoe and safety. Bring appropriate footwear and loose fitting clothing. Includes canoeing on scenic Little Grass Lake.

***Firearms and Firearm Safety:** The course will cover basic firearms, firearm safety, an introduction to selecting and purchasing firearms, and proper handling and storage with inoperable firearms. This course is a prerequisite for anyone who has not had the Hunter Education course/card and wishes to shoot in a live fire class later in workshop.

Girls with Power Tools: Power tools may look and sound intimidating, but with the proper training, these tools can really save you time and money around the house. Learn the different parts of power tools, safety, and how to operate.

****Handguns:** Learn the basics of selecting a handgun, handgun shooting, and self-protection. Firearms & Firearms Safety class is a prerequisite for this session. Firearms and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. Please contact BOW Coordinator if you plan to bring your own handgun. **Extra \$10 cash fee payable when you arrive at Touch of Nature.**

Shotgun 1: Participants will learn techniques of shotgun shooting. This course includes practical shooting experience in overhead passing clay targets. Firearms & Firearms Safety class is a prerequisite unless you have verification of completing a Hunter Education Safety course. Firearms and ammo provided.

Introduction to Sporting Clays: So you've taken Shotgun 1 and want to be challenged a little more? This class offers several, more challenging target presentations along with a lot of shooting!

Wilderness First Aid: The basics of wilderness and remote first-aid will be covered including assessing the situation, when to call for help and/or evacuation, dealing with the initial first aid, whether to move a victim and the best way to do that, and how to put a first aid kit together. This is not a certification class.

****Rifle:** Learn the basics of rifle shooting and selecting a rifle. Try your marksmanship out on .22 caliber rifles up to .223 caliber rifles. Firearms & Firearms Safety is a prerequisite for this session. Firearms and ammo provided. **Extra \$10 cash fee payable when you arrive at Touch of Nature.**

Orienteering: What happens when your GPS fails you while you're hiking, hunting, or just in an unfamiliar landscape. Learn how to find your way with a map and compass, just like the old timers. Includes practice on an orienteering course.

My Own Time: Well, it was very popular last year so let's offer it again. After a long two days of traveling and classes, if you would prefer to sleep in, get packed up earlier, go explore the Giant City or the Carbondale area, relax while reading a book, or just reflect on your BOW experience, this class is for you! Do whatever you'd like to do Sunday morning!

Native Peoples Skills: There are many ways to live with Nature. This class will introduce you to skills native people relied on; flint-knapping, fire making, knot tying, and more.

Woodcarving: Let your creative skills go to work in this class where you'll learn the basics of how to whittle and carve wood into shape and form. You'll receive hands-on instruction with tools, techniques, and methods of carving.

Leatherworks: Well, I was trying to get a taxidermy class in for you gals but it morphed into a leatherworks class. You'll get to try your hands at working with leather. Class includes information on hides/skins so there's a little taxidermy! A class project will include making your own leather satchel.

Basics of Fishing / On Pond Fishing: Learn the basics of fishing including tackle, species of fish, artificial bait selection, and more. You can then put the information you've learned to the test by fishing in a pond. Come back with some fish stories!

Nature Crafts: Proclaim your love of nature with jewelry from, or inspired by, nature. We'll also have the supplies on hand to create nature crafts that will attract pollinators and birds to your backyard. Nature and our creativity knows no bounds!

Birding: Southern Illinois offers a large variety of birds to enjoy. Learn how to identify different species of birds through site and sound using tools such as field guides. Birding is a wonderful outdoor activity for all ages. Includes a trail hike.

Outdoor Cooking: Food just tastes better when prepared outside over a fire! Learn several methods for preparing food over a campfire or hot coals. Best part of this class is you get to eat what you make!

Wild Edibles: You won't believe how many wild edibles are available in nature. Learn how to identify some of these edibles, while staying away from the bad ones! There may even be some good recipes to pass on to participants in this class. Includes a trail hike.

Outdoor Photography: Capture that special moment in the great outdoors with the perfect photograph. This hands-on class covers concepts including blurring backgrounds, creative angles, leading lines, and more. All cameras including cell phones are good for this class.

**** NEW CLASSES THIS YEAR ****

Hiking Giant City State Park: Take a hike through beautiful Giant City State Park. Hike includes information on park history, botany, geology, and the incredible Streets of Giant City. Trail is moderate in difficulty. Hike is approximately 1 ½ hours long and is a slow pace.

****Rock Climbing / Rappelling:** Want to get some adrenalin pumping?! This is the class. You'll be learning both activities at Vertical Heartland on Drapers Bluff. Listed as new class because of new location and unbelievable landscape and scenery. Check it out on the internet for yourself! **THIS IS AN ALL DAY CLASS TAKING UP BOTH THE MORNING AND AFTERNOON SESSIONS ON SATURDAY.** **Extra \$25 cash fee payable when you arrive at Touch of Nature.**

****Zip Lining:** One of the fastest growing outdoor activities right now is zip lining. Zip lines are popping up all over the United States. If you're adventurous, not afraid of heights, and maybe a little bit of an adrenalin junky.....this class is for you. New location at Shawnee Bluffs Canopy Tour. Check it out on the internet. Weight limits: 70lbs to 270lbs. **Extra \$25 cash fee payable when you arrive at Touch of Nature.**

Reptiles/Amphibians & Snake Road: Snakes, salamanders, toads, skinks, turtles and more. If I've got your attention now, maybe this is the class for you. Go looking for some of these creatures in their natural habitat. Includes a hike on the famous "snake road" which is the only road in the U.S. closed during snake migration to allow movement to/from their hibernation areas. More than 53 species of reptiles/amphibians make their home here. Class includes a 5 mile walk on a gravel road. Closed toed shoes required. No "sealable" containers or collecting equipment such as bags or nets allowed due to local regulations. Hiking sticks are OK and recommended.

Teams Course: On this course, see how working together as a group can accomplish tasks that you could not do on your own. The course is comprised of a series of physical, mental, and group challenges that focus on group communication & trust. It takes a group effort to have fun in this class!

Nature Painting: Try your hand at painting while having fun with friends – old and new. Our lead artists will take you step by step to paint a special BOW subject in acrylics on 16x20 stretched canvas. We provide painting supplies, hands-on instruction, and a fun environment.

High Ropes Course: This course is designed to stretch your comfort zone while providing an exhilarating and safe experience. The course ranges from 20 feet to 40 feet tall with a 100 yard zip line included! Test your boundaries and have some "elevated" fun! Must be able to pull your weight up during course and harnesses fit a maximum of 40-42 inch waste. All safety gear provided. Trained facilitators guide participants throughout the course. **Extra \$20 cash fee payable when you arrive at Touch of Nature.**

If you are unclear with any class description or require additional class information, please contact me before sending in your registration. Thank You.

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