

# Becoming an Outdoors-Woman® Workshop

## Course Descriptions

### NIU, Lorado Taft Field Campus, June 10-12, 2016

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**Archery I:** An introduction to terms and equipment. Participants will be instructed in basic instinctive shooting skills/styles with opportunities to target shoot. Lots of arrows flying!

**Basic Fishing:** Introduction to the equipment and skills necessary for the novice angler. Participants will learn about fish habitat, equipment selection, knot tying casting, and fish cleaning. Basic fishing is a good class leading into the Bass Fishing class.

**Firearms and Firearm Safety:** The course will cover basic firearms, firearm safety, introduction to selecting firearms, and proper handling and storage of firearms. This course is a prerequisite for anyone who does not have the safety education card and wishes to shoot in a class.

**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 factors, and how to operate.

**Handguns:** Learn the basics of selecting a handgun, handgun shooting, cleaning, and self-protection. LIVE shooting at handgun range. Firearm Safety is a prerequisite for this session unless participant has IDNR Safety Education card. Handguns and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

**Shotgun 1:** Participants will learn techniques of shotgun shooting. This course includes practical shooting experience in overhead passing clay targets. The firearms safety course is a prerequisite unless you have verification of completing a Hunter Education course.

**Bass Fishing:** Learn about the equipment, tackle, and techniques used by professional bass anglers to land that trophy largemouth bass.....or just a relaxing day of bass fishing with your family.

**Equestrian Care / Riding:** Learn the basics of how to ride a horse and everything it takes to prepare yourself and the horse for riding. Includes a trail ride of approximately 45 minute. **WEIGHT RECOMMENDATION:** none, but must indicate if +240lbs. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

**Basic Canoeing:** Enjoy a canoe trip down the scenic Rock River. Trip will take approximately 2 hours. The basics of canoeing will be covered on shore before the trip. **WEIGHT RECOMMENDATION:** None, canoe seats are approximately 24" wide.

**Advanced Shotgun Wingshooting:** 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!

**Rifle:** Learn the basics of shooting a rifle, and current firearm issues. LIVE shooting at rifle range. Firearm Safety class is prerequisite for this session unless participant has IDNR Safety Education card. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

**Outdoor Cooking:** Learn how to cook meals in the great outdoors using several different methods. Best of all, you get sample everything you make!

**Bee Keeping:** Honey bees are often misunderstood. Their benefits to natural communities are far reaching, not to mention the tasty honey! Learn how complex honey bees are and the benefits of having them around. CAUTION: Participants will be around live bees. If you think you may be allergic to bee stings, please do not take this class. Equipment provided.

**Landscaping for Wildlife:** Learn how Illinois native plants can infuse your existing landscape with biodiversity and beauty. Create a "bee home" and receive a native plant to make a difference in your own backyard habitat.

**Stream Study:** When you look into a stream, do you only see water? Get close up and observe all of the aquatic life and vegetation interacting together. You'll get your feet wet as you explore a stream at White Pines Forest State Park.

**Deer Hunting:** There is a lot that goes into a successful deer hunt. Learn about deer biology, habitats, hunting equipment & clothing, and more. Perfect for the beginner that needs some help getting into deer hunting.

**Mammal Trapping:** There are a lot of fur-bearing critters running around the Illinois landscape. Learn how to identify these critters and the equipment & techniques used to safely and successfully trap mammals.

**Rock Climbing / Rappelling:** Want to get some adrenalin pumping?! Learn how to rock climb & rappel. Equipment and supplies provided. This is an all-day, off-site class (Saturday) at Mississippi Palisades State Park, 1 hour from Lorado Taft. Lunch will be provided at Mississippi Palisades. Rock climbing in the morning and rappelling in the afternoon. **WEIGHT RECOMMENDATION:** should be able to pull/push your body weight up similar to a pull up or going up/down a ladder. **\$20 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP**

**Team Building Course:** This class is simply participating in the Team Building Course at Lorado Taft. The course has physical activities designed to build team dynamics. Although the physical activities are not strenuous, this class does require some limited physical abilities. Class also includes a 20 minute hike to/from the Teams Course.

**Picnic Table Yoga:** Experience a well-rounded series of Yoga positions incorporating a standard picnic table. Perfect for anyone wanting to soothe sore muscles after a long hike or upon waking from sleeping in a tent all night. There is a trail hike included in this class.

**Wood Carving:** Release your creative and artistic side in this class! Learn carving concepts, tools, and procedures for creating that perfect carving. Wood carving is a hobby that can be enjoyed by everyone!

**Fly Fishing:** Experience the silent artistry of fly fishing. Receive hands-on instruction in fly casting. Once you become comfortable with your casting, try it out on the water with some on-pond fly fishing.

**Reading the Woods:** Puzzled by footprints you've seen in the snow, mud, or sand? Want to know if a track pattern was made by a "quiet walker" or one of the "tough guys" of the woods? Is this the scat of a raccoon or a fox? This class will introduce you to the ancient art of tracking and add excitement to every outdoor experience. Includes hike through the woods.

**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!

**Plants & People - Edible, Medicinal & Much More:** Throughout time, countless peoples have used plants for food, medicine, religious ritual, and more. In this class, we'll get back to the basics of the human-plant relationship. We'll hike in the woods to find a variety of native plants that can be used medicinally, for food, natural dyes, fibers/oils. The emphasis will be on plant identification, natural history and cultural connections.

**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.

**Outdoor Photography:** Nature offers us many beautiful images everywhere we go. Be ready to capture those images using sound photography techniques. You'll learn the basics in equipment, techniques, and how to pull off that great shot that will last a lifetime.

**Orienteering:** Some day, you may not have your phone or gps to get you where you're going. Rely on your skills of using a map and compass. This knowledge is great for any outdoor enthusiast to have as backup for safely getting you to/from your destination in the great outdoors.

