

## Becoming an Outdoors-Woman

### Class Descriptions

June 7th, 8th, 9th 2024

#### Archery Intro

If you've always wanted to learn how to shoot a bow and arrow, or perhaps you have in the past, but would like a refresher, this is the class for you. We will introduce you to Genesis compound bows, range safety, proper stance and aim. Plenty of target practice will make you feel comfortable and confident on the archery range.

#### Backpacking for Beginners

Backpacking is an adventure that blends hiking with backcountry camping. An activity requires proper information, skills, equipment, and preparedness to be safe and enjoyable. This workshop is to get you ready for your first backpacking trip or to refresh your backpacking knowledge.

#### Bass Fishing Intro

The course covers a short lab instruction followed by hands on fishing instruction. Students will learn basic knot tying, artificial bait choices and rigging, casting, plus proper fish handling and care. Students will learn how and where to use particular baits for a successful day of fishing. Students will leave the class with all basic knowledge and skills to land their own bass.

#### Birds of Prey

Northern Illinois Raptor Rehab & Education will be doing a program for you to understand what makes these birds an important part of our environment. You will learn their unique adaptations for hunting and then you will see their role in the food chain when you dissect an owl pellet. This is an incredible experience – do not forget your cameras! *Requires extra \$15 payable at workshop. Fee goes toward the continued rescue/ rehabilitation/ release of native birds of prey*

#### Bowhunting Intro

This session will focus on basic archery equipment & safety, archery deer hunting in Illinois, and skill development through classroom instruction and time spent shooting on the range. This session will cover all archery types through classroom instruction and participants will be able to shoot compound and traditional style bows and receive instruction aimed at developing your skills with archery tackle.

#### Car Trunk Survival

Can you survive in the wild with just the items in your car? Explore the elements of survival and see if you can come up with unique ways to utilize common items to stay alive. In a mixture of fun discussion, and hands-on testing, the group will see which items make the cut, and which should be left behind. Can you filter water with a bra? Start a fire with your car battery? Let's find out!

#### Dutch Oven:

Let's see what goodies we can bake in this session. Learn all about heat management, tricks to making things easier and cast iron care. Come with appetite, as we share all the food that we cook. Leave with new knowledge as well as recipes.

#### Equestrian Care / Riding

Enjoy 200 acres of rolling hills, creek crossings, open prairies, and wooded trails on the back of a horse at White Pines Ranch. Learn the basics of how to ride and everything it takes to prepare yourself and the horse for riding. Includes a 45 minute trail ride. WEIGHT LIMIT: 250LBS. *Requires extra \$25 payable at workshop.*

#### \* Firearm Safety

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 is a prerequisite for anyone who has not had the Hunter Education course/card and wishes to shoot in a live fire class (shotgun)*

#### Fishing With Lures

Students will learn the basics of fishing with artificial baits and lures. They will learn how, when and where to use lures to attract different species of fish.

#### Field Journaling

Embark on a journey of self-discovery and exploration through the art of field journaling. In this class, you'll learn the techniques and practices of documenting your experiences in nature, from sketching landscapes to recording observations of wildlife and plant life. Through hands-on activities and guided exercises, you'll develop your observational skills, deepen your connection with the natural world, and create a personalized journal that reflects your unique perspective and encounters. Whether you're a seasoned adventurer or a curious beginner, join us as we embark on a transformative journey of reflection, creativity, and connection with the world around us.

#### Forest Bathing

Forest therapy is rooted in the Japanese practice of shinrin-yoku, which is often translated as "forest bathing." But it's not a literal bath. The term refers simply to immersing yourself in the atmosphere of the forest. We will move slowly and mindfully through the woods on foot, utilizing all of our senses to observe everything around us. We will begin with a breathing practice and a few light stretches to prepare our minds and bodies for our walk. At the end of our walk we will sit or lay on the forest floor for a guided meditation. Following the meditation will be an option to have tea or coffee and journal.



Becoming an Outdoors-Woman in Illinois

### **Fur Trapping Intro**

The pursuit of fur is what drove the “discovery” of the western United States. Settlers and pioneers utilized fur trapping to survive and carve out a monetary living in America’s wilderness. Modern trapping has changed and whatever one’s reason for engaging in regulated trapping today, these individuals tend to be passionate conservationists; deep seeded in knowledge and respect for both land and wildlife populations as a whole. Learn how to connect with wildlife in a way that is like no other outdoor pursuit. At the end of the class, students will have the basic knowledge of furbearer biology and habits, the ability to read animal sign (tracks, trails, scat, etc) and the beginning ability to manipulate any furbearing animal to step within a chosen area the size of a silver dollar. This class will delve into the basics of trapping, covering such topics as; furbearer biology and habits, trapping equipment, furbearer ID, set locations and basic sets for different furbearers. **\*\*This class is a RECOMMENDED (but not required) precursor to the future Beyond BOW weekend trap camp.**

### **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 and yard. Learn the different parts of power tools, safety, and how to operate.

### **Gun Cleaning**

It’s fun to spend a day at the range or out hunting, but what is the next step for the firearm when you get home? This class will go over the basics of firearm safety, handling, and storage. Cleaning and maintenance will be demonstrated. You may bring a maximum of 2 firearms (and firearm manual) to clean. Must have a valid FOID Card. Firearms must be in locked cases. No live ammunition.

### **Hiking at Castle Rock:**

Learn the essential hiking 101 tips before taking a 4+ mile day hike in scenic Castle Rock State Park. Wear good hiking shoes and bring a daypack loaded with binoculars, bug spray, water bottle, and camera.

### **Kayak**

This class will introduce you to the fundamentals of kayaking in a comfortable setting and at a relaxed pace. You will learn about proper strokes and paddling technique, and get the chance to practice these new skills on the beautiful easy-to-navigate, gentle Rock River. **Requires extra \$20 payable at workshop.**

### **Mushroom Identification Intro**

In addition to becoming more familiar with the major mushroom groups, basic characteristics of fungi including cap and stipe features, how to use a key, make a spore print and more will be touched upon. Ample time will be provided to find and bring back specimens to apply the principles learned in class.

### **Mocktail and S'More Pairings**

Explore the flavor profiles of different s'mores and match them up with the drinks that go best! Participants will be able to make up their own beverages and s'mores using recipes, or trying something for themselves. After the group has gotten the chance to taste everything, settle in to dissect the elements of a good story, and use prompts to come up with your own unique campfire tale.

### **Native Seed Collecting and Seed Starting**

In this course, you will learn how and when to collect seeds from native plants. Participants will also learn how to propagate native seeds and will take home a flat of planted seeds. Class will be held outside; plan for a short walk to locate wildflowers on campus that would be ripe for harvest.

### **Nature Photography**

Discover the art of nature photography in this immersive course designed to unlock the secrets of capturing the stunning beauty of the natural world. From mastering composition and lighting techniques to exploring the intricacies of flora and fauna, you’ll learn how to create captivating images that tell stories and evoke emotion. Whether you’re a novice or a seasoned photographer, this class will empower you with the skills and inspiration needed to produce breathtaking nature photographs that showcase the wonders of our planet. Use your own camera, or your mobile phone.

### **Outdoor Cooking:**

Learn how to make great food outdoors! We will cook in a variety of methods including cast iron. Come with your appetite and get ready to have fun!

### **Prairie Hike**

Byron Forest Preserve has begun habitat restoration at Bald Hill Prairie. The word ‘bald’ was used historically to describe a treeless area, which means this preserve was mostly open prairie at the time of European settlement. You will take a half mile hike to Illinois’s largest Eastern Cottonwood tree. Frequent stops on the hilly terrain will be made to identify plants, soils, habitats, and topographic changes. The site is home to several rare open-land bird species such as Bob o’ links and Eastern Meadowlark.

### **Paper Making/Journal Workshop**

In this class, you will learn about the materials needed for making paper at home. You will walk through the process of creating your own homemade paper with embedded plants and flowers and you will create a beautiful homemade paper-covered journal.



### Primitive Skills

Go back in time and learn ways of the past. Try your hand at atlatl spear throwing, sling shots, tomahawk throwing and blow guns as well as how to witch for water. Learn basic knot tying, nature awareness and more. Discover nature by becoming part of nature by using primitive skills and tools.

### \*Shotgun Intro

Knocking a fast-flying bird out of the sky with a shotgun is one of the greatest thrills in hunting, and also one of the greatest challenges. In this class, you will learn how to hit flying targets in a safe and friendly environment. Taught by IDNR and NSCA (National Sporting Clays Association) certified wingshooting instructors.

**\*\*The BOW Firearms Safety course is a prerequisite unless you have verification of completing a Hunter Education course.**

### Tukey Hunting Intro

Turkeys are highly wary wild animals. Their keen eyesight makes up for their lack of smell (it is often said that if a turkey could smell as well as deer do – they would be impossible to harvest!) They can detect the slightest movement at long ranges, so hunting them is challenging but very rewarding. Turkey hunting is one of the most interactive wild game pursuits an outdoorsperson can participate in!

This class covers all the basics of turkey hunting, including turkey biology and habitat, hunting seasons, gear, and hunting tips. You will get to try doing your own turkey yelps, purrs and clucks using a box call, slate or mouth call. **Note:** *Depending on availability, there may be a live turkey as part of this class. You may also watch a demonstration of how to properly prepare a bird for cooking.*

### Wildlife Conservation

The North American Model of Conservation is uniquely American and learning of its importance is key to maintaining the resources currently have in place which ensure the future of our wildlife and our heritage. Once we learn about the past and present, we will discuss how we each can beautify our backyards for the ecological niches that are uniquely our own. Please bring measurements of an area you wish to improve and you can develop a little native niche to help the smallest of critters that help the rest of the chain

### Wild Game Processing, Handling, and Cooking

Ever harvested a game animal and wondered to yourself, now what!? Join the Illinois Learn to Hunt program for a unique session detailing wild game processing and handling, food safety, and learn some techniques for butchering, storing and cooking wild game. A portion of this hands-on session will be teaching how to properly field-dress and break down wild-harvested birds. During this portion, participants will be given a fully intact duck carcass and learn the proper steps to field-dressing to ensure a wholesome and safe meat yield. The session will then transition to wild game cooking as participants will be able to participate in an interactive wild game cooking demonstration.

### Woodcarving

You will learn about the equipment needed to begin carving, how to sharpen a blade using wet/dry sandpaper and also a leather strop and you will learn/practice the 4 basic cuts - Push Cut, Back cut, Stop cut, and a V-Cut. You will carve a comfort bird to take home and learn various ways to preserve, finish and protect the final carving.

**IF YOU REQUIRE ADDITIONAL CLASS INFORMATION, PLEASE CONTACT ME BEFORE SENDING IN YOUR REGISTRATION.**

THANK YOU.

Lisa Demeule BOW Coordinator

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