

# Becoming An Outdoors Woman Workshop

## Touch of Nature/Giant City State Park, Sept. 15-17, 2023

### Class Descriptions

**Basic Archery:** 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 Grassy Lake.

**\*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 (handgun, rifle, shotgun) later in workshop.

**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.

**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. 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.

**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.

**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.

**My Own Time:** 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!

**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!

**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 a slow pace.

**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.

**\*\*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. Located at Shawnee Bluffs Canopy Tour. Check it out on the internet. Weight limits: 70lbs to 270lbs.  
**Requires extra \$25 payable at workshop.**

**\*\*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 45 minute trail ride. **WEIGHT LIMIT: 250LBS. Requires extra \$20 payable at 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.

**Reptiles/Amphibians:** Because of the earlier date of the workshop, this years class WILL NOT be taking a field trip and WILL NOT be an all-day class. The two classes are separate classes. The instructor will bring all kinds of live reptiles & amphibians to learn about. You may also take a hike to try and see some in the wild.

**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.

**Fall Foraging:** Let Southern Illinois become your kitchen! In the fall, we have up to 30 different edible mushrooms to hunt for, delicious fruits, and other various plants to harvest. Sample wild edibles with sustainability in mind and learn their multiple uses during our hike which will end with a beautiful view of Little Grassy Lake. Please come to the class prepared to hike, with water, and in appropriate hiking attire.

**Illinois Mushrooms:** There are a lot more mushrooms out there than just those tasty morels. Learn how to ID mushrooms and take a hike to collect different kinds of mushrooms. Don't eat the bad ones, you'll see funny things.

**Knotty Girls:** Knot tying is a skill that all outdoors women need to know. The real-world applications for knots are endless, especially in the great outdoors. Learn different types of knots and how to use them. Hands-on, fun class for anyone needing a new outdoor skill  
**Bass Fishing:** Hooking into a big Largemouth Bass is quite an experience. Learn the different kinds of bass baits and the rods & reels best suited for landing that big bass. All equipment provided.

**Kayaking:** If you like canoeing, you should love kayaking. Learn the differences between the two including equipment, the "feel" on the water, and the maneuverability. You'll be kayaking on beautiful Little Grassy Lake.

**Mountain Biking:** Check out Touch of Nature's new mountain bike trail during this class as you learn how to safely ride. You'll also learn the different parts of a mountain bike and a little maintenance knowledge goes a long way when your bike needs an adjustment on the trail. LIMITED SPACE.

**Self Defense:** It's better to be prepared to deal with a self defense situation. Whether you are hiking on your own or just coming out of your office building at night, knowing basic self defense moves could save your life. Learn basic self defense moves and scenarios from trained Law Enforcement officers.

**Stand Up Paddle Board:** New class that we've never offered before. Learn a new water activity that's fun, and promotes fitness. Good balance is not required but recommended.....unless you like to swim a lot also! LIMITED SPACE

#### **NEW CLASSES:**

**Overnight Backpacking:** Bring your own gear and hike into the primitive campground on Red Cedar Trail in Giant City State Park. This class is "on-the-job" training as you learn about backpacking while actually backpacking! Some gear is provided but instructor will be in contact before the workshop to explain equipment that is needed by participants. This class covers Friday afternoon session and Saturday morning session because you will be spending the night in the campground.

**Rock Climbing:** Pretty simple here....you'll be rock climbing at Giant City State Park. Experienced TOUCH staff will be instructing the class. All equipment is provided. On Belay! If you don't know what that means, you'll know after taking this class.

**Beginner Backpacking:** For those of you that don't want to jump right in and take the Overnight Backpacking class, this class will simply introduce you to backpacking. The instructor will go over gear, food, trip planning, and more. No hiking involved in this class.

**IF YOU ARE UNCLEAR WITH ANY CLASS DESCRIPTION OR REQUIRE ADDITIONAL CLASS INFORMATION, PLEASE CONTACT MITCH BEFORE SENDING IN YOUR REGISTRATION. THANK YOU.**

Mitch Ingold (old guy)  
217/529-7528 (c)  
[mjgold@sbcglobal.net](mailto:mjgold@sbcglobal.net)

Lisa Demeule (new rockstar)  
217/782-7026 (w)  
[lisa.demeule@illinois.gov](mailto:lisa.demeule@illinois.gov)

