

Becoming an Outdoors-Woman® Workshop

Course Descriptions

NIU, Lorado Taft Field Campus, June 12-14, 2020

Basic Archery: 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. **REQUIRES IL FISHING LICENSE.**

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.

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 Hunter 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. **REQUIRES IL FISHING LICENSE.**

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!

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!

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.

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

Catch N Cook: There are different ways to clean, prepare, and cook fish. Learn these simple steps to ensure you're cleaning the right way and not wasting your catch. This class includes taste testing after cooking your fish!

Forest Bathing: Forest Bathing (sometimes called Forest Therapy) provides participants the opportunity to slow down their mind and body and connect with the forest. The guide presents invitations— suggestions to participate in various activities designed to deepen the nature connection throughout the walk. The walks move slowly, covering less than a mile in three hours.

Bee Keeping: Many people across the country have taken up bee keeping as a hobby or small business. Learn some biology about bees as well as equipment needed to get started. This class includes time around an active beehive. If you are allergic or think you are allergic to bee stings, please do not take this class. Equipment provided.

Mammal Trapping: Whether you're interested in trapping for food, pelts, or nuisance control, this class will prepare you on how to get started. Information on trappable mammals and their habitats, equipment, and safety will be discussed. Various traps will be on hand to handle and set.

Nachusa Grasslands Bison Tour: Take an open-air truck tour of Nachusa Grasslands and get up close to the Bison herd. Learn all about Bison and what's going on at this special place.

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.

Outdoor Photography: Outdoor Photography has changed over the years, especially when it comes to equipment and technology. Learn the latest concepts of outdoor photography as well as the latest technologies to get you that once in a lifetime shot!

Power Tools: Knowing how to use various power tools safely can save you time and money by doing it yourself. Get hands-on with this class and learn how to operate various power tools. You'll also have a project to complete during class!

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: Use this time on Sunday morning to do your own thing. If you need to leave early, want to see some local sites, or just want to sit quietly under a shade tree and reflect on your BOW experience, then sign up for this class and do your own thing.

NEW CLASSES

Tree ID: There are more than 1,000 species of trees in North America. If you would like to become a little bit more familiar with the trees around your area, take this class. You'll learn how some tips on how to identify trees and how to use a field guide. Includes a hike around Lorado Taft.

Beginners Backpacking: Backpacking can be an exhilarating activity that can take you to places otherwise unreachable. It is an activity that requires proper information, skills, equipment, and preparedness to be safe and enjoyable. Learn these here and get ready to make memories of a lifetime.

Raised Gardening: You don't have to live in the country with a lot of property to have your own garden. Learn how to downsize and have just as much fun gardening in your raised garden. Hey, look down at your thumb, is it green?

Disaster Preparedness: In our world today, everyone needs to be prepared for natural and man-made disasters. Learn water purification, food storage and safety, items you need in a disaster preparedness kit, and more. People who are prepared will be better off during disaster situations.

Wildflower ID and Hike: Join Master Gardener and wildflower lover Natalie Martin for a relaxed walk to view the different wildflower areas on the Lorado Taft property. Learn to identify the different kinds of wildflowers in forest, wetlands, and prairie. This class includes a hike.

The Beauty of the Natural World: This nature crafts class will allow you to get creative with things found in the natural world. You'll have two projects in this class that have never been done in previous workshops. You'll have something to take home to remind you of how much fun you had at the workshop!

IF YOU HAVE ANY QUESTIONS CONCERNING THESE CLASSES, PLEASE CONTACT THE BOW COORDINATOR BEFORE SIGNING UP FOR YOUR CLASSES.