

Becoming an Outdoors-Woman® Workshop

Course Descriptions

NIU, Lorado Taft Field Campus, June 9-11, 2023

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!

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.

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. We have a new fishing spot for this class! 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.

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!

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

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.

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.

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.

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 Gardens: 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.

Birding: Northern 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 and binoculars Birding is a wonderful outdoor activity for all ages. Includes a hike around campus.

My Own Time: Use this time on Sunday morning to do your own thing.

NEW CLASSES:

Backpacking LMSF: Take a day hike in the scenic Lowden-Miller State Forest. Enjoy a +6 mile hike that is listed as Moderate level. Wear good hiking shoes and bring your daypack loaded with binoculars, bug spray, water bottle, camera/phone.

Ethnobiology: Plants & people have been connected since time immemorial. You will explore the roots of our interdependence and discover the bonds that exist today. You will hike in the woods to find examples of plants that have edible, medicinal, and traditional value. NOTE: you will not be foraging, collecting, ingesting, or otherwise sampling plants in this class. Look-learn-appreciate field experience

Flower Pressing: Another class to let your artistic side bloom (see what I did there). Flower pressing is a hobby for all ages and nature lovers. Very hands-on class that you will have good stuff to take home and remind you of BOW!

Nature Illustration – Pencil Sketching With Watercolors: Let your artistic side come out in this class as you are instructed by local landscape artist Jenny Mathews. Have a frame ready at home so you can hang your masterpiece on the wall!

Nature Crafts – Suncatchers: This nature crafts class will allow you to get creative with things found in the natural world. You'll be making suncatchers in the class. You'll have something to take home to remind you of how much fun you had at the workshop! Listed under new classes because it's a new class project!

Fly Fishing: We haven't had this class in a while so it goes back into the NEW CLASSES category. Learn about flyrods, flies, tying flies and how to use these tools to catch exciting top water fish. Equipment and supplies are provided. We have a new fishing spot for this class! REQUIRES IL FISHING LICENSE.

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

Mitch Ingold
217/529-7528 (cell),
mjingold@sbcglobal.net (email)