Outdoor Women at Big Oaks
2014 Course Descriptions

Intro to All Terrain Vehicles
If you are a first time ATV rider and would like to learn the basic fundamentals in a controlled and safe environment this is the class for you. *(Long sleeve shirts, long pants, and foot wear that covers the entire foot will be required.)*

Archery, Basic
Basic archery skills will be covered and students will have hands on experience with modern archery equipment shooting at a bull's eye type target.

Beekeeping
This course will introduce you to some general and basic knowledge of keeping honey bees. To include understanding the life cycle, make-up and internal workings of the honey bee colony. Plus the basic procedures used in establishing and keeping a working hive. Along with introduction to the basic equipment used to house and maintain an active honey bee colony for the production of honey. Plus examples of equipment that is used for extracting, straining and storing honey. The class will consist of demonstrations, discussions, questions & answers, handouts, and hands-on inspection and handling of a live honey bee colony.

(*Long sleeve shirts, long pants, and foot wear that covers the entire foot will be required. No history of allergies to bee stings. I will provide bee veil, gloves and white coveralls to be worn during the class. You could be quite hot during the hands-on portion of the class.)*

Beginners Outdoor Yoga
What a good way to start the day with a morning stretch! Outdoor yoga will add another dimension and can intensify the yoga experience in many ways. This nature inspired class will drive home -focusing awareness, breathing deeply, practicing stillness.

Bird Watching
Big Oaks National Wildlife Refuge is home to many different species of birds. You'll learn how to select and use binoculars and field guides. Then you'll go birding in the field with experts to learn birds by sight and song. Refuge Manager Joe Robb will be one of your instructors ~ you can't help but find his enthusiasm contagious! Bring binoculars, hiking shoes, and a field guide if you have them, although they will be available if you don't.

Canoeing and Kayaking, Basic
Learn how to get in and out of a canoe and/or kayak while staying dry. Practice several paddling methods including how to travel in a straight line. This course is taught on a lake, so be prepared. You may get wet. Bring extra clothing and a towel…just in case. Sunscreen, a hat and sunglasses would be a good idea, too.

Cooking Wild Game
A taste of the wild will provide participants with a mix of hands-on wild game preparation as well as opportunities to try a variety of wild game dishes. Participants will leave the session with yummy recipes and some insights into the hunter/gather life style.

Discovery Nature Walk
This will be an easy walk where we will look at the plants and animals that are found along the way. Binoculars might be useful to look at any birds that might come our way.

Falconry
The course gives an overview of falconry, a sport in which licensed experts train raptors (most often falcons and hawks) for hunting. Demonstrations included.

Firearm Familiarity – includes handguns
Live fire demonstrations are included in this course, which covers basic firearm safety and instruction. Participants will have an opportunity to practice shooting handguns. All equipment is provided.

Fishing, Advanced
After taking this course, you'll understand why people love to fish. You'll learn about fish, knot tying, casting skills, and finding a good fishing spot. You'll also learn about different types of fishing tackle, lures, bait and what to do after you've caught one. Then try out your new skills fishing at Old Timbers Lake. All equipment for this course is provided.

Fly Fishing
Hunting fish with a fly rod is the natural way to catch fish. Learn about equipment basics, rods, lines, reels and flies, and general casting techniques. This basic course should provide you with enough information to start you off in the right direction for years of fly fishing adventures. New this year, class will be held at Old Timbers Lake! All equipment for this course is provided.

Geology of Big Oaks
We will discuss basic rock formations, sedimentology, lithology, glacial impacts, geomorphology and stream morphology.

(Participants are asked to bring a magnifying glass if available and wear hiking boots, prefer water proof, but not necessary.)

GPS Geocaching
Come learn how GPS works and how you can use it to geocache. This course will give hands on experience with GPS units and allow participants to have a mock geocaching experience. It is a beginner's opportunity to learn and have fun in GPS and geocaching. Participants are encouraged to bring their own GPS units; however, the instructor is limited in knowledge of different units and may not have time to become fully familiar with their unit during the course. This course will take place partly in the classroom for basic instructions and partly outdoors. Participants should come prepared to hike through vegetation.

Hunting Gear – Tac, Tec, & Tips
Interested in adding hunting to your list of outdoor activities? Not sure where to start? Then this class might just be for you! This class will be presented by a female hunter who hopes to shorten your learning curve to a successful hunt. What are the gear needs….basic to advanced? How to manage the weather elements. While not specific to a certain type of hunting – like deer or turkey, general tips applicable to all types of hunting will be discussed. Optics, weapons, topo maps….something for all!

Hyper Tufa Trough Making
Make a flower planter using light-weight concrete mix (looks like rock) in a re-usable container found around the house. Participants will create their own hand-made flower planter and take it home. This planter won't break from freezing like terra cotta pots. Course materials provided.

Life in a Creek
Discover all the amazing creatures that live in and around our local bubbling brooks and learn what they can tell you about the water system. Some creatures are beautiful; others are uniquely adapted to their surroundings. This is a course that is highly recommended for those who are curious and like to get their feet wet! You will want to wear rubber boots or old tennis shoes because your feet will get wet.

Native Plant Landscaping
By adding native plants to your garden you support wildlife, save water, and help create habitat diversity. Learn the best plants for your garden and how easy it can be to care for them.

Outdoor Dutch Oven Cooking & Open Fire Cooking
There's more to it than burying a covered pot in a campfire. You'll find out what you'll need to get started, including seasoning a Dutch oven, cooking and clean up. Several scrumptious dishes will be prepared including sides, desserts and casseroles. Bring an appetite!

Outdoor Fitness
Lather up with sunscreen (but make sure it's sweat-proof)! This class will focus on finding a new level of Fitness – Outdoors! Wellness guru & Fitness Instructor Heather Foy will combine her love of Hiking, Running, Resistance Training, Yoga, Dance & Cardio-Kickboxing in a fun & challenging outdoor fitness course. All fitness levels are welcome, as modifications will be given.

Outdoor Photography
Get outside and start photographing nature! This course teaches how to look out for what you want to see in your photos, including light, angles and focus. Bring a digital camera if you have one.

Sporting Clay Shooting
Learn the basics of firearm safety and trap shooting, including proper gun mounting and leading the target. Then practice shooting sporting clays with an expert. All equipment for this course is provided.

Wild Botanicals at Big Oaks
Learn to recognize the wild, native plants of southeast Indiana as well as the some of the introduced ones. Course will look at herbaceous and woody plants. Bring a hand lens if you have one.

Wilderness Survival
This course teaches basic survival skills and the necessary frame of mind to survive in short-term wilderness emergencies. Demonstrations included. Survival guaranteed.

Self Defense
With crime on the rise, having the knowledge and courage to protect yourself is important. Participants will be introduced to the basics of self-defense. The session will focus on verbal and physical strategies for dealing with aggressive confrontations and will provide the opportunity to practice the use of these skills in drills and simulated attack scenarios. Active participation is encouraged and participants must be ready to have fun!