

# Outdoor Women at Big Oaks

## 2015 Course Descriptions

### **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.

### **Backyard Monarch Conservation**

Learn how you can help turn the tide for Monarch butterflies by providing habitat in your own backyard! When you create a monarch way station you not only give monarchs a place to feed, rest, and lay their eggs; but you also provide habitat for many other amazing pollinators and wildlife. We will talk about what plants need to be in your way station and what other elements to consider.

### **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 end your amazing day with an afternoon 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.

*The class will take place outside in the grass and participants must bring a beach, blanket, or yoga mat. Stretchy clothing is recommended.*

### **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! Be sure to wear hiking shoes. Binoculars and field guides will be provided, but you are welcome to bring your own.

### **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.

### **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**

Fishing 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. Wear shoes that you don't mind getting muddy.

### **Forest and Stream Discovery Walk**

Discover all the amazing creatures that live in and around our local forests and bubbling brooks. Some plants and 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 and be ready for a short hike in the woods!

### **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.)*

### **Home Food Preservation**

A powerpoint presentation will be used to introduce participants to the basics and the importance of proper technique as it relates to home canning. Participants who currently have a dial gauged pressure canner are encouraged to bring the lid and have it tested for accuracy free of charge. Resource materials for all forms of Home Food Preservation will be available for \$18 from the Jennings County Extension Office. Time permitting hands on demonstrations will take place; otherwise most material will be presented in a classroom setting.

### **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.

### **Introduction to Master Gardener Program**

Introduction to Master Gardener Program session will be an interactive and hands-on session about starting to grow a garden. You will get your hands dirty learning about soil types and making a recycled planter. Participants will leave this session with better knowledge of the basics of soils, plant needs, starting a garden, and becoming a Master Gardener!

### **Outdoor Dutch Oven & Camp Fire Cooking**

Interested in cooking outside using charcoal or wood fire? Find out what you'll need to get started, including seasoning a Dutch oven, cooking and clean up. This will be a hands on course so be ready for food preparation, working with hot coals and ovens. Closed-toe shoes are highly recommended.

### **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.

### **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!

### **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 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. Participants will be hiking in rough terrain; please wear appropriate shoes and clothing.

### **Wood Working**

Have you ever thought of building your own bird house, but didn't know where to begin? Join an avid woodworker to learn wood working skills and put those skills in play. You just never know what you may be building; a bird house, bat box, feeder? The possibilities are endless.