

5th ANNUAL WOMEN IN THE OUTDOORS AT JIM EDGAR PANTHER CREEK STATE PARK

COURSE OBJECTIVES

- **ARCHERY**: Make a bull's-eye; learn the proper techniques with hands on experience from a certified trainer.
- **INTRO TO SHOTGUN**: Participants will learn the basics of shotguns, shotgun ammunition and shotgun shooting such as eye dominance, proper gun hold and stance. Set up for flying targets and shooting incoming, outgoing and crossing targets will be practiced. ***DOUBLE SESSION**
- **BASS FISHING**: Learn how to bass fish like the pros. This class will cover types of rods, reels, lures from surface to the bottom, different techniques of casting and working the lures for bass. Participants will be out on a boat for second part of session. ***DOUBLE SESSION**
- **SELF DEFENSE**: Women's Reality Based Self-Defense - Have Fun and learn Powerful and Practical Personal Protection Self-Defense Skills from 7th Degree Black Belt and Master Instructor Mr. Buck Cunningham's radical and revolutionary RIPSTRAKE Self-Defense System. JOIN US and BE EMPOWERED in this unique, FUN and exciting Cunningham's Ugottawanna Martial Arts studios seminar that explores REALISTIC and EFFECTIVE solutions to modern self-defense scenarios
- **NATURE CRAFTING**: Since the beginning of time, humans have gathered items from nature and used them for practical and decorative purposes. In the Nature Crafting class, we will create a number of fun projects using found objects*antlers, fish scales, dried flowers, bark, tree branches and more.
- **TRAIL BIKE RIDING**: "Cycling In The Park"- tips on maintenance, essential equipment for long bike rides, and everything you need to know to bike in the Great Outdoors. Plan on taking a relaxing ride through the state park. **(BIKE and HELMET REQUIRED) *DOUBLE SESSION**
- **OUTDOOR COOKING**: Learn a variety of cooking techniques that require minimal equipment---and clean-up! Potential techniques include cooking using foil, a reflector oven, sticks, dutch ovens, and more.
- **GPS**: This workshop will teach participants the basics of the GPS (Global Positioning System). They will learn how to mark and follow waypoints, how to use a GPS to navigate to a specific location, and learn about the fun sport of Geocaching. **Participants are encouraged to bring their own units if they have one.** Please indicate if you have one on your registration form by writing in GPS.
- **TAI-CHI**: Instruction on stress reduction, relaxation, postural awareness and balance. This session will include a brief history on basic principals and give participants a chance to practice some basic form (movements). Forms can be performed sitting or standing and are slow fluid movements.
- **OUTDOOR PHOTOGRAPHY**: Learn the fundamentals of photography. Learn the importance of framing the subject, use of lighting and getting close to the subject to your advantage, and how to use your camera's settings for the best possible shot. Photographs of various subjects and setting will be shown as examples.
- **BIRD WATCHING & ID**: Learning how to identify birds is like solving a puzzle. Participants will learn how to identify birds with some quick tips and tricks as well as helpful information on how and where to find birds. The group will than take a walk and put their new birding ID skills to use. **(BRING BINOCULARS).**
- **HOME WINEMAKING**: Interested in home winemaking but not sure how to start. Hands on participation will be included to start a batch of wine from a wine kit and from fresh fruit. At the end of the session you will fill and cork a bottle of wine to take home. (Must be 21 by the day of the event; (\$) additional fee of \$5.00 is required to pay for the cost of the wine making supplies)
- **TURKEY & DEER HUNTING**: Always wanted to know the basics of deer and turkey hunting, well this is your class. This class will review basic hunting techniques, turkey calling, and necessities needed to hunt.
- **CANOEING**: Get out on the water with this course. Participants will learn safety procedures, paddle strokes, safe entry in/out of canoe, and conclude with canoeing activity on the lake.
- **BATS AND YOU**: Learn all about bat species, their habitat, diet, benefits, and receive instruction on how to build a bat house when you get home. Slide show and demonstrations. You won't want to miss this class since a single bat may consume 3,000 insects in one night. Learn to understand and not fear bats, but use them to your advantage.
- **TREE IDENTIFICATION**: Time to go on a great hike and learn how to identify a tree based on its various parts. You will learn how to recognize a tree based on the nut type, leaf identification, twig, and bark ID. Experience knowledge and be able to spot exotic plants which have affected our local trees causing endangerment.
- **TRAINING OF UPLAND AND WATERFOWL DOGS**: Get instruction on beginning to advanced dog training on upland and waterfowl gun dogs. Demonstration, participation and instruction will be given using a pointer and lab. Learn and gain knowledge on obedience, hand signals, retrieving, field trials, and conditioning.
- **LANDSCAPING**: A professional landscaper will discuss shrub and tree planting/transplanting as well as how to prune established plants. Get ready for autumn gardening.
- **GUN CLEANING AND MAINTENANCE**: Instruction on gun care and cleaning techniques for various types of guns. **(DEMONSTRATION ONLY)**
- **BASIC FISHING**: Basic equipment, baits, lures, casting, state regulations and good fishing spots will be discussed during this class. Then catch lunch (a backup lunch will be provided) and put that new know-how to work.

5TH ANNIVERSARY CELEBRATION

FRIDAY NIGHT CAMPOUT

A group of campsites at Prairie Lake Campground in Jim Edgar Panther Creek Fish & Wildlife Area will be reserved for those who would like to experience the outdoors. A fee of \$15.00 per night is required and paid to camp host that day (an increase of \$2-3 might take effect in July).

Cabins are also available to rent at the campground for a fee of \$40.00 per night with a \$5.00 reservation fee. If interested in reserving a cabin, please call 217-452-7741.

Please indicate on the registration form if you are interested in camping so that the proper number of campsites can be reserved. Friday night there will be a bonfire with s'mores and lots of girl talk. **Look for the WITO welcoming banner.**

ATTEND NEXT YEAR FREE

Send in **four** registrations - must be sent together - and be entered into a special drawing for a free membership, magazine subscription, and free attendance at our WITO event at Jim Edgar State Park next year. One person will be the lucky winner, so be sure and send those registrations in together.

COMMEMORATIVE SHIRT

This is our 5th Anniversary and the committee wants everyone to have a shirt to celebrate this year's event. Thanks to generous sponsors, everyone who attends this year will get a shirt for **free**.

MOCK TURKEY HUNT

Bonus early morning mock turkey hunt put on by the New Salem Longbeards. You will depart at dawn and return in time for check in and fresh coffee. Limited space available.

This hunt does not take the place of your regular scheduled sessions.

Don't miss out on the event that everyone is talking about!

Don't feel like roughing it? Overnight at the



RiverBankLodge
P E T E R S B U R G

**522 S. 6th Street, Petersburg, in the heart of Historic Menard
County**

***Show proof of your participation in our September 15, 2007 event
and receive a 10% discount. Phone (217) 632-0202 for reservations.***