



OUTDOOR WOMEN AT BIG OAKS

You are invited to the **17th annual Outdoor Women at Big Oaks (OWBO)** on **Saturday, June 15, 2024** in Madison, Indiana! This event is hosted by Big Oaks Conservation Society (BOCS) and Big Oaks National Wildlife Refuge (NWR). **OWBO is a 1-day** event designed for women, ages 12 and up, who want to learn basic outdoor skills and outdoor appreciation through courses such as fishing, hunting, canoeing, bird watching, archery, shooting, and much more! All activities begin and end at the beautiful historic Old Timbers Lodge. **Below are details about the event and the classes being held this summer.** We hope you will join us for another fun filled day in the outdoors!

Event Schedule

07:45 – 09:00am	Welcome, Breakfast, and Refuge Safety Briefing (required) at Old Timbers Lodge
09:00 – 04:00pm	Class Sessions and Lunch
04:00 – 04:45pm	Re-group for wrap up and evaluations

At OWBO, you will have the opportunity to participate in **4 classes**, each of which will give you an overview of the topic with varying amounts of hands-on experience. Please be aware some sessions are limited in size so **register early! We are only accepting the first 110 registrants!** This event will be held rain or shine.

Registrations Fees

Registration is non-refundable

- \$55 for BOCS members if postmarked **before** May 6th
- \$65 for non-members if postmarked **before** May 6th
- \$70 for BOCS membership & OWBO event registration if postmarked **before** May 6th
- \$35 for participants 12-22 years of age (Must take same classes as guardian if under 18)
- \$80 for all from May 7th through May 25th

○ **Your registration fee includes:** a welcome gift, all class materials, continental breakfast, lunch, refreshments, and your daily pass for Big Oaks NWR.

All proceeds benefit the Big Oaks Conservation Society; the non-profit group which supports the wildlife conservation and habitat restoration of Big Oaks NWR, and develops environmental education programs to increase public awareness and use of the refuge. If you would like to learn more, please visit our [website](#).

After May 28th, we will start sending confirmation emails, or mail letters, with your schedule and course selections.

If you have questions, please call us at 812-273-0783 or email
Mardean at mardean_roach@fws.gov

OWBO Event Registration

Please fill out and send this form along with payment to the address below. **One person per form!**

Big Oaks National Wildlife Refuge
ATTN: OWBO
1661 W. JPG Niblo Rd
Madison, IN 47250

Please make payment payable to:
Big Oaks Conservation Society

Name: _____
Street Address: _____
City: _____
State, Zip: _____
Phone: _____
Email: _____

**Please select one of the following
lunch options:**

- Chicken Wrap
 Pork Sandwich
 Vegan/Gluten Free

*see food descriptions below for details

Check # _____ Total \$ (per person) _____

Course Selections

Classes will be assigned on a first registered, first enrolled basis. While we will try to ensure you are enrolled in your preferred classes, class sizes are limited and subject to change without notice. Also, to ensure you are placed in the same courses as Family/Friends, please select AND rank the same classes AND send registrations together.

Please rank your class preferences from 1-10 (with 1 being the most preferred) from the following choices:

- | | | |
|--|--|--|
| <input type="checkbox"/> Archery 101 | <input type="checkbox"/> Art In Nature | <input type="checkbox"/> Atlatl Throwing |
| <input type="checkbox"/> Backpacking Fundamentals | <input type="checkbox"/> Basics of Personal Protection | <input type="checkbox"/> Birdhouse Building |
| <input type="checkbox"/> Bird Watching | <input type="checkbox"/> Campfire Building | <input type="checkbox"/> Campfire Cooking |
| <input type="checkbox"/> Canoeing and Kayaking | <input type="checkbox"/> Children in the Outdoors | <input type="checkbox"/> Edible Plants |
| <input type="checkbox"/> Find Your Way! | <input type="checkbox"/> Firearm Familiarity | <input type="checkbox"/> Fly Fishing - It's a Girl Thing |
| <input type="checkbox"/> From Sunlight to Syrup | <input type="checkbox"/> Get Growing! (Veggie Garden) | <input type="checkbox"/> Hypertufa Planter Making |
| <input type="checkbox"/> Landscaping for Wildlife | <input type="checkbox"/> Living Green | <input type="checkbox"/> Mushrooms: Fungus Among Us |
| <input type="checkbox"/> Natives Aren't Just for the Birds | <input type="checkbox"/> Nature Connection | <input type="checkbox"/> Outdoor Adventure Dog |
| <input type="checkbox"/> Rustic Vine Basket | <input type="checkbox"/> Smartphone Photography | <input type="checkbox"/> Trap Shooting |
| <input type="checkbox"/> Wild Game Cooking | <input type="checkbox"/> Wild Water | <input type="checkbox"/> Yoga Fundamentals |

**If participant is between 12-17 years of age a parent or guardian must sign below.*

Signature

Relationship

Print Name

Phone

If you have questions, please call us at 812-273-0783 or Mardean at mardean_roach@fws.gov

Food Descriptions

Please, let us know if you have any food allergies or health issues.

Chicken Wrap – Honey bourbon glazed smoked chicken wrap, chips, summer cucumber pasta salad, salted caramel brownie

Pulled pork sandwich-Sriracha bourbon pulled pork sandwich, chips, summer cucumber pasta salad, caramel pretzel brownie

Vegan/Gluten Free - Teriyaki roasted cashew and veggie wrap, chips, summer cucumber pasta salad*
Salted caramel brownie*

2024 Course Descriptions

Archery 101 – Learn basic archery skills through hands-on experience with modern archery equipment while aiming at a target. Requires a short walk on a gravel road to archery site.

Art In Nature - Using nature's resources, we will create paintings, make tools for use to create with, flower stamping and more.

Atlatl throwing - Learn the history and get a short safety lesson on how to throw an Atlatl. An atlatl is a spear throwing tool used by Native Americans and Eskimos. Have a throwing competition!

Backpacking Fundamentals - Excited to expand your skills and knowledge of backpacking and backcountry camping? Come learn about some of the tools and supplies you can use for wilderness exploring, while also learning basic backpacking skills that everyone can use, such as water purification and keeping your socks dry.

Basics of Personal Protection - Learn the basics of being aware and escaping dangerous situations.

Birdhouse Building - 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.

Birdwatching – Refuge Manager Joe Robb will guide you through the woods of Big Oaks NWR to find some of our many different species of birds. You can't help but find his enthusiasm contagious as he teaches you about binoculars, field guides, and birding by ear! Be sure to wear hiking shoes for a slow walk in our woods. Binoculars and field guides will be provided, but you are welcome to bring your own.

Campfire Building - Tinder bundle, tinder, kindling, fuel wood, oh my! Learn how to build a fire by selecting the correct size of fuel to start and maintain a campfire. You'll learn different types of campfires and what kind of fire is needed for cooking. By the end of the class, you will be able to start a fire with no more than two matches. *Closed-toe shoes are highly recommended.*

Campfire Cooking - Learn the delicious benefits of cooking round a campfire, with the use of Dutch ovens and other cast irons.

Canoeing & Kayaking - Learn how to get in and out of a canoe or kayak while staying dry, and practice 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 pair of clothes and a towel... just in case. Sunscreen, hat, and sunglasses are also recommended.*

Children in the Outdoors - Find fun ways and places to get kids outdoors.

Edible Plants - Go “organic” and discover local plants you can use for food or medicine! Bring a hand lens to get a closer look at these plants and be prepared to walk in the woods.

Find Your Way! - Learn how to feel comfortable finding your way with a compass. Hiking gear and a notebook are recommended.

Firearm Familiarity - Experience a live firearm demonstration! Gain a basic understanding of firearm safety, and get hands-on instructions, while practicing firing with handguns and rifles. All equipment is provided.

Fly Fishing - It's a Girl thing - Learn the basics of fly fishing, the gear, and casting a fly rod. You'll be ready to fish your Indiana home waters for bass, bluegill, and more. Anything you fish for, you can catch with a fly rod. It's a sport for a lifetime.

From Sunlight to Syrup - Learn the ancient art of transforming humble tree sap into sticky, sweet syrup. And here is the cool part...you can do it at home with simple equipment. You will leave the workshop with all the information you need to make your own syrup at home. It's easier than you think!!

Get Growing! (Veggie Garden) - Learn the basics of starting your own backyard garden. From seed starting to feeding your soil, we'll cover the nuts and bolts of growing your own vegetables.

Hypertufa Planter Making - Create and take home a lightweight, rustic, textured planter that won't break from freezing like a terra cotta pot!

Landscaping for Wildlife - Investigate the landscape at the refuge to discover ways that we can incorporate natural features in your own yard to increase the biodiversity in your area. Please be prepared to take a hike and get a little dirty! Gardening gloves and hiking gear are recommended.

Living Green - Ideas to live environmentally friendly.

Mushrooms: Fungus Among Us - Explore the trails and woods near Old Timbers Lodge while hunting for mushrooms and slime molds to gain some basic identification skills. No experience necessary! Just bring a magnifying glass if you have one. *Walking shoes are recommended.*

Natives aren't Just "for the Birds"- We'll sample spicebush gingersnaps and a few other treats that use native plants that pair well in the landscape and on the dinner table.

Nature Connection -Join me for an hour of nature reconnection that will help us slow down in our busy lives, notice the systems and organisms around us, and give us space to explore our own connections to nature spaces while forming new one's in the process.

Outdoor Adventure Dog - Before there were house dogs, there were outdoor adventure dogs! Now we can have house dogs that enjoy outdoor adventure! From camping to kayaking and from hiking to hunting, learn about different ways to safely engage with your canine companion in the great outdoors. You both will be happier for the time spent in the wide, open spaces!!

Rustic Vine Basket - Using vines and garden vegetation, weave a rustic basket that is uniquely yours. You can bring special garden and nature finds to incorporate into your basket (small pine

Smartphone Photography - The best camera is the one that's always with you! Learn the tips and tricks to get the best wildlife photos out of your smartphone. *Bring your smartphone with either a power bank or fully charged, and shoes for walking in the woods.*

Trap Shooting - Learn the basics of firearm safety and trap shooting, including proper gun mounting and leading the target, so you can try shooting sporting clays! All equipment is provided.

Wild Game Cooking -. 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.

Wild Water - Learn potential problems with “wild” water - what makes it unsafe for human consumption. Learn historical facts on water safety; where to look for water (in our area only); warning signs of contamination; how much water you need; how to delay (or avoid) dehydration; signs & symptoms of dehydration; how to collect water (tarps, solar stills, plants, etc.) and how to filter water using various methods.

Yoga Foundations:Planting Healthy Roots - In this class, we embark on a journey to establish a strong foundation both physically and mentally, much like the roots of a tree grounding firmly into the earth. Through gentle asanas (poses), pranayama (breath control), and mindfulness practices, we aim to nurture and strengthen our bodies and minds. This class will introduce you to powerful, yet simple tools for cultivating stability, balance, and resilience from the roots up. Whether you're new to yoga or seeking to deepen your practice, join us as we sow the seeds of well-being and lay the groundwork for a deeply transformative yoga practice.