



## **Becoming an Outdoors-Woman Field Day Event**

**June 16, 2018**

Join us for a day filled with outdoor fun! All skill levels and physical abilities are invited. Have fun learning in a supportive, stress-free and enthusiastic atmosphere! All instruction and equipment provided, so this is the perfect chance to learn a new skill. Choose from Kayaking, Archery, Wild Edible/Medicinal Plants, Camping, Dutch Oven Cooking and Native Plant Landscaping.

### **Schedule:**

**7:00-7:30 Registration**

**7:30-8:00 Welcome and Introductions**

**8:00-10:00 Class I**

**10:00-12:00 Class II**

**12:00-1:00 Lunch (Provided)**

**Enjoy some of the tasty dishes made in the outdoor cooking classes.**

**1:00-3:00 Class III**

**3:00-3:30 Closing and Door Prizes**

### **Registration fee \$30**

(Fee covers all equipment rental, instruction, and includes a delicious lunch. Registration open to ages 18 and older. Tickets available at [Eventbrite.com](http://Eventbrite.com), Becoming an Outdoors Woman Field Day Event.)

### **Class Descriptions**

**A. Kayaking** \_\_\_\_ Glide across the shores of Green Bay in this learn-by-doing class. You will gain confidence by practicing basic paddle strokes to safely and comfortably move across the water. You will also learn how to “wet exit” and practice self-rescue techniques.

**B. Archery** \_\_\_\_ Learn about equipment selection, safety, distance judging, and have time to practice shooting on the archery range too. Patient coaches will provide instruction to get you hitting the target in no time.

**C. Dutch Oven Cooking** \_\_\_\_\_ You can roast, bake, stew, steam, and simmer over coals with just one tool - the humble Dutch oven. Learn how to cook in and care for a Dutch oven in this hands-on class.

**D. Wild Edible and Medicinal Plants** \_\_\_\_\_ Learn about using wild plants as natural remedies or gourmet table fare. This class covers identification, safety, ethical harvesting and benefits of common Wisconsin plants. This class is not intended to diagnose, treat, or cure any illness.

**E. Camping** \_\_\_\_\_ In this hands-on class you will create a safe and comfortable camp. Learn about tents, ground pads, sleeping bags, campfires and tips and tricks to making your camping experience a great one.

**F. Native Plant Landscaping** \_\_\_\_\_ Native plants are adapted to the local climate and soil conditions where they naturally occur. These important plant species provide nectar, pollen, and seeds that serve as food for native butterflies, insects, birds and other animals. Learn how to create your own beautiful native plant garden in this class.

**Class space is limited, so register early!**

## **REGISTRATION FORM**

**(Please copy and e-mail completed registration form to [kjwisinski@aol.com](mailto:kjwisinski@aol.com))**

**Name:**

**Address:**

**Phone:**

**Email:**

Please rank the classes you would like to take from first (1) to last choice (6).  
Place 1 next to first class choice, continue to rank until last choice.

Kayaking \_\_\_\_\_

Archery \_\_\_\_\_

Dutch Oven Cooking \_\_\_\_\_

Wild Edible and Medicinal Plants \_\_\_\_\_

Camping \_\_\_\_\_

Native Plant Landscaping \_\_\_\_\_

For questions or additional information please contact Kelly Van Laanen at [kjwisinski@aol.com](mailto:kjwisinski@aol.com) or (715) 310-0023.

**(Please copy and e-mail completed registration form to [kjwisinski@aol.com](mailto:kjwisinski@aol.com))**