

## Special Raffle Fun!

Special fun! Plan to bid on a variety of wonderful items in our silent auction & raffles, including:

Framed feather art, a WITO fire pit, a set of birch boxes, a beverage stand, WITO logo items, and more!

**This is part of our fundraising effort to support our conservation & education programs.**

### Special Raffle Package Offer:

Receive a special commemorative gift, \$60.00 worth of raffle tickets, a ticket for a chance to win a .22 cal. rifle, and be entered into an exclusive drawing at our event.

Pay an additional \$40.00 with your registration to take advantage of this special offer!

**Recycle Raffle:** Time to trade in those unwanted Christmas and birthday gifts! Donate an item or two and receive a raffle ticket for each. Additional raffle tickets available for purchase. If you win, you can pick out something you really want!

## Registration

COST: \$160 Per Person

DEADLINE: April 24th

Early Bird Discount: SAVE \$10\*

\*Pay only \$150 if postmarked by April 10th

## For more information:

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[www.womenintheoutdoors.org](http://www.womenintheoutdoors.org)



## Women in the Outdoors 2010 Illinois State Event

April 30 - May 2  
Camp Ondessonk  
3760 Ondessonk Rd. • Ozark, IL

Escape to beautiful  
Southern Illinois...

Enjoy the camaraderie of other women  
for a weekend get-away of fun and learning!

## Leisure and learning!

Women from all walks of life are invited to experience the thrill of horseback riding, shooting, hiking, crafts, and great company. The setting is beautiful Camp Ondessonk, nestled in the forests and bluffs of the Shawnee National Forest in Southern Illinois.

Registration includes two nights lodging, 4 meals— Saturday breakfast, lunch, dinner and Sunday breakfast, evening programs, 4 sessions, equipment use, program materials, plus a one-year Women in the Outdoors membership & subscription to Turkey Country magazine. Girls ages 14-17 welcome with adult chaperone (both pay).

## Schedule

### Friday

Registration	6:00 - 7:00 pm
Welcome	7:00 - 8:00 pm
Wine & Cheese Tasting*	8:00 - ??

### Saturday

Breakfast	8:00 - 8:30 am
Session I	9:00 - 11:00 am
Lunch	11:30 - 12:15 pm
Session II	12:30 - 2:30 pm
Session III	3:00 - 5:00 pm
Dinner	5:30 - 6:30 pm
Evening Activities	7:00 - ??

### Sunday

Breakfast	8:00 - 8:30 am
Session IV	9:00 - 10:30 am
Closing	10:45 - 11:30 am

\*Bring your favorite bottle of wine to share and we'll provide the cheese, crackers & fruit. Not a wine drinker? Join us anyway and mingle with some amazing women!

## Use the course descriptions to the right to choose your favorite classes for the weekend!

Please note class sizes are limited so register early for the best chance to attend your first choice in each session. Any class may be omitted due to lack of interest.

## Saturday – Session I

**Horse Trail Ride:** A brief review of horse riding techniques & safety followed by a 90 min. guided trail ride through the beautiful hills of Camp Ondessonk. (Limit 20) \*Additional fee of \$10.00 required.

**Outdoor Cooking:** Learn how to fix delicious campfire meals by exploring a variety of techniques. Taste testing included!

**Basic Handgun:** Learn how to safely handle a handgun and practice target shooting. (Limit 10)

**Nature Hike I:** Walk with an outdoor naturalist and learn about the plants & trees around Camp Ondessonk – plus beautiful surprises brought to you by Mother Nature.

**Nature Craft:** Watch a demo on how to make a wreath out of grapevines, then decorate your own wreath or complete another craft project made from a variety of items found in nature. (Limit 12)

**Pamper Pole:** Fully harnessed, challenge yourself by climbing a 25' phone pole, standing atop admiring the view, & taking a "leap of faith" towards a swinging trapeze bar 5' away. (Limit 12)

**Field Archery:** Develop or perfect your outdoor archery skills by using targets, including 3D, set up in a natural setting at varying distances and heights.

## Saturday – Session II

**Basket Weaving (Part 1):** Weave your own basket using a deer antler for a handle. These one-of-a-kind baskets are a great way to incorporate the outdoors into your home décor. \*Must sign up for both classes to finish your basket. (Limit 8) \*Additional fee of \$10 required.

**Massage:** Ah-h-h, learn basic massage techniques to help muscles relax and relieve stress. Learn to soothe your own aches and pains with self-massage.

**Nature Hike II:** (See Saturday Session I)

**Outdoor Photography:** Learn to take great nature shots with beauty and balance. Bring your own camera, owner's manual, film (or memory card), and extra batteries.

**Zip Line:** Challenge yourself physically & mentally while making your way up, & then over, to the zipline platform where you'll reward yourself with the thrill of flying through the air along a 300' zipline. Fully harnessed at all times. Closed-toed shoes required. (Limit 15) \*Additional fee of \$10 required.

**Personal Protection:** This class centers on awareness, avoidance, escape and defense tactics and techniques to help keep you safe- even if you have minimal strength and agility.

**Target Archery:** Test your accuracy at the outdoor Archery Range. Learn about equipment, safety and scoring while aiming for your first bullseye.

## Saturday – Session III

**Canoeing/Kayaking:** Enjoy the water up close & personal while learning proper technique and safety guidelines. Be sure to dress appropriately for this water sport.

**Trailer Backing:** Master the skill of backing up your boat, jet ski, or RV. Video and hands on instruction.

**Canning:** Running out of recipes to use up all those vegetables from your garden? Learn the latest recommendations and techniques for this safe and reliable method of preserving food.

**Basket Weaving (Part 2):** (See Saturday Session I)

**Nature Hike III:** (See Saturday Session I)

**Massage:** (See Saturday Session II)

**Zipline:** (See Saturday Session II) (Limit 15) \*Additional fee of \$10 required.

## Sunday – Session IV

**Vegetable Gardening:** "Take the hoe out of the garden"—this is the philosophy of the Master Gardener who will be teaching you how to limit weeds, plant the right seeds at the right time and have fun in the dirt!

**Yoga:** Explore the mind-body-spirit connection as you learn how to breathe and engage in basic yoga postures. You will need to bring a mat or beach towel.

**Girls with Tools:** Learn hands on with some of the tools you see in all those HGTV shows. Learn the basics on how to safely use wood working tools such as a nail gun, router, scroll saw, miter box and dremel tool.

**Car Maintenance:** Hands-on class covering all the topics necessary to give you the confidence to maintain your own vehicle --from checking and topping off car fluids to jumping your battery or changing a flat.

**Nature Hike IV:** (See Saturday Session I)

**Canoeing/Kayaking:** (See Saturday Session I)

**Zip-Line:** (See Saturday Session II) (Limit 12) \*Additional fee of \$10.00 required.





# 2010 Illinois State Event

## April 30 - May 2, Camp Ondessonk | Registration Form

Name: \_\_\_\_\_ Prefer to be called: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone H/W: \_\_\_\_\_ Cell: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Emergency Info:

Note: Participants ages 14-17 must be accompanied by a parent or legal guardian

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Current Health Conditions or Concerns: \_\_\_\_\_

Special Diet Needs: \_\_\_\_\_ Medications: \_\_\_\_\_

### Classes:

Please rank the classes in each session with 1 to indicate first choice, 2 for second choice, etc. Class sizes are limited- Register Early! Any class may be omitted due to lack of interest. See brochure for course descriptions.

#### Session I

#### Session II

#### Session III

#### Session IV

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Horse Trail Ride | <input type="checkbox"/> Basket Weaving (Part 1) | <input type="checkbox"/> Basket Weaving (Part 2) | <input type="checkbox"/> Vegetable Gardening |
| <input type="checkbox"/> Outdoor Cooking  | <input type="checkbox"/> Massage                 | <input type="checkbox"/> Massage                 | <input type="checkbox"/> Yoga                |
| <input type="checkbox"/> Nature Hike I    | <input type="checkbox"/> Nature Hike II          | <input type="checkbox"/> Nature Hike III         | <input type="checkbox"/> Nature Hike IV      |
| <input type="checkbox"/> Basic Handgun    | <input type="checkbox"/> Personal Protection     | <input type="checkbox"/> Canoeing/Kayaking       | <input type="checkbox"/> Canoeing/Kayaking   |
| <input type="checkbox"/> Field Archery    | <input type="checkbox"/> Target Archery          | <input type="checkbox"/> Canning                 | <input type="checkbox"/> Girls with Tools    |
| <input type="checkbox"/> Nature Craft     | <input type="checkbox"/> Outdoor Photography     | <input type="checkbox"/> Trailer Backing         | <input type="checkbox"/> Car Maintenance     |
| <input type="checkbox"/> Pamper Pole      | <input type="checkbox"/> Zip Line                | <input type="checkbox"/> Zip Line                | <input type="checkbox"/> Zip Line            |

### Lodging:

- CHOOSE {  St. Noel Center, indoor dorm-style rooms with heat & A/C and bathrooms with showers.  
 Treehouse, rustic 3-sided Adirondack-style cabins; bathhouse w/showers & electricity nearby

A few beds have full-size lower bunks that will be randomly assigned.

Do you need a full-size bunk?  Yes  No

Do you require a lower bunk?  Yes  No

Do you prefer:  Early-to-bed  Night-owl roommates  Doesn't matter

Optional - name of friend(s) you want to room with: \_\_\_\_\_

You will need to bring your own bedding! You will be notified with your confirmation letter if you need to bring full-size sheets.

**Cost: \$160.00 by April 24th Deadline or Early Bird Discount total of \$150.00 if postmarked by April 10th .**

\*Additional \$10.00 fee required for Zip Line, Basket Weaving and Horse Trail Ride | \*Special Raffle Package is \$40.00 (See brochure for details)

Enclose check made payable to WITO or charge your fee to a credit card:

Type: Visa | MC | AMEX | Disc Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail this registration form and fee to: Gay Hayes  
1809 Town Creek Road  
Murphysboro, IL 62966

E-mail: ghayes1809@yahoo.com  
Phone: (618) 924-4836