



Saturday, May 14, 2022 AGENDA

All Day Country Store open! Tickets, available all day.

8:00 am Registration & Light Refreshments

8:15 Welcome & Program Overview

8:30 Group Picture

9:00 Session 1 (over for descriptions)

10:45 Session 2

12:30 pm Lunch

1:30 Session 3

3:15 Session 4

5:00 Country Store Drawing & Evaluation

Registration preferred by May 6, 2022

Experience The Outdoors is:

- an educational program in which to learn various outdoor skills.
- designed primarily for women and an opportunity for anyone 14 years of age or older.
- held in a nurturing environment to foster success and develop camaraderie.
- \$35 for registration, t-shirt, refreshments and lunch.
- an exciting, informative, fun-filled day! **Rain or shine!**

At Hervida 4-H Camp 1260 Camp Hervida Road, Waterford, Ohio

For questions concerning this program, contact Suzi White at 740-236-6000 sjwhite6@yahoo.com.

Sponsored by:

Experience The Outdoors Committee of Ohio State University Extension-Washington County
1115 Gilman Avenue, Marietta OH 45750 <http://washington.osu.edu> Phone: 740.376.7431 Fax: 740.376.7435

Registration Form - Experience The Outdoors

Registration preferred by **May 6, 2022** to help ensure your session choices.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____

In case of an emergency notify: Name _____ Phone _____

Sessions: You will attend 4 sessions. Please rank in order of preference your **1st choice through your 6th choices**.

Please circle your short-sleeve, ladies relaxed fit, t-shirt size:

S M L XL 2X 3X

____ Adv. Target Shooting (\$5 fee)

____ Orienteering

____ Rifle Basics (\$5 fee)

____ Awesome K9's

____ Outdoor First Aid

____ Slate Painting

____ Cooking with Plants

____ Pistol Basics (\$5 fee)

____ Survival Shelters

____ Everything Gnomes

____ Plants' Notions and Lotions

____ Tia Chi

____ Music in the Wind

T-Shirts are pre-ordered and will be given in the order registrations are received. Additional shirts, as needed, will be ordered after the event. **Make checks payable to Experience The Outdoors. Complete, detach and send \$35 registration (plus additional \$5 class fees) to: Suzi White, P.O. Box 855, Beverly, OH 45715**

COUNTRY STORE TIME!

We are having a Country Store to help defer program expenses. We would welcome your contribution of an item valued in the \$5-\$20 range. Items need to be turned in at registration. Thank You!!

2022 SESSION DESCRIPTIONS

Advanced Target Shooting: After learning range safety, spend time shooting .22 caliber and semi automatic handguns. Have fun challenging yourself with different target setups. Bringing your own handgun would be helpful but not necessary. For advanced shooters. \$5 additional cost.

Awesome K9's: Watch our county's Awesome K9 units perform. The Sheriff dogs will be working bomb explosives, bite sleeves and obedience. They are both very lovable dogs and are exciting to watch.

Cooking with Plants: This class will include tips and tricks to get more fruits and vegetables into your meals. You will be given a variety of recipes with select samples for taste testing and hands-on cooking demo.

Everything Gnomes: Have fun painting Gnomes! There will be a variety of sizes in wooden and ceramic gnomes and ornaments for all. Be creative with your Gnomes to decorate your home.

Music in the Wind: Creating beauty from salvaged materials. "One person's trash is another's treasure" comes to life with recycled wind chimes. Make beautiful music by recycling bits and pieces in this Make It & Take It session.

Orienteering: Basic intro to orienteering, a fun outdoor activity that will test your ability to read a compass and map. We will show you how to relate features on the map to features on the ground to determine the fastest way to get from point A to point B. Put on your hiking shoes and explore camp by finding all the points on the map.

Outdoor First Aid: Learn how to handle accidents, injuries and emergency situations when venturing into the great outdoors. Make your next outdoor encounter safer and less worrisome.

Pistol Basics: You'll learn the basics of safety and marksmanship for shooting handguns. Spend time shooting a revolver and semi-automatic pistol at targets. Test your skill in shooting .22 caliber handguns. \$5 additional cost.

Plants' Notions and Lotions: During this Make It & Take It session, we will discuss methods for making lotions, salves, etc. using various plants. You will have the opportunity to prepare one. (Choice depends on what Nature has available)

Rifle Basics: You'll learn the basics of safety and marksmanship for shooting rifles. Spend time shooting a bolt action rifle at bull's-eye and silhouette targets. Test your skill in shooting .22 caliber guns. \$5 additional cost.

Slate Painting: Have fun showing your artistic abilities while painting on slate. Make a wall hanging or a decorative piece for your home. We will provide some stencils, or use your creative minds.

Survival Shelters: Get hands-on experience at building survival shelters. This one of a kind nature class will involve sticks, leaves and so much more. Using what you have and having what you need!

Tai Chi: You will be introduced to the basic movements of Tai Chi, which is thought of as a moving form of yoga and meditation combined. The movements can foster a calm and tranquil mind leading to reduced stress and lowered blood pressure.

Please be aware that outdoor activities often carry a risk of injuries which may not be obvious. Be aware of these risks and your ability. Ask for help when needed in order to eliminate the chances of injury.

Items To Bring on May 14 Water bottle/bottled water, Sunscreen, Sturdy shoes, Item and \$\$\$ for Country Store, Appropriate clothing for weather-rain or shine, Items mentioned in preferred session descriptions, Enthusiasm for a fun day!