

**Liability Waiver and photo release for
the Freeport Park District**

To register, please read, then sign below.

As a participant (the parent/legal guardian of a minor participant), I recognize that there are risks of physical injury, and I agree to assume the full risk of any injuries (including death), losses or damages as a result of participating (allowing the minor for whom I am responsible to participate) in any and all activities described in this release. In consideration of Freeport Park District accepting my registration, I hereby for myself, my heirs, executors, administrators, agree to waive all claims I may have as a result of participating, traveling to and returning from any and all activities of the program against Freeport Park District, its officers, agents, volunteers, servants and employees. I release, indemnify, and hold harmless the Freeport Park District, its officers, agents, volunteers, and employees, from any and all claims from any source or person (including the minor participant) for injuries (including death), losses, expenses, or damages due to the participation herein requested and granted, as well as the traveling to and returning from the identified activities, or losses arising out of, connected with, or any way associated with the activities herein described. I understand that I or my child/ward may be photographed or videotaped while participating in the above program(s). I give my permissions for photos and videotape of me or my child/ward to be used to promote the Park District and that such photos and videos will be the property of the Freeport Park District. In the event of an emergency, I authorize Freeport Park District to secure medical treatment deemed necessary for my immediate care and/or the care of my child and I agree that I will be responsible for the payment of any and all medical treatment and services rendered.

Please indicate, if any, medical information (asthma, diabetes, etc.) or food allergies that staff should be aware of on a separate sheet of paper.

Do you need any accommodation, in accordance with the Americans With Disabilities Act, to effectively participate in the above activity?

No Yes specify need on a separate sheet of paper.

Signature of Participant
or Parent/Legal Guardian
of Participant under age 18

Date

Cooperating Agencies:



UNIVERSITY OF ILLINOIS EXTENSION
College of Agricultural, Consumer and Environmental Sciences



The Women and the Wild planning committee, along with members of the Northwest Illinois Local Foods Task Force, will feature locally grown and produced foods during the program.

For more info call 815/235.6114 ext. 0

If you need reasonable accommodation to participate in this program, please contact University of Illinois Extension, Stephenson County at 815/235-4125.



Freeport, IL 61032

PO Box 417

Oakdale Nature Preserve

Freeport Park District

5th Annual



An Outdoor Skills Workshop

Saturday, May 8, 2010

Mother's Day weekend

8:00 am – 5:00 pm

**Oakdale Nature Preserve
Freeport, IL**

Rekindle old outdoor interests and learn new ones. Choose from a variety of hands-on sessions. This unique event offers women the opportunity to experience the outdoors in a variety of ways. You don't have to be in tiptop shape to participate, just willing to learn more about enjoying nature and the outdoors.



Schedule

7:45-8:15 am	Registration & refreshments
8:15-8:30 am	Welcome & overview
8:30-10:00 am	Session 1
10:15-11:45 pm	Session 2
11:45-1:00 pm	Lunch & free time
1:15-2:45 pm	Session 3
3:00-4:30 pm	Session 4
4:45-5:00 pm	Closing & slide show

Cost is \$40 or Early Bird price of \$30 if payment is received by Friday, April 16, 2010.

Fee includes session instruction, materials, use of equipment, lunch and refreshments. Confirmation information will be sent to registrants. **Choose ONE class in each session.**

SESSION I

Canoeing Basics on Yellow Creek

Jennifer Nowicki, Freeport Park District

Practice basic canoe strokes in Yellow Creek. Control where you want to go on this slow meandering stream; forward, backward or to the side. Participate in a few games to hone your skills. Note: this class will take place during both sessions I and II.

Introduction to Archery

Mark Rust & Instructors from Indian Trail Archers

Basic instruction in safety and practice with furnished equipment. You will have a new outlook on an old sport and an ancient profession.

A Chicken in Every Pot, Harvesting Your Own

Suzy Beggin Craft, 19th Century Historian

Chickens are one of the most useful and easy to maintain farm or yard animal. What do you do with it after you've kept it safe from predators, fed it healthy grains and watered it faithfully everyday? This workshop provides a hands-on experience to humanely butcher, defeather, remove the entrails and prepare the bird for roasting.

Waiter, There's a Worm in My Compost!

Constance McCarthy, Winnebago Co. Master Gardener & Master Composter

Why have your own worm composting box? To keep kitchen scraps out of the landfill and create the most amazing "black gold" for your garden. Participants will learn the ins and outs of worm composting and will create their own small worm box to take home. Have fun while helping your garden and the Earth!

Knives at Their Best

Patrick Kennedy, Retired Chef

Culinary knives come in all shapes and sizes and so do their cuts. Learn and practice different common kitchen food cuts as well as what blades are best used for what and how to properly sharpen and care for them. Bring your own favorite knives or practice with knives the instructor brings.

SESSION II

Canoeing Basics continued

Introduction to Archery

Repeat from above.

Women's Self Defense

Monika Funk, Genoa's Midwest Martial Arts Academy

Learn by practice and discussion about environmental awareness, personal space, how to use everyday items as weapons for self defense, and how to defend against common attacks.

Waiter, There's a Worm in My Compost!

Repeat from above.

Knives at Their Best

Repeat from above.

SESSION III

Soft Cheeses, 1-2-3

Lisa Bardell, Master Food Preserver, K-Lee-Bar Farm

Do you love fresh mozzarella? Dream of creamy ricotta desserts? Crave tangy cream cheese spreads? Fresh made cheeses are just minutes away in your very own kitchen. Learn how to make fresh mozzarella in just 20 minutes! Session will cover the basics of soft cream cheese making - participants will create their own cheese and appetizer.

Women's Self Defense

Repeat from above.

Finding Balance: Using Nature As Our Guide

Deb Schwarze, Deb Schwarze Counseling

Using nature as a guide and through direct interaction with the outdoors, participants will learn ways to bring our lives back into balance. Participants will also discuss the ways our lives have become unbalanced. The session will conclude with the construction of a bracelet or necklace to serve as an anchor for balance.

Dried Flower Arranging

Sheryl Pitts Wolff, Hulbert Hollow Farms

Learn how to preserve and use nature's offerings to make wreaths, swags and indoor arrangements. Learn preservation techniques for flowers and herbs as well as the best-drying plants. Complete a wreath made from willow, spirea, or red twig dogwood branches decorated with flowers, pods, seeds and other materials.

SESSION IV

Soft Cheeses, 1-2-3

Repeat from above.

Photography in Nature

Cindy Wilson, Photographer

Bring your camera and capture up close the wonders of nature. Have fun on your knees finding wildflowers, mushrooms and bugs. This is not a session on how to use your camera, but what to look for through your lens; framing, angles, backgrounds, shadows and lighting.

Basic Bicycle Maintenance

Ann Mattson, Freeport Bicycle Company

Our bicycle can help us get into shape, but do you know how to keep your bike in shape? Learn what to check before each ride, how to fix a flat tire and learn when to bring your bike in for professional service. You may bring your own bicycle &/or tire to practice fixing a flat tire or extra bikes will be available.

Finding Balance: Using Nature As Our Guide

Repeat from above.

Registration Form

Enclosed is a check for \$30 if received by April 16 or \$40 if after and the signed Liability Waiver on the back.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

County _____

Enclosed \$ _____

Make check payable to:

Freeport Park District

Circle ONE topic for each session. Write a "2" next to your second choice topic for each session:

Session 1

Canoeing	Worm Compost
Archery	Knives
Chickens	

Session 2

Canoeing	Worm Compost
Archery	Knives
Self Defense	

Session 3

Cheeses	Finding Balance
Self Defense	Dried Flowers

Session 4

Cheeses	Bicycle
Photography	Finding Balance

Vegetarian meal: yes no

Return to:

*Freeport Park District—Oakdale
PO Box 417
Freeport, IL 61032*

*Or call to register by phone
815/235.6114 ext. 0
(Visa or MasterCard)*