



Medicine Hawk Wilderness Skills Ancient Skills for Today's World

Philosophy

“The Clearest Way into the Universe is through a Forest Wilderness.”

~ John Muir

True survival lies not in conquering the land, but in becoming one with it. Through the practice and perfection of skills, you can become secure and survive comfortably in any wilderness environment.

The skills you will learn include: shelter building, water gathering, fire making, tool, and weapon construction, animal tracking, problem-solving, awareness skills, walking and listening techniques, and above all, respect for the Natural World.



Ideal for scout troops, school and church groups, families, team building for business teams, and anyone with a love for nature.

**Custom programming available. Contact us register your group.
Cindy Nielsen, CSM - 773.895.8738 or shift2greenow@gmail.com**

www.iwla-desplaines.org

Medicine Hawk

Medicine Hawk teaches day and weekend workshops focused on wilderness skills and an overriding respect for the earth as our teacher.



Your Instructor

Ron Nosek, your instructor, truly enjoys and respects the natural world, continually hones his skills, and is able and willing to share his knowledge with all who are interested.

These programs are risk-free, informative, beneficial, and fun. Though you will learn skills that can save your life, this is not a "survival school." You will not eat bugs nor sleep in trees. But you will learn to reconnect to the natural world.

- Would you like to experience the excitement that comes from starting a fire using nothing but sticks?
- Are you intrigued by the possibility of reading stories in the tracks that animals leave on the face of the earth?
- If you knew which plants could be used to start a fire and which could heal a bee sting, would you feel more comfortable on your next nature outing?
- Would you like to learn to quiet yourself and become more aware of the wildlife around you?
- Could your outdoor confidence use a boost by knowing that you could find fire, water, shelter, and food in almost any environment?

If you are interested in the natural world and your relationship with it, we invite you to join us. No matter what your decision is, may all your trails be smooth and your adventures exciting.

NATURE EDUCATION WORKSHOPS

Awareness Skills | Wilderness Skills | Animal Tracking Gaits | Animal Tracking - Clear Print ID

Utilitarian Benefit of Plants | What 2 Know B4 You Go!

What you need to know:

- Children under 11 will be enrolled only with our prior approval.
- Every student 16 or under must be accompanied by a parent or adult guardian.
- Our desire is to share these skills with family units and we realize that "per person" rates may be prohibitive. So if you're a parent who wishes to attend with 2+ children (ages 18 and under), contact us to discuss a possible family rate.
- Min: 5 - Max: 20
- Custom programming available contact us.: www.iwla-desplaines.org



Medicine Hawk Wilderness Skills Ancient Skills for Today's World

Nature Education - Awareness Skills Program Listen and Learn!

About the event: Max: 20 participants. Call to register. Cindy 773.895.8738 or shift2greennow@gmail.com

Splatter Vision: Technique to help you see more as you encounter the natural world

Owl Hearing: Helps birds find food in the dark. Learn to enhance your listening skills.

Fox Walking: The way to move more quietly through the Natural World increasing the probability that you will encounter more wildlife.

Sit: Do a "sit". Learn to use all your senses while absorbing what is going on around you.

Awareness Walk: A fun exercise where students walk a path "planted" with artifacts that may or may not belong in the Natural World.

Led by skilled wilderness tracker and instructor, Ron Nosek. Intrigued by animals and the signs that they leave upon the earth—from clear prints to scat to skulls—Ron has a penchant for teaching others about those critters. Ron is a former attorney (retired after 29 years of criminal trial work) who for many years did two wilderness trips a year just to keep his head in the right place. He has recently recounted a number of his outdoor experiences in a collection of essays published as Natural Selections.

Ideal for scout troops, school and church groups, families, and anyone with a love for nature. Custom programming available call to register your group..

NATURE EDUCATION WORKSHOPS

Nature Education Program - Awareness Skills

Splatter Vision: Technique that will help you see more as you encounter the natural world

Owl Hearing: Helps that bird find food in the dark. Learn to enhance your listening skills.

Fox Walking: The way to move more quietly through the Natural World increasing the probability that you will encounter more wildlife. Sit: Do a "sit" and learn to use all your senses while absorbing what is going on around you. Awareness Walk: A fun exercise where students walk a path "planted" with artifacts that may or may not belong in the Natural World.

Animal Tracking–Clear Print Identification

Are you intrigued by the possibility of reading stories in the tracks that animals leave on the face of the earth? In this class, you will learn the basics for identifying the footprints of most North American mammals. Casts of animal tracks taken in the wild will be on display. Dress for the weather. If conditions are right, we may go out and view tracks.

Animal Tracking – Gaits

Are you intrigued by the possibility of reading stories in the way in which animals walk? In this class you will learn the personalities of different animals like the "Quiet Walkers", the "Tough Guys of the Woods", and the "Ready to Run" animals. Dress for the weather.

Nature Education - Wilderness Skills

Lecture and Demonstration to educate participants on the necessity and priority of shelter, water, food, and fire in a wilderness setting. Demonstrations will include shelter building and fire by friction. Dress for the weather.

Nature Education - Utilitarian Benefits of Plants

In this interactive workshop, participants will learn about plants in the wild and how they may support you. Respect for all plant life is emphasized.

Plants can be used for shelter, fire, cordage, bowls, spoons, and more. Demonstrations may include making cordage and/or shelter and are subject to change.

- Find and make tinder from plants
- Construct a "sure-fire" fire and start it with a flint and steel
- Use plants as a source of water • Construct a bowl or spoon using tools from nature
- Build a shelter using natural materials • Make cordage from plant material
- Enjoy a bow-drill demonstration, using pieces of wood and the power of friction to start a fire

Each workshop is led by skilled wilderness tracker and instructor, Ron Nosek. Intrigued by animals and the signs that they leave upon the earth—from clear prints to scat to skulls—Ron has a penchant for teaching others about those critters. Ron is a former attorney (retired after 29 years of criminal trial work) who for many years did two wilderness trips a year just to keep his head in the right place. He has recently recounted a number of his outdoor experiences in a collection of essays published as Natural Selections.

Ideal for scout troops, school and church groups, families, and anyone with respect for nature.

NATURE EDUCATION WORKSHOPS

Nature Education - What 2 Know B4 You Go!

This program is designed specifically for folks or families with youngsters with limited experience in the outdoors (though many experienced people have also benefited from taking this program and have given it high praise). The content applies to just about any endeavor that can take you into the natural world—hiking, biking, canoeing, kayaking, snowshoeing, skiing, rafting, or simply driving a car through a remote area.

We'll share with you our list of essential survival items. These are items that you and ESPECIALLY YOUR CHILDREN should have with you whenever you venture into the wild—and by “wild” we mean any location that has more grass than your back yard and is farther than shouting distance from home, camp, or the parking lot, be it a forest preserve in DuPage County, the Canadian backcountry, or the Utah desert. The list of items is short. They are small and lightweight and all of them can easily fit into a fanny pack. Any one of them could turn a potential emergency survival situation into a brief detour, an interesting but not overly exciting adventure, or at worst a minor mishap. All together they could save your life.

Instruction is accomplished through the telling of real stories about real people who have gotten themselves into unpleasant outdoor situations and have come away severely embarrassed or not at all. With plenty of examples and hands-on demonstrations: building a simple shelter; how to use a flint-and-steel; we may even, time and the surroundings permitting, show you how to start a fire with a bow-drill.

The audience is given a hypothetical survival situation to solve. What do you need? When do you need it? And why?

The workshop includes a list of six, simple, lightweight items to carry in a survival kit that could turn any emergency into a mere inconvenience or perhaps even an enjoyable experience. We give two of the items to all participants at no cost.

Led by skilled wilderness tracker and instructor, Ron Nosek. Intrigued by animals and the signs that they leave upon the earth—from clear prints to scat to skulls—Ron has a penchant for teaching others about those critters. Ron is a former attorney (retired after 29 years of criminal trial work) who for many years did two wilderness trips a year just to keep his head in the right place. He has recently recounted a number of his outdoor experiences in a collection of essays published as Natural Selections.

Ideal for scout troops, school and church groups, families, and anyone with a respect for nature.