



July 2018  
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Can you find an insect?



## TEACH TABLET

How do you know it's July in the Midwest? Here is the unofficial list that lets you know for certain that we are in the peak of summertime in Illinois.

- |   |   |
|---|---|
| <input type="checkbox"/> Grilled brats and burgers              | <input type="checkbox"/> Earned some tan lines          |
| <input type="checkbox"/> Had fresh corn on the cob              | <input type="checkbox"/> Caught lightning bugs          |
| <input type="checkbox"/> Went swimming                          | <input type="checkbox"/> Had a s'more around a campfire |
| <input type="checkbox"/> Watched a fireworks show               | <input type="checkbox"/> Watched the sun set            |
| <input type="checkbox"/> Cleaned up sticks after a thunderstorm | <input type="checkbox"/> Itched a mosquito bite or two  |
| <input type="checkbox"/> Went on a bike ride                    | <input type="checkbox"/> Went fishing                   |

If I asked some kids from my neighborhood what makes summer complete, they would include running through a sprinkler/slip-n-slide, having popsicles with friends, a lively round of Ghost in the Graveyard, and picnicking. However you choose to enjoy the season, I hope you make attending a TEACH Outdoors event part of your list. We have lots of activities planned including hunters safety, habitat education and building, fishing derbies, archery events, seminars and games. Make sure to follow us on Facebook and Instagram. We'll keep you informed on upcoming activities and how to register for our free events.

If mosquitos have been ruining your cookouts and campfires, you might want to join us for bat box seminar. Find out why bats should be a welcomed addition to your backyard and what you can do to entice them to take up temporary residence in your yard.

### BICYCLES...A FUN WAY TO SEE NATURE

At TEACH Outdoors, we want to get kids out into nature. While hiking is fun, our family found that we could cover more area with our bikes. When the kids were younger, we had a tow behind bike cart. We graduated to a tandem bike, so that (in theory) the child could help with the work load. We are very fortunate to have access to so many trails and parks that provide the amenities that make bike riding a little more comfortable. *Continued on page 2.*

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#### THIS EDITION IS BROUGHT TO YOU BY BAKER ELECTRIC

We thank Greg Baker at Baker Electric in Morris for his continued support of TEACH Outdoors. Greg donated the Generac whole house generator that is being raffled at the Will County Fair in late August!

For all your residential and commercial electrical needs, call for a free estimate (815) 942-3957 or visit them at [bakerelectric.net](http://bakerelectric.net)





## JUNE'S HIGHLIGHTS: NO CHILD LEFT INDOORS & WOODSMOKE FISHING DERBY

On Saturday, June 16 at Woodsmoke Ranch in Seneca, IL, TEACH Outdoors hosted a fishing derby. Can you believe a whopping 182 total fish were caught and released? Species included: Large Mouth Bass, Crappie, Bluegill, Catfish, and Hybrid. We give three awards at the end of the fishing derby and our winners were Bryce Jinks, 12 years old, won Most Fish Caught with a total of 27 fish. Our female winner for Most Fish Caught was Kylie White, age 10, with 22 fish caught.

The honor for Biggest Fish was awarded to Brayden Wilkins, age 15, with a catch that was 13 inches. Upon acceptance of his prize, Brayden wanted to give it to a young girl who has been coming to the fishing derbies as long as he has. He could see so much improvement in her and asked if he could give his prize to her. Brayden Wilkins presented Alivia Espinoza with the hat, fishing pole and tackle box that was awarded to him. It should be noted that after the derby Alivia, her sister Alexa, Grandma, Grandpa, Mom and Dad all came back down to the lake to fish some more!

On Saturday, June 23, 2018 T.E.A.C.H. Outdoors participated in the Kankakee County Pheasants Forever "No Child Left Indoors" Event at X-Line Shotgun Club in Kankakee.

T.E.A.C.H. partnered with X-line Shotgun Club, Kankakee County Pheasants Forever, National Wild Turkey Federation, and Northern Illinois Anglers Association to bring a day of outdoor education to 53 kids.

Stations were rotated every 45 minutes and included educational and hands on activities in archery, trap shooting, wood duck habitat, conservation and wood duck box building, hunting ethics, fishing, turkey calling, making turkey calls and education on turkey hunting with Q&A session.

Volunteers from T.E.A.C.H. Outdoors included Smitty & Kim, Bob & Mackenzie, Char Goffin, Tommie & Tricia Haynes and Chuck Thomas. Volunteers helped with wood duck box education, habitat, conservation and box building along, serving lunch, handing out information and answering questions

### CAMPFIRE COOKING 3 WAYS

Before you start searching for recipes, you'll need to know if you plan on cooking in a foil packet, a cast iron skillet or on a stick/fire fork.



### EASY CAMPFIRE COOKING

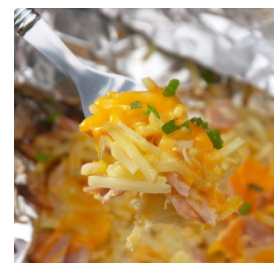
Our family loves camping. When the kids were small, their attention span for "cooking" food over a campfire was exactly however long it takes to catch a marshmallow on fire and it progressed to how long it takes to get a marshmallow roasted to golden perfection on the outside and total gooey goodness on the inside. Cooking on a fork is fun and easy for hot dogs, brats and Polish sausages, but what about other foods? I found 39 recipes on delish.com and decided to share two of my favorites with you.

For a delicious and nutritious breakfast, try the breakfast foil packs. With eggs, potatoes, cheese, ham and a little milk, salt, and pepper, what's not to love? The best part, it's easy to stir the fire up in the morning to get it stoked again. With a 10 minutes cooking time, you'll be able to sip your coffee and be serenaded by the birds while your breakfast cooks.

<https://www.delish.com/cooking/recipe-ideas/recipes/a53625/breakfast-foil-packs-recipe/>

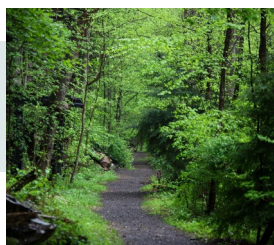
The second recipe is great if your camp where the shelter has a fire-place. Since it takes 50 minutes to cook, it's perfect to pass the time on a rainy afternoon. Hang out in the shelter playing games or crafting while it cooks, then enjoy or put your skillet on the fire before you settle in to your favorite sunset watching spot. Either way, I hope you won't be tortured by the amazing aroma for very long.

<https://www.delish.com/cooking/recipe-ideas/recipes/a53626/campfire-cobbler-recipe/>





## GO BIKING! *CONTINUED*



Where was I when I saw my first Northern Flicker? A bike ride! Do you want to let your kids experience the sounds of a woodpecker echoing for miles or see deer or bison grazing peacefully in a meadow? You need to give trail bike riding a try!

When trying to choose a trail, there are two types to consider: loop or out and back. Out and back means that your halfway point is where you decide to turn around. A loop means that you will complete a trail without ever doubling back. The change of scenery on a loop is a benefit when traveling with young kids. The drawback is that sometimes those loops involve intersections. The Rock Run Greenway loop is one of my favorites that is close to my home. This requires us to share the road with cars in places, so keep that in mind and try to avoid busy times. Other trails that are further away mean I have to trailer my bike and include travel time into our outing. Use your trail map to choose your parking spot carefully. While hiking at Kankakee River State Park, I was checking out their bike trail. It's a 10.5 mile trail. However if you park at the end, it would be a 21 mile out and back. If you park in the center, you can go out and back to either end and keep it to 10 miles. The I&M Canal Trail system has maps with charts on them to help you calculate your mileage. A friend and I did some exploring without kids. We found ourselves in Morris and realized that when we get back to McKinley Woods we would have traveled 25 miles. We laughed and said, "Good thing we don't have the kids with us!" The next day, my legs felt fine, but I wished I had a new comfort gel seat cover on my bike seat.

Bike riding is a fun way to explore nature and with so many local parks and trail systems, the possibilities are only limited by your own leg muscles or padding on your bike seat. To find a list of trails, just Google "Bike trails near me" or visit [www.reconnectwithnature.org](http://www.reconnectwithnature.org) and search bike trails for a list of trails that are a part of the Will Country Forest Preserve District. There are some things to keep in mind before going on your first outing, especially if you plan on taking kids with you.

ALWAYS bring plenty of water and a snack. Choose the time of day carefully. Keep an assortment of first aid supplies handy. Always have a trail map. Bring a camera or plan on using your phone for those unexpected photo opportunities. Depending on the age of the kiddos in your group, have a rest stop planned into the ride, like stopping at a picnic shelter or a playground for a bathroom and pedaling break. Consider purchasing a bike tool allen key. Always check tires before you go.

If some of the advice sounds like it came from May's TEACH TABLET "Take a Hike!", then you are correct! Visit [www.TeachOutdoors.org](http://www.TeachOutdoors.org) and look under the TEACH Tablet tab for past issues. I have more detailed instructions on packing a daypack in last month's issue.

Some of our most memorable bike rides occurred when we had neighborhood friends with us and we got caught in an unexpected rain shower. We took shelter under the porch at Cracker Barrel and passed the time playing checkers. The rain shower ended in 20 minutes and we were lucky to see deer and turkey in the meadow on the Rock Run Greenway behind Joliet Junior College main campus on our way home. Another adventure took place when we hid out at the Black Road Branch of the Joliet Public Library during a rain shower. We were treated by turtles, toads, and frog sightings after the rain and had a good laugh about the spray patterns going up our backs from the post rain puddles.

I hope you make some memories of your own and share them on our Teach Outdoors Facebook page. Get out there and have a bike adventure!



### WE WANT YOU!

Volunteers make TEACH Outdoors possible!

At every event, we need people to help to help with:

- Set up
- Registration
- Photography
- Serving lunch
- Clean up/Pack up

If you are able to help a little or a lot, we'd love to hear from you. Reach us by e-mail, message, text, Facebook or smoke signals and let us know!

Looking for a new place for great fishing that is close to home?

Look no further than the ROCK RUN ROOKERY PRESERVE (23065 South Youngs Road in Joliet).

There are 2 lakes (former quarry) and many places for convenient shore fishing access. The picnic shelter is a work of art. At the end of a .41 mile trail is a boardwalk for fishing, bird watching or taking a stroll. All state fishing regulations apply.

Catch and release is preferred at this location, but fishing limit information is available at:

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

## POISON IVY 101

### BE PREPARED!

Not everyone has a reaction. And it's not fair. But here's the how to on treating it, in case of accidental exposure.

- Once you know you've made contact, immediately wash the area with Tecnu (a wash available at your neighborhood pharmacy) or Dawn dish soap. Dawn is the best at cutting through grease/oil and that is exactly what you need to get off your skin! Rubbing alcohol or hand sanitizer works in a pinch.
- Pat dry with paper towels. You don't want to spread the oil around or share with others!
- Treat the area for itching with calamine lotion.
- Benadryl taken orally helps combat itching.
- If a rash appears even after quick action, it may take up to 3 weeks to heal.
- You should visit your doctor for help managing symptoms.

## TEACHABLE MOMENTS: POISON IVY. IDENTIFY & AVOID!

As a kid, I always thought poison ivy was a vine because "ivy" was in the name. While poison ivy can be in vine form, that's usually not what gets you into trouble unless you happened to rest up against a tree that was covered in vines while hiking. The poison ivy that usually gets us in trouble is the plant form. It can be tricky to identify because the plant grows throughout the summer. The oil called **urushiol** leaves a blistering itchy rash behind after contact with the skin. The contact can be direct (from contact with the plant) or indirect (petting your dog who just ran through poison ivy).

Once the oil contacts you, it causes a **systemic reaction**. This means the rash can appear in places that never came in contact with the oil as it travels through your body. It usually peaks within a week but can last up to 3 weeks. You cannot spread the rash to other people in your family, but if you aren't careful, you can spread the oil that caused the reaction! Wash clothes and shoes carefully in Tecnu wash. If you have to wash a pet who ran through poison ivy protect yourself with gloves while washing your pet and peel the gloves off like nurses do. Lots of plants have 3 leaflets and are harmless! Stay on the trail and happy adventuring!

Poison ivy plant in early summer is about 4 to 6 inches off the ground. Leaflets that look like a left and right mitten with a symmetrical "hat" leaf in the middle (bottom left). The plant to the right is in July when poison ivy is about 10 inches tall and has white flowers on it from the center.



This is what a poison ivy rash looks like.



## UPCOMING EVENTS—SUMMER 2018

**July 19th-22nd** Braidwood Summer Fest Hospitality Tent

**July 22nd** Learning to Hunt Your Intended Species 8 am –4:30 pm at Aurora Sportsman Club Waterman, IL The event requires pre-registration event and space is limited.

**July 28th** 9:30 am—2 pm— Woodsmoke Fishing Derby  
This is a free pre-registration event.

**August 4th 11 am—4 pm—** First Baptist Church of Morris Neighborhood Fest. Free Community Event. TONS of activities, food & fun. Bat box building and archery from TEACH Outdoors.

**August 11-12th** 8 am—3 pm- IDNR Hunters Safety Class at The Center in Custer Park, IL. Free. Registration required.

**August 19th** X-Line Shotgun Club in Kankakee, IL TEACH Outdoors Youth Team Shooting Competition. Spectators welcome. Competition begins at noon. Cheer on Orange Crush!

**August 22nd-26th** Will County Fair in Peotone, IL. Visit our tent to purchase raffle tickets a whole house generator by Generac, a Henry Long gun and a cool 6-shooter. Visit our website for details and for info on purchasing tickets now!

**September 29th—** Crackerbox car Derby at Grundy County Corn Festival 9 am—noon

**September 30th—** Grundy County Corn Festival Parade. Downtown Morris. Noon—4 pm.



There are many ways to contact us. We are online at [www.TEACHOutdoors.org](http://www.TEACHOutdoors.org), Facebook, Instagram, or you could email us at [KimSmith@TEACHOutdoors.org](mailto:KimSmith@TEACHOutdoors.org).





# T.E.A.C.H. SNAPSHOTS...more pictures online at [www.TeachOutdoors.org](http://www.TeachOutdoors.org), Facebook page & Instagram.



Woodsmoke Fishing Derby, No Child Left Indoors & TEACH moments. Thanks to all our volunteers!