**Fall BOW Session descriptions:**

**Session I (Saturday Oct 6th 9am-11:30am)**

**Cold Water Fishing- Trolling for Salmon and Trout:** Traditional to Maine and the northern regions of the US, trolling is a fun and exciting way to fish and Lake Christopher is a great place to learn the techniques of fishing for these prized salmonids. Cold water species can be tricky to catch and trolling spoons and flies can be very effective in producing big fish. This workshop will teach you about some of the gear and methods needed to be successful and safe on the water.

**Waterfowl Hunting:** There’s nothing like the sound of mallards or wood ducks overhead whistling over the duck blind in the cool October air! Here, you will have a chance to place decoys, construct a duck blind, and learn some basic calls and use of equipment needed. We will cover regulations and basic duck ID as well.

**Rod Building – Build your own spinning Rod Session 1 of 3 (Workshop Fee $75.00):** This is a unique opportunity to construct your own fishing rod during the weekend! Over several workshop blocks, you will learn the craftsmanship and detail to create your custom fishing rod designed for you. The end result will be your own rod, ready to hit the water! Please be sure to register for all 3 sessions to insure completion of your rod.

**Basic Archery:** Hit the bullseye with this workshop and learn how to shoot safely and accurately! Our certified 4-H instructors will get you on target quickly and by the end of this workshop you’ll become a proficient archer and possibly a better bow hunter! We’ll cover equipment, shooting form, and how to choose your first bow. You will be shooting Genesis compound bows.

**Riflery and Marksmanship:** With this workshop you will learn safe gun handling, caliber selection, shooting positions and much more. You’ll be able to shoot .22 bolt action rifles, focusing on marksmanship and safety with plenty of shooting time! Learn from Certified 4-H Shooting Sports Instructors.

**Preserving the Harvest:** September is a great time of year in Maine, its harvest time and the traditional pursuit of preserving the bounty of your hard work is a learned skill. In this workshop you’ll learn ways to safely can and preserve various fruits and vegetable.

**Canoeing: Beyond the basics- Canoe Tripping Skills:** Maine is home to more rivers and navigable waters than almost anywhere else in the country. Because of this, canoeing has been one of the oldest forms of transportation, connecting villages to each other, or allowing hunters and fishing folks to explore way off the beaten path. Rivers such as the Allagash, St Croix, and others offer experiences like no other and to paddle in these places, you need to be proficient in not only your paddling strokes, but in trip planning. Learn how to paddle efficiently, paddle effectively in wind, and proper loading as well as portaging. Soon you’ll be anxious to plan your first trip!

**Wild Edible:** Foraging for Nature’s Bounty: There’s such a bounty to be had right here in the forests of Maine, all you have to do is look in the right places! In this class you will gain awareness and learn how to find and identify various wild edible plants and other useful components in nature.

**Primitive Skills- The Order of Survival:** Learn the basics of survival from one of our lead Primitive Skills Instructor. They will guide you through the basics of the Order of Survival, and you’ll soon find yourself immersed in a natural place that will feel uncommonly familiar.

**Basic ATV Riding:** The growing trend towards using ATV’s or other off road vehicles has sparked interest in learning the basics of safety and proper control. Here you’ll learn how to traverse hills, obstacles, and turns on our short track. ATV’s and helmets are provided.

**Fly Tying:** Spring is just around the corner…and that means fly fishing! Let us show you how to tie a fly that is guaranteed to catch fish! You’ll have a chance to tie several flies of your own, and learn a bit about fishing for Brook Trout and salmon as well.
Session II (Saturday Oct. 6th 1pm – 3pm)

**Homesteading- Rabbit Processing:** Are you interested in raising your own meat in a caring and healthy environment? And maybe you’d like to start with a small easy to raise animal? In this workshop you will learn all the basics to process your very own meat rabbits. We will go over the basics of rabbit care, but focus heavily on the process of cleaning a rabbit in a clean and safe environment. These rabbits will be processed to be used the very next day in a cooking workshop!

**Nature Hike- Reading the Forested Landscape:** On this hike we will increase our sense of awareness to the history of the forests around us. All too often forests are seen as static environments; when in fact they are systems of constant change. Learn tips & tricks to spot areas of past disturbance, old human impact, or even animal interactions that have helped change the current landscape. Come prepared for an adventure in the woods, although we won’t be going too far we will be doing some off trail exploring!

**Trip Planning:** In this hands on workshop we will go over all the basics you will need to plan an overnight trip hiking or paddling. Topics will range from the *10 Essentials* to deciphering maps and contingency plans. Our next step will be to look at overnight tripping and food choices. Although convenient and light, how can we eat something different than dehydrated pre-packaged food in the backcountry? With a bit of preparation, you will be ready to lace up your boots or load up that canoe with confidence for your first trip!

**Muzzleloader, Primitive shooting skills**- Join us for one of our newest statewide 4-H Shooting Sports discipline! We will familiarize you with this primitive firearm. Whether you are looking for a new challenge or want to extend your deer season, muzzleloader shooting is fun! You’ll learn about the equipment, how to load/shoot and how to clean traditional and modern muzzleloaders. Be sure to dress warm as we will be practicing our marksmanship out on our rifle range!

**Crossbow Shooting:** The popularity of crossbow shooting continues to grow and has become a mainstream activity, alongside archery and firearms. The crossbow allows for folks with physical limitations to shoot successfully and ads a level of challenge for folks that are simply looking for a new method of pursuing game. By the end of this workshop you’ll have a complete understanding of the equipment, functionality, and enjoyment that makes crossbow so unique. Participants will leave with a Crossbow Safety Course guidebook and the information needed to enroll in a safety course in the future (Required if one chooses to hunt with a crossbow).

**Kayaking, Solo paddling skills:** What better way to spend a cool autumn day than on the beautiful waters of Bryant Pond! Learn how to paddle safely, and explore the diverse shoreline on this amazing water body! You’ll be greeted by loons, and various ducks as they continue their migration south! We’ll outfit you in proper PFD selection and learn about navigating the fastest growing water sport in Maine!

**Tree stands, Blinds and Game Cameras:** Hunting techniques vary for everyone, and here, you’ll have a chance to learn how to safely use and install tree stands and blinds, and properly set up game cameras. We’ll also cover the laws and regulations that go with each.

**Basic ATV Riding:** The growing trend towards using ATV’s or other off road vehicles has sparked interest in learning the basics of safety and proper control. Here you’ll learn how to traverse hills, obstacles and turns on our short track. ATV’s and helmets are provided.

**Wild Edible:** Foraging for Nature’s Bounty: There’s such a bounty to be had right here in the forests of Maine, all you have to do is look in the right places! In this class you will gain awareness and learn how to find and identify various wild edible plants and other useful components in nature.
Session II Continued (Saturday Oct. 6th 1pm – 3pm)

**Rod Building – Build you own spinning Rod Session 2 of 3 (Workshop Fee $75.00):** This is a unique opportunity to construct your own fishing rod during the weekend! Over several workshop blocks, you will learn the craftsmanship and detail to create your custom fishing rod designed for you. The end result will be your own rod, ready to hit the water! Please be sure to register for all 3 sessions to insure completion of your Rod.

**Fly Tying:** Spring is just around the corner…and that means fly fishing! Let us show you how to tie a fly that is guaranteed to catch fish! You’ll have a chance to tie several flies of your own, and learn a bit about fishing for Brook Trout and salmon as well.

Session III (Saturday Oct. 6th 3:30pm – 5:30pm)

**Homesteading- Turkey Processing:** We will learn basics of how to raise turkeys humanely and efficiently. However, the main focus of the workshop will be processing the turkeys from feather removal all the way to butchering. These birds will be available for Sunday’s cooking workshop.

**Naturalist 101- Forest Ecology:** What better way to spend a cool October afternoon than rambling through the woods? Come join one of our knowledgeable staff members and get to know the New England Forest a bit better. Tree ID, animal sign and habitats, and forest interactions as a whole will be discovered and discussed!

**Homesteading-Pressing Apple Cider:** Learn how to make your very own apple cider. We will supply the local apples and old fashioned cider press, you supply the muscles! By dinner we’ll have some great cider and know all about apples in Maine!

**Shotgun shooting skills:** Breaking clays over fresh snow is a great way to spend the day! We’ll work on safe gun handling and basic shot gunning and then we’ll take it to the sporting clays range for some high flying clay target shooting! Learn proper stance, follow through, and point and shoot techniques from certified instructors, and have a chance to shoot different types of 12 and 20 gauge shotguns. Ear and eye protection is supplied.

**Map and Compass:** GPS use is on the increase, but basic map and compass skills are key to navigation in the backcountry. Learn how to read topographic maps and put a compass to use. Orient a map, set a bearing, set a course and soon you’ll find out how much fun it is!

**Axemanship –Axe, knife, and saw skills:** Time for some spring-cleaning! In this workshop we will spend time learning safe handling techniques for axe, knife, and hand saw use. There will be time to learn and practice contact splits, knife splits, delimming and may even try our hands at a wet-day fire if there is time!

**Turkey Hunting Basics:** As the snows melt and spring arrives, so does Turkey season! Hunting this wary bird takes patience, skills, and know how. Learn how to dress, set up or construct a ground blind, set decoys, and practice your calling with various calls. Participants will leave with all of the basics to get started in this growing sport. Each will take home their own turkey call!

**3-D Archery/Bow hunting:** Maybe you have some archery experience and want a new challenge, or maybe you simply want to begin bow hunting. Here, you’ll learn how to shoot at 3-D targets such as deer, bear, and turkey. Here’s a chance to learn shot placement, judging distance and equipment.

**Wilderness First Aid:** Be prepared for the unexpected while enjoying the outdoors safely. In this workshop we’ll cover environmental emergencies and some of the most common accidents and injuries that may occur. The focus will be on making good decisions and using common sense when handling stressful situations. The end result will be a baseline of knowledge in dealing with first aid in the wilderness setting. This is not a certification course but a great way to get started preparing for one.
Session III Continued (Saturday Oct. 6th 3:30pm – 5:30pm)

**Rock Hounding:** Western Maine is home to some of the most unique and diverse pockets of minerals and semi-precious gemstones anywhere in the world. Because of this, “rock hounding” is quite common here, as evidenced by the abundance of local mines, gem shops, and folks that visit to look for new specimens. In this workshop you will learn a bit about this history, and how to identify various specimens found here. You’ll soon be searching through real mine tailings looking for blue or black tourmaline, watermelon tourmaline, feldspar, quartz, biotite and more!

**Rod Building – Build you own spinning Rod Session 3 of 3:** Rod building wrap up, this is a unique opportunity to construct your own fishing rod during the weekend! Over several workshop blocks, you will learn the craftsmanship and detail to create your custom fishing rod designed for you. The end result will be your own rod, ready to hit the water with! Please be sure to register for all 3 sessions to insure completion of your Rod.

Session IV (Sunday October 7th 9am – 11:30am)

**Hike Buck’s Ledge & Lapham Ledge:** Come along for a guided hike of nearby Buck’s and Lapham Ledges. Bring the sunscreen and a full water bottle for this jaunt! We’ll start at the parking lot first hiking Lapham Ledge Loop where you’ll see work past campers have done building that trail. You’ll enjoy the beautiful views of Bryant Pond and South Pond. We’ll finish up with a hike over to Buck’s Ledge looking over North Pond!

**Naturalist II- Stream & Pond Ecology:** In this workshop we’ll learn all about fish and the world around them! What habitat is good for a Bass vs a Smelt? What types of water bugs or macroinvertebrates are important for these ecosystems and how can we use them as an indicator of overall health? We’ll even catch some and take a closer look with our video microscope.

**Foliage Paddle - Canoeing on Lake Christopher:** What could be better than fall foliage in New England? Being surrounded by those beautiful colors in the middle of a lake! Make sure to charge up the camera for this adventure! We’ll go over the basics of canoeing or kayaking before getting our life jackets and hopping in. As a group we’ll take a leisurely paddle with plenty of time for pictures and relaxation!

**Safe Handgun Shooting:** Whether you are looking to start shooting recreationally, or carrying concealed, this workshop will start you in the right direction. Covering an array of action types, professional firearms instructors will teach you how to shoot safely and what you need to know about carrying a handgun.

**Archery Shooting Skills:** This workshop will focus on improving form and shooting technique and you will have the advantage of adding a sight to your bow to improve accuracy and precision. We’ll shoot at various distances and learn how to compensate for added yardage. You do not need archery experience prior to this, but we’ll move quickly beyond the basics.

**Wild Game Cooking:** After a successful hunt, there’s more work to be done; it’s time to prepare that wild game for the table! There is simply nothing more satisfying than preparing great food that you’ve provided for yourself!

**Becoming a Hunter:** This workshop is focused on a comprehensive approach for folks new to hunting or that simply want insight in how to get started. Many of our workshops cover various topics on specific hunting focuses or activities, but this workshop will set the stage for success in getting started! Each participant will learn how to navigate through hunter safety, connect to existing conservation opportunities, and learn about the various types of hunting, equipment, and skills involved. Part of the workshop will be spent outdoors learning how to read the forest, scout for signs of wildlife and explore the various tactics used in stand hunting, still hunting, ground blinds and other methods. All participants will leave with information on registering for a hunter or bow hunter course in their area. Folks will also have a direct link and continued support to help in guiding them towards choosing equipment, find places to hunt, and other information.
Session IV Continued (Sunday October 7th 9am – 11:30am)

**Fly Casting Basic:** Mastering the fly rod takes a little practice, but here, you’ll learn basic casting methods, and you’ll even have time to wet a fly. You’ll soon realize it’s easier than you think! This workshop will focus on successful casting technique and fly presentation in various situations.

**Hooked on Bass-Spin Casting skills:** Learn how to become a better bass angler by learning casting, lure selection and various presentation methods. Soon you’ll be able to “flip a jig,” rip a chatter-bait, or toss a “wacky rig” like a pro! Maine’s bass fishing has grown in popularity, and it’s a great way to spend the warmer months on the water when trout and salmon need a break!

**Map and Compass:** GPS use is on the increase, but basic map and compass skills are key to navigation in the backcountry. Learn how to read topographic maps and put a compass to use. Orient a map, set a bearing, and set a course, and soon you’ll find out how much fun it is!