

## Session One: 9:00-11:45 (2.75 hours)

- **Pistol/Handgun Shooting:** After a brief safety lesson, you'll soon be shooting several types of handguns and action types. This workshop is focused on the safety aspects of carrying a concealed firearm, shooting properly, improving accuracy, and becoming familiar with the various action types and features.
- **Introduction to Crossbow Hunting:** 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 adds 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)
- **Cooking with Venison:** More and more people are relying on hunting as a way of providing healthy organic meat for themselves. The connection of being an active part of our food chain and participating in the traditions of hunting to source their foods has inspired many of our wildgame cooking workshops. You'll learn some great ways to prepare various types of venison and will have a chance to share your dish with the group. Bon Appetit!
- **Fly Fishing Basics-Gear, casting, and fly presentation:** Is Fly Fishing really that complicated? Not really once you learn the basic gear and how to cast properly. Soon, you'll be planning your first trip to the trout stream in search of Maine's delicate bounty of Brookies, Browns and Rainbow Trout!
- **Turkey Tactics:** Once seldom seen in Maine, the wild turkey has proven to be an amazing game species and a challenging bird to hunt! In this workshop you'll learn about the habits of wild turkeys and the tactics to be successful while hunting them. We'll cover decoys, calling, blinds, and so much more! You'll also get your very own turkey call and will learn several key calls.
- **Hiking Bucks Ledge- A short/moderate forest ecology hike to this glacially carved ledge:** We are fortunate to have several amazing short hikes very close to camp at Bryant Pond. In this workshop, we'll cover some basic hiking and trail info, and will take a short ride to the trailhead. You'll soon see signs of wildlife and learn a bit of forest ecology as the forests wake up from a long winter. Before you know it you'll be looking over the North Pond Valley. Bring your camera as Bald Eagles frequent the ledges and nest on the island below!
- **Wildlife Tracking-Exploring the forest for signs of wildlife:** The forest that surrounds Bryant Pond is teeming with wildlife including deer, moose, foxes, turkeys, and many other species. This workshop will take you into various habitats in search of the wildlife that thrives here. Each trip is different as we interpret the story of what we find. Participants will get tracking cards and info that can be used on their next adventure into the forests.
- **Map and Compass Navigation:** In the day of technology, map and compass skills still prove to be a valuable tool to navigate safely in the woods. We'll begin with the basics of compasses and how they work, and apply that to our map. You'll learn how to take bearings, orient a map, and plot a course of travel. You'll also learn topographical map symbols and important features. This workshop blends classroom time with outdoor hands on skills.

- **Cast Iron Cooking:** There's nothing more satisfying than cooking the "old fashioned way" with cast iron, but many overlook this great way to cook. Here, you'll learn everything you need to know about the proper care and use of cast iron, from basic seasoning of various pots, pans, and skillets, to properly cleaning them and even how to reclaim a rusted old cast iron skillet found at a yard sale. You'll soon be ready to add this amazing way to cook to your culinary skills!

## Lunch 12:00

**Session Two - Full Session:** 12:45-5:30 p.m. (15 min break @ 3p.m.) (4.5 hours instruction)

\*Will not choose a 3<sup>rd</sup> option.

- **Shotgun Shooting-Sporting Clays:** One of our most sought after workshops, you asked and we answered! This longer block will provide ample time to learn how to shoot safely, and from there, we will shoot, shoot, and shoot some more! The goal is to become comfortable and more accurate with your shotgun shooting.
- **Wild Game Cuisine-Wild Turkey and Fish:** This workshop has more time built in to spend additional time learning about cooking and preparing wild turkey and wild caught fish. We all like to eat and providing your own wild food is a satisfying way to provide healthy nutrition from the great outdoors! There's just so much great food to be found in Maine!
- **Primitive Skills "Order of Survival":** Our primitive skills programs allow us to take a step back to a time where simple hard skills and a strong connection to nature reminds us that we are an active part of our environment. In this longer block we'll work on tuning in to nature, and immersing ourselves into the forest. We'll learn about the basics to survive and thrive in the outdoors and step away from the hustle and bustle of everyday life.
- **Wilderness First Aid Skills:** If you spend time outdoors, you'll want to be prepared. This workshop will focus on some of the most common issues that you may encounter in the wild. This is not a certification course, but it will provide hands on practice of splinting, bandaging, and assessing emergencies. You'll learn about vital signs, med kits, and a systems approach to first aid.

**Session Two - Shorter session** 12:45-3:15 (2.5 hours)

- **Becoming a Hunter I- Getting Started in hunting:** 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 bowhunter 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.
- **Fly Tying:** Spring is here...and that means fly fishing! Nany Taylor will show you how to tie several flies that are **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. Nancy's witty humor and teaching skills are second to none!

- **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'll 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. Soon you'll be ready to plan your first trip!
- **Vernal Pools- What lives and thrives here?** You will soon be amazed at how much life lives in the small pools of water from the winter's snow melt. Vernal pools and small mountain streams are important habitats for a great deal of species of wildlife. We'll identify many of these critters and learn about their importance to the ecosystem. Plan to get a little muddy! It's going to be a fun adventure!
- **Spin Cast Fishing for Warm-water Species:** Join Gary Proulx and 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 chatterbait, 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!
- **Reading the Forested Landscape-Forest Ecology hike:** 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!
- **Map and Compass: Topographic Map and route planning for your next hike:** We'll begin with the basics of compasses and how they work, and apply that to our map. You'll learn how to take bearings, orient a map, and plot a course of travel. You'll also learn topographical map symbols and important features. This workshop blends classroom time with outdoor hands on skills.
- **Backpacking-Planning a multi-day trip in the Whites:** Hit the trail with confidence! Here, you'll learn about gear, trip planning, layering, and trail etiquette. We'll cover food and critter proofing, tent types and everything you'll need to be comfortable and safe on the trail. Soon you'll be ready to head "off the beaten path" with your new skills, knowing that you'll be more prepared to enjoy the outdoors.
- **Archery 101:** Hit the bullseye with this introductory course to archery. No previous experience required! Join our certified 4-H instructors as we explore bow equipment, safe shooting techniques and tips for accuracy and precision on the range. Archery continues to grow in popularity and can be enjoyed by all as a great way to target practice or prepare for bow hunting season.

### Session Three - Shorter Session: 3:00-5:30 (2.5 hours)

- **Climb to new heights! Rock climbing basics:** Whether it's your first time at an indoor rock-climbing wall or you're an old pro, let our trained staff belay you up our 35' wall! We'll cover gear, safety basics, and different techniques to give you the best advantage at tackling this vertical challenge. All the equipment is provided. However, if you have climbing shoes feel free to bring them, all other equipment used must be ours.
- **Fly Tying:** Spring is here...and that means fly fishing! Nancy Taylor will show you how to tie several flies that are **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. Nancy's witty humor and teaching skills are second to none!

- **Bass Fishing Tricks and Tactics:** Garry Proulx and 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 chatterbait, 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!
- **Archery 102: Archery Shooting-Shot Placement and 3-D shooting:** Take the next step and go beyond the basics of archery! Led by 4-H certified instructors this course is designed to further develop accurate and precise shooting skills. Shoot at varying distances, angles and even tree stand shooting! Whether target shooting or hunting, this course is a must for every archer!
- **Maine's Fish Species- Habitats, Fish I.D. and more!** Maine is renowned globally for its freshwater game fish. In this introductory course discover the behavior, diet, and habitat of these elusive creatures. Also learn how to identify and differentiate between the species. An excellent course for fishing success and nature lovers alike!
- **Axemanship-Traditions of the Maine Woods:** Time for some spring-cleaning! In this workshop we'll spend some time learning safe handling techniques for axe, knife, and hand saw use. There will be time to learn and practice contact splits, knife splits, de-limbing and sharpening techniques. We may even try our hands at a "wet-day fire" challenge if there is time! These skills are essential for any outdoor enthusiast.
- **Campfire Cuisine- Fire cooking, reflector ovens, and more!** Meals cooked outside always taste better! Join us for this fun and tasty course! Discover different methods and the tips and tricks to fire cooking. Learn how to make brownies in an orange peel, cook biscuits on a stick, bake cobbles in a dutch oven, or make full course foil packets! No experience is required. Perfect for backpacking and camping, this course will leave you with the skills to become a master fire chef!
- **Preparing Brook Trout-Cleaning and cooking Maine's favorite fish!** The Brook Trout is highly sought after and is considered a true delicacy. We will cook locally caught Bryant Pond Brook Trout using different methods and recipes. Whether in the field or the kitchen, learn how to prepare and cook this delicious fish! No cooking (or fishing) skills required!
- **Treestands and Ground blinds:** Hunting and wildlife observation techniques vary for everyone, and here, you'll have a chance to learn how to safely use and install various types of tree stands and blinds including harnesses and climbing safety. We'll also cover the laws and regulations regarding stands. Whether you are a hunter, wildlife photographer, or nature enthusiast, this course will give you the confidence to have an up close and personal wildlife experience!
- **Primitive Skills: Wild Edibles-Seeking nature's bounty:** Discover what nature has to offer in this delectable hike designed to introduce you to our local wild edibles and medicinal plants. Learn how to safely identify and prepare them for use or storage. Practice Leave No Trace and learn the rules and regulations of wild harvesting in Maine. Whether for survival purposes or home remedies and cooking, this course is a must for any outdoor enthusiast!

**Closing at 5:45**