Session I

**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!

**Shotgun Shooting Skills:** *(Double session I and II)* Whether it's hunting or target shooting that you’re interested in, this workshop we’ll begin with 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. You’ll have a chance to shoot different types of 12 and 20 gauge shotguns. Ear and eye protection is provided. This is the first of two extended workshops *(Advanced Shotgun Skills Session II)*

**Saltwater Surf Casting:** *(Double session I and II)* The growing popularity of salt-water fishing has sparked the idea of this new workshop. The coast of Maine offers endless possibilities to enjoy the outdoors and to enjoy the “salt life!” In this double session workshop you’ll go from the basics to advanced skills in equipment, technique, and all of the skills and info that will get you started on the right foot. Soon you’ll be fishing for stripers (striped bass) and other salt water gamefish species!

**ATV Basics:** The growing trend of using ATV’s, UTV’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. We’ll cover equipment, trail riding, and basic maintenance. ATV’s and UTV’s as well as helmets are provided.

**Foliage Paddle—Canoeing on Lake Christopher:** What could be better than immersing yourself in a fall foliage canoe paddling experience in Maine? You’ll be surrounded by the beautiful autumnal colors in the middle of Lake Christopher against the backdrop of the ledges above the lake! We’ll go over the basics of canoeing before hitting the water and will take a leisurely paddle with plenty of time for pictures and relaxation! Common Loons, Bald Eagles, Kingfishers and other birds and wildlife are often seen while paddling.

**Fly Fishing Intro:** For folks that have learned the basics of fly casting, this workshop will introduce new skills that will give you all of the knowledge you’ll need to successfully outfit yourself and hit the trout stream! As with most outdoor sports, choosing the right equipment can seem daunting. You will soon learn just what you need to get started. You will also learn about places to go, rules and regulations, and how to go about planning a day trip. Each participant will leave with the confidence to get out there and start enjoying this traditional activity!

**Archery:** Learn how to hit the bulls-eye and how to shoot a compound bow. Archery remains one of the staples of our BOW workshops and for good reason! It’s fun and easy to learn, and even more fun to practice! Soon you’ll be comfortable shooting at various distances safely and under the guidance of 4-H Shooting Sports instructors.

**Map and Compass:** GPS use is on the rise, but basic map and compass skills are the 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! We’ll cover triangulation, declination compensation, and route planning.

**Nature hike to Mt Christopher:** Enjoy this moderate hike to the summit of Mt Christopher, right here in our backyard! You’ll hike along glacial erratic’s and the amazing fall foliage where deer and other wildlife frequent. The culmination of this trek is the amazing outlook from the summit overlooking Lake Christopher. You’ll return along the lakeside trail. We’ll cover a bit of trail preparedness and forest ecology along the way.

**Camp Cuisine: Wild Game Cooking:** Nothing beats the quality and taste of wild game, and outdoor cooking makes it even better! You’ll learn several tasty ways to prepare various locally sourced wild game meats with a focus on recipes that can be easily replicated at home. You’ll go home with new skills and several great recipes to share with your friends and family!
**Session II**

**Advanced Shotgun Skills: (Continued from Session I)** Take your shotgun skills to the next level! Shoot sporting clays from various positions and presentations and learn about choke selection and how to pattern a shotgun. You’ll be able to shoot 20 and 12 gauge pump and semi-auto shotguns, and shoot single and double clays and gain more experience and confidence.

**Saltwater Surf Casting Basics: (Continued from Session I)**

**Naturalist 101- Forest Ecology:** What better way to spend a cool October afternoon than rambling through the forest learning about the life cycles and wildlife that abounds here? Join one of our knowledgeable Field Teachers and get to know and understand the natural world a little better. Tree ID, animal signs and habitats, and forest interactions as a whole will be discovered and explored.

**Kayaking:** Nothing beats spending a cool autumn day than on the beautiful waters of Bryant Pond. Learn how to paddle a kayak safely and explore the diverse shoreline on this amazing water body. You’ll be greeted by loons, and various ducks and waterfowl 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.

**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.

**Deer Hunting Intensive:** This workshop takes the new deer hunter to the next level! Maybe you’re new to hunting, or simply want to learn how to be more successful in the Maine woods. The focus will be on judging distance, shot placement in realistic scenarios, and shooting from a ground blind and tree stand. This will be a live fire workshop that will emphasize making ethical shots and how to blood trail and recovery game. Also covered will be scent control, use of calls and lures, as well as other tactics. This workshop will be taught by a Master Maine Guide that specializes in hunting.

**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!

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**Session III**

**Introduction to Crossbow:** The popularity of crossbow shooting continues to grow and with the laws changing to permit use during archery season, we are offering more opportunities to try crossbow. The crossbow not only allows for folks with physical limitations to shoot successfully, but for many, it 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 with plenty of time to shoot!

**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. This workshop fills fast!

**Axemanship:** One of the most iconic traditions in Maine is putting up firewood for the winter. But first, you’ll need to know a bit about swinging an axe and using it efficiently. The growing popularity of woods skills has sparked the interest in this workshop where you’ll learn how to choose, maintain, and use safely and effectively axes, saws, and knives. There will be plenty of hands on action so prepare for a fun woods workout!

**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 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!

**Fire and Shelter Building:** Proper fire building is a skill that many folks will call on at some point. Here, we combine a fire and shelter lesson to provide the backdrop for a survival situation, culminating with some campfire treats to be enjoyed after mastering these necessary skills! These skills may become very useful when you least expect it. You’ll construct a bivouac tarp shelter, and learn methods or making fire successfully.

**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.

**GPS Basics:** Maybe you’ve mastered map and compass, or maybe you just want to learn how to navigate with the latest technology; this workshop will get you on your way and soon you’ll be able to apply this to geocaching or navigating in the backcountry.

**From Forage to Fork: Cooking with Nature’s Bounty**- This new workshop takes foraging and wild game to the table where we’ll learn how to utilize some of the ingredients readily found in the wild. We’re not quite sure what we’ll make as we’ll rely on the seasonal bounty that our woods will provide, but be prepared to witness the strong connection our food chain and the availability of what Mother Nature provides!

**Basket Weaving: (Double session III and IV)** Join Eri Martin of Mountain Adventure Baskets in this workshop where you’ll be able to construct a small pack basket of your own. This workshop is limited to 10 participants and does have an additional fee for materials of $20. These baskets are beautiful and durable and will complement your outdoor adventures for years to come!

**Fly Tying:** Nancy Taylor is a legend in these parts and she’ll 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. This workshop tends to include lots of laughter and fun, so be fore warned! Her professional instruction has been a long time BOW favorite!
Session IV

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!

Camp Cuisine: Wild Game Cooking: Nothing beats the quality and taste of wild game, and outdoor cooking makes it even better! You’ll learn several tasty ways to prepare various locally sourced wild game meats with a focus on recipes that can be easily replicated at home. You’ll go home with new skills and several great recipes to share with your friends and family!

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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!

Safe Pistol Shooting: In this workshop, we’ll cover handgun safety and safe shooting practices. Pistol shooting is growing in popularity, and was recently added as a 4-H Shooting Sports discipline in Maine. You’ll spend time covering the basics with plenty of range time and a chance to discuss firearms safety in the home or vehicle.

Water Fowl Hunting: There’s nothing like the sound of mallards or wood ducks over-head, 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.

Birding: The growing popularity of bird watching in Maine has inspired us to offer this wonderful workshop! Explore the diverse landscape here for many opportunities to see and hear various birds in their natural habitat, or along their flyway south.

Basket Weaving II: (Double session III and IV) Part II Join Eri Martin of Mountain Adventure Baskets in this workshop where you’ll be able to construct a small pack basket of your own. This workshop is limited to 10 participants and does have an additional fee for materials of $20. These baskets are beautiful and durable and will complement your outdoor adventures for years to come!