Spring BOW Mini session details: May 16th 2020

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.

- **Wild Game Cooking**: There’s a growing number of folks returning to wild game choices for healthy, sustainable table fare. BPlus, wild game is delicious! Explore new ways to prepare wild game meat for your table using recipes that are easy to follow and do at home. You’ll leave with recipes and new ideas and a deeper connection to where your food comes from.

- **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 Hunting 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 Mt. Christopher- A short/moderate forest ecology hike to this glacially carved ledge**: We are fortunate to be home to our own mountain right in our backyard! This hike will provide a unique opportunity to explore the forested landscape where wildlife abounds. You’ll pass through glacial erratics; giant boulders left by the glaciers thousands of years ago. You’ll hit the trail with one of our naturalists for a remarkable experience!

- **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.

- **Archery 101**: Learn the basics of shooting and improving accuracy: 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.

- **Cast Iron Cooking**: There’s nothing more satisfying than cooking the “old fashioned way” in cast iron! The smell of the wood fire and the regulation of heat by coal placement or stovetop cast iron is satisfying and rewarding! This workshop will teach you how to season, care for, and reclaim your cast iron and keep it in optimum condition for years to come.

Lunch 12:00

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

*Will not choose a 3rd 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. You’ll learn the basics and move towards shooting moving targets, and possibly multiple targets!
Session II 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 on 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!

- **Wild Edibles -** 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 workshop you will gain awareness and learn how to find and identify various wild edible plants and other useful components in nature. You’ll be surprised at how many readily available nutritious plant species are available! This workshop always fills quickly!

- **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.

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Session III : 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.

Bass Fishing Tricks and Tactics: 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 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!

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 and angles. Whether target shooting or hunting, this course is a must for every archer!

Preparing Brook Trout for the table-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 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!

Axemanship-Traditions of the Maine woods: 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, de-limbing and may even try our hands at a wet-day fire if there is time!

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. No experience is required. Perfect for backpacking and camping, this course will leave you with the skills to become a master fire chef!

Trestands and Ground Blinds: 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.

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