

BOW Fall Mini

Arrival and Checkin in: 8am to 8:45

Director welcome 8:45am to 9am

Session I: 9:15-11:45 (2 1/2 hours)

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.

Fly Fishing Intro: This workshop will introduce you to the world of fly fishing where you'll gain casting skills, fly presentation and 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!

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.

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 rifles and several action types, focusing on marksmanship and safety with plenty of shooting time! Learn from Certified 4-H Shooting Sports Instructors. This workshop fills fast!

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 Primer: This workshop takes the new deer hunter to the next level! (Also great for folks considering hunting deer.) Maybe you're new to hunting, or simply want to learn how to be more successful in the Maine woods. We'll begin by learning about deer and deer movement. We'll cover clothing and gear, tree stands and ground blinds, and other tactics used that may help you be more prepared as you take to the field this fall! 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.

Session II (12:30-2:45)

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.

Wild Edibles-Seeking 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 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!

Shotgun: Whether it's hunting or target shooting that you're interested in, this workshop we'll begin with safe gun handling and basic shotgunning 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.

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 wood 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!

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 of making fire successful.

Fly Tying: 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 (3:00-5:15)

Wild-game and Fire 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! We will introduce basic concepts of fire cooking; as well as the art of Dutch ovens and cast iron skillet.

After the Forage: Foraging is not just a skill but a way to connect with our natural landscape where we are able to build a close relationship with our food sources. Wild foods are packed with nutrients and there is an abundance of superfoods that can be found in nature. Although Maine is packed with many beneficial plants, the foraging session is short. In this class we will discuss what to do after the forage, and how to extend your use of these plants. We will focus on topics like long term storage, processing raw plants, cleaning, and how to use these super foods in our everyday lives.

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.

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!

Bowhunting Skills: Bowhunting has steadily grown in popularity in Maine and to be successful there's many things to consider. In this workshop we'll cover equipment selection and proper shooting form, use of tree stands and even ground blinds. We will focus on shot placement, judging distance, blood tracking and even laws and regulations. By the end of the workshop, you will be ready to begin preparations for your next season!

Becoming a Hunter: 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, finding places to hunt, and other information.