

# **SustainME Spring Skills Program**

## **Sunday February 21st, 2021**

### **Session I: 9 am – 12 pm**

#### **Basic Shotgun Shooting:**

Whether you are looking to learn how to shoot a shotgun for recreation or for hunting, this hands-on workshop will cover various action types of 20 and 12 gauge shotguns, where you'll have the chance to shoot clay targets or "sporting clays" on the range. We will cover safety aspects, follow-through, stance, and sight picture. There will be plenty of range time where you can shoot multiple types of firearms. Hearing and eye protection are provided.

#### **Hooked on Bass-Spin Casting skills:**

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!

#### **Map and Compass/GPS- Navigating Maine's wild places:**

Many outdoor activities will lead you into wonderful and wild places where the adventure may lie just around the next bend, but knowing how to navigate off the beaten path is a woods skill and one that cannot be overlooked. We will begin with map and compass basics, taking a bearing, understanding declination, triangulation, route planning, and practical uses. We'll demystify topographical maps, and put these skills into practice. Then we'll move into some of today's technology such as GPS and various apps that may be used but solely relied upon. These skills will serve hunters, fishermen, and any naturalist or adventurer!

#### **Raising a Wild Child: Games and Activities for Parents and Kids in the Maine Woods**

No rules, no winners, no losers, no computers.... and almost no equipment.

This program will teach parents various games and activities that they can do with their children (toddlers to teenagers) in the Maine woods with little to no advance planning. We'll explore activities for both daytime and night and all four seasons, that will inspire curiosity and inquisitiveness. We will purposely avoid any activities that look like they could be school homework, rather we'll sneak in the education when they aren't looking! Activities will focus on animal tracking, fishing, exploring, and much more. These activities will provide deeper connections to the outdoors which will hopefully inspire the next generation of outdoors Enthusiasts!

#### **Spring Foraging I- Seeking Nature's Bounty during the last weeks of springtime:**

Springtime presents an emerging palate of wild edibles and useful food ingredients or medicinals. With a bit of knowledge and a sense of adventure, you'll discover that there's much more that is readily available if you open your senses and explore. You'll gain a new perspective and appreciation of the numerous edible plants that just may be growing in your backyard or woodlot. Foraging is a great way to build more self-reliance in the wilds of Maine.

### **Mushroom Growing and Cultivation:**

Long sought for their delicate and earthy contributions to many food dishes, mushrooms can provide a unique and healthy component to your diet. Have you ever considered trying to grow your own? This workshop will provide an overview of various fungi and the wonderful things it does, along with how to grow and cultivate your own mushroom “garden” using several different techniques (wood chips in the garden, buckets with straw or sawdust, and inoculated logs) Each participant will leave with their own inoculated log and the knowledge and resources to begin this journey on their own.

### **Gardening from the Ground Up:**

Planning on a garden this season? Buying seeds is the easy part! Many gardeners find themselves overwhelmed by midseason weeds, or scratching their heads about why their plants are performing poorly. Learn the basics of garden maintenance including amending your soil, watering, and weed control in this hands-on workshop. We'll discuss best practices for a healthy soil ecosystem and address some common gardening myths. Come prepared to get your hands dirty! This workshop will be led by Rebecca Long, Oxford County Cooperative Extension's Agriculture and Food Systems Professional.

### **Raising Dairy Goats:**

As the popularity of backyard homesteading grows, so does the interest in raising goats. In this workshop, Kerry Enos, owner of Worth the Wait Farms will share her knowledge of raising and caring for dairy goats. Her herd of Oberhasli goats provide some of the best-tasting milk from which she makes a fine selection of cheeses and other products.

## **Session II: 1 pm – 4 pm**

### **Saltwater Surf Casting:**

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 saltwater gamefish species!

### **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.

### **Whitetail Deer Hunting in Maine:**

Learn from a Registered Maine Guide the basics of Whitetail Hunting in Maine. Beyond the hype of all of the products on the market currently, it's truly the basics of hunting that will make you more successful in the field. We'll explore the habits and habitats of whitetails, and ways to increase your enjoyment and success in pursuing the most common game animal in the country. We'll cover scents, calling, and other tactics, and we'll set up tree stands, game cameras, and ground blinds. Soon, you will be ready to start planning your fall hunting season!

### **Wildgame Cooking: Wild Caught Fish and Turkey**

There's nothing like providing for yourself and Maine has endless opportunities to seek nutrition and delicious food sources from nature. Spring is the perfect time to explore new dishes using wild turkey and various fresh fish. This workshop will open your eyes to creative ways of using spices and unique techniques to add creative meals to your table. You'll have a chance to experiment and try different types of fish and you'll leave with recipes that you can share with your friends and family.

### **Spring Foraging II- Advanced foraging skills:**

There is no prerequisite for this in-depth workshop that will move beyond the basics of more commonly found food items. If you participated in **Spring Foraging I**, you'll learn new skills, if you only participate in this session, you'll leave with a great amount of knowledge and self-confidence that will guide you on your journey of self-reliance and survival skills.

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### **Shotgun-Hunting Scenarios:**

For those that have some experience with shotgun shooting, we'll introduce several hunting scenarios. You will learn about shooting form, moving targets, shot patterns, and uses for various types of shots in regard to target shooting and various hunting situations. In this workshop, you will have a chance to shoot from simulated waterfowl, turkey, and upland bird stations where you'll be able to practice getting on target in a realistic situation. Hearing and eye protection are provided.

### **Planting the Seed:**

With the foundational understanding of how to create and maintain optimal growing conditions offered in **Growing from the Ground Up**, we will be ready to get things in the ground. Learn what, when, where, and how to grow your favorite vegetable crops. We will direct seed and transplant a variety of vegetables, explore the benefits of companion planting, and crop rotation.

