

Fall BOW details: September 25th, 2021

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

- **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!
- **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 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!
- **Survival skills - What to do when you are lost:** This workshop will take you through the steps and stages of actually getting lost, and what to do next. We'll focus a great deal on prevention and preparedness, moving right into specific key skills that will give you the best odds at survival in the backcountry. Fire building will be one major focus with lots of hands-on practice in various scenarios.
- **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.
- **Archery Skills:** Learn the basics of shooting a bow and arrow and hit the bullseye with this introductory workshop. 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.
- **Wild Game Cooking:** There's a growing number of folks returning to wild game choices for healthy, sustainable table fare. Plus, 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.

Lunch 12:00

Session II 12:45-3:45 (3 hours)

- **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! From the basics to more lesser-known wild sources, you will soon look at the forests in a different light once you learn how available nutritious food items are in nature. This workshop always fills quickly!
- **Map and Compass:** GPS use is on the rise, but basic map and compass skills are the keys to navigation in the back-country. 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.
- **Shotgun and Sporting Clays:** Breaking clays is a great way to spend the day! We'll work on 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, and have plenty of time to shoot. Ear and eye protection are supplied.
- **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 successfully.
- **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.
- **Naturalist 101- Forest Ecology:** What better way to spend an 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.