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.

**Basics of Fermentation:**
Fermentation can be a fun and unique way to preserve foods and add new flavors to your cooking repertoire. In basic fermentation we will first look into Lacto-fermented foods, making basic kimchi and sauerkraut. Next, we will learn about basic alcohol fermentation. Together we will take a dive into the equipment and processes of basic mead fermentation! Come learn new skills and take home a quart of sauerkraut and quart kimchi to add to your next meals.

A small $5.00 fee will help cover materials and supplies for the class.

**Tracking and scouting skills:** Tracking and scouting is a key part of knowing where to find wild game. Through these skills, we can anticipate game movement and how to target key species. We will dive into cutting for signs, masking scent, building artificial scrapes, hanging trail cameras, tracking downed game, and much more.

**Foliage Paddle:** 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.

**Map and Compass Skills:** We’ll begin with compass basics 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.

**Camp Fire Cooking:** Have you ever tried getting that smoky fire-cooked taste, only to wind up with a charred mess? In this class, we will teach you the art of fire cooking. We will introduce cooking directly in the coals with foil, dutch ovens, and cast iron skillets. This primitive backcountry skill isn’t quite as hard as it may seem; with the right direction from our experienced teachers you will be baking up some tasty cobbler or stew in no time!

**Archery Shooting Skills:** This workshop will focus on improving form and shooting technique and you will have the advantage of adding a sight to your bow to improve accuracy and precision. We’ll shoot at various distances and learn how to compensate for added yardage. You do not need archery experience prior to this, but we’ll move quickly beyond the basics.
Session II: 1 pm – 4 pm

**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 bow-hunting tactics:** Whitetail deer hunting has been a part of the cultural heritage in Maine for hundreds of years. Although technology has changed a lot in the last 200 years, bowhunting continues to be a critical part of many peoples’ fall. In whitetail bowhunting tactics we will go over the fundamentals of deer hunting and how to relate those skills to bow hunting. We will also go over fundamental gear and have some hands-on practice with a compound bow.

**Shotgun - Next steps:** In this session, we go beyond the basics of shotgun shooting and piece together a start to finish guide on finding the perfect shotgun and becoming a successful and knowledgeable shooter. We will introduce the basics to finding and fitting it to the shooter. Afterward, we will cover using your shotgun for different game, shot sizes, choke, and ammo selection, and finish the day with a full how-to on breaking down and cleaning the different available action types. Whether you are in the market for your first shotgun or already brought it home, this session will provide a great next step to becoming a proficient outdoors person.

**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 class, you will gain awareness and learn how to find and identify various wild edible plants and other useful components in nature.

**Reading the Forested Landscape-Forest Ecology hike:** On this hike, we will increase our sense of awareness of 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!

**Fly Fishing Fall Tactics:** Fall is a great time to get into fly fishing. As the water temps begin to cool down with the season change, trout will become more active with their feeding. In this workshop, we will start with the basics and teach you rod and reel selection, proper reel setup, and casting techniques. We will then dive into fall-specific fly patterning that will increase your chances of success on the water.

**Wild game Cooking: Savoring the Harvest - SustainME** Maine is home to some of the most amazing big game species such as bear, deer, and moose, and these wild proteins provide an amazing bounty to those that are successful in their hunts, and the people that hunters share their harvests with. During this session, we’ll cook various dishes in an outdoor setting that would rival most any “deer camp!” We’ll utilize the campfire, and fire cooking methods to make an amazing meal for the group to enjoy that will include bear, deer, and moose. Led by a Registered Maine Guide with a history of feeding hunting clients for over a decade, you’ll leave with some traditional recipes and the eagerness to fill your own freezer with wild game next season!