

SustainME Fall Skills Program

Saturday, September 24th, 2022

Morning Session 1: 9am - 12pm

Learn to Hunt: Whitetail Deer Hunting -

Deer hunting is an exciting way to spend time in the woods while matching your skills with one of Maine's most sought-after big game species. Deer hunting is also a great introduction to the traditions held sacred in Maine and a way to learn about this important species in our ecosystem, while supporting Maine's conservation goals. This workshop is a blend of hands-on demonstration and practice, led by professional staff, Registered Maine Guides and experienced hunters. Participants will learn deer habitats, what they feed on, ways a whitetail deer may be harvested in Maine, hunting tactics and equipment, personal safety, shot placement and basic game care.

Archery Shooting 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.

Intro to Fly Fishing and Casting

Fall is a great time to get into fly fishing! As the water temperature begins to cool down with the season change, trout and salmon will become more active with their feeding. In this workshop you will learn all about the gear, the techniques and practice casting before testing your skills out on the water. All gear will be provided however, if you have your own that you want to learn more about feel free to bring it along! *NOTE no fishing license required as we are just building our skills.

Wild Edibles: Seeking Nature's Bounty

There's such a bounty to be had tight 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. You'll be surprised 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. Bring a notebook and pencil for taking notes!

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 the processes of basic mead fermentation! Come learn new skills and take home a quart of sauerkraut and quart of kimchi to add to your next meal! *NOTE a small \$5.00 fee will help cover materials and supplies for this class.

Map and Compass Skills

We'll begin with a 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 so please dress accordingly.

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Afternoon Session 2: 1pm - 4pm

Learn to Hunt: Field Dressing and Tracking

Deer hunting is an exciting way to spend time in the woods while matching your skills with one of Maine's most sought-after big game species. If you are lucky enough to harvest your first deer, you'll need the skills and confidence to track and ultimately field-dress your deer and know what to do next to ensure that your hard work and effort to provide meat for your table is smooth and well planned. This workshop is a blend of hands-on demonstration and practice, led by professional staff, Registered Maine Guides and experienced hunters. Participants will learn shot placement, how to "read the shot" tracking for blood and sign, what to do when you find your deer (or don't), field dressing (with a harvested deer), removing game from the woods and skinning and cooling game meat. *Note: an actual deer will be field dressed and processed during this session.

Beginners Guide to Rifle Shooting

Are you a new rifle owner or plan to be one in the near future? Join us for an afternoon on the range where you will learn basic firearm safety, handling skills, and firearm care. Work with professionals on how to choose the right firearm for you and your needs. You will also have the opportunity to shoot .22 rifles on our range, honing in on the basics to shooting and setting you up for success.

Herb Drying and Preservation

Maine is full of natural bounties and hidden gems whether they were found naturally in the forest or grown in your own backyard. What do you do with all those extra herbs and greens? In this workshop participants will learn how to plan for planting crops to accommodate harvest throughout the season and how to preserve all the extra to give you fresh herbs all year round!

What to do with Your Food Scraps

Ever wondered how you could get more use out of kitchen scraps and leftovers? Or interested in reducing your carbon footprint? In this beginner composting workshop participants will learn what composting is and gain the skills needed to start composting at home along with other useful tips on how to reduce and reuse your kitchen scraps. All materials will be provided to take home a DIY composter, though gloves and comfortable shoes are recommended and will not be provided as we will be taking a trip to the camp compost pile and garden.

Fish Processing and Campfire Cooking

Maine is home to some of the most incredible fishing in the country. Whether it is bass, trout, salmon, warm water species or cold water, the question is, what to do with it once you caught it?! You've gotten into fishing and now need to know how to process that fish. In this workshop participants will see the entire process from harvest to gutting, cleaning and filleting as well as how to properly store it for later and pr cook it on site. *NOTE anyone with a fish allergy this is a live demonstration and tasting.

A Survival Guide to Being Outdoors in the Fall (with moderate mountain hike)

Maine in the fall is a beautiful place, but the weather can change in an instant! Join us for an afternoon of learning and fun where we will show you how to be prepared to be outdoors during the fall. We will cover the basics of hiking preparedness, what to do if you are lost, and basic survival and first aid skills. There will be a short, optional hike after the skills portion for those who want to participate.