



OUTDOOR FAMILY WEEKEND

Hands-on outdoor skills and experiences for the entire family



**Outdoor Family Weekend
September 10-12, 2021**

**Stillwater State Park
Groton State Forest, Vermont**

Join us for our 23rd year offering outdoor educational experiences for the whole family! This program is a collaboration between University of Vermont Extension and the Vermont Agency of Natural Resources Departments of Fish and Wildlife, and Forests, Parks and Recreation. Outdoor Family Weekend aims to inspire among the general public a better understanding of environmental conservation, safety, and fun in the outdoors.

Families will arrive and make camp on Friday. Classes are scheduled for Saturday, and Sunday morning. Expert instructors begin each class with the basics, providing hands-on experience, and encouraging participants to ask questions. Topics range from outdoor cooking, foraging, and mountain biking to fishing, archery, and basic firearm safety.

If you have questions after reading this program book, please contact us at:

Program Information: Allison Smith,
(802) 651-8343 or (800) 571-0668 ext. 509/email Allison.smith.2@uvm.edu

Registration: Virginia Jaquish,
(802) 751-8307 or (800) 545-8920 (toll-free in Vt.) ext. 351/email Virginia.jaquish@uvm.edu

Website: go.uvm.edu/outdoor-family

Facebook: [Outdoor Family Weekend– Vermont](https://www.facebook.com/Outdoor-Family-Weekend-Vermont)

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THE UNIVERSITY OF VERMONT
EXTENSION



*UVM Extension helps individuals and communities put
research-based knowledge to work*

2021 DAILY SCHEDULE

Friday, September 10

2:00 - 8:00 p.m. Check in at registration tent (next to the ranger station).
Every family, including instructors, needs to check in.

Dinner on your own.

7:30 p.m. Ice cream meet and greet at the registration tent—especially for first-time attendees.
OFW alum and woodsman Nate Gusakov joins us again to share original songs & traditional banjo tunes by the campfire!

Arriving after 8:00 p.m. On Friday night, pick up your camping car tags at the ranger station, then on Saturday morning check in at the registration tent.

Saturday, September 11

7:00 - 8:30 a.m. Breakfast on your own. Friday late arrivals should check in at the registration tent.

9:00 - 11:00 a.m. **Class Session 1**

11:00 a.m. - 1:00 p.m. Lunch on your own and leisure time.

1:00 - 3:00 p.m. **Class Session 2**

3:00 - 7:00 p.m. Leisure time & dinner on your own

7:00 p.m. Meet at the registration tent for s'mores by the fire and pre-story telling activities. Check out Mr. K's display of pelts, skulls, tracks and a myriad of other pieces that allow participants to feel a fur or touch a sharp tooth, & experience other wonders of nature.

Winner of the Refer-a-family Raffle will be announced.

7:30 p.m. **Weaving Community Stories by Firelight with Virginia Holiman and Kurt Valenta**
Join fellow campers for a fun and enchanting evening of story telling!

Sunday, September 12

9:00 - 11:00 a.m. **Class Session 3**

11:30 a.m. - Sunset Enjoy the park for the rest of the day.

Sunday Night Add-On

You can choose to add a Sunday night stay at your campsite at no additional charge! This must be reserved separately from your family registration. See Page 5 for details under "Choice of Additional Night Stay."

COVID-19 Safety

Participants will be required to follow the most up to date guidelines at the time of this event as set forth by the State of Vermont and University of Vermont, like physical distancing, masking, and proper sanitation. More info will be sent to registered participants ahead of the event. Thank you in advance for ensuring the safety of the OFW community!



Friday Evening



Meet and greet social with music by Nate Gusakov. Come enjoy original songs & traditional banjo tunes while you get to know your camp neighbors for the weekend. Nate has been playing music regionally for over 10 years, recording and performing with many of VT's best acoustic musicians. You can find his music on social media, as well as at <http://www.nategusakov.com>.

Available all weekend—take a StoryWalk® with the book “Over in the Forest, Come and Take a Peek” by Marianne Berkes. Meet many critters of the forest as this story unfolds along a pleasant stroll through the park!

Saturday Evening

Saturday evening at 7:00 p.m.—meet at the registration tent

Weaving Community Stories by Firelight

***Story telling led by Virginia Holiman, Farm to School Educator
& Kurt Valenta, Founder of the Exordium Nature Experience***



Join Ms. Virginia and Mr. K for a unique confluence of traditional storytelling and the exploration of nature's mysteries through community storytelling. Families are encouraged to bring a piece of cloth, fiber, or natural material to the gathering that will be used to weave a tapestry of words and memories. Meet at the registration tent at 7:00 p.m. for pre-story telling activities and check out Mr. K's display of pelts, skulls, tracks and a myriad of other pieces that allow participants to feel a fur or touch a sharp tooth, & experience other wonders of nature! Families will also have the opportunity to contribute a fun, silly, or meaningful word that will be used when the group story telling kicks off at 7:30 p.m. Be sure not to miss this engaging and enchanting evening held by lantern and firelight—a favorite Outdoor Family Weekend tradition— to see where our story takes us!

Refer-a-Family Raffle

All families that refer a new family to attend the weekend will be entered into a raffle that will be announced before story telling—you must be present and wearing your name tag to win. See page 5 for more details.

New Classes This Year

- 1, 2, & 3A-Self Guided: Canoe Lake Groton**
- 1 & 2F - Make your own Leopold Bench**—Instructors: Lou Bushey Jared Nunery
- 1G - The Signs and Stories Found in Nature**— Instructor: Kurt Valenta
- 1I - Intro to Tanning, Fur Processing, & Trapping**— Instructor: Joseph O'Neil
- 2H - Natural Artifact Scavenger Hunt**— Instructor: Virginia Holiman
- 3A - Outdoor First Aid**— Instructor: Andrea Kane
- 3D - Arbor Culture: Exploring a Career Climbing Trees** – Instructor: Dan Gibson
- 3E - Into the Woods with Kids**— Instructor: Michael Clough
- 3G - Painting in the Great Outdoors**—Instructor: Natasha Bogar
- 3H - Upland Game and Bird Dogs**—Instructor: Cathy McComish

GENERAL INFORMATION

REGISTRATION and CAMPSITES

The registration link is on our website at go.uvm.edu/outdoor-family and will open on June 7, 2021. If you need assistance or to register over the phone, please contact UVM Office of Non-Credit Registration 1 (800)639-3210.

The cost is \$175.00 per family group (up to eight individuals). The fee covers your campsite for the weekend, instruction (three classes per camper), most class materials and equipment, and costs associated with organizing and putting this program together.

The registration deadline is August 20, 2021. Campsites and classes are available on a first-come, first-served basis. Each class has a limited number of spaces.

Confirmation packets are emailed after July 1, or you can ask to be sent a paper copy by mail. This will contain the class registrations for your entire family, your campsite assignment, and any changes that may have occurred. Please read the contents of your confirmation packet as soon as it arrives and contact us with any questions.

To request a disability-related accommodation to participate in this program, please contact Virginia Jaquish at (802) 751-8307 or (800) 545-8920 (toll-free in Vt.) ext. 351 by August 20, 2021 so we may assist you.

AGE LIMITS

Children age 11 and younger must be accompanied by an adult **throughout the entire weekend at all classes and activities**. Participants 12 years of age and older may participate in classes without an accompanying adult, unless otherwise indicated in the class description.

Class Age Ranges: Many classes are recommended for certain ages. Shooting sports and boating classes have ***firm age limits***, and we cannot make exceptions to these for safety reasons.

NOTE: For purposes of this program, age is determined by a person's age ***as of January 1, 2021***.

CANCELLATION POLICY

If you cancel on or before August 20, you will receive a full refund less an administrative fee of \$50.00. Any cancellation after August 20 receives no refund, although you may substitute another family in your place. You must provide the substitute family information at the time of your cancellation. The substituting family will replace your family in the classes you signed up for, although some changes may be possible depending on class space availability.

EXTENDED FAMILY

One family of up to eight (8) people will be assigned to each campsite. If you have more than eight family members attending, you must register and pay for an additional, separate family campsite. You may request adjoining campsites on your registration form. We will do our best to accommodate your request, but can make no guarantee about your campsite request. Campsite assignments are made on a first-come, first-served basis as are class assignments.

FISHING LICENSES

Anyone age 15 or older must hold a current Vermont Fishing License to fish during leisure time. No license is required for campers age 14 or younger. The *Let's Go Fishing* clinic does not require a license. If you want a license, we encourage you to [purchase it in advance](#), or you may purchase one at the Stillwater Ranger Station. Trout, bass, perch and sunfish are plentiful in the park, so bring a fishing rod and tackle.

ABOUT THE PARK AND CAMPSITES

Stillwater State Park is located in Groton State Forest in Groton, Vt. (between Montpelier and St. Johnsbury). Visit the website at <https://vtstateparks.com/stillwater.html> for information and directions.

Stillwater State Park is a developed campground with flush toilets and hot showers. You will need quarters for the showers. Cell phone service is spotty to nonexistent in Groton State Forest. A pay phone, which uses only phone cards, is available at the ranger station. The phone number at the Stillwater Ranger Station is (802) 584-3822.

Each campsite has a fire ring and picnic table. Although a few lean-to sites are available, always assume you will be given a tent site and plan accordingly.

RVs: Be sure to fill out your RV length during registration so we can match your campsite to your RV size. We do the best we can in advance, but please understand that some adjustments may be necessary at check-in. There are no water, sewer or electrical hookups for RVs. There is a dump station near the park entrance.

CHOICE OF ADDITIONAL NIGHT STAY

Participants can add a Sunday night stay at your campsite at no additional charge! To stay Sunday night, visit the ranger station when you check in for the weekend to let them know you will be extending your stay (this is separate from your regular family registration).

CANOES

Canoe rental equipment at the park is available at no charge to Outdoor Family Weekend participants. Visit the ranger station to sign up to use the equipment.

DOGS

So that you can participate fully in classes, and as a courtesy to other campers, we recommend that you leave your dogs at home (except service dogs). If you choose to bring your dog, please see the pet guidelines at <https://vtstateparks.com/camping.html#campingWithPet>.

REFER-A-FAMILY PRIZE DRAWING

Refer a new family to this year's Outdoor Family Weekend and you will be entered in a drawing for a free weekend stay for a family at any Vermont state park, courtesy of Vermont Department of Forests, Parks and Recreation.

Here's how to enter:

1. Find families that have never been to Outdoor Family Weekend and encourage them to register.
2. Tell the new family that when they register they should enter your name where the registration form asks "Were you referred by someone who has been to Outdoor Family Weekend before?" If they enter your name on their registration form you will be entered in the drawing for a free weekend at any Vermont state park.



WHAT TO BRING

- Camping gear and food supplies sufficient for three days (See the *What to Bring Camping* link at end of this list.)
- Masks, hand sanitizer, and soap
- Clothes for both warm and cool weather; September in Northern Vermont can have warm days and cool nights.
- Hiking boots or walking/tennis shoes
- Waders/sneakers that can get wet
- Water bottle
- Sun and/or baseball hat
- Sunscreen
- Insect repellent
- Rain gear, extra towels
- Quarters for showers
- Phone cards for the pay phone at the ranger station (cell phone service is spotty to nonexistent in the park.)
- Bicycles are encouraged, to limit driving within and around the park.
- Leisure gear (optional): Field glasses, binoculars, swim wear, cameras, fishing gear, canoes or kayaks, musical instruments
- **For Saturday evening programming** — Bring a piece of cloth, fiber, or natural material to contribute to a unique piece of OFW community art!

More Camping Information and Checklists (especially for families new to camping)

Camping Activities for Kids

<https://vtstateparks.com/assets/pdf/kids-activities.pdf>

Camp Cooking Tips

<https://vtstateparks.com/assets/pdf/cooking-tips.pdf>

What to Bring Camping

<https://vtstateparks.com/assets/pdf/what-to-bring.pdf>

CLASS EQUIPMENT NOTES

Equipment and materials will be provided for all classes unless otherwise noted in the class description.

Classes are held outside, rain or shine, so dress comfortably for these conditions and bring any personal gear you will need .

Shooting Sports and Basic Firearm Safety: Eye & ear protection will be provided, but please bring your own if you have it. *Eye protection must be worn at all times on the range* for both air pistol and .22 rifle. Ear protection must be worn on the range for .22 rifle at all times.

Morning Bird Hike and Bushwhacking 101: Bring insect repellent, water bottle, and sturdy footwear for walking in the woods.

Morning Bird Hike & Whose Woods Are These: Bring binoculars if you have them.

Intro to Mountain Biking: Participants must bring their own mountain bikes and helmets. Bring a snack and water bottle too.

Intro to Tanning, Fur Processing, & Trapping: Please wear old cloths that can get dirty. Note: This workshop begins on Friday afternoon. There are only 5 spaces available for this intensive.

Arbor Culture: Exploring a Career Climbing Trees: Wear close-toed shoes and pants appropriate to wear a climbing harness over.

Make your own Leopold Bench: Participants must sign up for both Saturday sessions. Bring your lunch to this workshop. This session will go until noon. Participants will eat lunch together and then resume building their bench. Wear closed toe shoes and long pants. Bring eye and ear protection if you have it.

Outdoor First Aid: Participants should sign up in pairs within their family units. Pairs will work together to practice first aid exercises instead of using shared equipment with the whole group.

Youth 11 and younger must be accompanied by adults throughout the weekend; an adult should sign up for

CLASS DESCRIPTIONS

*Class sizes are limited. Please register early for best selection. Youth age 11 and younger **must** be accompanied in classes by adults. The adult should be registered for the class along with the youth(s).*

SESSION 1: Saturday, September 11, from 9:00 to 11:00 a.m.

1A- Self Guided: Canoe Lake Groton **Suggested age: 8 to adult, youth must be accompanied by an adult**

What better way to enjoy yourself than canoeing on beautiful Lake Groton! Signing up for this workshop will give you the opportunity to head out onto the open water in one of the canoes available at the park to paddle and explore at your leisure. **Instructor: This workshop is self-guided**

1B– Intro to Archery **Required age: 8 to adult**

Using lightweight bows on the range, participants will learn proper form, technique, and safety.

Instructor: Vermont 4-H Shooting Sports Instructors (Linwood Smith)

1C—Let’s Go Fishing **Suggested age: 5 to adult**

Families will learn the basics of fishing such as casting, ecology, tackle, and regulations while getting a chance to try to catch a fish. Course is a combination of hands on lessons and fishing. Gear will be provided but participants are encouraged to bring their own.

Instructor: Corey Hart, Education Specialist Vermont Fish and Wildlife

1D– Whose Woods These Are... **Appropriate for ages 8 to adult**

Trails, Tracks, Songs, and Signs of Vermont's Wild Creatures

Hone your wildlife watching skills and learn to identify common songs, signs and tracks of birds and animals common to Vermont. We'll discuss field marks, anatomy, and habitats as we walk, and explore Groton State Forest. Bring binoculars, if you have them. **Instructor: Nate Gusakov, Graduate, Natural Resource Management, Sterling College**

1E- Painting in the Great Outdoors **Suggested age: 6+, Participants younger than 6 can attend but work collaboratively with a parent**

Join teaching artist, Natasha Bogar, in a painting on canvas workshop. Bring the arts outside with this guided adventure in acrylic painting. Experience the joy and stress relieving benefits of creating art while surrounded by the sights and sounds of nature. Learn different brushstrokes to create dynamic effects on your canvas. All participants will take home their own sunset pond scene. *This session has a \$6 material fee.*

Instructor: Natasha Bogar, Painter and Teaching Artist

1F—Firecraft **Suggested age: 8 to adult**

Participants get a chance to learn the basics of fire ignition using primitive techniques in this hands on session. We'll focus on flint and steel in this workshop, and everyone gets to try for themselves. You'll even get a chance to try your hand at ignition using fire-by-friction with a bow drill! We'll review common fire starting techniques for wilderness preparedness, create tinder boxes, and make char cloth used for tinder. Parental guidance is advised, participants will handle knives & fire. Instruction based on the writings of Mors Kochanski -- survival instructor, naturalist, and author.

Instructor: Doug Smith, Backcountry camping and canoeing Enthusiast

1G— Explore Shapes and Textures in Nature for Very Young Explorers

Suggested age 3-8

Nature is filled with objects of different textures, colors, sizes, and shapes. In these hands-on experiences, children will search for the textures, shapes and colors that define our natural world. We will share a story, move to music, and create texture books along the way.

Instructor: Amanda Babcock-Smith, Groton Park Interpreter, Vermont State Parks

1H—Introduction to Mountain Biking

Suggested age: 8 to adult

An introductory workshop geared toward newer riders or those interested in mountain biking. Learn body position on a bike, negotiating obstacles on the trail, and cornering concepts. We will practice on site and then take a ride to have some fun on the trails. **Required:** A safe functioning “mountain” bike, a bike helmet, a good pair of sneakers, and shorts or pants comfortable to bike in. Bring a snack bar (or two), and water you can bring on a bike. **Instructor: Ron Rossi of the Green Mountain Bike Patrol**

1I—Make your own Leopold Bench: Part 1

Suggested age: 8 to adult

Aldo Leopold has inspired generations with his writings about conservation and the natural world. In this hands-on program, you will build your own bench based on the unique design used by the Leopold family (perhaps adding your own creative touches!), using locally harvested wood from the Groton State Forest. We will finish with a short discussion about Leopold’s land ethic. *Participants must sign up for both Saturday AM and PM sessions. Bring your lunch to this workshop. This session will go until noon. Participants will eat lunch together and then resume building their bench. This session has a \$10 material fee.*

Instructor: Lou Bushey, Stewardship Forester, and Jared Nunery, Orleans County Forester, VT Department of Forest, Parks, and Recreation

1J—The Signs and Stories Found in Nature

Appropriate for all ages

As the insects, animals, plants, birds and humans pass through the natural landscape, they leave unmistakable signs behind indicating their having passed through. This workshop will examine a number of such artifacts and what they tell us of the events that took place even though we weren’t there to witness it. Audience members of all ages will be fascinated with items they have often seen in their own walks but never knew their importance. **Instructor: Kurt Valenta, Founder & President of Exordium a nature and outdoor education organization providing outdoor learning experiences for the young and young-at-heart**

1K—Intro to Fur Processing, Tanning, & Trapping Intensive

Suggested age: 8 to adult

All youth must be accompanied by an adult

Have you ever seen or touched a fur pelt and wondered how it has been preserved? Are you interested in learning about trapping and its role in conservation and wildlife management? Join this hands on workshop to learn and experience fur handling and processing. Each participant will process a beaver pelt to take home. Joe will share his knowledge of the traditional Mi’kmaw way of fleshing, stretching, and tanning. The Mi’kmaq are an Algonquian Indigenous nation who occupy the territory of Mi’kma’ki (Atlantic Canada and the Gaspé peninsula). Participants will also get to check out modern trapping equipment and techniques.

IMPORTANT: *Participants who sign up for this workshop also commit to attending the first half of the workshop which will be held on Friday, September 10 from 2-4pm. Participants attending this session can arrive at the park beginning at noon. There are only 5 spaces available for this intensive!*

Instructor: Joseph O’Neil, Trapper and member of the NE Backcountry Hunters and Anglers



1L— Shooting Sports—Beginner .22 Rifle

Required age: 8 to adult

This workshop is for anyone 8 years of age and older who does not have their Hunters Education Certification or is not a current member of a 4-H Shooting Sports Club. This entry level workshop will begin with an introduction to safe firearm handling procedures. Participants will then practice handling rifles, shooting techniques and positions. Time on the range will be spent shooting .22 caliber rifles. (Bringing your own eye and ear protection is encouraged, but not required.)

Instructors: Vermont 4-H Shooting Sports Instructors

1M—Whitetail Deer: A Year in the Life Of

Appropriate for All Ages

Explore the four-seasons of the Whitetail, denizens of the Vermont woods. Through interactive learning and guided-discovery, attendees will gain a deep understanding of deer habitats, behaviors, scent glands (eight of them), breeding season, buck rubs/scrapes and what they telegraph, rearing of fawns, what they eat and when, land carrying capacity, predator/prey relationships, highly honed sensory (sight, sound, smell) capacities, trail cams and what they tell us, conservation of the species, etc. You will never look at deer in the same way again as you will have had an in-depth look into their world and be able to appreciate this magnificent animal more than maybe you would have.

Instructor: Mike Frisbie, Vermont Hunter Education Instructor & Avid Outdoor Enthusiast of All Things Deer Related



SESSION 2: Saturday, September 11, from 1:00 to 3:00 p.m.

2A— Self Guided: Canoe Lake Groton

Suggested age: 8 to adult

All youth must be accompanied by an adult

What better way to enjoy yourself than canoeing on beautiful Lake Groton! Signing up for this workshop will give you the opportunity to head out onto the open water in one of the canoes available at the park to paddle and explore at your leisure. **Instructor: Self Guided. Repeat of session 1A**

2B— Introduction to Archery

Required age: 8 to adult

Using lightweight bows on the range, participants will learn proper form, technique, and safety.

Instructors: Vermont 4-H Shooting Sports Instructors Repeat of Session 1B

2C— Fish Processing and Cooking

Suggested age: 8 to adult

Participants will learn how to clean, fillet and cook fresh fish. The course will focus on basic cleaning and filleting techniques while showing at least two common cooking methods. **Instructors: Corey Hart, Education Specialist**

Vermont Fish and Wildlife

2D– Introduction to Mountain Biking**Suggested age: 8 to adult**

An introductory workshop geared toward newer riders or those interested in mountain biking. Learn body position on a bike, negotiating obstacles on the trail, and cornering concepts. We will practice on site and then take a ride to have some fun on the trails. Required: A safe functioning “mountain” bike, a bike helmet, a good pair of sneakers, and shorts or pants comfortable to bike in. Bring a snack bar (or two), and water you can bring on a bike.

Instructor: Ron Rossi of the Green Mountain Bike Patrol**2E– Arbor Culture: Exploring a Career Climbing Trees****Suggested age: 8 to adult**

Discover what it is like to be a professional Arborist. Including tree identification, assessment, pruning, removals, climbing and rigging. Receive demonstrations and hands on experience in the areas of knot tying, setting pull ropes, felling and climbing. Also get an overview of what it’s like to have a career in the outdoors at a Green Care Company. **Instructor: Dan Gibson, Woodstock Operations Manager, Chippers Inc., "We’re all about your life outside."**

2F– Make Your Own Leopold Bench: Part 2**Suggested age: 8 to adult****All youth must be accompanied by an adult**

Aldo Leopold has inspired generations with his writings about conservation and the natural world. In this hands-on program, you will build your own bench based on the unique design used by the Leopold family (perhaps adding your own creative touches!), using locally harvested wood from the Groton State Forest. We will finish with a short discussion about Leopold’s land ethic. Workshop includes all materials, tools and instruction; no woodworking experience required! All materials will be provided. Materials charge: \$10 per person. **Instructors: Lou Bushey, Stewardship Forester, and Jared Nunery, Orleans County Forester, VT Department of Forest, Parks, and Recreation**

2G– Bushwhacking 101**Appropriate for all ages**

We'll take a look at some basic things to have in your backpack when hiking around off trail with a focus on emergency preparedness. Then we will explore off-trail and see what we can find! We'll expect to talk about wildlife, edible plants, getting "unlost" and why it's so great to get outside!

Instructors: Michael Clough of Southern Vermont Natural History Museum**2H- A Natural Artifact Scavenger Hunt****Appropriate for all ages**

A Scavenger Hunt designed to find things that are representative of the stories nature tells and that will be woven into the tapestry that will be created during the evening story-telling. Each participant will bring their finds to the event.

Instructor: Virginia Holiman, Farm to Classroom Educator and Storyteller**2I- Turkey Calling & Hunting 101****Suggested ages: 8 to adult**

Have you ever called in a wild bird? Hear and try the basic calls of wild turkeys. We will cover the mouth call, pot call, and box call. Basic turkey hunting safety and tactics will also be offered.

Instructors: Brett Ladeau, Brent Lafreniere, & Morgan Gouveia**2J Shooting Sports - Intermediate .22 Rifle****Required age: 8 to adult**

Prerequisite: This workshop is for anyone 8 years of age and older who currently holds their Hunters Education Certification or is a current member of a 4-H Shooting Sports Club. Participants will practice intermediate techniques and positions when handling rifles and shooting. Advanced targets will be used, including rotating targets, a shooting tree, and other challenges. Time on the range will be spent shooting .22 caliber rifles. (Bringing your own eye and ear protection is encouraged, but not required.)

Instructors: Vermont 4-H Shooting Sports Instructors

2K—Whitetail Deer: A Year in the Life Of

Appropriate for All Ages

Explore the four-seasons of the Whitetail, denizens of the Vermont woods. Through interactive learning and guided-discovery, attendees will gain a deep understanding of deer habitats, behaviors, scent glands (eight of them), breeding season, buck rubs/scrapes and what they telegraph, rearing of fawns, what they eat and when, land carrying capacity, predator/prey relationships, highly honed sensory (sight, sound, smell) capacities, trail cams and what they tell us, conservation of the species, etc. You will never look at deer in the same way again as you will have had an in-depth look into their world and be able to appreciate this magnificent animal more than maybe you would have.

Instructor: Mike Frisbie, Vermont Hunter Education Instructor & Avid Outdoor Enthusiast of All Things Deer Related

SESSION 3: Sunday September 12, from 9:00 to 11:00 a.m.

3A– Self Guided: Canoe Lake Groton

Suggested age: 8 to adult, all youth must be accompanied by an adult

What better way to enjoy yourself than canoeing on beautiful Lake Groton! Signing up for this workshop will give you the opportunity to head out onto the open water in one of the canoes available at the park to paddle and explore at your leisure. **Instructor: Self-Guided Repeat of session 1A**

3B-Introduction to Archery

Required age: 8 to adult

Using lightweight bows on the range, participants will learn proper form, technique, and safety.

Instructors: Vermont 4-H Shooting Sports Instructors Repeat of session 1B

3C—Outdoor Cooking

Appropriate for all ages

Join the Vermont Wild Kitchen for a demonstration in outdoor cooking with Vermont wild edibles! Cooking with wild foods can be super simple and a great way to further live in harmony with the beautiful Vermont landscape. Bring your friends, family, appetites, and questions.

Instructor: Shane Rogers of Vermont Wild Kitchen

3D— Outdoor First Aid

Suggested age: 8 to adult

Do you know what to do if someone gets hurt on an outdoor adventure? Regular first aid classes assume help is just minutes away. This experiential workshop offers an introduction to the world of "wilderness medicine", the practice of helping ill and injured people on trips more than one mile or one hour from where patient and ambulance meet. We will practice basic interventions every outdoorsperson should know such as stopping bleeds, cleaning wounds, stabilizing upper body injuries, and warming patients using gear typically taken on a backcountry trip. *Note: Participants should sign up in pairs within their family units. Pairs will work together to practice first aid exercises instead of using shared equipment with the whole group.*

Instructor: Andrea Kane, owner and lead instructor at Train NEK

3E– Arbor Culture: Exploring a Career Climbing Trees

Suggested age: 8 to adult

Discover what it is like to be a professional Arborist, including tree identification, assessment, pruning, removals, climbing and rigging. Receive demonstrations and hands on experience in the areas of knot tying, setting pull ropes, felling and climbing trees! Also, get an overview of what it's like to have a career in the outdoors.

Instructor: Dan Gibson, Woodstock Operations Manager, Chippers Inc., "We're all about your life outside."

3F– Into the Woods with Kids

Appropriate for all ages

Southern Vermont Natural History Museum Educator, Michael Clough, has been bringing kids into the woods for 20 years. Join Mike for a child-led exploration where we will make discoveries, learn some fun activities and help parents feel comfortable taking their little ones outside!

Instructor: Michael Clough of Southern Vermont Natural History Museum

3G- Morning Birding Hike

Appropriate for all ages

Take a one-hour (9-10am) field walk through the forest. Ali Thomas of the Vermont Fish & Wildlife Department will lead the field walk and help participants identify some of the amazing birds that can be found there.

Instructor: Ali Thomas, Education Programs Manager, Vermont Fish and Wildlife

3I- Upland Game and Bird Dogs

Appropriate for all ages

What is upland game hunting and what is a bird dog? Come to this workshop to hear about the types of birds that make up upland game species, the habitat they live in, and the unique aspect of hunting for them – dogs! Cathy will share her journey in learning to hunt upland game and training her non traditional bird dog Gomer, to seek out pheasant, grouse, and other fowl.

Instructor: Cathy McComish

3J– Shooting Sports - Air Pistol

Required Age: 8 to adult

Experience and gain knowledge of the basics of target shooting: sight alignment, muzzle control, and proper grip by using different styles of air pistols. Participants will engage with a variety of fun to challenging targets. This is a great workshop for participants that range from entry level to intermediate experience with firearms. Time on the range will be spent shooting air pistols. (Bringing you own eye protection is encouraged, but not required. Hearing protection is not needed for this workshop.)

Instructors: Vermont 4-H Shooting Sports Instructors

Outdoor Family Weekend

thanks our sponsoring and partnering organizations!

