



*Hands-on basic outdoor skills and experiences for the entire family*

## Outdoor Family Weekend September 6-8, 2019

### Stillwater State Park Groton State Forest, Vermont

Join us for our 22<sup>nd</sup> 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](mailto:Allison.smith.2@uvm.edu)

**Registration:** Becky Bartlett,  
(802) 257-7967 or (800) 278-5480 (toll-free in Vt.) ext. 301

Website: [go.uvm.edu/outdoor-family](http://go.uvm.edu/outdoor-family)

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

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

**Updated 7/18/19**

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# 2019 DAILY SCHEDULE

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## Friday, September 6

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. Meet and greet with ice cream at the registration tent—especially for first-time attendees.  
**Enjoy original songs & traditional banjo tunes by OFW alum and woodsman Nate Gusakov!**

*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 7

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 - 6:00 p.m. Leisure time

6:00 p.m. **Potluck dinner and raffle.** Each family bring a dish to share (with its serving utensil), plus your own plates, utensils and beverage. To make sure we have enough, please make your dish big enough for your family and another family the same size. Hamburgers, veggie burgers and hot dogs will be provided.

You must be present and wearing your name tag to win raffle prizes.

Saturday after dinner Leisure time to enjoy with new and old friends.

7:30 p.m. **Fireside Chat: Stories of Folklore and Wildlife** with Virginia Holiman and Kurt Valenta.

## Sunday, September 8

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.”

**Have a safe trip home!**

### Friday Evening Activities

**Meet and greet ice cream social with music by Nate Gusakov.** Come enjoy original songs & traditional banjo tunes. 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>.

### Saturday Evening Activities

#### Potluck Dinner - 6:00 p.m.

Bring a dish to share (with its serving utensil), plus your own plates, utensils and beverage. To make sure we have enough, please make your dish big enough for your family and another family the same size. Hot dogs, hamburgers, and veggie burgers will be provided.

#### Refer-a-Family Raffle

All families that refer a new family to attend the weekend will be entered into a raffle that takes place at the potluck dinner—you must be present and wearing your name tag to win. See page 5 for more details.

## *Fireside Chats: Stories of Folklore and Wildlife*

*Saturday evening at 7:30, meet at the registration tent.*

*Leaders: Virginia Holiman, Farm to School Educator and Kurt Valenta, Founder of the Exordium Nature Experience*

A unique confluence of traditional storytelling and the exploration of nature's mysteries. Ms. Virginia and Mr. K bring the stories' characters to life through natural artifacts the audience can examine after each story. Each presentation comprises a series of stories based in folklore, each then followed by a show-and-tell of the main character's physical attributes. Mr. K shares his collection of pelts, skulls, tracks and a myriad other pieces that allow participants to feel a fur or touch a sharp tooth, thereby underscoring the stories' roots in reality.



Image Source: Amsel, Sheri. "Animal Tracks Poster" Exploring Nature Educational Resource ©2005-2019. May 21, 2019  
<https://www.exploringnature.org/db/view/Animal-Tracks-Poster>

## New Classes This Year

- 1A—**Basic Bike Maintenance**, Todd Chewning of Cowbell Bike Shop and Ross Saxton of Local Motion
- 1F—**Firecraft: Making Fire with a Bow Drill**, Doug Smith, Bushcraft Enthusiast
- 1G—**How to Pack for an Overnight on the Trail**, Chris Casserly and Chris Reamer of Outdoor Gear Exchange
- 1H—**Morning Bird Hike**, Ali Thomas of the Vermont Department of Fish and Wildlife
- 1I—**Digging in the Dirt**, Michael Clough of the Southern Vermont Natural History Museum
- 1K—**How to Squirrel Hunt**, Eric Nuse, Retired Vermont Game Warden and Hunter Education Administrator
- 1L—**Gall Puppets from Natural Materials**, Kurt Valenta, Founder & President of Exordium
- 2C—**Fish Processing and Cooking**, Corey Hart, Let's Go Fishing Program Coordinator
- 2E—**Foraging Walk: Local Plants & Their Uses**, Kristin Henningsen, Vermont Center for Integrative Herbalism
- 2H—**Discovering Wetlands**, Ali Thomas of the Vermont Department of Fish and Wildlife
- 3D—**Bushwhacking 101**, Michael Clough of the Southern Vermont Natural History Museum
- 3E—**Exploring a Career in Arbor Culture/Tree Care**—Dan Gibson of Chippers, Inc., A Green Care Company

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# GENERAL INFORMATION

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## REGISTRATION and CAMPSITES

The registration link is on our website at [go.uvm.edu/outdoor-family](http://go.uvm.edu/outdoor-family). If you need assistance or to register over the phone, please contact us at (802) 257-7967 or (800) 278-5480 (toll-free in Vt.).

The cost is \$189.00 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 16, 2019. 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 Becky Bartlett at (802) 257-7967 x 301 or (800) 278-5480 (toll-free in Vt.) by August 16, 2019 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, 2019***.

## CANCELLATION POLICY

If you cancel on or before August 16, you will receive a full refund less an administrative fee of \$50.00. Any cancellation after August 16 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.



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# WHAT TO BRING

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- Potluck dish and serving utensils for Saturday's big potluck dinner. Please bring enough for two families!
- Camping gear and food supplies sufficient for three days (See the *What to Bring Camping* link at end of this list.)
- 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

## 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>

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# CLASS EQUIPMENT NOTES

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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 Air Pistol:** Eye protection will be provided, but you may bring your own if you have it. *Eye protection must be worn at all times on the range.*

**Outdoor Cooking:** Bring eating utensils, a plate or bowl and a beverage.

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

**Morning Bird Hike:** Bring binoculars if you have them.

**Intro to Mountain Biking:** Participants must bring their own mountain bikes and helmets.

**Basic Bike Maintenance:** Participants can bring their bikes and helmets to this workshop if they would like to practice skills on their own bikes. It will also be

helpful to bring a bike tool or hex key set, two screwdrivers (a Phillips head and a flathead), and an old rag.

**Firecraft-Making Fire with a Bow Drill:** Participants may bring their own fixed-blade knives for use in this class. *Please wear cotton or wool clothing. Synthetic clothes such as Gore-Tex or swimsuits may be damaged while handling smoldering material. Also, closed-toed shoes are recommended.*

**Youth 11 and younger** must be accompanied by adults throughout the weekend; an adult should sign up for classes with these young participants.



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# CLASS DESCRIPTIONS

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*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 7, from 9:00 to 11:00 a.m.**

### **1A—Basic Bike Maintenance**

**Suggested age: 8 to adult**

This workshop will give you the skills and confidence in your bike to roam far and wide. At the end of the workshop, you will know how to: fix a flat, check to make sure your bike is safe to ride, adjust brakes, ensure smooth shifting, and more. You'll even leave with a free tube patch kit, tire levers, and chain lube! *Optional: bring your bike and helmet, to practice repairs on the spot. If you want to work on your own bike during the workshop, it will be helpful to bring a bike tool or hex key set, two screwdrivers (a Phillips head and a flathead) and an old rag.* **Instructor: Todd Chewning, Cowbell Bike Shop, and Ross Saxton, Local Motion.**

### **1B—Paint a Moonlit Pond Scene**

**Required age: 8 to adult**

Bring the arts outside with this guided adventure in acrylic painting on canvas. 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 moonlit pond scene. **Instructor: Angel Messier, avid painter and Outdoor Family alum.**

### **1C—Let's Go Fishing**

**Suggested age: 5 to adult**

Families will master the basics of fishing, including 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. *Participants may want to attend this session and Fish Processing and Cooking (2C) as a sequence.* **Instructor: Corey Hart, Let's Go Fishing Program Coordinator, Vermont Fish & Wildlife Department.**

### **1D—Introduction to Archery**

**Required age: 8 to adult**

*Prerequisite: Must be at least 8 years old.* Using lightweight bows on the range, participants will learn proper form, technique and safety. **Instructor: Vermont 4-H Shooting Sports Instructors.**

### **1E—Shooting Sports: Air Pistol**

**Required age: 8 to adult**

*Prerequisite: Must be at least 8 years old. Participants will be required to wear eye protection. Equipment provided by instructors.* Experience and gain knowledge of the basics of target shooting: sight alignment, muzzle control, proper grip by using different styles of air pistols and fun to challenging targets. **Instructor: Vermont 4-H Shooting Sports Instructors.**

### **1F—Firecraft-Making Fire with a Bow Drill**

**Suggested age: 10 to adult**

Participants will learn how to start a fire by friction, using a bow drill—and try it themselves! We'll review common fire starting techniques for wilderness preparedness, create tinder boxes, and make char cloth used for tinder. Everyone will get a chance to try their hand at creating fire by friction. Parental guidance is advised as participants will handle knives and fire. Instruction is based on the writings of Mors Kochanski —survival instructor, naturalist, and author. Participants may bring their own fixed-blade knives for use in this class. *Please wear cotton or wool clothing. Synthetic clothes such as Gore-Tex or swimsuits may be damaged while handling smoldering material. Also, closed-toed shoes are recommended.* **Instructor: Doug Smith, Bushcraft Enthusiast.**

**1G—How to Pack for an Overnight on the Trail****Suggested age: 10 to adult**

Have you ever wanted to take the leap from day trip hiking to overnight backpacking? Learn about gear and how to prepare for multiday adventure! **Instructors: Chris Casserly and Chris Reamer of Outdoor Gear Exchange in Burlington.**

**1H—Morning Bird Hike****Appropriate for all ages**

Take a walk through the Groton State Forest. Instructor Ali Thomas will help you identify some of the amazing birds you find there. If you have a pair of binoculars, bring them along to get a closer look of our woodland friends. *This walk will be one hour long, from 9 a.m. to 10 a.m.* **Instructor: Ali Thomas, Education Program Manager, Vermont Fish and Wildlife Department.**

**1I—Digging in the Dirt****Appropriate for all ages**

Let's get under the leaves and logs and see what's going on the forest floor! We'll find and identify the important little creatures who keep the forest running and get in a little exploration at the same time. **Instructor: Michael Clough of Southern Vermont Natural History Museum.**

**1J—Canoe Lake Groton****Suggested age: 8 to adult**

What better way to enjoy yourself than canoeing on beautiful Lake Groton? Whether you've never been in a canoe before or you feel the need to start over, this beginning canoeing course will be a fun way to taste the joys of canoeing on Vermont's waters. **Instructor: Brian Stoudnour, ACA Level 3 moving water canoe instructor, and Lead Child & Youth Program Coordinator, Vermont National Guard (contractor).**

**1K—How to Squirrel Hunt****Suggested age: 10 to adult**

This workshop will teach those interested in exploring hunting the basics of how to get started, safe and effective squirrel hunting, as well as, how to prepare squirrels for eating. *Wear sturdy shoes for walking in the woods.* **Instructor: Eric Nuse, retired Vermont game warden, hunter education administrator, and former Executive Director for the International Hunter Education Association, and Nicole Meier, Hunter Education and Outreach Specialist, Vermont Fish & Wildlife.**

**1L—Create a Puppet from Natural Materials****Appropriate for all ages**

You don't have to spend a great deal of money to create interesting puppets from materials found in the natural environment. The class will introduce plant galls—why they exist and their importance—then lead you step-by-step in creating a unique puppet to take home. **Instructor: Kurt Valenta, founder and president of Exordium, a nature and outdoor education organization providing outdoor learning experiences for the young and young-at-heart.**

**1M—Trees as Habitats for Young Explorers****Appropriate for young children**

Meet the animals of the forest! We will create and paint a tree-like habitat, and use puppets to act out how animals use trees. We will each choose an animal puppet and take them for a walk through the park, helping them look for their perfect natural habitat. Please come prepared to use your imagination AND get messy! **Instructor: Virginia Holiman, farm to classroom educator and storyteller.**

**SESSION 2: Saturday, September 7, from 1:00 to 3:00 p.m.****2A—Introduction to Archery****Required age: 8 to adult**

*Prerequisite: Must be at least 8 years old.* Using lightweight bows on the range, participants will learn proper form, technique and safety. **Instructor: Vermont 4-H Shooting Sports Instructors.**

## 2B—Outdoor Cooking

Appropriate for all ages

Sometimes campers aren't sure what food to bring camping, or what types of food can be prepared at a campsite. We will make some simple, tasty, fun recipes, right over the camp fire and on a camp stove. We will also use some simple cast iron cookware, which is a time-tested way to prepare camp meals. This popular class has a limited number of spots. If you have taken this class before, please choose another class so others can enjoy these culinary delights. *Bring eating utensils, a plate or bowl and a beverage. Class may run until 3:30. We cannot guarantee to accommodate food allergies.* Materials charge: \$5 per person. **Instructor: Green Mountain Council Boy Scouts of America, Long Trail District, Troop 759.**

## 2C—Fish Processing & Cooking

Suggested age: 8 to adult

Bring new meaning to *eating local*. Participants will clean, fillet, and cook fresh fish! The course will focus on basic cleaning and filleting techniques and demonstrate at least two common cooking methods so that you'll be prepared with all the knowledge to make your next big catch into a nutritious and delicious meal. Fish will be supplied or bring a fresh catch! **Instructor: Corey Hart, Let's Go Fishing Instructor certified by Vermont Fish and Wildlife Department.**

## 2D—Shooting Sports: Air Pistol

Required age: 8 to adult

*Prerequisite: Must be at least 8 years old. Participants will be required to wear eye protection. Equipment provided by instructors.* Experience and gain knowledge of the basics of target shooting: sight alignment, muzzle control, proper grip by using different styles of air pistols and fun to challenging targets. **Instructor: Vermont 4-H Shooting Sports Instructors.**

## 2E—Foraging Walk: Local Plants & Their Uses

Suggested age: 8 to adult

Learning about local herbs helps us connect with our natural surroundings and gives us knowledge about the healing and incredible use of the flora that surrounds us. Join this workshop to connect with the environment and learn more about the land. We will identify plants and discuss some of their uses. Participants will get to observe field demonstrations and make some of their very own herbal preparations to take home. *Participants should wear sturdy hiking shoes and bring a water bottle.* **Instructor: Kristin Henningsen, clinical herbalist at the Vermont Center for Integrative Herbalism.**

## 2F—Panpipes from Japanese Knotweed

Appropriate for all ages

A look at invasive plants in the Vermont landscape and why they are bad for our local flora and fauna. The class will culminate in the making of a panpipe using Japanese knotweed, an invasive readily available in our natural landscape. **Instructor: Kurt Valenta, Founder and President of Exordium, a nature and outdoor education organization providing outdoor learning experiences for the young and young-at-heart.**

## 2G—Introduction to Mountain Biking

Suggested age: 8 to adult

Try out some basic techniques for maintaining control while negotiating varying terrain; then, head out to explore some easy trails for the last half of the session. Learn about trail rules, mechanical checks and emergency maintenance. *Bring your own mountain bike, helmet and water. Biking gloves are recommended.* **Instructor: Ron Rossi and the Green Mountain Bike Patrol.**

## 2H— Discovering Wetlands

Appropriate for all ages

Wetlands are packed with life. Creatures small and large dwell in these vital habitats. We will seek out unique plants and animals. *Participants should wear shoes that can get wet.* **Instructor: Ali Thomas, Education Program Manager, Vermont Fish and Wildlife Department.**

## 2I—Canoe Rescues

Suggested age: 8 to adult

What would you do if your canoe capsized? Become confident in canoe rescues and best boating practices. Learn some tried and true techniques for righting your boat, and have fun doing it. Be sure to wear a bathing suit! **Instructor: Brian Stoudnour, ACA Level 3 moving water canoe instructor, and Lead Child & Youth Program Coordinator, Vermont National Guard (contractor).**

## SESSION 3: Sunday, September 8, from 9:00 to 11:00 a.m.

### 3A—Introduction to Archery

**Required age: 8 to adult**

*Prerequisite: Must be at least 8 years old.* Using lightweight bows on the range, participants will learn proper form, technique and safety. **Instructor: Vermont 4-H Shooting Sports Instructors.**

### 3B—Wilderness First Aid

**Suggested age: 8 to adult**

Based on the Boy Scouts of America Wilderness First Aid Curriculum, participants will be prepared to identify and address medical issues that can arise in the backcountry when help from professional first responders may be far away. **Instructor: Andy Reynen, Eagle Scout and Norwich University Cadet, Green Mountain Council Boy Scouts of America, Long Trail District, Troop 759.**

### 3C—Canoe Camping with Kids

**Suggested age: 12 to adult**

Come learn about the gear and basics of canoe tripping and camping with kids. Pack light, but pack right while you keep everything dry. This workshop will be on land. **Instructor: Eric Nuse, long-distance canoe camper and board member, Friends of Green River Reservoir and the Lamoille River Paddlers Trail.**

### 3D—Bushwhacking 101

**Appropriate for all ages**

We'll take a look at some basic things to have in your backpack when hiking off-trail, with a focus on emergency preparedness. Then we will explore off-trail and see what we can find! We'll talk about wildlife, edible plants, getting "unlost" and why it's so great to get outside! *Please bring a water bottle and wear good off-trail shoes.* **Instructor: Michael Clough of Southern Vermont Natural History Museum.**

### 3E—Exploring an Outdoor Career in Arbor Culture & Tree Care

**Suggested age: 8 to adult**

Discover what it is like to be a professional arborist, including tree identification, assessment, pruning, removals, climbing and rigging. See demonstrations, and gain hands-on experience in the areas of chain saw safety and maintenance, knot tying, setting pull ropes, felling and climbing. Hear what it's like to have a career in the outdoors! **Instructor: Dan Gibson, certified arborist and Woodstock Operations Manager of Chippers Inc., a Green Care Company, "We're all about your life outside."**

### 3F—Let's Go on a Scavenger Hunt!

**Appropriate for all ages**

In this class especially intended for young children, we'll make our own "binoculars" and magnifying glasses and use them to explore the park and find natural items on our scavenger list. (Look closely for the special hidden snacks!) We'll follow up by reading "Leaf Man" and creating our own characters with the collected objects. Please bring your energy and creativity! **Instructor: Virginia Holiman, farm to classroom educator and storyteller.**

### 3G— Explore Shapes and Textures in Nature for Very Young Explorers

**Suggested age: 3 to 8 years old**

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**

### 3H—Let's Go Fishing

**Suggested age: 5 to adult**

Families will master the basics of fishing, including 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. Participants may want to attend this session and Fish Processing and Cooking (2C) as a sequence. **Instructor: Kim Farone, Let's Go Fishing Program, Vermont Fish & Wildlife Department.**

# Outdoor Family Weekend

## thanks our sponsoring and partnering organizations!

