

# Becoming An Outdoor Family

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

21<sup>st</sup> Anniversary  
Becoming an Outdoor Family  
June 1-3, 2018

Stillwater State Park  
Groton State Forest, Vermont



Join us for our 21<sup>st</sup> year offering outdoor educational experiences for the whole family! This program is a collaboration among the University of Vermont Extension and the Vermont Agency of Natural Resources Departments of Fish and Wildlife, and Forests, Parks and Recreation to inspire in 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 mornings. Expert instructors begin each class with the basics, providing hands-on experience and encouraging participants to ask questions. Topics range from outdoor cooking, yoga and mountain biking to fishing, archery and basic firearm safety.

If you have questions after reading this program book, please contact us at:  
(802) 257-7967 or (800) 278-5480 (toll-free in Vt.)

**Program Information:** Debbie Fajans, ext. 306

email [debbie.fajans@uvm.edu](mailto:debbie.fajans@uvm.edu)

**Registration:** Becky Bartlett, ext. 301

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

Facebook: [Becoming an Outdoor Family – Vermont](#)

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



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# 2018 DAILY SCHEDULE

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## Friday, June 1

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.

*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, June 2

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.

**Hike in the Dark** with Dana Hudson and Steven Hagenbuch.

## Sunday, June 3

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 3 for details under "Choice of Additional Night Stay."

**Have a safe trip home!**

## Saturday Evening Activities

*Saturday at 6:00 p.m.*

### Potluck Dinner

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.

### Raffle & Prize Award

All families will be entered into a raffle that takes place at the potluck dinner—you must be present and wearing your name tag to win. The winner of the “Refer-a-Family” award will be announced, and the prize awarded.

## *Hike in the Dark!*

*Saturday evening at 7:30, departing from the tent next to the Ranger Station*

*Leaders: Steven Hagenbuch, Conservation Biologist, Audubon Vermont and Dana Hudson, Instructor, Four Winds Institute*

Can you walk very quietly and stand very still? Come along to seek out local creatures in their native habitat. Participants will tiptoe through the forest listening for the sounds of animals who walk by night. If you have a headlamp or flashlight bring it along; wear sturdy walking shoes to avoid toe-stubbing. Knowledgeable night hikers will help to identify the sounds you hear and provide information on what the animals may be up to out there in the dark.



Owl art by Eleanor Topsie, <https://eleanortopsie.deviantart.com/art/Typography-Barn-Owl-343006996>, <https://creativecommons.org/licenses/by-nc-nd/3.0/legalcode>

## New Classes This Year

1D & 2B—**Bringing Yoga Outdoors**, Meredith Whitney, UVM Forest Pest Education Coordinator

1E—**Build a Bluebird Box**, Holly Betit, Director, One World Conservation Center

1F & 3E—**Whose Woods These Are: Songs, Signs & Tracks**, Nate Wallace-Gustakov

1G—**Knots You Need to Know**, Dave Brown and Ann Ingerson

2C—**Rocks and Minerals**, Dana Hudson, Instructor, Four Winds Nature Institute

2D—**Trail-Busting Basics**, Michael Clough of the Southern Vermont Natural History Museum

2F—**Canoe Lake Groton**

3A—**Build An Enchanted Fairy House**, Holly Betit, Director, One World Conservation Center

3C—**Under Rocks & Water**, Michael Clough of the Southern Vermont Natural History Museum

3D—**Seeing the Forest for More Than the Trees**, Steven Hagenbuch, Audubon Vermont

3F—**Basics of Canoe Camping**, Eric C. Nuse, Retired Vermont Game Warden

3G—**Map and Compass: Navigation Basics**, Dave Brown and Ann Ingerson

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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 May 10, 2018. 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 April 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 last minute 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 May 10, 2018 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, 2018***.

## CANCELLATION POLICY

If you cancel on or before May 10, you will receive a full refund less an administrative fee of \$50.00. Any cancellation after May 10 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 Becoming an Outdoor Family participants. Visit the ranger station to sign up to use of 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 Becoming an Outdoor Family 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 Becoming an Outdoor Family 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 Becoming an Outdoor Family 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; early June in Northern Vermont can be cool.
- 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 Sampler:** Participants are required to have either a current hunting license, proof of Hunter Education Certification, or must have taken Basic Firearm Safety at Becoming an Outdoor Family in the past two years. Otherwise you must take Basic Firearm Safety this year prior to participating in the Sampler. Eye and ear protection will be provided, but you may bring your own if you have it. *Eye and ear protection must be worn at all times on all live fire ranges.*

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

**Yoga:** Bring a yoga mat if you have one.

**Black Bears, Trail-Busting, and White-Tailed Deer & Moose:** Bring insect repellent and sturdy footwear for walking in the woods.

**Who's Woods These Are:** Bring binoculars if you have them.

**Hike in the Dark:** Bring a flashlight or headlamp if you like.

**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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*NOTE: Class sizes are limited. Please register early for best selection.*

*Youth age 11 and younger must be accompanied in classes by adults.*

## **SESSION 1: Saturday, June 2 from 9:00 to 11:00 a.m.**

### **1A—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: Green Mountain Council Boy Scouts of America, Long Trail District, Troop 759**

### **1B—Black Bears**

**Appropriate for all ages**

Learn about the black bear —where they live, what they eat, what they do in winter and summer—and how to hike, camp, and live safely near bears by avoiding black bear encounters. *Bring insect repellent and sturdy footwear for walking in the woods. If you have them, binoculars would be useful.* **Instructor: Mark K. Brown, Retired Wildlife Biologist, New York State Department of Environmental Conservation**

### **1C—The Shape of Things in Nature for Very Young Explorers**

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

Nature is filled with objects of different colors, sizes, and shapes. In hands-on learning experiences, children will search for the shapes and colors that define our natural world. We will share a story, move to music, and create “shape necklaces” along the way. **Instructor: Rebecca Roy, Conservation Education Coordinator, Vermont Department of Forests, Parks and Recreation**

### **1D—Bringing Yoga Outdoors**

**Appropriate for all ages**

This playful class offers you and your family a chance to connect with nature through movement and stillness. Enjoy simple, animated poses that will help balance your mind and body. Bring a yoga mat from home if you like and come prepared with layers for chilly temperatures. No experience necessary. *NOTE that class will run from 9:30 to 11:00 a.m.* **Instructor: Meredith Whitney, University of Vermont Forest Pest Education Coordinator**

### **1E—Build a Bluebird Box**

**Suggested age: 8 to adult**

Want to do something that’s good for bluebirds—and fun, too? Build a bluebird nesting box - a sturdy and safe home that you can observe daily. You’ll be charmed by the brilliant birds’ beauty and their cheerful singing. Since their diet consists primarily of insects and grubs, your garden may benefit, too. We will build 10 bluebird boxes. Adults will team up with their children to work on each box. **Instructor: Holly Betit, Director, One World Conservation Center, Bennington Vt.**

### **1F—Whose Woods These Are: Songs, Signs & Tracks**

**Appropriate for all ages**

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 Wallace-Gustakov, Graduate, Natural Resource Management, Sterling College**

### **1G—Knots for Outdoorspeople**

**Suggested age: 8 to adult**

Familiarity with a few basic knots will prove useful in a variety of outdoor activities from tying a canoe or kayak to your car rack to setting up a rain fly at your campsite. This session will teach participants a dozen or so commonly-used knots. Rope will be provided. **Instructors: Dave Brown and Ann Ingerson.** Ann and Dave have taught a variety of outdoor skills and traveled for many decades by canoe and snowshoe in the north.

**1H—Lets Go Fishing Clinic****Suggested age: 5 to adult**

Hands-on curriculum that features fishing techniques, tackle craft, ethics, ecology and fisheries management. This program includes many hands-on activities associated with the four main themes, as well as fishing poles and bait for a real fishing experience. **NOTE:** *This is a three-hour clinic and will run until noon. Gear will be provided to those without. No fishing license is required for the class.* **Instructor: Let's Go Fishing instructor certified by the Vermont Department of Fish and Wildlife**

**1I—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**

**1J—Basic Firearm Safety****Required age: 8 to adult**

*Prerequisite: Must be at least 8 years old.* Anyone 8 years of age and older who does not have a hunters education card is required to take part in this presentation before participating in any other shooting class. Become familiar with the most common types of firearm (shotgun, air pistol, .22 rifle, muzzleloader) and learn about loading, unloading and safe handling procedures in real settings. *This class will run from 9:30 to 11 a.m.* **Instructor: Vermont 4-H Shooting Sports Instructors**

**SESSION 2: Saturday, June 2 from 1:00 to 3:00 p.m.****2A—Get in Touch with Trees for Very Young Explorers****Suggested age: 3-8 years old**

In these hands-on learning experiences, children will explore trees and their parts by using their sense of touch. They may feel rough bark, spongy moss, sharp thorns and sticky sap. We will share a story, move to music, and make bark rubbings along the way. **Instructor: Rebecca Roy, Conservation Education Coordinator, Vermont Department of Forests, Parks and Recreation**

**2B—Bringing Yoga Outdoors****Appropriate for all ages**

This playful class offers you and your family a chance to connect with nature through movement and stillness. Enjoy simple, animated poses that will help balance your mind and body. Bring a yoga mat from home if you like and come prepared with layers for chilly temperatures. No experience necessary. *NOTE that class will run from 1:30 to 3:00 p.m.* **Instructor: Meredith Whitney, University of Vermont Forest Pest Education Coordinator**

**2C—Rocks and Minerals****Appropriate for all ages**

Become a true rock hound! Explore our state rocks and naturally occurring minerals, and build amazing stone sculptures. We will cover some basic geology, learn about crystal formations, and try some hands-on rock experiments. **Instructor: Dana Hudson, Instructor, Four Winds Nature Institute**

**2D—Trail-Busting Basics****Appropriate for all ages**

Let's get off the trail! We'll take a look at some of the essentials for a survival-themed day pack and some of the basic skills and tools you need to safely head into the woods. Then we'll take a walk off the trail! Getting off the beaten path gives us a chance to see some beautiful pieces of the forest, and find signs of animals that avoid areas where humans are more common. We have taken all ages bushwhacking in the past, but we will likely encounter rough terrain. Be ready to climb over fallen logs and through mud holes! *Bring insect repellent and sturdy footwear for walking in the woods.* **Instructor: Michael Clough, Assistant Director of the Southern Vermont Natural History Museum**



**2E—Outdoor Cooking****Appropriate for all ages**

Focus will be on tasty, easy to prepare, lightweight camp food that can be taken on canoe and backpacking trips as well as car camping. We'll try cooking over a wood fire and lightweight stoves. Participants will help prepare, cook and sample the results. This popular class has a limited number of spots. Bring eating utensils, a plate or bowl and a beverage. **NOTES:** Class may run until 3:30 p.m.. *We cannot guarantee to accommodate food allergies.* There is a materials fee of \$5 per person. **Instructor: Eric C. Nuse, Retired Game Warden and Hunter Education Training Coordinator, Vermont Department of Fish and Wildlife**

**2F—Canoe Lake Groton****Required age: 10 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: Milford Cushman, former Outward Bound instructor and a co-founder of the Friends of Green River Reservoir**

**2G—Let's Go Fishing Clinic****Suggested age: 5 to adult**

Hands-on curriculum that features fishing techniques, tackle craft, ethics, ecology and fisheries management. This program includes many hands-on activities associated with the four main themes, as well as fishing poles and bait for a real fishing experience. **NOTE:** *This is a three-hour clinic and will run until 4 p.m. Gear will be provided to those without. No fishing license is required for the class.* **Instructor: Let's Go Fishing Instructor certified by Vermont Department of Fish and Wildlife**

**2H— Introduction to Archery****Required age: 8 to adult**

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

**2I—4-H Shooting Sports Sampler****Required age: 8 to adult**

Join us on the range and sample four 4-H shooting sports disciplines. Participants will participate in a round-robin sampling of shotgun, muzzleloader, air pistol and .22 rifle while learning sight alignment, muzzle control and marksmanship. Take a shot at a flying clay target with a shotgun; master target shooting skills with an air pistol or .22 rifle, and load and fire modern muzzleloaders! **Prerequisite:** *Must be at least 8 years old. Must have a current hunting license or proof of Hunter Education Certification, or have taken our Basic Firearm Safety class within the past two years.* **Materials charge:** *\$10 per person for ammunition.* **Instructor: Vermont 4-H Shooting Sports Instructors**

**SESSION 3: Sunday, June 3 from 9:00 to 11:00 a.m.****3A—Build an Enchanted Fairy House****Appropriate for all ages**

What would happen if you built a house for the fairies to live in? Would they come to visit? While camping, collect materials you find in the woods (please don't pick anything living). Bring these to class to use with moss, bark, rocks and sticks we will provide. Use your imagination to make fairy houses that look so natural they are almost invisible! **Instructor: Holly Betit, Director, One World Conservation Center, Bennington, Vt.**

**3B—White-Tailed Deer & Moose****Appropriate for all ages**

Learn about the habitat, life cycle and future of these two native big game species. We will look for signs (tracks, droppings, feeding, scrapes) of these two animals and discuss Lyme disease identification and prevention, and how to remove deer ticks. *Bring insect repellent and sturdy footwear for walking in the woods.* **Instructor: Mark K. Brown, Retired Wildlife Biologist, New York State Department of Environmental Conservation**

### **3C—Under Rocks & Water**

**Appropriate for all ages**

There are aliens hidden beneath the surface of Vermont’s lakes and rivers! Amazing larvae, nymphs and amphibians live their lives out of sight. This kid-focused class will get right into the water and seek them out. We’ll learn what identifies the different animals that we find and how they fit into aquatic food chains and the Vermont environment.

**Instructor: Michael Clough, Assistant Director of the Southern Vermont Natural History Museum**

### **3D—Seeing the Forest for More Than the Trees**

**Suggested age: 6 to adult**

A forest is much more than a bunch of trees. It a unique world where discoveries abound. Explore the forest ecosystem through a variety of hands-on activities and games. **Instructor: Steven Hagenbuch, Conservation Biologist, Audubon Vermont**

### **3E—Whose Woods These Are: Songs, Signs & Tracks**

**Appropriate for all ages**

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 Park. Bring binoculars, if you have them. **Instructor: Nate Wallace-Gustakov, Graduate, Natural Resource Management, Sterling College**

### **3F—Basics of Canoe Camping**

**Required age: 10 to adult**

Come learn the basics of canoe camping and trekking. We will cover equipment, food and planning a short trip. Eric Nuse has been canoe camping for 60 years, include several 400 mile wilderness trips in northern Quebec. This class will not include actual canoeing technique. **Instructor: Eric C. Nuse, Retired Game Warden and Hunter Education Training Coordinator, Vermont Department of Fish and Wildlife**

### **3G—Map and Compass: Navigation Basics**

**Suggested age: 7 to adult**

The map and compass are valuable tools for anyone traveling outdoors. This session will familiarize participants with the information available on maps and how to use a compass to pinpoint your location and travel between points. Maps and compasses will be provided but bring your own orienteering-style compass if you have one. **Instructors: Dave Brown and Ann Ingerson.** Ann and Dave have taught a variety of outdoor skills and traveled for many decades by canoe and snowshoe in the north.

### **3H—Introduction to Archery**

**Required age: 8 to adult**

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