

# Becoming An Outdoor Family

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

20<sup>th</sup> Anniversary  
Becoming an Outdoor Family  
June 2-4, 2017

Stillwater State Park  
Groton State Forest, Vermont



Join us for our 20<sup>th</sup> anniversary 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 better understanding of environmental conservation, safety and fun in the outdoors.

Expert instructors begin each class with the basics, providing hands-on experience and encouraging participants to ask questions. Topics range from outdoor cooking, trees, orienteering and mountain biking to fishing, archery and basic firearm safety.

If you have questions, 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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[go.uvm.edu/outdoor-family](http://go.uvm.edu/outdoor-family)

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

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



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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). To receive a mail-in registration form to mail in, 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, most class materials and equipment, and costs associated with organizing and putting this program together.

The registration deadline is May 20, 2017. 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 8, 2017 so we may assist you.

## CHILDREN UNDER 12

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

## CANCELLATION POLICY

If you cancel on or before May 6, you will receive a full refund less an administrative fee of \$50.00. Any cancellation after May 6 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.

## CLASS EQUIPMENT

Equipment and materials will be provided for all classes unless otherwise noted in the class description or "Class Equipment Notes" section on page 6.

## FISHING LICENSES

Anyone age 15 or older must hold a current Vermont Fishing License to fish during leisure time. The *Let's Go Fishing* clinic does not require a license. No license is required for ages 14 or younger. We encourage you to purchase your license 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 [www.vtstateparks.com/htm/stillwater.htm](http://www.vtstateparks.com/htm/stillwater.htm) for more information.

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 throughout 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 on 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 and KAYAKS

Canoe and kayak rental equipment at the park is available at no charge to Becoming an Outdoor Family participants. Visit the ranger station to sign up for use of the equipment.

## DOGS

So that you can participate fully in classes, we recommend that you leave your dogs at home (except service dogs). We understand that dogs are also part of the family, so if you choose to bring your dog, please see the pet guidelines at [vtstateparks.com/htm/pets.htm](http://vtstateparks.com/htm/pets.htm).

## 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 for you will be entered in the drawing for a free weekend at any Vermont state park.



## Special Activities

### Bottle Rocket Making Station

Saturday 11:00 a.m. - 4:30 p.m.

Make your own bottle rockets! Bring **two** empty 2-liter soda bottles to the registration tent. Instructions and decoration supplies will be provided. ***All youth must be accompanied by an adult.***

### Potluck Dinner and Raffle and 20th Anniversary Celebration

Saturday at 6:00 p.m.

Bring a dish to share (with its serving utensil), plus your own plates, utensils and beverage. Hot dogs, hamburgers and veggie burgers will be provided. The raffle takes place at the potluck dinner—you must be present and wearing your name tag to win.

### Bottle Rocket Launch

After dinner until dusk

Rockets will be launched after dinner, at the beach. ***Youth must be accompanied by an adult.***

## **20<sup>th</sup> Anniversary Celebration**

### **Saturday night 1990's potluck, party and dance**

### ***Come back to the 90's!***

Return to the 20<sup>th</sup> Century! Come dressed in your old 90's threads. Channel your Inner -Urkel, your favorite Back Street Boy, or *Saved by the Bell* character. Let's get nostalgic about the fads, memories and pop culture of the era and reminisce about the past 19 *Becoming an Outdoor Family* weekends.

***It'll be the bomb!***

## New Classes This Year

1B—Black Bears

1D—Honey Bees: Nature's Pollinators

1E—Barnwood Quilts

1G, 3D—Pond Probe

2B—Kayaking Lake Groton

2C—Adventures in Backpacking

2F—Wood Slice Art

2G—White-tailed Deer and Moose

3C—Kite Making

3E—Adventures in Backpacking

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# 2017 DAILY SCHEDULE

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## Friday, June 2

- 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 3

- 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. Bottle Rocket Making Station opens; all youth must be accompanied by a parent/adult.
- 11:00 a.m. - 1:00 p.m. Lunch on your own and leisure time.
- 1:00 - 3:00 p.m. Class Session 2
- 4:30 p.m. Bottle Rocket Making Station closes.
- 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. 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 Bottle rocket launch at the beach. Leisure time to enjoy with new and old friends.  
***“Come Back to the 90’s” 20th Anniversary Celebration***

## Sunday, June 4

- 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!**

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# WHAT TO BRING

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- Potluck dish and serving utensil for Saturday's group dinner
- Camping gear and food supplies sufficient for three days (See the *Camping Gear Checklist* link at end of this list)
- Clothes for both warm and cool weather—nighttime temperatures can get cool in the park
- 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 time 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)

Family Camping Tips and Resources

[www.vtstateparks.com/htm/family\\_camp\\_resource.htm](http://www.vtstateparks.com/htm/family_camp_resource.htm)

Family Camping Menu Ideas

[www.vtstateparks.com/htm/families\\_menu.htm](http://www.vtstateparks.com/htm/families_menu.htm)

Camping Gear Checklist

[www.vtstateparks.com/pdfs/campingchecklist.pdf](http://www.vtstateparks.com/pdfs/campingchecklist.pdf)

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# CLASS EQUIPMENT NOTES

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**All Live Fire Shooting Sports:** 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 participation in any of the live fire shooting sessions. 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.

**Bottle Rocket Making Station:** Bring *two* empty 2-liter soda bottles. Rockets made with two bottles fly higher.

**Kayaking:** Bring non-cotton clothing (fleece or polypropylene), shoes or sandals that can get wet (not boots) and a change of clothes.

**Mountain Biking—Beginning or Advanced:** Bring your own mountain bike, helmet and water. Optional: Biking gloves are recommended.

**Outdoor Cooking:** Bring eating utensils, a plate or bowl and a beverage. Note: \$5.00 materials fee.

**Orienteering Map and Compass:** Optional—bring a compass and topographic map of home if you have them.

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

***Classes are held outside, rain or shine, so come prepared for each class with items to make you comfortable.***

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# CLASS DESCRIPTIONS

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

Registration for classes and campsites are on a first-come, first-served basis.

## SESSION 1: Saturday, June 3 from 9:00 to 11:00 a.m.

### 1PARENT – Parent/Caregiver accompanying child to class Session 1

Please select this class if you are accompanying a child to a class, but not attending the class for yourself. Children age 11 and under must be accompanied by an adult throughout the entire weekend.

#### 1A—Beginning Mountain Biking

**Suggested age: 8 to adult**

Learn and practice some basic techniques to help you maintain control while negotiating varying terrain; then, we'll 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. Optional: Biking gloves are recommended.* **Instructor: Ronald Rossi, Green Mountain Bike Patrol**

#### 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.* **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: 3-8 years old**

Nature is filled with objects of different colors, sizes, and shapes. In these Project Learning Tree 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, Vermont Project Learning Tree Coordinator ([www.plt.org](http://www.plt.org)), Vermont Department of Forests, Parks and Recreation**

#### 1D—Honey Bees: Nature's Pollinators

**Appropriate for all ages**

How do pollinators help make our food and the flowers we enjoy? Find out how bees, hummingbirds and butterflies play an important part in our ecosystem. You'll also learn about how you can make your yard and garden pollinator-friendly. **Instructors: Grant Seelgen and Gail Makuch, University of Vermont Science Instructors and Members, Vermont Beekeepers Association**

#### 1E—Barnwood Quilts

**Suggested age: 14 to adult**

Barnwood quilts are bold public art using geometric patterns, or quilt squares, painted in bright, solid colors on wood. Learn about barn quilt history and paint a 2' x 2' barn quilt on wood in the design and colors of your choice for any building, porch, fence, or even inside your home. You will be instructed on the technique so no experience is necessary. *Materials charge: \$15 per barn quilt.* **Instructor: Martha Manning, University of Vermont Extension 4-H Educator**

#### 1F—GPS and Geocaching Adventure

**Required age: 9 to adult**

*Prerequisite: Must be at least 9 years old.* Do you know how to use a GPS unit while hiking? What are latitude and longitude? We will learn the basics of GPS technology and how to operate a Garmin GPS hand-held receiver, and have fun using our new skills to find waypoints, play games and geocache to find hidden treasure. **Instructor: Leslie Pelch, Vermont Center for Geographic Information (VCGI)**



**1G—Pond Probe****Appropriate for all ages**

Explore the underwater world of Lake Groton in spring. Bring your curiosity and we will observe, collect and identify, and release back into the lake what we find—from salamanders to water bugs—with magnifiers, bug nets and field guides. You will learn about environmental ethics, pond ecology and adaptation of the lake's inhabitants as we have fun and get wet! **Instructor: Tim Smith, University of Vermont Outing Club Leader**

**1H—Wilderness Survival for Younger Families****Suggested age: 4 to adult**

Learn basic outdoor survival techniques with your family. Learn to build fires and use a walking stick, and get ideas for your own survival kit. We will get dirty! **Instructor: Jeff and Noreen Pelchat**

**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 that does not have a hunters education card is required to take part in this presentation before participating in any shooting workshop. 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. **Instructor: Vermont 4-H Shooting Sports Instructors**

## **SESSION 2: Saturday, June 3 from 1:00 to 3:00 p.m.**

**2PARENT—Parent/Caregiver accompanying child to class Session 2**

Please select this class if you are accompanying a child to a class, but not attending the class for yourself. Children age 11 and under must be accompanied by an adult throughout the entire weekend.

**2A—Advanced Mountain Biking****Suggested age: 10 to adult**

Learn and practice skills that will help you maintain control while riding in varying terrain, including attack position review and cornering. Then head out to explore some challenging features for the last half of the session. Learn about trail rules, mechanical checks, and emergency maintenance. *Bring your own mountain bike, helmet and water.*

*Optional: Biking gloves are recommended.* **Instructor: Ronald Rossi, Green Mountain Bike Patrol**

**2B—Kayaking Lake Groton****Required age: 10 to adult**

What better way to enjoy yourself than kayaking on beautiful Lake Groton! Whether you've never been in a kayak before or you feel the need to start over, this beginning kayaking course will be a fun way to taste the joys of kayaking on Vermont's waters. *Bring non-cotton clothing (fleece or polypropylene), shoes or sandals that can get wet (not boots) and a change of clothes.* **Instructor: David Jalbert**

**2C—Adventures in Backpacking****Appropriate for all ages**

New and experienced backpackers and hikers will review what they need to know in order to prepare for backcountry adventure. They will learn how to plan a trip, how to pack a backpack that will feel safe and comfortable, when to turn around, and accident response and first aid care. The instructor, a professional environmental educator and naturalist, will identify animals, plants and forest systems for an informal and fun-filled glimpse of Groton State Park.

**Instructor: Michael Clough, Assistant Director of the Southern Vermont Natural History Museum in Marlboro, Vt.**



## 2D—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.* **NOTES:** Class may run until 3:30 p.m. **We cannot guarantee to accommodate food allergies.** **Materials charge: \$5 per person** **Instructors: Green Mountain Council Boy Scouts of America, Long Trail District, Troop 759**

## 2E—Get in Touch with Trees for Very Young Explorers

Suggested age: 3-8 years old

In these Project Learning Tree 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, Vermont Project Learning Tree Coordinator ([www.plt.org](http://www.plt.org)), Vermont Department of Forests, Parks and Recreation**

## 2F—Wood Slice Art

Suggested age: 14 to adult

Rustic charm at its best! From unused pieces of fire wood, we will create adorable wood slice snowmen to greet guests on your front porch or to bring an outdoorsy element into your home. **Instructor: Martha Manning, University of Vermont Extension 4-H Educator**

## 2G—White-tailed Deer and 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**

## 2H—GPS and Geocaching Adventure

Required age: 9 to adult

*Prerequisite: Must be at least 9 years old.* Do you know how to use a GPS unit while hiking? What are latitude and longitude? We will learn the basics of GPS technology and how to operate a Garmin GPS hand-held receiver, and have fun using our new skills to find waypoints, play games and geocache to find hidden treasure. **Instructor: Leslie Pelch, Vermont Center for Geographic Information (VCGI)**

## 2I— 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**

## 2J—4-H Shooting Sports Sampler

Required age: 8 to adult

*Prerequisite: Must be at least 8 years old.* 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! *Materials charge: \$10 per person for ammunition.* **Instructor: Vermont 4-H Shooting Sports Instructors**

## SESSION 3: Sunday, June 4 from 9:00 to 11:00 a.m.

### 3PARENT— Parent/Caregiver accompanying child to class Session 3

Please select this class if you are accompanying a child to a class, but not attending the class for yourself. Children 11 and under must be accompanied by an adult throughout the entire weekend.

### **3A—Wilderness Survival for Younger Families**

**Suggested age: 4 to adult**

Learn basic outdoor survival techniques with your family. Learn to build fires and use a walking stick, and get ideas for your own survival kit. We will get dirty! **Instructors: Jeff and Noreen Pelchat**

### **3B—Orienteering Map and Compass**

**Required age: 7 to adult**

*Prerequisite: Must be at least 7 years old.* Learn how to read a topographic map and orient it using your compass, then follow a short course using your new skills. *Optional: Bring a compass and topographic map of home if you have them.*

**Instructor: Grant Seelgen and Gail Makuch, University of Vermont 4-H Science instructors**

### **3C—Kite Making**

**Appropriate for all ages**

We will hunt for materials and build kites from scratch. Learn how to turn natural objects into a kite that will fly!

**Instructor: Sarah Kleinman, State 4-H Program Director**

### **3D—Pond Probe**

**Appropriate for all ages**

Explore the underwater world of Lake Groton in spring. Bring your curiosity and we will observe, collect and identify, and release back into the lake what we find—from salamanders to water bugs—with magnifiers, bug nets and field guides. You will learn about environmental ethics, pond ecology and adaptation of the lake's inhabitants as we have fun and get wet! **Instructor: Tim Smith, University of Vermont Outing Club Leader**

### **3E—Adventures in Backpacking**

**Appropriate for all ages**

New and experienced backpackers and hikers will review what they need to know in order to prepare for backcountry adventure. They will learn how to plan a trip, how to pack a backpack that will feel safe and comfortable, when to turn around, accident response and first aid care. The instructor, a professional environmental educator and naturalist, will identify animals, plants and forest systems for an informal and fun-filled glimpse of Groton State Park.

**Instructor: Michael Clough, Assistant Director of the Southern Vermont Natural History Museum in Marlboro Vt.**

### **3F— 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**

### **3G—Wildlife Tracking**

**Suggested age: 10 to adult**

Instructor will lead a wildlife tracking hike that includes interpreting signs left by animals such as footprints, scat, scent marks and more. This program will also feature pelts, skulls and scat from Vermont furbearers for a hands-on component. **Instructor: Vermont Department of Fish and Wildlife Instructors**

### **3H—Growing Up WILD**

**Suggested age: 4-8**

Growing Up WILD is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, Growing Up WILD provides an early foundation for developing positive impressions about the natural world and lifelong social and academic skills. **Instructor: Vermont Department of Fish and Wildlife instructors**

### **3I—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 noon. 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**