



# OUTDOOR FAMILY WEEKEND

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



**Outdoor Family Weekend  
September 8-10, 2023**

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

Join us for our 25<sup>th</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, canoeing, and basic firearm safety.

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

**Program Information:** Allison Smith,  
(802) 656-7640 or (800) 571-0668 ext. 67640/email [Allison.smith.2@uvm.edu](mailto:Allison.smith.2@uvm.edu)

**Registration:** Lisa Flinn,  
(802) 656-7607 or (800) 545-8920 (toll-free in Vt.) ext. 67607/email [Lisa.Flinn@uvm.edu](mailto:Lisa.Flinn@uvm.edu)

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

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

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

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# 2023 DAILY SCHEDULE

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## Friday, September 8

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 9

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 - 6:30 p.m. Leisure time & dinner on your own

4-5 p.m. **Celebrate 25 years of OFW with a special live animal presentation by Michael Clough of the Southern Vermont Natural History Museum.** Mike will introduce us to wildlife friends that call Vermont home. Join us for a chance to see wildlife up close and learn about these critters!

6:30 p.m. **Parts of the Whole:** Join us for a special evening of interactive storytelling! Kurt and Virginia will share tales from the perspective of the local critters; their quandary about humans coming into their space, into their circle of life. You will be encouraged to help support the importance of all living things.

Please bring one sentence on a slip of paper, stating why being out in nature, being in this park is important to you. Thank you!

7:30 p.m. The evening continues with s'mores and a campfire at the fire ring near the registration tent. Bring a good story to tell or musical instrument if you'd like!



## Sunday, September 10

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."

## 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>.



## Saturday Afternoon

Live animal show with Michael Clough of the Southern Vermont Natural History Museum. Meet our wild animal friends that inhabit Vermont. Get a close up look and learn all about their lives and adaptations of

## Saturday Evening

Storytelling at 6:30 p.m.—meet at the registration tent

### *Parts of the Whole*

***With Special Guests and Storytellers: Virginia Holiman, Farm to School Educator and Kurt Valenta, Founder of the Exordium Nature Experience***

Join us for a special evening of interactive storytelling! Kurt and Virginia will share tales from the perspective of the local critters, their quandary about humans coming into their space, and into their circle of life. You will be encouraged to help support the importance of all living things.

Please bring one sentence on a slip of paper, stating why being out in nature, being in this park is important to you. Thank you! Evening storytelling will be followed by s'mores around the fire!



## New Classes This Year



- 1F-Nature Journaling for Fun—Tracy Sherbrook
- 1G-Physical Preparation for Outdoor Adventure—Adrian Guyer
- 1J-Soaring High with Family Camping—Kurt Valenta
- 1M-The Turtles are Here—Virginia Holiman
- 2D-Herbs+Pasta=Magic—Melissa Laurita Kohl
- 2F-Beginner Water Color for Outdoor Families—Jenny Ramsey
- 2I-Swimming for Young Families—Katy Edmond
- 2J-Compass Orienteering—Adrienne Card
- 2L-Rewilding Mindful Outdoor Experience—Christine Badalamenti Smith
- 2M & 3G-Knot Tying & How to Use Them—Dan Gibson
- 3D—Nature Stories: Outside Storytelling and Explorations—Kay Gibson
- 3E— Outdoor Experiences for the Youngest Explorers—Julie Koehler and Jessica Waldman
- 3F-True Nature Yoga—Christine Badalamenti Smith

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# GENERAL INFORMATION

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## REGISTRATION and CAMPSITES

The registration link will be posted on our website at [go.uvm.edu/outdoor-family](http://go.uvm.edu/outdoor-family) and will open on June 5, 2023. 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 18, 2023. 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 August 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 Lisa Flinn at (802) 656-7607 or (800) 545-8920 (toll-free in Vt.) ext. 67607 by August 18, 2023 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, 2023***.



## CANCELLATION POLICY

If you cancel on or before August 18, you will receive a full refund less an administrative fee of \$50.00. Any cancellation after August 18 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. Canoes must be returned at the time specified when checking them out.

## 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>.

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# WHAT TO BRING

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- Camping gear and food supplies sufficient for three days (See the *What to Bring Camping* link at end of this list.)
- 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

## 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 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.

**Canoe Lake Groton:** Participants are encouraged to wear a swimsuit or clothes that can get wet.

**Let's Go Fishing & Canoe Fishing:** Participants encouraged to bring their own pole and tackle.

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

**Painting in the Great Outdoors:** \$8 supply fee per participant.

**Intro to Tanning, Fur Processing, & Trapping:** Wear old clothes that can get dirty. This workshop takes place on both Friday and Saturday.

**Aquatic Exploration:** Wear water shoes or old sneakers that you don't mind getting wet and wear a bathing suit. Bring a bandana or dip net if you have one.

**Firecraft:** Optional: Bring your favorite pocket knife; cotton or wool clothes are recommended. Recommended that participants wear non-synthetic clothes (i.e. Gore-tex or swimsuits) as there will be handling of smoldering material that may damage those types of clothing.

**Whose Woods These Are:** Participants encouraged to bring binoculars

**True Nature Yoga:** If participants own a yoga mat/towel or any props they like, they should bring them. Dress in clothes in which you feel comfortable moving and have a bottle of water!

**Nature Journaling for fun:** Bring something to sit on that is easy to carry.

**Physical Preparation for Outdoor Adventure:** Hiking pack or Baby Carriers with an internal or external frame. (Do not bring a school backpack as it will not provide the support that you will need).

**Children's Nature Art:** Bring leaves with you that you have found already on the ground.

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

### 1A- Canoe Lake Groton

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

Develop a life-long enjoyment of canoeing by learning the parts of a canoe (of any boat), proper etiquette, and effective paddle strokes. With this class you'll minimize the chances of getting wet while canoeing (when you want to stay dry), and increase the ease and efficiency by which you move across your favorite body of water.

**Instructor: Dean M. Menke, Canoeing and Outdoor Enthusiast**

### 1B- Intro to Archery

**Required age: 8 to adult**

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

**Instructor: VT 4-H Shooting Sports Instructors (Linwood Smith, Karon Given, and Josh 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 all ages**

#### **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

**Ages 6+ and 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 painting. \$8 Supply fee per participant.

**Instructor: Natasha Bogar, Painter and Teaching Artist**

### 1F—Nature Journaling for Fun

**Suggested for All Ages**

This class will introduce students to observing, recording, and asking questions about the natural world around them. Nature journaling is an all-access, curiosity-based approach to learning about the natural world—there is no wrong way to do it! Please plan to carry your journal and writing/art supplies with you while we take an exploratory walk. If the weather is nice, we will journal outside. Bring your curiosity with you, and don't worry about your level of artistic skill or your writing skill. That's not what this class is about!

**Instructor: Tracy Sherbrook, Avid Bird and Butterfly Watcher, Vermont 251 Club Member**

### **1G— Physical Preparation for Outdoor Adventure**

**Suggested age: 10 to adult**

Attendees will take part in training strategies to help them become more physically prepared for outdoor adventure and backcountry athletics. Improving the strength for rucking & other self supported adventure such as backcountry hunting, skiing and riding, through hiking, camping and other outdoor pursuits. The class will include pack set up and training plans to develop strength and muscular endurance, common injuries & prevention strategies, choosing footwear, mobility and recovery strategies. All participants will also receive access to an online training platform with a complimentary program that can be utilized for years to come. Be prepared for moderate strength and cardiovascular activities. All activity is totally optional, you will still find value just watching even if you can't physically participate. If participants have pre existing injuries to spines or the lower body make healthy decisions with the loaded pieces of the session. **Required:** All participants should bring a hiking pack with the, preferably with some type of internal or external frame. A school backpack will not provide the support needed. Baby carriers can work quite well for training purposes. If you do not have a pack you can still participate you just won't be able to complete the rucking component of the class. If folks have extras and are willing to share please bring them.

**Instructor: Adrian Guyer, XIP Training Systems**

### **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—Children's Nature Art**

**Suggested age: 5-12 and their caregivers**

In this workshop we will have fun exploring nature through color and texture with tree rubbings, leaf rubbings using beeswax crayons and paper. Please note that this session will be only one hour in length.

**Instructor: Ginger Frunceck, Artist & Homeschooler; Juliet Georger, Homeschooling Mom**

### **1J—Soaring High with Family Camping**

**Appropriate for all ages**

Join Mr. K. as you learn to make your very own hand made kite. Participants will color and decorate it to create their own design and then assemble it to be flown through-out the weekend. Mr. K's workshops are always fun, hands on, and lively!

**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. Joe will share his knowledge of fleshing, stretching, tanning, and smoking hides. Participants will also get to check out modern trapping equipment and techniques.

**IMPORTANT:** Participants who sign up for this workshop also commit to also attending the second half of the workshop which will be held on Sunday, Sept. 10 from 9-11pm. There are only 10 spaces available for this intensive!

**Instructors: Joseph O'Neil, Trapper and Member of the NE Backcountry Hunters and Anglers; Paul F. Noel, Trapper, Conservationist, and Vermont Fish and Wildlife Instructor**





**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: VT 4-H Shooting Sports Instructors (Steve Haupt, Bill Barney, Fred Meade, Derek Williams)**

**1M– The Turtles are Here****Suggested age: 3-8**

Young children will hear a turtle story, crack out from the egg, become hatchlings and then turn into turtles! Turtles will explore their environment while learning lots of fun facts! **Instructor: Virginia Holiman, Farm to Classroom Educator and Storyteller**

**1N– Campfire Cooking****Suggested age: 3-8**

Are you new to cooking over a campfire or need some new ideas? With some new recipes and a little preparation ahead of time, you can cook delicious and interactive camp meals and baked goods for the whole family.

**Instructor: Peggy Grote, Chef, NECI Grad, and Former Camp Aloha Instructor**

**1O– Basic First Aid for the Outdoors****Appropriate for All Ages**

This workshop will prepare participants on what to carry in a first aid kit when venturing into the outdoors and how to use it should the need arise. Basics of putting on a splint and pressure bandage, assessing injuries, and how to safely tend to someone else who has been injured.

**Instructor: Keith Sampietro, Hunter Education Instructor & Environmental Educator**

## **SESSION 2: Saturday, September 9, from 1:00 to 3:00 p.m.**

**2A– Canoe 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.

**Instructor: Corey Hart, Corey Hart, Education Specialist Vermont Fish and Wildlife**

**2B– Introduction to Archery****Required age: 8 to adult**

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

**Instructor: VT 4-H Shooting Sports Instructors (Linwood Smith, Karon Given, and Josh Smith) Repeat of Session 1B**

**2C– Intermediate Archery**

This session is for those who have attended the beginner archery session in the past and want a deeper dive or for those who regularly practice archery outside of OFW. Participants will have the opportunity to try compound bows. Participants can also bring their own bow and use it upon inspection and approval by the instructors. 3-D targets will also be used. **Instructor: VT 4-H Shooting Sports Instructors (Linwood Smith, Karon Given, and Josh Smith)**

**2D- Herbs+Pasta=Magic****Appropriate for All Ages**

What happens when you add medicinal herbs to pasta dough? Come find out at this introductory workshop to the art of medicinal comfort food. We will learn to identify three wild edible and medicinal plants, then get our hands dirty making pasta dough with our foraged finds. Enjoy a simple and nutritious pasta meal. You will learn the basics of making pasta by hand without any costly ingredients or equipment, how to identify and use common edible and medicinal weeds, and how to make medicinal pasta and pesto. Make herbal pasta for the joy of it, the divine taste of it, and reap the health rewards as a delicious side effect. \$3 registration fee per participant, bring your own cup, bowl, and fork. **Instructor: Melissa Laurita Kohl, Herbalist and Educator**

**2E– 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****2F– Beginner Water Color for Outdoor Families****Appropriate for All Ages**

Come and learn basic watercolor techniques with a focus on capturing the beautiful scenery, flora, and fauna around Lake Groton. Participants will practice brush strokes, wet and dry techniques, color work, texture and line variation. All participants will create their own watercolor card and envelope set that will be taken home at the end of the class.

**Instructor: Jenny Ramsey****2G– Firecraft****Suggested for Ages 8 to Adult**

Participants get a chance to 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, 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**

**2H– Tree Identification****Appropriate for all ages**

Sharpen your skills identifying some common New England trees using clues such as leaves, buds, bark, and form. This workshop offers the unique chance to take an exploratory walk in the woods with a County Forester.

**Instructor: Jim Frohn, Grafton County Forester in New Hampshire****2I– Swimming for Young Families****Suggested ages: 6 months to 6 years old with parents/caregivers**

Swimming for young families in Lake Groton to increase comfort and confidence in the water. This session is for beginning swimmers and will include interactive games, songs, and stroke techniques with care-givers working one-on-one with their child. The instructor will circulate among the group giving techniques appropriate to each child’s skill level. This class will be contingent on the weather. Hope for a warm September weekend! Come in a Bathing Suit, bring a towel but NO flotation devices

**Instructor: Katy Emond, Educator, Entrepreneur, and long-time swim coach****2J– Compass Orienteering****Suggested ages: 8 to adult**

Orienteering is a sport in which orienteers use an accurate, detailed map and a compass to find points in the landscape. We will instruct participants on how to use a compass and how to read different kinds of maps. There will be fun games to play while you learn how to use these tools. The workshop will conclude with a final challenge course. **Instructors: Adrienne Card, 4-H Leader of Sunset Hill –H Club; Jessica Paxton**

**2K- 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: VT 4-H Shooting Sports Instructors (Steve Haupt, Bill Barney, Fred Meade, Derek Williams)**

**2L—Rewilding Mindful Outdoor Experience****Appropriate for All Ages**

Slow down during this guided experience in nature. Engage all of the senses and learn to inhabit outdoor spaces rather than move through or upon them. Reconnect with your kin in the more-than-human world, and reconnect with your inner wild! This gentle hike will last approximately 90 minutes, interspersed with thoughtfully guided activities intended to connect and commune with nature, followed by a community circle. Appropriate for families and all ages.

**Instructor: Christine Badalamenti Smith, Yoga Therapist and Rewilding Guide**

**2M—Knot Tying & How to Use Them****Suggested age: 8 to Adult**

This session will be hands on show participants how to tie different knots and how they can be used. Knot tying is the perfect combo of STEM (science, technology, engineering, and math) and wilderness skills. This workshop will touch on knot tying, mechanical advantage, tree climbing, and shelter building.

**Instructor: Dan Gibson, Arborist and Educator**

**2N— Outdoor Survival Skills****Appropriate for All Ages**

This session will touch upon many skills that can help you safely enjoy and be prepared for spending time outdoors. Topics include fire starting, drinking water safety, dressing for the weather, lean-to building, and the essentials of a wilderness survival kit.

**Instructor: Keith Sampietro, Hunter Education Instructor & Environmental Educator**

## **SESSION 3: Sunday September 10, from 9:00 to 11:00 a.m.**

**3A— Canoe Lake Groton****Suggested age: 8 to adult****all youth must be accompanied by an adult**

Develop a life-long enjoyment of canoeing by learning the parts of a canoe (of any boat), proper etiquette, and effective paddle strokes. With this class you'll minimize the chances of getting wet while canoeing (when you want to stay dry), and increase the ease and efficiency by which you move across your favorite body of water.

**Instructor: Dean M. Menke, Canoeing and Outdoor Enthusiast** *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.

**Instructor: VT 4-H Shooting Sports Instructors (Linwood Smith, Karon Given, and Josh Smith)** *Repeat of session 1B*

**3C—Outdoor Cooking with Vermont Wild Kitchen****Appropriate for all ages**

Join the Vermont Wild Kitchen for a demonstration in outdoor cooking with wild and cultivated foods from Vermont! Cooking and eating with fresh, local ingredients is a simple and fun way to enjoy a delicious meal and get in touch with the beautiful Vermont landscape. Bring your friends, family, appetites, and questions.

**Instructors: Shane Rogers & Caroline Aubry, of Vermont Wild Kitchen**

**3D—Nature Stories: Outside storytelling and explorations****Appropriate for all ages**

This workshop will include examples of simple nature stories, and offer participants the opportunity to create their own. Based on observations in the nearby natural area, stories emerge that create awareness of seasonal qualities of flora, fauna, and the overall landscape. Learning how to weave in impromptu nature stores can bring a deeper learning of spontaneous sightings and discoveries. **Instructor: Kay Gibson, Educator at Beaver Brook Children's**

**School in Wilmington**

### **3E– Outdoor Experiences for the Youngest Explorers**

**Suggested age: 0-5 with caregivers**

Ever wonder how to safely introduce infants, toddlers, and young preschoolers to the outdoors? This class for parents/grandparents/guardians and young tots will offer ideas and activities that spark curiosity and connections with nature. We will have plenty of time for playing, exploring, and social experiences, too!

**Instructor: Julie Koehler and Jessica Waldman, Nature Based Educators at Beaver Brook School**

### **3F– True Nature Yoga**

**Suggested age: 12 to adult**

Join a morning yoga experience that will bring you closer to yourself and closer to nature. If you have a yoga mat/towel or any props bring them. Dress in clothes in which you feel comfortable moving and have a bottle of water! This session will be for one hour.

**Instructor: Christine Badalamenti Smith, Yoga Therapist and Rewilding Guide**

### **3G—Knot Tying & How to Use Them**

**Suggested age: 8 to Adult**

This session will be hands on show participants how to tie different knots and how they can be used. Knot tying is the perfect combo of STEM (science, technology, engineering, and math) and wilderness skills. This workshop will touch on knot tying, mechanical advantage, tree climbing, and shelter building.

**Instructor: Dan Gibson, Arborist and Educator**

### **3H– Geocaching 101**

**Appropriate for all ages**

Do you like the idea of a treasure hunt in the outdoors? Explore the park in a new and different way by learning the past time of geocaching. You'll venture about locating geocaches, learn what they are, and also get the low down on proper etiquette surrounding this fun scavenger hunt style hobby.

**Instructor: Rebecca Bissonette, Homeschooling Mom and Geocaching Enthusiast**

### **3I-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: VT 4-H Shooting Sports Instructors (Steve Haupt, Bill Barney, Fred Meade, Derek Williams)**

### **3J—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. Joe will share his knowledge of fleshing, stretching, tanning, and smoking hides. Participants will also get to check out modern trapping equipment and techniques.

**IMPORTANT:** Participants who sign up for this workshop also commit to also attending the first half of the workshop which will be held on Saturday from 9-11am. There are only 10 spaces available for this intensive!

**Instructors: Joseph O'Neil, Trapper and Member of the NE Backcountry Hunters and Anglers; Paul F. Noel, Trapper, Conservationist, and Vermont Fish and Wildlife Instructor**

### 3K– Aquatic Exploration

Appropriate for all ages

Come explore the stream and aquatic habitats in Stillwater State Park! Let's see what we can find in the water. Follow your curiosity and discover how to learn more about the plants and animals that call this habitat home. Sheri is a homeschooling mother of two with over 20 years of experience working with all ages in outdoor settings including summer camps and environmental education programs.

**Instructors: Sheri Smith, Homeschool and Summer Camp/Environmental Educator**

### 3L– Wilderness Skills

Appropriate for all ages

Explore the natural environment by growing your wilderness skills. This workshop will give an introduction to a variety of topics including wild edibles, shelter building, basic hunting and tracking skills. Bring your curiosity and get ready to use all five senses as you explore your surroundings with these hands-on topics!

**Instructor: Joshua Emond, Hunter, Fisherman, and Outdoor Enthusiast**

### 3M– Turkey Calling & Hunting 101

Suggested age: 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: Ron Lafreniere, Matt DiBona, and Brett Ladeau of the Vermont Chapter of the National Wild Turkey Federation**

### 2N– Basic First Aid for the Outdoors

This workshop will prepare participants on what to carry in a first aid kit when venturing into the outdoors and how to use it should the need arise. Basics of putting on a splint and pressure bandage, assessing injuries, and how to safely tend to someone else who has been injured.

**Instructor: Keith Sampietro, Hunter Education Instructor & Environmental Educator**

## Outdoor Family Weekend

**thanks our sponsoring and partnering organizations!**

