



## Outdoor Family Weekend

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

**Friday, September 6 – Sunday, September 8, 2024**

**Stillwater State Park, Groton State Forest**

**Groton, Vermont**

Join us for our 26th 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 a better understanding of environmental conservation, safety, and fun in the outdoors among the general public.

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, orienteering, and firecrafting to fishing, archery, canoeing, and basic firearm safety.

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

Program Information: Holly Ferris, Outdoor Family Weekend Coordinator, (802) 656-7562 or [holly.ferris@uvm.edu](mailto:holly.ferris@uvm.edu)

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

Facebook: <https://www.facebook.com/OutdoorFamilyWeekendVT/>



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

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# 2024 DAILY SCHEDULE

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## Friday, September 6

2:00 - 8:00 p.m. Check in at registration tent (next to the ranger station).

***Every family, including instructors, needs to check in.***

Dinner on your own.



7:30 p.m. Ice cream meet-and-greet at the registration tent. Especially important for first-time attendees.

***Arrival 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.

2 - 8:00 p.m. Join us for a Camping Gear Swap during our Outdoor Family Weekend! Bring your gently used camping gear and exchange it for something new-to-you, perfect for your next outdoor adventure. From tents to cookware, sleeping bags to hiking gear, our swap will offer a sustainable way to refresh your outdoor essentials.

## Saturday, September 7

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

7:00 a.m. – 7:30 p.m. Check out the Camping Gear Swap at the registration tent

9:00 - 11:00 **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 Leisure time and dinner on your own



4 - 5 **Celebrate Smokey Bear's 80<sup>th</sup> Birthday!** Join the celebration as we honor a true American icon! Smokey Bear, the beloved symbol of wildfire prevention, turns 80 this year, and his legacy of promoting fire safety and environmental stewardship continues to inspire generations.

6:30 **Fire: The Spark for Many a Tale!** Ever since humans captured the dancing flames of fire to push back dark of night and shine light on the fears that lurked in that dark, we have had stories that we told around that fire. Ms. Virginia Holiman and Mr. K will present a variety of stories that have come down through the ages to keep the Stillwater gremlins, hobgoblins, and imps at bay. Come and join us for the festivities!

7:30 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 8

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

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

9:00 a.m. – 12 noon Please collect any items that haven't been taken after the swap, ensuring nothing goes to waste.

**Saturday Evening**  
**Celebrate Smokey Bear's 80<sup>th</sup> Birthday!**  
**&**  
***Fire: The Spark for Many a Tale!***

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



Join Kurt and Virginia for a special evening of interactive storytelling as they share campfire tales that have been passed down through the ages.

## **New Classes This Year**

- 1D - Tracking Nature's Clues: Eric Nuse**
- 1F - Fairy Hideaways: Ginger Elaine**
- 1G - Water Wonders: Kurt Valenta**
- 1H, 2I, 3D - Log Tricks and Tree Climbing: Dan Gibson**
- 1I, 2M, 3I – Dog-Powered Sports: Rob Farley and Dimitrios Kapoukranidis**
- 1J, 2K, 3J - Rope Tricks and Low Angle Rappelling: Milan Kubala**
- 1K, 2N - Reading the Natural Landscape: Erin O'Neil**
- 1M - Seeds, Seeds Everywhere: Virginia Holiman**
- 1Q, 2Q - Intro to Small Game Hunting: Allison Crimm**
- 2L - Woodland Stagecraft: Katy Emond**
- 2O - Backwoods Food for the Hungry Camper: Eric Nuse**
- 3C - Nature Games: Kay Gibson**



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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](https://go.uvm.edu/outdoor-family) and will open on June 17, 2024. If you need assistance or to register over the phone, please contact UVM Office of Non-Credit Registration (802) 656-8407.

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, 2024. 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.

If you require an accommodation related to a disability, please contact Accessibility Services via email at [access@uvm.edu](mailto:access@uvm.edu) (and copy Lisa Flinn at [Lisa.Flinn@uvm.edu](mailto:Lisa.Flinn@uvm.edu)), or call (802) 656-7753 by Friday, August 16, 2024.

## AGE LIMITS

**Children ages 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, 2024***.



## 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 ages 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 from the Vermont Fish and Game website (<https://vtfishandwildlife.com/licenses-and-lotteries/license-center>) 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 Vermont State Parks website (<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 "Camping with your pet" (<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) from the Vt. State Parks:

“Activities for Kids”

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

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



**Shooting Sports and Basic Firearm Safety:** Eye and 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 at all times on the range for .22 rifle.

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

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

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

**Herbs + Pasta = Magic:** \$3 supply fee per participant.

**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:** Bring your favorite pocket knife (optional). Participants should wear cotton or wool clothes (NOT synthetic fabrics such as GORE-TEX or swimsuits) as there will be handling of smoldering material that may damage those types of clothing.

**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!

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# CLASS DESCRIPTIONS

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- *Class sizes are limited - please register early for best selection.*
- *Youth ages 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 6 -- 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 lifelong enjoyment of canoeing by learning the parts of a canoe (or 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 - Introduction to Archery**

**Required age: 8 to adult**

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

**Instructors: Linwood Smith, Karon Given, and Josh Smith, Vt. 4-H Shooting Sports Instructors**

### **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 catching 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 - Tracking Nature's Clues**

**Appropriate for all ages**

Join retired game warden Eric Nuse on a bushwack looking for evidence of wildlife. Learn to look closely to figure out who is in the area, what they eat, and who eats them. Long pants, boots, bug repellent, and a curious mind required.

**Instructor: Eric Nuse, Retired Vermont Fish and Wildlife Game Warden**

### **1E - Painting in the Great Outdoors**

**Ages 6+, participants younger than 6 can attend but work collaboratively with an adult**

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 - Fairy Hideaways**

**Suggested age: 4-12 and their caregivers**

Embark on a whimsical journey with homeschool mom and artist Ginger Elaine for a short fairy story designed to ignite the imagination of minds. Then, through this hands-on activity using natural materials and found objects participants will use their imaginations to invent a sweet little hideaway for their local fairy folk.

**Instructor: Ginger Elaine, Artist and Homeschool Mom**

**1G - Water Wonders****Appropriate for all ages**

Dive into the captivating world of water with this hands-on workshop, where participants will explore surface tension, capillary action, and fluid pressure through exciting experiments. From observing diffusion to defying gravity with capillary action, participants will uncover the mysteries of water in an engaging and interactive setting. It will be an unforgettable journey splashing into science and discovering the wonders of this essential element!

**Instructor: Kurt Valenta, Founder and President of Exordium, a nature and outdoor education organization providing outdoor learning experiences for the young and young-at-heart**

**1H - Log Tricks and Tree Climbing****Appropriate for all ages with adult**

Discover what it is like to be a professional arborist including tree identification, assessment, pruning, removals, climbing, and rigging. Watch demonstrations and receive hands on experience in the areas of knot tying, setting pull ropes, felling, and climbing while getting an overview of what it's like to have a career in the outdoors.

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

**1I – Dog-Powered Sports****Appropriate for all ages**

During this workshop we will discuss how you can pursue dog-powered sports with your dog(s). Some of these activities include skijoring, bikejoring, scootering, rig running, canicross, dog sledding, and many other vehicles that roll or slide. The workshop will include presentations of the equipment used in these sports such as harnesses, lines, belts, scooters, bike set-ups, rigs and sleds. You will also learn training tips, goals, and expectations for your dogs. This workshop is comprised of hands on activities, demonstration, and meeting the friendly Siberian Huskies.

**Instructors: Rob Farley and Dimitrios Kapoukranidis, October Siberian Dogsled Adventures**

**1J - Rope Tricks and Low Angle Rappelling****Appropriate for all ages**

Learn the basic skills to conquer rugged terrain with confidence. Immerse yourself in the fundamentals of rope techniques. Learn the art of safe and efficient maneuvering as you experience the thrill of rappelling and ascending. Through hands-on practice, learn the skills of lifting, lowering, tying, and anchoring. Come and share your experience working with ropes.

**Instructor: Milan Kubala, Outdoor Enthusiast**

**1K - Reading the Natural Landscape of the Forest****Appropriate for all ages**

Discover the magic of ecological interconnectedness and deepen your connection to the natural world as we embark on a journey through the layers of the forest, uncovering its hidden tales and interconnected wonders. From the sturdy bedrock and fertile soil that lay the foundation for life to the intricate web of plants and fungi weaving through the undergrowth, we'll explore the intricate tapestry of the forest's ecosystem.

**Instructor: Erin O'Neil, Owner of Eco Explorers Vermont**

**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: Steve Haupt, Bill Barney, and Derek Williams, Vt. 4-H Shooting Sports Instructors**





**1M - Seeds, Seeds Everywhere!****Suggested ages: 3-8**

A fun, interactive workshop for young folks includes costumes, song, and imaginative movement. Participants will investigate different seeds found at the park and create a seed mosaic.

**Instructor: Virginia Holiman, Farm to Classroom Educator and Storyteller**

**1N - Campfire Cooking****Appropriate for all ages**

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 for 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 will be introduced.

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

**1P - 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**

**1Q - Introduction to Small Game Hunting****Appropriate for all ages**

Small game hunting can be a great activity for all ages and a wonderful introduction into the world of hunting for people of all ages. Learn about equipment and gear, habitat, regulations, and more to kick off an interest in small game hunting for you and your family.

**Instructor: Allison Crimm, Backcountry Hunters and Anglers**

**1R - 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, Green Mountain Bike Patrol**

**1S - Turkey Calling and 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 and members of the Vt. Chapter of the National Wild Turkey Federation**

**1T - Free Time: Unwind, Recharge, or Find Your Adventure**

Discover tranquility in Groton State Forest: Whether you're splashing in the water, losing yourself in a book under a tree, or reveling in birdsong, this free time is yours to embrace the beauty of nature however you need.

## SESSION 2

**Saturday, September 7 -- 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 from a canoe, ecology, tackle, and regulations while getting a chance to try catching a fish. Course is a combination of hands-on lessons and canoe fishing.

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

### **2B - Introduction to Archery**

**Required age: 8 to adult**

*Repeat of Session 1B*

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

**Instructors: Linwood Smith, Karon Given, and Josh Smith, Vt. 4-H Shooting Sports Instructors**

### **2C - Intermediate Archery**

**For archers who have attended beginner archery in the past**

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. 3D targets will also be used.

**Instructors: Linwood Smith, Karon Given, and Josh Smith, Vt. 4-H Shooting Sports Instructors**

### **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 - 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 as participants will handle knives and fire. Instruction based on the writings of Mors Kochanski—survival instructor, naturalist, and author.

**Instructor: Doug Smith, Backcountry camping and canoeing enthusiast**

### **2F - 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 4-H Club, and Jessica Paxton**

### **2G - 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: Steve Haupt, Bill Barney, and Zach Willson, Derek Williams, Vt. 4-H Shooting Sports Instructors**

**2H - Rewilding Mindful Outdoor Experience**                      **Appropriate for all ages**

Slow down during this guided experience in nature. Engage all of your 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.

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

**2I - Log Tricks and Tree Climbing**                                      **Suggested age: Appropriate for all ages with adult**

*Repeat of Session 1H*

Discover what it is like to be a professional arborist including tree identification, assessment, pruning, removals, climbing, and rigging. Watch demonstrations and receive hands on experience in the areas of knot tying, setting pull ropes, felling, and climbing while getting an overview of what it's like to have a career in the outdoors.

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

**2J - Outdoor Survival**    **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 safely, dressing for the weather, lean-to building, and the essentials of a wilderness survival kit.

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

**2K - Rope Tricks and Low Angle Rappelling**                      **Appropriate for all ages**

*Repeat of Session 1J*

Learn the basic skills to conquer rugged terrain with confidence. Immerse yourself in the fundamentals of rope techniques. Learn the art of safe and efficient maneuvering as you experience the thrill of rappelling and ascending. Through hands-on practice, learn the skills of lifting, lowering, tying, and anchoring. Come and share your experience working with ropes.

**Instructor: Milan Kubala, Outdoor Enthusiast**

**2L - Woodland Stagecraft**    **Appropriate for all ages**

Come and enjoy the wonderful world of theater and improvisation where the forest becomes your stage and nature supplies your props. Join veteran theater teacher Katy Emond as we play a variety of theater games, building scenes and stretching our comfort zones all while enjoying the beauty of the outdoors.

**Instructor: Katy Emond, Educator**

**2M - Dog-Powered Sports**    **Appropriate for all ages**

*Repeat of Session 1I*

During this workshop we will discuss how you can pursue dog-powered sports with your dog(s). Some of these activities include skijoring, bikejoring, scootering, rig running, canicross, dog sledding, and many other vehicles that roll or slide. The workshop will include presentations of the equipment used in these sports such as harnesses, lines, belts, scooters, bike set-ups, rigs and sleds. You will also learn training tips, goals, and expectations for your dogs. This workshop is comprised of hands on activities, demonstration, and meeting the friendly Siberian Huskies.

**Instructors: Rob Farley and Dimitrios Kapoukranidis, October Siberian Dogsled Adventures**

**2N - Reading the Natural Landscape of the Forest**                      **Appropriate for all ages**

*Repeat of Session 1K*

Discover the magic of ecological interconnectedness and deepen your connection to the natural world as we embark on a journey through the layers of the forest, uncovering its hidden tales and interconnected wonders. From the sturdy bedrock and fertile soil that lay the foundation for life to the intricate web of plants and fungi weaving through the undergrowth, we'll explore the intricate tapestry of the forest's ecosystem.

**Instructor: Erin O'Neil, Owner of Eco Explorers Vermont**

**20 - Backwoods Food for the Hungry Camper**                      **Appropriate for all ages**

Join Eric Nuse with Backcountry Hunters and Anglers and help cook up some real backwoods food for hungry campers. If you have never roasted up a chicken under a garbage can, you are in for a taste treat. Cooking fish, potatoes, and steak on hardwood coals is the best, especially with a side of fiddleheads and a crusty hunk of bannock, the national bread of Canada.

**Instructor: Eric Nuse, Retired Vermont Fish and Wildlife Game Warden**

**2P - Turkey Calling & Hunting 101**                                      **Suggested age: 8 to adult**

*Repeat of Session 1S*

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 and members of the Vt. Chapter of the National Wild Turkey Federation**

**2Q - Introduction to Small Game Hunting**                              **Appropriate for all ages**

*Repeat of Session 1Q*

Small game hunting can be a great activity for all ages and a wonderful introduction into the world of hunting for people of all ages. Learn about equipment and gear, habitat, regulations, and more to kick off an interest in small game hunting for you and your family.

**Instructor: Allison Crimm, Backcountry Hunters and Anglers**

**2R - Introduction to Mountain Biking**                                      **Suggested age: 8 to adult**

*Repeat of Session 1R*

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, Green Mountain Bike Patrol**

**2S - Free Time: Unwind, Recharge, or Find Your Adventure**

Discover tranquility in Groton State Forest: Whether you're splashing in the water, losing yourself in a book under a tree, or reveling in birdsong, this free time is yours to embrace the beauty of nature however you need.

## **SESSION 3**

### **Sunday, September 8 -- 9:00 to 11:00 a.m.**

#### **3A - Canoe Lake Groton/Canoe Rescue**

**Suggested age: 8 to adult**

**Youth must be accompanied by an adult**

Develop a lifelong enjoyment of canoeing by learning the parts of a canoe (or 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. If there's interest, we'll incorporate elements of canoe rescue into this second session. So, not only will you master the art of canoeing, but you'll also gain valuable skills to ensure safety and confidence on the water.

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

#### **3B - Introduction to Archery**

**Required age: 8 to adult**

*Repeat of Sessions 1B and 2B*

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

**Instructors: Linwood Smith, Karon Given, and Josh Smith, Vt. 4-H Shooting Sports Instructors**

#### **3C - Nature Games**

**Appropriate for all ages**

Both children and adults will build new skills through hands-on games inspired by plants, animals, and the natural world. Active, cooperative, sensory, and other types of games will focus on acquiring and growing appreciation of the beauty and wisdom of nature. Kay Gibson has been leading both original and established games that develop concepts based on the natural world. She has been involved in nature education for many years and continues to learn new ways to bring concepts to those in her workshops and classes.

**Instructor: Kay Gibson, Activities Director at Beaver Brook Children's School Summer Camp**

#### **3D - Log Tricks and Tree Climbing**

**Suggested age: 8 to adult**

*Repeat of Sessions 1H and 2I*

Discover what it is like to be a professional arborist including tree identification, assessment, pruning, removals, climbing, and rigging. Watch demonstrations and receive hands on experience in the areas of knot tying, setting pull ropes, felling, and climbing while getting an overview of what it's like to have a career in the outdoors.

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

#### **3E - 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 pastime of geocaching. You'll venture about locating geocaches, learn what they are, and get the low-down on proper etiquette surrounding this fun scavenger hunt style hobby.

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

#### **3F - 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 ranges from entry level to intermediate experience with firearms. Time on the range will be spent shooting air pistols. (Bringing your own eye protection is encouraged, but not required. Hearing protection is not needed for this workshop.)

**Instructors: Steve Haupt, Glenn Card, Bill Barney, and Derek Williams, Vt. 4-H Shooting Sports Instructors**

**3G - 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.

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

**3H - Basic First Aid for the Outdoors****Appropriate for all ages**

*Repeat of Session 10*

This workshop will prepare participants for 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 will be introduced.

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

**3I – Dog-Powered Sports****Appropriate for all ages**

*Repeat of Sessions 1I and 2M*

During this workshop we will discuss how you can pursue dog-powered sports with your dog(s). Some of these activities include skijoring, bikejoring, scootering, rig running, canicross, dog sledding, and many other vehicles that roll or slide. The workshop will include presentations of the equipment used in these sports such as harnesses, lines, belts, scooters, bike set-ups, rigs and sleds. You will also learn training tips, goals, and expectations for your dogs. This workshop is comprised of hands on activities, demonstration, and meeting the friendly Siberian Huskies.

**Instructors: Rob Farley and Dimitrios Kapoukranidis, October Siberian Dogsled Adventures**

**3J - Rope Tricks and Low Angle Rappelling****Appropriate for all ages**

*Repeat of Sessions 1J and 2K*

Learn the basic skills to conquer rugged terrain with confidence. Immerse yourself in the fundamentals of rope techniques. Learn the art of safe and efficient maneuvering as you experience the thrill of rappelling and ascending. Through hands-on practice, learn the skills of lifting, lowering, tying, and anchoring. Come and share your experience working with ropes.

**Instructor: Milan Kubala, Outdoor Enthusiast**

**3K- Shelter Building and Knot Tying****Appropriate for all ages**

Try your hand at some simple knots and shelter building techniques that will help you turn a simple tarp and rope into a shelter. Knowing how to build a shelter can be fun and is a lifesaving skill should the unexpected happen when you are on your next outdoor adventure. You'll come away from this class with the knowledge of what materials to carry in your pack and how to use them whether you are just making a nice place to sit for a break or weathering an unexpected storm.

**Instructor: Doug Smith**

**3L – Outdoor Cooking with Vermont Wild Kitchen** **Appropriate for all ages**

Join the Vermont Wild Kitchen for a demonstration in outdoor cooking with the wild and cultivated foods from Vermont! Cooking and eating with fresh ingredients are 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.

**Instructor: Shane Rogers, Vermont Wild Kitchen**

**3M - Free Time: Ready Yourself for the Journey Home**

Whether you choose to hone a newly acquired skill, share moments with both old and new friends, take a moment to contemplate your experiences at Stillwater or opt for an early start on your journey home, the choice is yours.

Embrace this time to make it meaningful in whichever way resonates with you!



Outdoor Family Weekend extends gratitude to our sponsor and partner organizations!

