

SUMMER WORKSHOP DESCRIPTIONS OF CLASSES

Classes are rated by physical exertion levels (E, M, or S). Classes marked **E** require little physical exertion, **M** is moderate, and **S** is strenuous exertion. Please know your own physical abilities. If the class is held inside for the entire time - that is noted as "inside".

Introduction to Firearms & Firearm Safety - FRIDAY EVENING

(PLEASE DO NOT BRING YOUR OWN FIREARMS. THEY WILL BE PROVIDED.) NOTE: This session is required for all participants who do not possess a hunter safety certificate or a valid hunting license and plan to take a Firearms or Archery course. Participants in this firearm safety session will receive instruction in safe handling of firearms, at home and in the field. Opportunities to handle rifles, shotguns and handguns in a supervised setting will be presented. Classroom demonstrations and visual aids will be used to assist the participant in the learning process. This does not count towards your four class choices. You can also earn a Hunter Safety certificate if you do the bookwork ahead of time, take this class and pass the test, this part is not mandatory, but a great to have for future hunting opportunities. *Instructor - Jennifer Hanson & Anna Viau*

Archery - M -The instructor will go over bow safety and introduction of the different types of bows available (compound, longbow, recurve). The equipment to use with bows and arrow choice (hunting vs. target), basic bow maintenance and shooting stations for both types of bows. If you have your own bow, please feel free to bring it. *Instructor - Kelly Deering & Kelly Multerer*

Mock Archery Hunt - M-S - This class is an advanced archery class. Hunting will be discussed and the different types of stands available. There will be a stand for students to shoot from. Please feel free to bring your own bow if you have one - we will have some on hand. If you have a safety harness and/or tree stand that you would like to bring so you can become more familiar with its use, feel free. We will go over the techniques to setting up a blind, focusing on deer trails, shot position, tracking, safety measures and following a mock blood trail. This class will require more physical ability than the regular archery class as we will be walking through the woods and climbing tree stands. *Instructor - Kelly Deering*

Backpacking and Hiking Basics - M - Learn about the basics of backpacking gear, such as backpacks, tents, sleeping bags and a variety of other backpacking necessities. We'll talk about how to pack your backpack, trip planning, and any upcoming backpacking opportunities with BOW. A short hike will be included in this session, if time allows. Please wear proper foot gear. This class is designed for somebody with very little to no backpacking experience. *Instructors - Tara Gluski*

"I Spy" Hike - M - Welcome to our "I Spy" hike, where we focus on taking the time to appreciate the incredible views, flora, and fauna around us. During this hike, we will stop frequently to observe and capture the beauty of our surroundings through photographs. As we walk, we will also engage in a fun and interactive game of "I Spy," where we challenge ourselves to find and identify various plants, animals, and landmarks along the way. This hike is perfect for nature lovers and anyone who wants to slow down and immerse themselves in the natural world. Join us for a unique and unforgettable experience!

Instructors - Sandra Kivela & Teresa Hamari

Advanced Hike - **S** - This is an advanced hike up Hogback Mountain near Marquette (off campus). The 3 to 4-mile hike will include a marked trail with elevation changes and slippery rocks. This is a strenuous hike. For those that want to up their hiking ability; know your limitations as this is about a 120-minute hike. Bring your water and a snack. **Instructors - Sandy Kivela, Teresa Hamari & Tara Gluski**

Beach Yoga - **M** - Take your yoga practice outside as we mix movement, meditation, sun, Big Bay and lake breezes! Practice yoga in the relaxing setting of the beach, pairing the soothing influence of Lake Superior with a calming yet energizing mindful movement practice. Many studies have shown the stress-reducing qualities of yoga practice, and more recent research confirms that spending time near a body of water reduces stress.

Class will be a vinyasa-inspired practice, aiming to blend mindful movement with breathwork. Students will be lead through a slow and steady, completely guided flow, briefly holding postures to gain strength and flexibility. This class is open to all levels. Bring a towel, water, and don't forget your sunscreen! **Instructor - Kayleigh Zupi**

Birding Basics - **E** - This class is a good introduction for those interested in birdwatching. The classroom section of the course covers binoculars, spotting scopes, field guides, terminology and more before heading out into the field to put this information into practice. Things to bring: Binoculars, field guide, notebook, something to write with, bug spray, comfortable walking shoes. **Instructor - John Pepin**

Boating & Safety - **M** - Boating is fun and can be the means to get to the best fishing spots! Learn how to trailer a boat, back it down the ramp and launch it, then start the motor and operate the boat expertly and safely. You'll get pointers on driving the boat, rules of the waterways, anchoring, docking, and lots of great safety tips. Then, you'll motor the boat back to the dock and load it on the trailer again! Now, that's what we call independence! A class on Friday evening will go over the safety portion that is a requirement for this class and to receive a boating safety certificate. Class size is limited! **Instructors - Andrea Dani**

Intro to Canoeing - **M-S** - In this introductory canoeing class, we will cover the basics of canoeing, including equipment, safety, and technique. We will begin by discussing the different types of canoes and paddles, as well as the essential safety gear required for canoeing. Next, we will cover the proper technique for entering and exiting a canoe, as well as the proper way to paddle and steer the canoe. We will go over the basic strokes, such as the forward stroke, the draw stroke, and the J-stroke, and how to use them effectively to maneuver the canoe. Lastly, we will enjoy a short paddle where we can practice all that we've learned. By the end of the class, you will have a good understanding of the fundamentals of canoeing and be prepared to paddle confidently and safely on calm waters. **Instructors - Danielle Steffey & Barb Vehamme**

Intro to Canoe Tripping - **M-S** - In this introductory canoeing class, we will cover the essential skills needed for a successful canoe trip. We will begin by discussing canoe equipment, including the different types of canoes, paddles, and personal gear required for a trip. Next, we will cover the proper technique for launching and landing a canoe and demonstrate how to properly portage a canoe. We will then move on to the basics of canoeing, including the different strokes needed to successfully

maneuver a canoe. We will also take a short paddle to practice these strokes and get comfortable in the canoe.

Finally, we will go through a canoe fully packed for a trip, discussing how to pack efficiently and what gear is essential for a successful trip. By the end of the class, you will have a good understanding of the fundamentals of canoe tripping and be prepared for your next adventure on the water. **Instructors - Danielle Steffey & Barb Vehamme**

Handgun - M - Participants will learn the basics of safe and responsible handgun handling and shooting. An opportunity to shoot the basic types of handguns will be offered. **Instructors - Cody Smith, Randy Girard**

Rifle - M - Learn different types of rifle safety and marksmanship techniques, practice proper stance, handling, and shooting. You will have a chance to shoot a couple different types of high-powered rifles. Hands-on shooting at targets will be offered. **Instructors - Jennifer Hanson & Anna Viau**

Shotgun - M - Learn and practice different shotgun shooting techniques. Emphasis will be on safety, determining your master eye, proper stance, proper fit, safety equipment, how a shotgun works, and hands-on time to shoot and break clay pigeons. It is a good starting point for trap, skeet, and sporting clays. **Instructors - Jennifer Hanson & Anna Viau**

Citizen Science with iNaturalist E-M Participants will use their "smart phones" or other camera to take photos of living things (plant, animal, insect, fish, etc.) at Bay Cliff and upload those images to their own personalized profile page on the [iNaturalist.com](https://www.inaturalist.org) website. iNaturalist will identify the organism for them using artificial intelligence (AI) and create a unique, organized, online catalog of life forms they have submitted. The catalog can be extended when the participants return home or travel to any other part of the world. Participants in this activity just use their "smart phone" camera and can connect to the internet. Here is a sample of my [personal observations page](#) and my [iNaturalist Project Page](#).

Instructor - Steve Waller

Fish Identification - E - Fish Identification - E (inside/outside) - Learn to identify and handle popular sport fish as well as how to find, read and interpret Michigan fish regulations. In addition to examining internal fish anatomy, you will get a chance to get your hands dirty while learning how to clean and fillet fish. **Instructor - Lydia Doerr**

Intro to Fly Fishing- E- This class is a fun and interactive introduction to the sport of fly fishing, tailor-made for women. Learn from friendly instructors how to choose proper equipment, tie knots, cast a fly rod, identify, and select the proper fly, and other useful tactics for the beginner angler. Equipment will be provided. **Instructor - Sarah Topp**

Fly Fishing - M - This class will provide you with the basic skills to fly fish. You will be transported to the Yellowdog River for trout fishing using waders. If you have your own equipment, feel free to bring it, however, all equipment is provided. Intro class is suggested for those that don't have the basic equipment, casting knowledge. Things to bring, baseball type hat; Polarized glasses; Nail clippers. **Fishing license is required**. An annual license is \$26, or you may purchase a 24-hour license if you would like for \$10. (Please purchase ahead of time - Crams in Big Bay sells licenses) **Instructor - Anne Feldhauser, John Kamps, Steve Sajtar**

Intro to Upland Bird Hunting - **M-S**- An intro to upland hunting and bird dogs! This course will go over upland hunting gear to get you started, biology of upland game birds of MI including tips/tricks to find birds in suitable habitat, how to identify suitable habitat, a demonstration on working bird dogs. This course format is very open and will allow plenty of time for interaction and relationship building with instructors and other female hunters of all experience levels. Please be prepared for time outside (comfortable hiking boots-waterproof preferred), long pants that won't snag on thorns and brush, a comfortable breathable short sleeve/long sleeve shirt. Course includes hiking in difficult terrain, moderate physical activity, biting insects. Field lunch will be provided, please include allergy needs upon registration. **Instructors** - **Heather Shaw (and dogs)**.

Intro to Waterfowl Hunting -**E** - Have you found yourself wanting to explore waterfowl hunting but don't know where to start? Then this class is for you! come and dive into the life of a waterfowler learning species identification, regulations, and many different hunting styles to successfully hunt waterfowl next fall. **Instructor** - **Cody Smith**

Read a Good Forest, lately? - **E** - Like a good mystery novel, every forest offers obscure clues to the deepest secrets. The clues are hidden to casual observers & say more than you'd expect. Hike through the forest, develop observational skills, expose the clues & read the hidden pages in the forest story. **Instructor** - **Steve Waller**

Lake Fishing - **M** - This session will include, basic rod and reel selection, tackle and lures, basic knots, as well as, how to clean and filet fish. This will be an all-day class and count as two sessions offered Saturday only. You will be transported to the Hoist Basin (near Negaunee) and spend the day fishing. A Sack lunch will be provided. You will be back in time for evening dinner at Bay Cliff. Participants may bring their own fishing equipment but, equipment is provided. This class size is limited; if you have taken this in the past you cannot take it again due to the class limit size. Fishing license required. An annual license is \$26, or you may purchase a 24-hour license if you would like for \$10. (Please purchase ahead of time Crams in Big Bay sells licenses) **Instructors** -**Paul Hannuksela**

The what's what with Wolves of Michigan - **E** - This session will cover a brief history of wolves in Michigan, identification, and discuss the delisting/relisting process. We will discuss the benefits of wolves, their role in the ecosystem, current status in both peninsulas, as well as discussing management issues such as depredation, wolf survey, trapping and wildlife staff responsibilities. We will have tracking equipment, trapping demonstrations, and several visual aids. **Instructor** - **Kristie Sitar**

Invasive Species Walkabout - **M** - You will learn basic field identification of invasive species (and some beneficial natives) that you may encounter during water and land-based activities; how they are invading our recreation areas; and what you can do to help get rid of them, or better yet, prevent their spread. Good walking shoes are a must for this class. **Instructor** - **Elise Desjarlais**

Kayaking - **S** - This class covers basic kayak touring safety, types of kayaks, and the essential paddle strokes needed to enjoy kayaking. The course will help you develop skills in solo kayaking. Paddlers will learn what techniques overcome physical strength in kayaking. Skills will be practiced on the lake. (Dress appropriately - Nylon jogging pants with a thin layer of fleece or wool under is good for cooler days.

Similar layers plus a lightweight windbreaker is good for upper body. Sandals or water shoes)

Instructors - Linda Welch, Monica McKenny, Monica Weis

Mountain Bike - M - S - Learn the basic rules of the trail and riding techniques, such as shifting, braking, hill climbing and descent, body positioning and navigating obstacles. Learn basic bike repair and inspection and review the best bike for your budget and style of riding. You will ride several miles over various types of terrain. Participants may bring their own Ready-to-ride Mountain Bike and safety helmets (helmets required). Please indicate on the registration form if a bike is needed and your height for appropriate sizing. **Instructor - Amy Maus & Alisha Wasilewski**

Outdoor Photography - E - There is so much to see in the summer through a camera lens. Learn how to take better photos. We will tell you step-by-step in simple language how to take great looking photos with more impact. This class is easy to understand and is suitable for point-and-shoot, DSLR or 35mm camera owners. Those who only take photos with their cellphones can also benefit from the discussion. The class covers tips for composition and shooting techniques. This course covers the basics for beginners or anyone who wants to learn more about their camera and techniques for using it. **Instructor - John Pepin**

Paddle Boarding - S - You've been watching folks "Walk on Water" and now it's your turn. Stand Up Paddleboarding is the fastest growing paddle sport in the country. Easy to learn and affordable to add to your outdoor fun. This is a beginning SUP class, covering equipment, techniques, and introductory skills including rescue techniques. If you already have a SUP, bring it along because class size is limited to equipment available. Also, be prepared to get wet. If you don't have wet suit or clothes for immersion, we recommend renting a wet suit. Water temperatures in early June in the UP can be chilly. Instructors are ACA SUP certified. **Instructors - Scott Jordan, Frida Waara, Ron Thorley**

Equestrian Trail Riding: E-M, *"Riding a horse is not a gentle hobby, to be picked up and laid down like a game of solitaire. It is a grand passion. It seizes a person whole and once it has done so, one will have to accept that one's life will be radically changed."* - Ralph Waldo Emerson Come explore what's involved in choosing and learning to ride a horse as well as: the various equestrian disciplines, with our focus being trail riding; basic horse keeping; saddling; traveling and camping with horses, and; equestrian trails and campgrounds in Michigan. Participants will be able to groom, saddle, lead, mount and be led around a short route while mounted on equine partners. This class is aimed at people with no experience with horses, but also suitable for people with experience that is limited to stables and riding arenas. Class size is limited. **Instructors - Karen Bahrman**

Wilderness Survival - M - Don't go into the Woods....unprepared! Do you have the skills to survive a backwoods emergency? Do you know items you should never be without when you go into the woods? Let us show you some basic wilderness survival skills that will help you build the confidence you need to enjoy a hike, a float or any other outdoor experience. We will discuss survival skills such as fire building and basic shelter building and try your hand at building both. Don't let poor planning ruin a trip. The best time to practice these skills is before you need to use them. **Instructor - Tara Gluski**

Walking Stick - E (inside) - Take a hike, sister! You will design, carve, paint/stain and embellish an "heirloom & folk art" walking stick! We'll explore line, texture, color, and composition with your walking

stick designs. Add an art aesthetic to your physical fitness routine; promote a healthy lifestyle by walking! Experience the success of using simple carving tools. Things to Bring: items for your stick - pins, silk flowers, doll heads, animal heads (toy), shells, beads, old jewelry, ribbon, etc. **Instructor - Margaret Gerhard**