

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 & Cody Smith

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**

Backcountry Cooking - (E) Be prepared to have a great meal when you are camping or out on a trail and not in a can! Learn about various camp stoves and fuels, cookware, and easy delicious meals on a single burner stove. Get recipes that will work for you while backpacking or campground cooking. Most of the class will be outdoors so dress accordingly. **If you have a food allergy - please make a note of that on your registration form.** **Instructors - Peggy Roth**

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 - Sandy Kivela & Danielle Steffey**

Advanced Hike. **S** - This is an advanced hike up the back way to Sugar Loaf Mountain near Marquette (off campus). The hike will start at Wetmore's Landing along Lake Superior on the North Country trail (not the Sugarloaf Mtn parking lot). The 3 - 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** **Instructors - Sandy Kivela & Danielle Steffey**

Basic Land Navigation - M - Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate your way through a short orienteering course right on campus! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots are also recommended. **Instructors - Celeste Chingwa, Jennifer Burnham & Tori Irving**

Beach Yoga - M - S - 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 & Brett DeLong**

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**

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**

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 - Kynzie House**

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 Tying - E (inside) An introductory course on the "how to" of tying flies. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to "try their hand" at tying flies, which you will be able to take home and try them out on your next fishing trip! A few new types of flies for trout, bluegill and small mouth bass will be taught. **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 -TBD -**

"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**

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**

Nature Journaling (E-M)

We will be covering tips and tricks to help you preserve your memories of your visits to the Outdoors. From writing down observations and drawing the things you see; you will be able to create short journal entries that will showcase a lifetime of stories to tell down the road. This in turn will help you develop a lifetime habit of recording your experiences. This class will start inside and have time outside (dress for weather please) to practice some observation techniques. We will explore each of our own ways to document our experiences. Participants will receive basic starter journaling kit to take with them. **Instructor - Melanie Duke**

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 -Mark Mylchreest, Tyler Walls, Brad Shucha, & Kyle Urban**

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**

Self Confidence - (M-S) (inside) Do you enjoy hiking, hunting, or recreating in remote or out of the way destinations, but have felt apprehensive to do so by yourself? This class is designed to give you the knowledge and skills that will boost your self-confidence when recreating outdoors by yourself by learning some defense techniques. Please arrive at the class dressed in comfortable clothing and gym shoes and be prepared for a very physical and informative session! **Instructors - Anna Viau**

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

Wild Game Butchering: *E-M*, Learn wild game butchering, packaging, and cooking methods. We will break down a whole venison quarter into cuts of meat. Hands-on direct experience available for all participants. Discuss methods of packaging and cooking. If time allows, we will cook and possibly sample some of the fruits of our labor. We will have plenty of time for questions.

Instructor -Ethan Kniskern

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 - TBD***

Wilderness First Aid - (*E-M*) (Inside - you may take a short venture outside) What's in your first aid kit? Find out which items you "should have" and which items you "must have." What are the most common injuries and illnesses? Do you know how to treat them? With hands on practical instruction and a variety of scenarios, you'll learn what to do when emergency help is delayed! Are you prepared to save a life in a wilderness setting? ***Instructor - Mike Knack***

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***