



Class Descriptions

MUST BE 18 YRS OF AGE OR OLDER TO ATTEND

New this year you can pay with a credit card online at Michigan.gov/bow and follow the link under the Michigan E-Store and then mail in your registration form directly to: Department of Natural Resources, Attn: BOW, 1990 US 41 South, Marquette MI 49855 (for more information/questions contact **Sharon at 906-228-6561**)

The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers will be shared with other participants. Upon receipt of your registration and full payment, a confirmation will be sent by phone or e-mailed. Your class schedule along with a map of the area/class locations will be sent approximately two weeks before the workshop. **Demonstration equipment will be provided by the instructors, unless otherwise noted.**

Please bring/wear waterproof/breathable snow type pants for classes outdoors to help protect yourself against the elements. Blue jeans are not a good choice when you're out of doors. - See Suggested Items to Bring for Weekend for more details.

DESCRIPTION OF CLASSES

A. Cross Country Skiing - Topics include equipment selection, waxing whys and how-to's, and learning basic skills. This class is for someone who has never cross-country skied before, who has never taken any formal instruction or who wants to brush up on their basic



skills. *(If you don't have skis - please make sure you fill out the information needed on the registration form & include additional fee)* **Instructors** - Paul Hannuksela & Frida Waara

B. Dog Sledding -

Introduction to the basics of starting up a kennel and the selection of dog breeds. What

kind of sleds, equipment used, training, racing, daily handling and caring for the dogs-including feeding, team harnessing and dog psychology. Participants will harness up the teams and head out in small groups to mush along a trail. The class size is limited.

Instructors - Teri Grout & Monica Weis



C. Snowmobiling - Learn the basics of snowmobiling and receive a safety certificate in the process. This class includes a snowmobile ride on an approved course, information concerning rules of the trail, appropriate clothing, riding techniques, basic mechanics, survival tips, and choosing the proper sled. This class **requires home study prior** to the BOW weekend. You will be sent a snowmobile workbook when your registration is received, and will be required to bring the finished workbook with you to class. If the pre-work is not completed a certificate can't be issued. Items to bring include warm outer clothing or a snowmobile suit and a proper fitting helmet if available. **Instructor** - Laurie VanDamme

D. Reading Winter Woods - With a white carpet on the trees and forest floor, animal tracking becomes nearly magical with daily movement clearly visible. Accessing the woods on snowshoes, learn to identify particular animal tracks, look for other signs and maybe happen upon a shed antler in the snow. **Instructor** - Steve Waller

E. Wilderness First Aid - You are recreating in the great outdoors and someone in your family gets hurt. What is your first course of action? How do you help this person? Do you panic? Do you go for help? Do you have wilderness first aid skills? Take this introductory wilderness first aid class taught by a certified Red Cross Instructor and learn what to do in emergency situations when help is delayed. **Instructor** - Nancy Binkowski

F. Goods From The Woods - Make HUNTING and GATHERING a part of your next outdoor adventure!! "Gathering" is another way to recreate in the great outdoors, enjoy fresh air, exercise, sunshine, solitude or quality time with family and friends when you harvest nature's bountiful gifts. Hone your "species-identification" skills; deepen your appreciation and connection with the earth and save money!! Enhance your NATURAL creativity and then share your art and your heart to create simple yet satisfying gifts and decor items that are thoughtful, whimsical and FUNctional!!! No art experience or expertise required!! **Instructor** - Margaret Gerhard

G. Ice Fishing - This course is geared to beginning ice anglers, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your ice house. Basic equipment, electronics, jigging techniques, customizing your own gear and bait choices will be covered. Fishing time spent on the ice. Dress appropriately. Waterproof boots are recommended. **A Michigan Restricted Fishing License (\$15) or 24 hour fishing license (\$7) is required.**

Instructors - Brian Brady & Mark Mylchreest



H. Fish Identification - You need to know what type of fish you are fishing for, right? Learn the common popular fish species in the area, how to tie a hook on your fishing rod, examine the anatomy of a brook trout and the different types of lures you might use. You'll be shown how to fillet a fish and how to use catch and release techniques in this class. **Instructor** - Sharon Babbitt

I. Winter Shelters & Winter Camping - Discover ideas to help ward off frostbite and hypothermia. Learn the basics of winter camping such as clothing, equipment, food, and other season-specific considerations. Learn how to build a tree shelter and a quinzhee, and



discover how to stay warm in the most severe storm or numbing cold. Maybe spend the night in the quinzhee when it's finished! (you will be crawling/digging on your hands/knees-part of the time & in very close quarters as you are building the quinzhee). Please dress appropriately. If you would like to spend the night in that shelter, please bring your winter gear & include a winter type sleeping bag & pad!! **Instructors** - Tara Gluski & David Kalishek

J. Fly Tying - 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 they will be able to take home with them. **Instructor** - Tom Gabler

K. Outdoor Cooking - Eat well on the trail! Learn about various camp stoves available and how easy it can be to cook delicious meals on a single burner stove, some Dutch oven and campfire cooking for backpacking or campground camping. And you deserve to enjoy dessert after a vigorous day of activity, right? Beyond cans and freeze dried: see how grocery shopping can keep your pack weight light for backpacking so you enjoy your hike and your meals. **Instructor** - Peggy Roth

L. Beginning GPS - Global Positioning System is a means of navigation that works via satellite to tell you exactly where you are on the face of the earth. Figure out your current location, where you were, where you're going and how long it will take to get there. Mark a special mushroom picking place, hunting locations, and where you caught the big fish! Keep important locations permanently marked in your hand-held GPS unit so you can go back again and again. It is suggested taking an orienteering or Map and Compass class before attending this class. **Instructors** - Linda Lindberg & Lynnea McFadden

M. Basic Snowshoeing - Learn the basic techniques, proper clothing to wear, types of trails, what to bring with you, pros and cons of poles and different types of shoes then we'll take a leisurely stroll through the woods. **Instructor** - Sue Petschke

N. Photography - Learn how to take better photos right now! 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. The class covers tips and tricks for composition and



shooting technique for outdoor natural light photography. Learn what those controls, dials and settings on your camera are for. We'll explain how to get sharp, well exposed photos in a variety of conditions. This course covers all the basics for beginners or anyone that wants to learn more about their camera and techniques for using it. **Instructor** - *Angel Portice*

O. Self Confidence - 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. Self defense and survival skills will be taught by a member of the DNR Law Enforcement Division. Please arrive at the class dressed in comfortable clothing and gym shoes and be prepared for a very physical and informative session! (Class held inside) **Instructors** - *Jane Gordon & Dennis Harold*

P. Beginning Archery - Course will cover safety, dominant eye, proper shooting form/technique, correct equipment, practice, with hands-on the fundamentals of shooting a compound bow. Some time will also be spent on equipment nomenclature and repair, archery opportunities and where to purchase equipment. (Class held inside) **Instructors** - *Cindy Gustafson & Julie Hammill*



(Winter bonfire at Bay Cliff)

SUGGESTED ITEMS TO BRING FOR THE WEEKEND -

Bedding/pillow - **NOT PROVIDED**

Bath Towels/Wash Cloth - **NOT PROVIDED**

Shampoo/Soap

Sunglasses/Sunscreen

Chapstick/Lip Balm

Hat/cap (bring an extra if you have one)

Earmuffs/neck gaiter/headband

Warm Winter Jacket

Waterproof Pants/outdoor pants

Short/Long sleeved shirts

Warm Winter Boots

Socks - bring extra for layering

Slipper/camp shoes for inside

Long underwear

Gloves/mittens (bring an extra pair or two)

Alarm Clock (battery or electric)

Bathroom Cup

Flashlight or Headlamp - for nighttime walking/activities

Swimwear/Shower Thongs for Sauna

Earplugs (if you're a light sleeper - **dorm style rooms**)

Winter sleeping bag & pad - if camping out overnight (Winter Shelter class)

Hand/or feet warmers (disposable)

WATER BOTTLE - Need to keep hydrated while doing outside activities☺

NOTE: We encourage you to pack **breathable, synthetic material clothing, socks and underwear for your weekend at Bay Cliff. Cotton tends to get wet (from sweat or wet snow) and lowers your body temperature, making you cold and uncomfortable. Find clothing that will not trap moisture next to your skin and you can layer so your skin can breathe. Ask experts at your local ski shop or sporting goods store for ideas or research "winter clothes" on the web. Numerous light layers are much better than two or three heavy layers. Be prepared to add or take off layers while taking part in your activities outdoors.**

OPTIONALS

Binoculars/Compass/Camera

Personal items/Kleenex/medications

Clothesline/Clothespins (to hang up any wet clothes)

Deck of cards/books

Money for gifts or purchases from the Bay Cliff store and downtown area businesses

If you have your own snowshoes or skis feel free to bring them but *(please mark them in some way so they do not get mixed up with our rentals!!)*

PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A NON-SMOKING, ALCOHOL - FREE FACILITY **PLEASE NOTE -The sauna is also open for our use.

IF YOU ARE PLANNING TO TAKE THE SNOWMOBILE CLASS YOU MUST HAVE WARM CLOTHING - PREFERABLY A SNOWSUIT/SNOWMOBILE SUIT AND YOUR OWN HELMET (we do have a few helmets).

****FOLLOW THE ORANGE SIGNS** that say "**BOW**" and the map that will come with your registration packet to help guide you to Bay Cliff Health Camp.

FRIDAY, FEBRUARY 26, 2010

3 - 5 p.m.	Check in and Registration
5:30 - 6:00 p.m.	Welcome & Introductions
6:00 - 7:00 p.m.	Dinner
7:30 p.m.	Evening Program - to be announced
9 p.m.	Bonfire - Sauna open

SATURDAY, FEBRUARY 27, 2010

8:00 - 8:45 a.m.	Breakfast
9:00 - noon	SESSION I
12:30 - 1:30 p.m.	Lunch
2:00 - 5:00 p.m.	SESSION II
5:30 - 6:30 p.m.	Dinner
7:30 p.m.	Evening Program - to be announced
9:00 p.m.	Bonfire - Sauna Open

SUNDAY, February 28, 2010

8:00 - 8:45 a.m.	Breakfast
9:00 - Noon	SESSION III
12:30 p.m.	Lunch and Wrap-up Remarks