

BECOMING AN OUTDOOR FAMILY

SUMMER WEEKEND

July 31 - August 1, 2010 • Audubon Center of the North Woods • Sandstone, MN

Hands-on beginning outdoor skills and experiences for the whole family.

Bringing Families and the Great Outdoors Together

Becoming an Outdoors Family

Becoming an Outdoor Family is a workshop focused on learning basic outdoor skills to help you and your family enjoy the outdoors. Skills taught are related to a variety of outdoor sports and recreational activities. Another goal is to provide families an opportunity to reconnect with each other and the great outdoors in a comfortable, safe and relaxed setting.

Expert instructors from both the Audubon Center of the North Woods and Minnesota Department of Natural Resources will teach these classes. Instructors begin each class with the basics, providing hands-on experience and encourage all participants to ask questions and try the skill.

We welcome all types of families to participate! Bring your kids, grandkids, nieces, nephews or even scout troop or big brother/sister group and join us. Outdoor family workshops are geared toward families that have children between the ages of 6 and 14. Younger children are welcomed to attend the weekend but will not be able to participate in classes.

For More Information

Please contact us if you have questions:

Laurie Fenner, Audubon Center of the North Woods

Phone: 1-888-404-7743

Email: fenner@audubon-center.org

Linda Bylander, MN Dept. of Natural Resources

Phone: 218-833-8628

Email: linda.bylander@state.mn.us



AUDUBON CENTER
OF THE NORTH WOODS

Workshop Schedule

FRIDAY, JULY 30

Optional Friday night stay for additional fee of \$10/person, meals are on your own and there are no scheduled activities.

SATURDAY, JULY 31

8:30 A.M. – 9:30 A.M.	Registration
9:30 A.M. – 9:45 A.M.	Welcome
9:45 A.M. – 12:15 P.M.	Saturday Session I
12:15 P.M. – 1:15 P.M.	Lunch
1:15 P.M. – 3:45 P.M.	Saturday Session II
4:00 P.M. – 5:30 P.M.	Family Free Time
5:30 P.M. – 6:30 P.M.	Dinner
6:30 P.M. – 8:00 P.M.	Evening Birds of Prey Program
8:15 P.M.	Campfire & S'mores

SUNDAY, AUGUST 1

6:30 A.M. – 8:30 A.M.	Continental Breakfast, Pack up/vacate rooms
8:30 A.M. – 10:45 A.M.	Sunday Session III
10:45 A.M. – 11:30 A.M.	Brunch and closing
11:45 A.M.	Depart

Details

Workshop Details

Registration for classes is on a first-come, first-served basis. Class sizes will be kept small for a better learning experience. All participants will have the opportunity to experience all evening activities, which will include rock climbing and campfire. On the registration form you will need to rank session preferences for Saturday and Sunday. All equipment is provided.

Workshop Fee

\$65 per person, OR \$245 for family of four and \$55 for each additional family member. Optional \$10 fee per person for Friday night stay—no meals or activities available on Friday or breakfast Saturday.

Session activities are for adults and children ages 6 and older. Younger children are welcome during the weekend but cannot join the session classes. Fee includes lodging, all meals, class equipment and instruction. Lodging is dorm style with one family per dorm room - private or shared bathrooms (rooms with private baths are first-come first-served). Bring linens or sleeping bags, towels and personal items. All classes will go outdoors rain or shine! Please dress appropriately for the weather.

Confirmations Packet

A packet with class schedule, directions, packing list, and other necessary details will be mailed to you upon receiving registration materials.

Cancellation

If you cancel before July 2nd, you will receive a full refund minus the non-refundable \$50 deposit. Cancel after July 2nd and there will be no refund.

Supervision

One adult must be present with up to two children under age 16 in each session. Guardians are responsible for the supervision of their children at all times.

Family Scholarships

Scholarships are available to attend this event courtesy of the Rocky Mountain Elk Foundation. Please contact Linda Bylander at Linda.Bylander@state.mn.us or by phone, 218-833-8628.



Classes

Workshop Classes

A. Birds & Bird Banding (Sessions 1, 3)

Students will learn basic bird characteristics, ecology, and simple field identification techniques, and use these skills on a birding hike. Bird migration and banding studies will also be introduced. Song birds captured in mist nets for banding will be observed, identified and released. (Class is weather permitting; if raining, Reptiles & Amphibians will take its place)

B. Stream Superheroes (Session 2)

Even streams need superheroes! Students discover the mighty macroinvertebrates, whose special adaptations help to indicate water quality. Students will visit various aquatic ecosystems for collection and sampling. (Water chemistry is available upon request).

C. Archery (Sessions 1, 2, 3)

Learn about archery equipment and how to properly shoot a bow. We will use Matthews Genesis compound bows that have a very low draw weight so even 6-yearolds can be successful at this sport.

D. Animal Signs and Forest Ecology Hike (Sessions 1, 2, 3)

Hike the beautiful trails of ACNW and learn about the plants and animals that live in the woods, prairies and wetlands.

E. Spin Cast Fishing (Sessions 1, 2)

Participants will have the chance to try their hand at the more traditional method of fishing using spin cast equipment. Groups will practice their newfound skills on Grindstone Lake. Catch and release only.

F. Fly Fishing (Session 3)

Learn the basics of fly-fishing including equipment and casting. Practice casting in Grindstone Lake to gain skills in casting and retrieval. Catch and release only. Due to the nature of the equipment, this class is best for participants over the age of ten.

G. Survivor: North Woods (Sessions 1, 2, 3)

Students learn lifelong survival skills: how to build a fire and a shelter, as well as how to put together a survival pack. Students will build a fire and shelter outside while working as a team to succeed in surviving in the woods.

H. Orienteering (Sessions 1, 2, 3)

Students experiment with the skills needed for orienteering by learning how to use using a compass, navigating a straight-line course, and completing an orienteering course in the woods. GPS usage is also introduced.

I. Skywalk High Ropes Course (Sessions 1, 2, 3)

Students face the challenge and excitement of crossing cables and logs 20 feet off the ground, while connected in by safety lines. Safety and teamwork are highly emphasized. Due to the nature of this exhilarating and challenging course, youth 6-8 years of age require an adult to accompany them onto the course.

Saturday Evening Activities (All participants will have the opportunity to attend these events, so you do not need to sign up for them. All evening activities are optional.)

Birds of Prey Program

The Audubon Center of the North Woods is home to a number of resident raptors (non-releasable), some of which you will meet in this fascinating evening program and learn more about.

Campfire

Join us for fun, laughter, and s'mores around the campfire!

Free Time

Volleyball, board games, evening stroll...it is your choice. Equipment will be provided for a variety of self-led activities.

REGISTRATION FORM Becoming an Outdoor Family July 31-August 1, 2010

Please complete the entire REGISTRATION FORM and mail or fax it along with your registration fee to: **ACNW**

Call the Audubon Center of the North Woods Toll-Free at 1-888-404-7743 or visit www.audubon-center.org for more info

**Attn: Laurie Fenner
54165 Audubon Drive
Sandstone, MN 55072
Fax: 320-245-5272**

Name _____
 Phone (Day) _____ Evening _____
 Address _____
 City _____ State _____ Zip _____
 Email _____

Are you staying Friday night at the additional charge of \$10 per person? YES _____ NO _____
 Credit Card payment details (# and expiration date) # _____ Exp. Month _____ Year _____

List the name of each family member coming to the event, even those too young to participate in the activities:

Adult 1:	_____	t-shirt size	_____
Adult 2:	_____	t-shirt size	_____
Child 1:	_____	Age	_____
		t-shirt size	_____
Child 2:	_____	Age	_____
		t-shirt size	_____
Child 3:	_____	Age	_____
		t-shirt size	_____
Child 4:	_____	Age	_____
		t-shirt size	_____



Session Classes

For each individual attending, please rank class preferences for sessions 1, 2, and 3. Participants will have the opportunity to attend all evening activities. Numbers in parenthesis indicate which sessions the class is being offered.

- A. Birds and Bird Banding (1, 3)
- B. Stream Superheroes (2)
- C. Archery (1, 2, 3)
- D. Animal Signs and Forest Ecology Hike (1, 2, 3)
- E. Spin Cast Fishing (1, 2)
- F. Fly Fishing (3)
- G. Survivor: North Woods (1, 2, 3)
- H. Orienteering (1, 2, 3)
- I. Skywalk High Ropes Course (1, 2, 3)

Name	Session 1			Session 2			Session 3		
Example: Jane Jones	C	D	A	B	D	H	A	D	C
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3
_____	1	2	3	1	2	3	1	2	3

Risk Release & Photo Permission:

The applicant by signing below recognizes that the program involves some risk and that your family takes responsibility for all action or injury that may result by participating and will sign a liability form.

Participants understand that photographs may be taken during the session and may be used for future support of the program.

Signature of parent/guardian: _____