



**NOW FULL FOR THIS EVENT Archery** This course will teach you about basic and simple archery equipment, safety and form to start you on your way into the exciting world of archery. You will get lots of practice!

**NOW FULL FOR THIS EVENT Chainsaw/Axe handling** Learn how to operate a chainsaw and use an axe safely, also how to maintain these tools.

**NOW FULL FOR THIS EVENT Introduction to Fly Casting** An interactive course designed to provide strong casting techniques and equipment selection.

**NOW FULL FOR THIS EVENT Truck and Trailer** Learn to drive with a trailer attached to your vehicle, learn proper backing up procedures and how to properly maneuver a trailer into a parking spot, boat launch etc.

**NOW FULL FOR THIS EVENT Kayaking** Introduction session on equipment, safety, and planning/trip planning followed by practical session on the lake for instruction on the water, learning the basics.

**Photography** Join travel and wildlife photographer Paula Wallis in nature as you learn the basics of composition, camera angles using natural light to the best of your advantage. Whether it's a cell phone camera or DSLR. All are welcome.

**Plant Identification & Uses** Learn about plant identification, plant uses, and plant safety about edible or poisonous plants. Course covers many of the survival and medicinal plants, participants will listen, learn and get hands-on experience with plant identification and preparation. Learn about sorting plants by effect and their uses.

**Back to Nature** Learn self-care techniques in the wonder of nature. It's all about YOU!

**Fly Tying** Learn the art of fly tying, make your own fly, (all materials are supplied).

**Hunting Game Care** Enhance your outdoor skills, make informed choices about firearms, knives equipment and more. Where to start with field dressing handling and care.

**Wilderness Survival /First Aid** This course will include hands on survival demos, such as fire building shelter building, first aid techniques and much more.

**Watercolor Art & More** Join Graphic Designer & Artist Carrie MacKay this fun course. Enjoy a nature walk gathering inspirational items & views, play with watercolour techniques, pencil crayons & black ink pen to discover that YES- YOU can paint beautiful things, beginners to advanced will enjoy this creative escape to becoming an artist in nature.

**Yoga** Take in the beauty of the natural surroundings as you relax, refresh and recharge with a yoga class by the lake!



## BOW Courses Descriptions for Fall 2022 Mesachie Lake



**Build a Bat House** Learn how to build a bat house! Bat houses or bat boxes are artificial roosts that provide alternative shelter for bats when they have trouble finding natural roosting spots. Having a bat house on your property can provide direct benefits such as having fewer yard pests and provides an opportunity to enjoy learning about bats and sharing your knowledge with friends and neighbors.

**Backpacking/Hiking** Learn how to plan and execute a backcountry trip and how to return home safely, how to choose and use backpacking equipment. Learn tips on how to buy and where to buy equipment. What you really need and what you don't need, how to set up a tent and how to choose a camp location and basic safety rules to follow to ensure a safe trip. Introduction to the type of clothing and footwear to use when hiking.