



# Tracking & Woods Lore Weekend

## Weekend Workshop Agenda

Step back in time to the 18<sup>th</sup> century, when American Indians and European Americans lived closer to nature.

Learn some of the skills that were necessary for everyday life and learn of the cultural sharing that has made our modern lives richer.

Enjoy nature, drama, tracking, and history in outdoor and indoor settings.

For participants enrolled in the West Virginia Master Naturalist (MN) Program, activities that conducted this weekend may count toward class hours in:

- Tracking, 4hrs.
- Medicinal, Edible & Useful Plants, 3hrs.
- Herpetology, 4hrs.

Tracking & Woods Lore Weekend is presented by Trails Inc. and Twin Falls Resort State Park. Instructors include Dianne Anestis, Mike Little, Sue Little, Doug Wood, and Tammy Cooper.

Activities are held in the Azalea Room unless indicated.

### FRIDAY EVENING - Welcome to Twin Falls

**7:00 pm – 8:45 pm**

Cultural sharing in the 18<sup>th</sup> century. An Eastern Woodland Indian story. Eastern Woodland Indian hunting techniques.

Dressed for Frontier Tracking

**8:45 pm – 9:00 pm**

Break & snacks and Overview of workshop and weekend activities

**9:00 pm – 9:30 pm**

**“DEM BONES GONNA RISE AGAIN”**

Mental skill with skulls. All weekend. (MN-Tracking)

### SATURDAY

**8:30 am – 9:15 am**

Workshop: **PAW PRINT IDENTIFICATION** (MN:Tracking)

**9:15 am – 9:30 am**

Intro to the **Hunter/Gatherer/Scavenger Hunt**

**(MN-TRACKING Tracking and & MN—Plants):** Not a large group event.

Individuals and families scavenge on their own and gather items listed. A friendly competition to hone tracking & plant I.D. skills.

**9:30 am – 12 noon PLACE: *Inside main lodge entrance.***

Tracking Walk: **“NOSE TO THE BREEZE & EAR TO THE GROUND”**

**MN—Tracking and & MN—Plants**

**12 noon – 1:30pm**

Lunch on your own & scavenging. Work on hunter/gatherer list.

**1:30 pm – 3:00 pm**

**“MEDICINAL/EDIBLE/USEFUL PLANTS OF E. WOODLAND INDANS”** (MN-Plants).

**3:30pm**

**What is Old Growth Forest and the Importance**

**5:30 pm – 6:30 pm**

**Group Supper.** (included in package)

**7:00 pm – 8:00 pm Place: *Magnolia Room***

**GABRIEL ARTHUR’S 1674 TRIP THROUGH WESTERN VIRGINIA**

(Sponsored by the WV Humanities, History Alive! Program). Open to the public. Fee free.

### SUNDAY

**9:00 am – 10:30pm**

**DEM BONES ANSWERS “TOP TRACKER & RECAP”** (MN-Tracking)

Judging the scavenger hunt and rewarding the hunter/gatherers (bring your scavenged collection). Participants not taking the MN-Herpetology Class may leave if desired.

**10:30 am – 11:30 am**

PowerPoint **“AMPHIBIANS & REPTILES OF WEST VIRGINIA”** (MN-Herpetology)

**11:30 am – 12:30 am Lunch on your own.**

**12:30 pm – 2:30 pm PLACE: *Gather inside lodge entrance.***

**“CHANGING HABITATS: AMPHIBIANS EMERGE IN SPRING”**

An Interpretive hike. **MN-Herpetology**

After this hike, MN students are free to leave the weekend workshop if they so choose.

**2:30 pm – 5:00 pm—CHOOSE BETWEEN 2 ACTIVITIES**

**A. Tracking Walk. PLACE: *Inside main lodge entrance.***

**EMPHASIS ON ANIMAL SIGNS & CALLING:** Using voice to attract animals.

**B. Naturalist’s Activity. PLACE: *Azalea Room***

**SCIENTIFIC COLORING, TRACK MAKING,** and presentation on **EARLY AMERICAN NATURALISTS.**

**5:00 pm – 6:30 pm** – Supper on your own.

**6:30 pm – 7:30 pm—CHOOSE BETWEEN 2 ACTIVITIES**

**A. PLACE: *Meet in main lobby***

Outdoors Tracking Walk – **“LISTEN TO THE DARK”**

**B. PLACE: *Azalea Room***

Indoors PowerPoint – **“ANIMALS OF INTEREST: extinct, extirpated, Rare, Threatened, & Endangered species near Twin Falls.”**