

# SPRING!

*TIME TO GET THE LUNGS CLEAR OF ALL THAT INDOOR AIR, GET OUTSIDE AND PLAY! HEAD TO THE WOODS AND GARDENS, AND CELEBRATE LIFE!*

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## **FAMILY DAY ON MAY 21!**

*Ira and the Kids Programs Staff will be hosting a Family Skills Day on May 21st. The time will be spent sharing games and activities with families designed to enrich their experiences in the out of doors.*

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## **COMMUNITY NEWS**

*We're having an open house! For first time visitors, it's a chance to discover what we do. For old hats, it's a chance to see what our instructors, volunteers, apprentices, and primitive skills clubs have been up to & how you can get involved!*

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## **HERBAL GATHERINGS**

*At least twice a month we will be meeting in one form or fashion to work with plants.*

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## **TEACHING GARDENS!**



*Learn and share gardening skills in our community teaching gardens!*

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## **AWARENESS SKILLS FOR SPRING**

*Spring can be an exhilarating experience. Learn skills and strategies for "plugging in" to the season.*

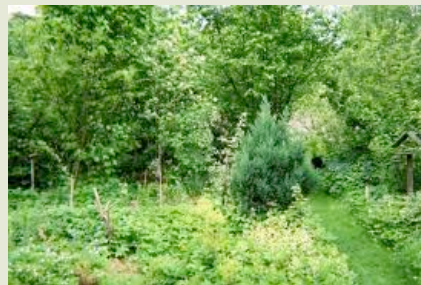
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## Teaching Gardens Help Get Folks Connected

**From work study hours to learning plant recognition to building community, our gardens nurture growth in our growers.**

Last years initial gardens were a great learning experience. Now we can offer work study hours to



**Maine Primitive Skills School Teaching Gardens will help people learning about sustainable practice and provide for the community.**

folks who want to earn time toward classes and share in our community learning garden. The fields have been expanded, the compost bins rebuilt, and the greenhouse

proved to be an amazing success. This year we intend to incorporate the gardens in to our developing plants curriculum.

### **Best Practices**

With a community this rich in herbalists, botanists, and plant skills practitioners, it makes sense to gather "best practices" of the variety of talent we have & apply them to our landscape. The goal is a wild garden forest that benefits the next generation.



## Parenting Outdoor Children

*It was just a generation ago when kids were told, "Go outside and play". The adventure of exploring woodlands, catching frogs, building forts and being connected with our landscape was just "the way things were". We took for granted how important those connections were. This program is designed to introduce parents and children to the magic of the backyard with tools and activities designed to amp the outdoor experience so that your kids develop even deeper connections with their landscape, and build strong memories, with you as their guides.*

Join Ira and the Maine Primitive Skills School Children's Programs staff as they share activities and strategies designed to unplug your children from the virtual world and immerse them in the real and natural one. You will learn about how our native ancestors used games, adventure, and heroes journeys to nurture their children's sense of curiosity and increase their awareness and understanding of the world around them. For less than the cost of a meal out, you can share quality outdoor time with your family and gain skills to keep it going for a lifetime.

Cost: \$15.00 per family

Time: 9am - 1pm, May 21st

## May 28th is the Maine Primitive Skills School Open House

*Join our staff as they tour, demonstrate skills, answer questions, and facilitate fun activities.*

Ever throw a tomahawk? Always wanted to read a track like they do in the movies? Want to launch atl-atl darts, or try your hand at fire making? Now's your chance! Join the staff at the Maine Primitive Skills School for a day of exploration and discovery. If you're eager to get out and do something, come out and enjoy a free day of activities and skills shares the whole family will enjoy.

Cost: As much time as you want to spend!

Time: 9am-3pm

## Herbal Gatherings

*Our herbal studies gathering and plant courses have grown like a weed. In order to facilitate the needs of folks we've set a goal of at least two plant events a month from April to October.*

Here is what we have up coming in April and May:

April 9- Plant Medicine & Lyme Disease, cost:90.00

April 12 - Intro to Fermentation, cost: Free

April 15-17- Fermentation Course, cost: \$220

May 6-8 Ancestral Plants: Wild Food & Medicine w/ Dan Vitalis and Arthur Haines @ the Delta Institute

May 29th Spring Edibles Walk, Cost: \$30.00

## Awareness Skills for Spring

*If you blink, you might miss it. The skunks were on the move, then the snow shoe hare started to change color phase, followed by the "peenting" of woodcock and the flurry of squirrels taking advantage of this years amazing maple sap run. Do you know whats next?*

If you've been keeping a yearly natural events calendar a whole list of what is about to happen next would come to you. But how do you take the time out of a busy day to notice these subtle changes in the natural world?

The secret is in allowing yourself to accept that quality and not quantity will allow you to gain deeper levels of awareness during the course of your daily grind. To set yourself up for success, place your nature journal in a location that will cause you to bump in to it every day. Some folks keep it in their cubicle because they observe nature in the parking lot on the way in to work. Others keep it in the bathroom and write each time they...well, you know. The idea is that a little planning goes a long way to making nature awareness a more important feature on your landscape.



p.s.

16 more weeks til Day Camp!