



Outdoor Club Leadership Conference (OCLC)
YMCA Camp of Maine, Winthrop
Friday, September 22nd, 2023

Theme: Improving the whole body health of Maine Teens by engaging them in fun, inclusive, non-competitive outdoor experiences.

Objective: Provide Outdoor Club Leaders with the skills, network, and tools necessary for a successful school year spent outdoors together.

8:00-8:45 am		Registration & Coffee Time	
9:00am-9:45am		Welcome & Connection Staff Introductions Alicia, Samantha, Jess, Jen, & Katy <i>How do we each support YOU?</i> Health in the Outdoors OCLC Overview	
Location	Library	Waterfront	
9:45 am-10:25 pm Session 1	Running your outdoor club - recruitment, training & student leadership	Risk management in the outdoors	
Location	Auditorium		
10:30am- 11:30am Panel	DEI within your outdoor club- connecting ALL Maine teens to the outdoors DEI Discussion		
11:30 pm- 12:30 pm	Lunch		
	Library	Picnic Tables	
12:30pm- 1:10pm Session 2	Mental Health and the benefits of time spent outdoors	Outdoor Club Budgeting and Fundraising	
Location	Center Field	Waterfront	
1:15-2:15 pm Session 3	Hard skills in the outdoors: Overnight Camping 101 Maine Gear Share	Hard skills in the outdoors: Canoe Instruction	
2:30-2:45 pm	Closing Circle to be held in the sports field by parking area of YMCA Camp		

Running your outdoor club : **Recruitment, training & student leadership**

How to recruit students and student leaders to sustain the success of your club throughout the school year. This will be an open discussion with Miles Bisher, Bucksport Middle School Outdoor Club Advisor, and Samantha Andrews, Program Manager at Teens to Trails. Miles will lead by example through his experience leading Edward Little High Schools Outdoor club in the 2022-2023 school year. Sam will discuss training opportunities that are available throughout the school year, highlighting why they exist and their importance in being able to support your club.

Miles Bisher is the 8th grade social studies teacher at Bucksport Middle School, where he also founded the school's first outdoor club, and also co-advises the BMS Student Council. He previously taught social studies at Edward Little High School in Auburn for five years, where he coached girls soccer and founded and ran the EL Outdoor Adventure Club aka The Bushwhackers. He has been working with teenagers for over a decade. Outside of school, Miles has thru-hiked the Appalachian Trail in 2013, section-hiked the Long Trail, hiked all 67 four-thousand foot mountains in New England, and is currently section-hiking the Pacific Crest Trail, with 880 miles left.

Sam Andrews is a passionate outdoor advocate spanning her love for the outdoors from the mountains to the sea. She has spent most of her life getting out of her comfort zone and growing as an individual in the outdoors. Sam came to Teens to Trails with hopes to inspire new, exciting adventures, sustain outdoor clubs with the tools they need to thrive, and make positive connections with students. Sam is a Certified Maine Sea Kayak and Recreation Guide, Wilderness First Responder, ACA instructor, EMT and Leave No Trace Master Educator.

Miles & Sam will present at the Library
Session 1 from 9:45 - 10:25

Risk management in the outdoors

This Risk Management session will focus on building tools to identify, prepare for, and mitigate risks when leading trips for your outdoor club. The session will involve talking through scenarios and real-life examples from past youth trips. Discussions will focus on some of the most common injuries and hazards encountered by youth groups and some strategies and practice for addressing these risks.

Gerben Scherpbier is a wilderness EMT, wilderness medicine instructor, and Registered Maine Guide with recreation and sea kayaking certifications. Gerben has worked on search and rescue teams for the National Park Service in Yellowstone National Park and on

volunteer search and rescue teams in Vermont and New Hampshire. He loves working with teachers and mentors to support youth outdoor programming, and previously served as the Youth Programming Manager for the Appalachian Mountain Club's Youth Opportunities Program.

Gerben will present on the Waterfront

Session 1 from 9:45 - 10:25

Budget and Fundraising for your Outdoor Club

This session will include a review of a budget template, ways to raise funds for your club and how Teens to Trails can support your club, our invoicing and payment process, as well as creative ideas shared by the group on ways to raise money to support your outdoor club. Alicia will provide fundraising examples and insight on how to create direct appeals to local business sponsors with a pitch kit that we will provide.

Alicia Heyburn is Executive Director of Teens to Trails, and like an outdoor club advisor, has the responsibility of finding funds to support the mission of connecting Maine teens to life-changing outdoor experiences.

Alicia will present at the Picnic Tables

Session 2 from 12:30 - 1:10

Mental health and the benefits of time spent outdoors

As the mental health crisis challenges Maine's youth, research shows that more time spent outdoors can have lasting benefits and encourage a healthier lifestyle. In this open discussion, you will hear from Olivia Griset and Anna Sommo of the Maine Environmental Education Association on the benefits of time spent outdoors learning and how to communicate it to your administrators.

Olivia Griset serves as the Executive Director of the Maine Environmental Education Association, Maine's statewide network that supports educators, youth and individuals in building environmental awareness and action by centering equity and advancing systemic change. Olivia works in collaboration to innovate solutions that result in more equitable, sustainable, and healthy Maine communities. Olivia is deeply engaged in movement building at national and state level holding leadership positions at the North American Environmental Education Association and at the Maine Nature Based Education Consortium. Olivia's experiences as a fisheries biologist, as a rural public high school life science teacher, community-based environmental educator, and family nature club organizer lend a unique perspective on environmental education movement-building. While a classroom teacher Olivia was recognized as a National Project Learning Tree Outstanding Educator, one of only 5 in the country in 2009.

Anna Sommo is a native Mainer who enjoys working with others to build systems towards a more just world. She believes strongly in the power of environmental education to help people connect with each other and nature and has held positions in residential outdoor education and garden-based education both in Maine and on the west coast. She loves to learn and work with schools and community partners to support opportunities for environmental education (EE) for all Maine youth. As part of the MEEA team she aims to create a more just, equitable and inclusive EE sector in Maine.

**Olivia and Anna will present at the Library
Session 2 from 12:30 - 1:10**

**Diversity, Equity, and Inclusion within your Outdoor Club- connecting
ALL Maine teens to the outdoors**

A panel discussion between three Maine based organizations:

OUT Maine
Maine Association of New Americans
Palano-Nelson Consulting

This discussion focuses on students with physical and cognitive disabilities, LGBTQ+ youth, and Maine's New Americans. We're grateful to have Katie Lutts from OUTMaine, Katie Palano a Clinical Specialist in Neurologic Physical Therapy, and Moon Machar from The Maine Association for New Americans (MANA) lead this introduction to ways outdoor club advisors can support students within their club activities and welcome a diversity of students to enjoy the benefits of the outdoors. One hour is limited for all the information we want to cover, but we all need a starting point. Teens to Trails will continue to offer guidance and introductions to those who specialize in diversity training so that ALL teens have the opportunity to enjoy the outdoors, together.

Katie Lutts is a 2007 graduate of the University of Maine with a B.S. in Kinesiology and Physical Education. With her degree, she taught health and physical education in Maine for 14 years and gained valuable experience and perspective working with students, parents, educators, school board members and administrators. Among the skills she honed as an educator a few of the most important are: the ability to problem solve, analyze challenges to develop solutions and, she might argue the most important skill she learned is, to listen. As the Associate Director at OUTMaine, Katie works with multiple youth serving organizations in the state in addition to schools. She is proud of the work she does with Maine schools to encourage inclusivity and support for LGBTQ+ and all marginalized youth. This was part of the work she did in her classrooms that has easily transitioned to her work at OUT Maine.

Kathryn Palano is a physical therapist and advocate for inclusive and accessible recreation.

She received a Doctorate of Physical Therapy from MGH Institute of Health Professions in 2015, and a Clinical Specialty in Neurologic Physical Therapy in 2018. She currently works in southern Maine for Rehab Without Walls, an intensive home and community neurorehabilitation program, and an outpatient neuro clinic in Portland, where she leads their prosthetic training program. Motivated by her clinical experience, she graduated in 2022 with a Master of Public Health in Parks and Recreation from Indiana University Bloomington with a specific focus on the health benefits of nature and inclusive recreation. During her public health program, she worked as a research associate with the National Center for Accessibility and completed her internship with the National Park Service's Healthy Parks Healthy People program as the accessibility coordinator. She now works as an adjunct professor at Indiana University Bloomington's School of Public Health and performs independent consulting, education, and advocacy work to improve inclusive, accessible recreation in Maine.

Moon Machar is a mental health advocate and community support member working alongside Maine Association for New Mainers as Community Program Wellness Coordinator.

This panel discussion will take place inside of the Auditorium from 10:30 - 11:30

Camping 101: Getting your outdoor club, Outdoors

Whether backpacking or car camping, trip planning can easily become overwhelming. Learn from our industry expert, Megan-Mack Nicholson, the ins and outs of preparing for and planning a trip outdoors with your Outdoor Club.

Megan-Mack Nicholson is a true Maine native, born and raised here in Maine. Megan-Mack has a Masters in Science in Outdoor Leadership and Environmental Education and has spent the last 30 years dedicating her life to helping others connect to and play in nature. She is a Registered Maine Guide, Certified Nature and Forest Therapy Guide, Shamanic-Reiki Practitioner and currently is the Director of Outdoor Education for Hyde's North Campus in Eustis, Maine. Fun fact, She spent 8 years of her childhood summers attending camp here at the YMCA camp of Maine and believes that her time spent at this camp was the spark that set fire to her outdoor passions!

**This session will take place in the Center Field
Session 3 from 1:15 - 2:15**

Canoe demonstration, water safety and trip planning

Whether you are an expert canoer or you are looking to take your club out on their first outing, there is always something to learn or a skill to brush up on. Learn the in's and out's of canoe instruction with Jeff McCabe and Chris Corey. The morning session will begin with introductory canoe instruction, focusing on stroke techniques, safety, loading and unloading, navigation and trip preparation. The second session of the day will progress into

water rescue and safety. Please come to the session prepared with a change of clothes as you should always anticipate getting wet while working on water.

Canoes, paddle and life vest will be provided, but all participants are welcome to come prepared with their own gear, including life vest, wet and dry suits.

Participants should come prepared to get wet and with a dry change of clothes on standby.

Jeff McCabe works as the Legislative and Political director for the Maine Service Employees Association. He has been a certified Maine Guide for the past 20 years, and previously held positions with the Northern Forest Canoe Trail as the Maine Outreach Coordinator, the Director of Lake George Regional Park, a 320-acre park, as well as the former Executive Director of the Somerset County Soil and Water Conservation District. McCabe's community involvement has included serving 8 years in the Maine House of Representatives and serving as a member of the Skowhegan Planning Board. McCabe is a graduate of Unity College, where he received a Bachelor's of Science in Environmental Education. He resides in Skowhegan with his family who shares his love for the outdoors. McCabe plans to return to work in the Outdoor Recreation field full time in the near future.

Chris Corey When he's not at his day job in L.L.Bean's Creative department, Chris can be found in a canoe exploring Maine with his family and friends. As President of the Maine Canoe Symposium, Chris has made paddling and poling, waves and wannigans, his dedicated passion. What's his answer when you ask him "how many canoes does a person need?"... "One more!"

**This session will take place at the Waterfront
Session 3 from 1:15 - 2:15**