

Wild Women of the Woods

October 10, 2020

Hickory Grove Park, Colo, Iowa

Saturday Schedule



7:30-8:30 a.m. – Check-in

8:30 - 10:00 a.m. Session One (Choose One)

- A. Forest Therapy (Part 1*)
- B. Archery Basics
- C. Photography for Nature Lovers
- D. Let's Go Birding!

10:30-Noon Session Two (Choose One)

- E. Forest Therapy (Part 2*)
- F. Archery
- G. Healing Touch
- H. Boundary Water Tips and Tricks: Planning for Success

Noon-1:30 p.m. - Lunch (on your own)

1:30 - 3:00 p.m. Session Three (Choose One)

- I. Kayaking (Part 1*) Dakins Lake
- J. Eat Your Yard and Save the World!
- K. Camping 101
- L. Are You Prepared?—Knowing Your First Aid Basics

3:30 - 5:00 p.m. Session Four (Choose One)

- M. Kayaking (Part 2*)
- N. Hiking With Your Dog
- O. Falconry
- P. Un-huggables

5:30 p.m. Goodbye!



Questions? Contact Story County Conservation at 515-232-2516 or conservation@storycountyiowa.gov

Session Descriptions

Session 1 (Choose One)

- A. Forest Therapy (Part 1*)** •Participants are invited to slow down and unplug while participating in nature-based invitations. Experience the benefits of being fully present in the forest and explore using all your senses during the gentle-3 hour hike. Shinrin-yoku forest therapy offers research-based health benefits such as stress relief, improved concentration, immune system boost, and improved mental health. •Instructors: Karen Johlas-Szalkowski, and Kelsey Longnecker, Warren County Conservation Naturalist. • Number of Participants: 15
- B. Archery Basics** •In this session, participants will be introduced to the sport of archery. Using compound bows and target arrows we will discuss equipment, safety, and go through the process of shooting. After that, participants will practice their skills shooting at targets. •Instructor: Joe Boyles, Polk County Conservation Naturalist. • Number of Participants: 10
- C. Photography for Nature Lovers** •This session will cover the beginner basics of seasonal photography for nature enthusiasts who are looking to expand their experiences with image capturing while out exploring our natural world. This class will include tips and tricks in using both DSLR+ cell phone cameras. Topics covered will include using natural light, highlighting the seasons, capturing wildlife, exploring landscapes, photo processing+ post processing. Attendees are encouraged to bring along their camera of choice as we will be image-capturing together outdoors. • Instructor: Stephanie Mott •Number of Participants: 15
- D. Let's Go Birding** •Enjoy a morning's walk in the woods looking for Iowa resident and fall migratory birds. No prior experience required. We'll start with the basics of bird identification and binocular use. • Instructor: Anna Macdonald •Number of Participants: 20

Session 2 (Choose One)

- E. Forest Therapy (Part 2*)**
- F. Archery Basics** •In this session, participants will be introduced to the sport of archery. Using compound bows and target arrows we will discuss equipment, safety, and go through the process of shooting. After that, participants will practice their skills shooting at targets. •Instructor: Joe Boyles, Polk County Conservation Naturalist. • Number of Participants: 10
- G. Healing Touch** •Have you ever thought that there is more to you than what you see in the mirror? Did you know there is healing energy in our hands—an energy in us, all around us, and that connects us all? What would it be like to use this energy for our own and other's healing? Come for a discussion and exercises to put you in touch with what you might not see when you look in the mirror, and how to use this for healing. •Instructor: Kellie Patterson, Reiki Master. • Number of Participants: 12
- H. Boundary Waters Tips and Tricks: Planning for Success** •If you love to paddle and hear the wilderness calling, this session is for you! The Boundary Waters Canoe Area Wilderness (BWCAW) is a true wilderness, located in Northern Minnesota, along the Canadian border. Learn how to plan a route, secure a permit, what gear to pack, what meals to bring, and how to traverse in comfort. Katie Hammond has led 14+ trips to the BWCAW, mostly with high school aged students. Learn some tips, tricks, and ways to enhance your experience as you paddle and portage your way through this remote wilderness. • Instructor: Katie Hammond, Director/Naturalist Louisa County Conservation Board •Number of Participants: 20

Session 3 (Choose One)

- I. Kayaking (Part 1* Dakins Lake, Drive Yourself)** •Kayaking is one of the best ways to enjoy the remaining wildlife corridors in Iowa. This class will be taught by a certified kayak instructor and will cover safety, equipment, and paddling strokes. The class is for beginners but also useful for those with some experience. *This is an offsite session taking place at Dakin's Lake (15 min drive). Equipment will be provided., participants must drive themselves. •Instructors: Greg Vitale, and Piper Wall certified kayak instructors •Number of Participants: 8
- J. Eat Your Yard and Save the World** •We have been working for our yards for years; now is the time to make our yards work for us! Learn how to put in place a more edible landscape, with an emphasis on plants that are suited to our climate. There will be time to answer questions and design your own landscape, so bring your creativity and culinary needs! • Instructor: Beth Waage, Story County Conservation Naturalist. • Number of participants: 20
- K. Camping 101** •A fun and interactive session that will help participants learn how to plan, pack, prepare, and carry out their very own front country camping trip. Participants will learn: 1) What to pack for a weekend camping trip (gear, camp kitchen, proper clothing). 2) Food ideas and recipes for camping. 3) How to put up a tent. 4) Basic camping gear. 5) Camping safety • Instructor: Jennifer Riggs, Founder of Wander Women Iowa. • Number of participants: 20
- L. Are You Prepared?-Knowing your First Aid Basics** •We will look at different kinds of emergencies that can happen on our recreation trips. What kind of supplies might we carry? What types of certifications are there for treating emergencies? We will practice some of the basic skills needed for treating injuries..•Instructor: Jennifer Spry-Knutson, Red Cross Instructor Trainer •Number of Participants: 20

Session 4 (Choose One)

- M. Kayaking (Part 2* Dakins Lake, Drive Yourself)**
- N. Hiking with your Dog** •If you enjoy the outdoors and are a dog owner, then you and your furry companion are likely destined be great trail buddies! We will learn about creating a perfect trail dog, and what you need to successfully and safely hike with your dog. • Instructor: Amy Turner, True Dog Training •Number of participants: 20
- O. Introduction to Falconry** •Participants will gain an understanding of the sport of Falconry in Iowa. We will discuss how to hunt with a "wild" bird, the components of raptor husbandry and care, and provide an overview of federal and state regulations. We will end with a lure training demonstration with a live raptor. • Instructor: Amy Buckendahl, apprentice falconer at Bend River Farms. • Number of Participants: 20
- P. Un-huggables** •Discover and meet some of nature's underappreciated creatures. Some animals seem to instill fear or disgust rather than awe and wonder. But with knowledge comes understanding. What are you afraid of? Get your questions answered and explore why we really do need all of our worlds un-huggables. • Instructor: Heather Hucka, Story County Conservation Naturalist • Number of Participants: 20

Registration

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Emergency contact person during event: _____

Emergency contact phone: _____

Any additional accommodations needed: _____

Saturday Sessions

	1st Choice	2nd Choice
Session 1		
Session 2		
Session 3		
Session 4		

Fees:

Workshop Fee: **\$30.00**

Yes, I am a member of SCC Partners (10% discount **\$27.00**)

Total: _____

Thank you to our sponsors!



- No refunds after September 7th, 2020
- Registration fee includes: all sessions, snacks, and WWW swag item.
- Classes are filled on a first-come, first-serve basis, and class sizes are limited.
- Participants must be at least 18 years old.
- Participants will receive a confirmation letter when the registration form & payment are received. Send registration form and checks payable to:
Story County Conservation • 56461 180th Street • Ames • 50010

Covid 19 Precautions

Over the last seven years, Story County Conservation has grown a program designed to facilitate connections to the outdoors and each other while also challenging ourselves to learn new skills and participate in fun activities. We plan to continue those traditions for years to come. However, this year's program is going to look very different. To ensure safety and comfort for everyone, we will be offering a modified experience. We have eliminated provided meals, group camping, social events, and large gatherings. If you would like to camp, camping will be available for the normal fee at the Breezy Bay or Primitive Campgrounds at Hickory Grove Park. The morning check-in time has been extended and will be social-distanced to discourage large groups from forming. Throughout the workshop, whenever possible, we will require masks (provided) to be worn and social distancing to be maintained. To enable proper distancing and small class sizes, the maximum number of participants will be limited to 45 people. Participants need to bring their own lunch, drinks, and portable chairs. Kayakers will be expected to transport themselves to Dakins Lake (15 min drive).

Thank you for your understanding and commitment to keeping everyone healthy!