

Wild Women of the Woods

September 23-25, 2016

Wild Women of the Woods is designed to give women the opportunity to explore the outdoors, learn or improve skills, and network with women with similar interests.

Weekend Schedule



Friday, September 23, 2016 (optional)

6:30 - 7:30 p.m. - Set up camp at Hickory Grove Park

*Campers are welcome to come earlier to set up camp and enjoy the park, but naturalists will not be available prior to 6:30pm for assistance or registration.

*Dinner is not provided.

7:30-7:45 p.m. - Welcome and Introductions

7:45-8:45 p.m. - "Fire Five Ways"

7:45-8:45 p.m. - S'more competition

8:45 - 9:30 p.m. - Relaxation and Mingling

Saturday, September 24, 2016

6:00 - 7:00 a.m. - Sunrise Yoga (optional)

7:00 a.m. - Breakfast (bagels, yogurt, pastries)

Registration, Silent Auction

8:00 a.m. - Welcome, Introduction, Directions

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

A. Wild Women on the Water -Kayaking (Part 1*)

B. English Country Dancing

C. Tracking and Animal Signs

D. Nature Fun With Younger Ones

E. Planting for Pollinators

F. Astronomy- "Tu Omp / Av/ Tu Weap" The Sky is beautiful, Just as the Earth

10:30-Noon Session Two (Choose One)

G. Wild Women on the Water -Kayaking (Part 2*)

H. Live Animal Talk

I. Creativity-Words and Art

J. Archery Basics

K. Homemade Natural Products

L. Campfire Desserts

Noon-1:30 p.m. - Lunch and Group Photo

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

M. Introduction to Stand Up Paddling (Part 1*)

N. "The New Black Gold"-Vermi-Composting

O. Backpacking Basics

P. Meditation Coloring

Q. Nature and Movement with Tai Chi and Qigong

R. Wild Jams

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

S. Introduction to Stand Up Paddling (Part 2*)

T. Basic Fish Cleaning and Preparation

U. Discovery Hike

V. Knot Tying

W. Djembe Drumming

X. Introduction to Henna

5:15 p.m. Silent Auction Ends

5:30 p.m. Say goodbye to our one-dayers

Saturday Night, The Fun Continues...

6:30 - 7:30 p.m. - Dinner (hot lasagna, salad, and garlic cheese bread, and apple crisp).

7:30--8:30 p.m. - Camp Fire Performance - Fonziba, will perform and teach about the African Djembe drum with group participation (optional).

8:45-9:45 p.m. - Games and Socializing in Lodge (optional)

10:00 p.m. - Good night!

Sunday, September 25, 2016

7:30 a.m.-8:30 a.m. - Breakfast served (egg bake, ham, fruit).

8:00 a.m. - Announcements

Sunday Sessions (Choose only one between Early Bird or Late Start)

Early Bird 8:30 - 10:30 a.m.

1. Introduction to Sweep Rowing

2. Fishing

3. Geocaching

Late Start 9:00-10:30 a.m.

4. Canoeing

5. Native American Tipi Building

6. Women Warriors-Power Tools and Service Learning

Pack up and say goodbye!

Session Descriptions

Friday Evening Program - Fire Five Ways • Let's get Wild Women ignited by learning five different creative ways of starting fire, beyond the match and lighter. • Instructor: Heather Hucka, SCC Naturalist.

S'more Potluck Competition - Have a mouth watering S'more recipe you are dying to share? Now is your chance! Bring your most unique, creative, delicious, or all out weird recipe and compete in our contest. Criteria: Recipes must contain the two S'more essentials: 1. Marshmallow, 2. Served Sandwich style. Go wild with the rest! Please bring enough contents for people to sample. Prizes will be awarded for "Most Unique" and "S'more-licious!"

Saturday Morning Program - Get in Touch with YOUR Wild Side • We'll take a creative approach to an hour-long exploration of body, mind and spirit. This yoga class will be more about experiencing the feelings of the moment than striking a pose. Whether you're an experienced yoga practitioner or not, bring the curiosity of a beginner's mind. • Instructor: **Martha McCormick**

Session 1 (Choose One)

- A. Wild Women on the Water-Kayaking (Part 1*)** • 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. • Instructors: Greg Vitale and Piper Wall, certified kayak instructors • Number of Participants: 10
- B. English Country Dancing** • English Country Dance is the traditional social dance of England as seen in the Jane Austen movies. Many of the tunes and dances date back to the 1600s or earlier. Along with live music, you will learn a fun and accessible dance form, performed all over the world. • Instructor: Linda Lewis Lieberman, English Country Dance Caller • Number of Participants: 35
- C. Tracking and Animal Signs** • Learn how tracking and animal sign reading can turn mundane walks into an exploration into the wild. Animals are all around us once you know how to look. This session will introduce you to simple tracking and animal identification. • Instructor: Heather Hucka, Story County naturalist. Number of Participants: 25
- D. Nature Fun With Younger Ones** • If you have kids, work with kids, or simply wish to reconnect with your inner nature child, this session is for you! This lightly-guided session will focus on how to encourage kids to interact with the environment as we explore, play, make and do! Come ready for the possibility to get dirty and see the potential the natural world offers. • Instructor: Cindy Blobaum, Dallas County naturalist, and author of popular hands-on kids science activity books. • Number of Participants: 15
- E. Planting for Pollinators** • It is surprisingly easy to invite more pollinators, such as butterflies and bees into your yard. Come learn their value and how to attract them. If you build it, they will come! • Instructor: Beth Waage. Story County naturalist • Number of Participants: 20
- F. "Tu Omp / Av/ Tu Weap" - The Sky is Beautiful, Just as the Earth** • This is an invitation to learn a new language and its stories. These stories are written in starlight, and the library opens each night at sunset. The goal is to help you to better know your place by becoming familiar with your skies. How do you star gaze at 8:30 in the morning— the wonders of the mobile planetarium known as the StarLab. • Instructor: Chris Adkins, Dallas County Conservation Naturalist. • Number of Participants: 20

Session 2 (Choose One)

- G. Wild Women on the Water-Kayaking (Part 2*)**
- H. Live Animal Talk** • In this session, participants will learn about Iowa's local critters. Be prepared to meet some local live reptiles and amphibians. • Instructor: Story County naturalist. • Number of Participants: 25.
- I. Creativity— Words, and Art** • In our endeavor to create and communicate with the world, sometimes what we need goes beyond words. The world of sound, sight, taste, and smell offers us additional tools for expression— capturing emotion and depth, a sense of movement and time— where words alone sometimes fall short. What would a poem be like as a painting? A story as food? A novel as a song? A sonnet as dance? This session explores how to "speak" with multiple senses in multiple mediums as way to express more fully what we have to share. • Instructor: Jen McClung, ISU lecturer, artist, author, and songwriter. Number of Participants: 15
- J. 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: 15
- K. Homemade Natural Products** • Ever wonder if the products you put on your skin or use in your home are really safe for you, your family, and the environment? Making your own products is fun and gives you peace of mind knowing exactly what's in them. We'll make lip balm, a body scrub, a household cleanser, and lotion. You'll take home many recipes to get you started and these will get you motivated to jump on the "doing it naturally" bandwagon. • Instructor: Laura Zaugg naturalist/natural healing student • Number of Participants: 15
- L. Campfire Desserts** • S'mores and stale packaged sweets aren't the only treats that can be dished out while camping. There are many dessert recipes perfect for limited time and amenities in a camping environment. Learn a few simple camping desserts that will surely have everyone in your camping party pleading for seconds • Instructor: Libby Zaetel, WWW/ BOW dutch oven instructor • Number of Participants: 25

Session 3 (Choose One)

- M. Introduction to Stand Up Paddling (Part 1*)** • Learn about stand up paddle boards and try out a few. We'll look at gear, boards, and paddles on shore, and then do some paddling close to the beach. *The possibility for full wetness does exist; so all participants should bring towels and spare clothes. • Instructors: Piper Wall, DVM, PhD, SUP enthusiast and Greg Vitale • Number of Participants: 8
- N. "The New Black Gold"-Vermi-Composting** • Get the information and encouragement you need to start backyard composting and vermicomposting at home to take advantage of what is happening naturally in nature. Participants may get worms to take home. • Instructors, Kent Heikens and Bert Swall, USDA National Lab for Agriculture and Environment • Number of Participants: 35

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...session descriptions continued

Session 3 (Choose One)

O. Backpacking Basics • Interested in backpacking but worried about the bugs, dirt, and strange noises? Maybe you are a seasoned backpacker looking to learn a few tips on more efficient backpacking techniques. This session is for you! No shame in this class, we'll cover all you need to know to be comfortable in the woods. • Instructor: Shae Rossetti, outdoor programs and outreach market coordinator at REI, West Des Moines. • Number of Participants: 30

P. Meditation Coloring • Meditation coloring is a guided active meditation, where each person is given a preprinted circle and directed how to draw their own mandala pattern. Then, they are given a preprinted mandala pattern to color as they wish, along with guided meditation breathing, thoughts, and seated exercises. It's like yoga for the mind. • Instructor: Misty Palek, artist and owner of Palek Studios, and yoga/meditation instructor • Number of Participants: 15

Q. Nature and Movement with Tai Chi and Qigong • Tai chi and qigong are Chinese exercises which have been shown to benefit many aspects of health. Many of the movements are inspired from nature, and sometimes they are called meditation in motion. We will explore some of these movements using ancient qigong form called Five Animal Frolics. • Instructor: Virginia Dowling, senior trainer, Tai Chi for Health • Number of Participants: 15

R. Wild Jams • Learn the delicious art of turning wild Iowa berries into scrumptious jam. We will make blackberry jam and try gooseberry/mulberry/wild black raspberry jams. A campfire will be provided so we can also learn how to make bannock biscuits with pie irons. Jam and biscuits around a campfire on a fall afternoon with friends-what could be better? • Instructor: Laura Semken, coordinator and instructor at the Macbride Raptor Project • Number of Participants: 25

Session 4 (Choose One)

S. Introduction to Stand Up Paddling (Part 2*)

T. Basic Fish Cleaning and Preparation • Cleaning fish is easy. In this session, you will have a hands-on-opportunity to learn how quick and easy it is to fillet fish. We will also discuss other fish cleaning and preparation techniques. • Instructor: Kim Bogenschutz, Aquatic Invasive Species Program Coordinator. • Number of Participants: 15.

U. Discovery Hike • Explore woods and prairie during this guided hike through Hickory Grove Park with a Story County naturalist. Bring your questions and curiosity about Iowa's natural world. Birds, insects, trees, flowers: who knows what we'll discover? • Instructor: Bekah Beall, Story County Conservation naturalist • Number of Participants: 15

V. Knot Tying • In this session, participants will learn the skill of knot tying and their various uses. • Instructor: Craig Nelson, Climb Iowa • Number of Participants: 15

W. Djembe Drumming • Experience the fun of playing genuine West African rhythms on authentic Djembe hand drums. Fonziba will playfully guide you into the heart of African drumming, which has one fundamental purpose-to create energy and joy. Drums provided.

• Instructor: Fonziba Koster, of FonzibaDrums • Number of Participants: 30

X. Introduction to Henna • Learn a brief history of Henna, a natural dye used in traditional non-permanent skin "tattooing." This hands on class will provide you with the knowledge of skills and supplies necessary to continue the practice at home. Participants will be applying henna to their own skin. • Instructor: Krystal Komro, henna artist • Number of Participants: 30

Saturday Evening Program - Drum Circle • Drum circles are a great way for people to come together and experience the joy of expressing themselves creatively in a group. Everyone has rhythm. You are born with it. In community drum circles, we focus on creating our own rhythms together. Under Fonziba's expert tutelage, everyone will be moving and grooving to their own tribal beats while playing in harmony with the whole group. The power of communal drumming is known to help people release stress and frustration, stimulate creativity and self-expression, and build teamwork and a sense of community. But most of all, it's loads of fun! Drums and instruments will be provided. **Bring a chair!** • Instructor: Fonziba Koster, Fonziba drums.

Early Birds 8:30-10:30 a.m.

Sunday Options (choose one):

1. Introduction to Sweep Rowing • This session will be an introduction to the sport of regetta (sweep) rowing, instructed by the members of the Iowa State Crew Club. Women will spend time learning about the boats on land then have a chance to pull an oar on the water. *Participants will need to be comfortable wading in knee deep water and putting a foot up into the boat to hop in. • Instructor: Paige Taylor, vice president of ISU Crew Club. Number of Participants: 12

2. Fishing –Fishing poles and bait will be available at the lake jetty. An instructor will be available to teach casting, knot tying, and fish removal if needed. • Instructor: Story County Conservation naturalist. • Number of Participants: 30

3. Geocaching • Learn the basics of geocaching and use a GPS to seek out real geocaches hidden throughout Hickory Grove Park. • Instructor: Jess Lancial, Story County Naturalist. Number of Participants: 40

Late Start 9:00-10:30 a.m.

4. Canoeing • Learn the basics of how to operate a canoe and enjoy the morning paddling around Hickory Grove Lake. • Instructor: Story County Naturalist • Number of Participants: 20

5. Native American Tipi • Come and build a traditional 12 foot, Plains-style tipi from scratch. Participants will be lifting poles and walking rope as we learn the physics, customs, and traditions associated with this dwelling. • Instructors: Mike Havlik, Naturalist, Dallas County Conservation naturalist. • Number of Participants: 20

6. Women Warriors-Power tools and Service Learning • Learn how to use power equipment for yard and restoration work. Participants will explore power tools such as cordless reciprocating saws and brush blades, see a demonstration on chainsaws, and learn about necessary safety equipment. Participants will get a chance to try out tools as we remove invasive species around the park. *Participants must wear closed-toed shoes. Work gloves will be provided. • Instructor: Amy Yoakum, Story County Conservation resource specialist • Number of Participants: 20

Registration

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Will you be attending Friday night? (optional) Yes/No

Do you prefer vegetarian meals? Yes/No

Dietary accommodations or restrictions? _____

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 (please check box that applies)

- I will attend the Half Workshop (Friday –Saturday) \$55.00
- I will attend the Full Workshop (Friday-Sunday) \$70.00
- Yes, I am a member of SCC Partners (10% discount \$49.50 / \$63.00)

• No refunds after September 9th.

• Registration fee for Half Workshop includes: all Saturday sessions, one night camping at a group campsite, snacks, breakfast, lunch, and WWW swag item. Does not include Saturday evening meal. Registration fee for Full Workshop includes: all Saturday & Sunday sessions, camping at group campsite for two nights; all meals, snacks, evening entertainment, and WWW swag item.

• Classes are filled on a first-come, first-serve basis, and class sizes are limited.

• Participants will receive a confirmation letter when the registration form & payment are received. Participants must be at least 18 years old.

• Send registration form and checks payable to:
Story County Conservation • 56461 180th Street • Ames • 50010

Sunday Options

1st Choice	2nd Choice

Thank you to our sponsors!

