



# WILD WOMEN

of the Woods  
Workshop



JUNE 7 & 8, 2019  
ANNETT NATURE CENTER  
INDIANOLA, IA

Thank you to our 2019 instructors!



Doug Blakely  
Blakely Tree  
Service





## ABOUT THE EVENT

### WHAT IS A WILD WOMEN WORKSHOP?

Would you like to meet other women with similar interests, attend classes to learn new skills, or just kick back in the great outdoors? If so, this is the event for you. Grab your hiking boots and get ready for a fun-filled weekend in nature! This workshop provides a comfortable environment to try new outdoor activities. You can campout and socialize Friday night, then attend breakout sessions on Saturday.

### WHO CAN ATTEND?

Women 12 & older are invited to participate in this event. Come with your best friend, mom, daughter or sister, or come alone to meet new friends with similar interests!

### HOW DO I REGISTER?

Fill out the enclosed registration form and return it with payment. The registration fee is \$50 and includes all activities, a free night of camping & dinner, breakfast, lunch, and a Wild Women of the Woods gift. **Registration deadline is May 31st, 2019, but you will want to register as soon as possible since sessions are filled on a first-come, first-served basis.** Participants will receive an email confirmation when registration and payment are received.

### WHAT SHOULD I BRING?

- \* jacket
- \* rain gear
- \* reusable water bottle
- \* hiking boots
- \* insect repellent
- \* water clothes/shoes (for watersports)
- \* extra socks
- \* sunglasses
- \* tent & sleeping gear (if camping)
- \* hat
- \* silent auction item
- \* Cash for additional roller bottles
- \* sunscreen
- \* close-toed shoes and long pants (for horseback riding)

### SILENT AUCTION

We will be holding a silent auction to offset costs from the workshop. We will be auctioning off **outdoor, gardening, and bee** themed baskets. Please bring new items related to one of these themes. Staff may then compile the items to make baskets for the auction. Bring some \$\$\$ in case you can't resist bidding up a silent auction item!

### QUESTIONS?

Contact the Warren County Conservation Board office at (515) 961-6169.



## SCHEDULE

### FRIDAY NIGHT FUN

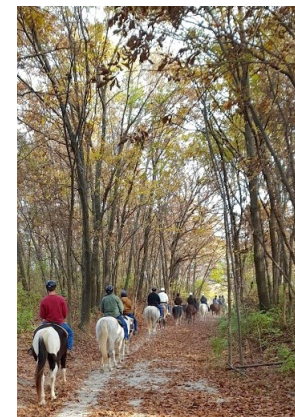
#### Friday, June 7th (optional)

- 6:00 p.m. Registration, set up tents, social time
- 7:00 p.m. Dinner (Burger & Brat Grill Out)
- 7:30 p.m. Belly Dancing
- 9:00 p.m. Campout at the Annett Nature Center

### SATURDAY SESSIONS

#### Saturday, June 8th

- 7:00–8:00am Sunrise Yoga (optional)
- 8:00am Group Photo
- 8:00–8:30am Registration, Breakfast (Egg dishes, strudel, and yogurt bar), and Silent Auction Begins
- 8:30–8:45am Welcome and Introductions
- 9:00–11:00am Session One: (Choose One)
  - A. Basket Weaving
  - B. Horseback Riding
  - C. Shooting Sports
- 11:00am–12:00pm Session Two (Choose One)
  - D. Beekeeping
  - E. Hammock Basics
- 12:00–1pm Lunch (Pork Loin, Salad, Potatoes, and Corn)
- 1:00–2:15pm Session Three (Choose One)
  - F. Chainsaw Safety
  - G. Gardening
  - H. Natural objects in Resin
- 2:15–3:00pm Mini Make & Take:
  - Essential Oil Roller Bottles
  - Trail SnacksSilent Auction Ends
- 3:00–4:15pm Session Four (Choose One)
  - I. Kayaking
  - J. Canning & Preserving
  - K. Wild Edibles
- 4:15 pm Have a safe trip home!







## SESSION

## DESCRIPTIONS



<b>Sunrise Yoga</b> Instructor: Lynn Marie, Illuminate Yoga Yoga is great for relieving stress, anxiety & muscular tension. Enjoy these benefits and many more at this nourishing yoga class open to all levels. Lynn Marie Nelson will invite you to move with your breath and honor your body's unique needs as you explore a refreshing, holistic yoga practice.	
<b>A. Basket Weaving</b> Instructor: Therese Cummiskey, Jefferson County Conservation A cracker basket is a great basket for beginners. This short round basket is about 4 inches wide and 3.5 inches tall. Participants will learn basic basket skills including twining and lashing a rim to make their own basket to take home.	Max Participants: 12
<b>B. Horseback Riding</b> Instructor: Laura, Wesley Woods Head to Wesley Woods for a trail ride. We will spend some time saddling up in the barn, then head down the trail to enjoy the nature scenery on horseback. Participants in this session must wear long pants and close-toed shoes. *Cannot accomodate riders over 200 pounds.	Max Participants: 9
<b>C. Shooting Sports: Shotgun, Rifle, and Handguns</b> Instructor: Iowa DNR Conservation Officers Whether you're new to shooting or just want to be more comfortable with a gun, this session is great to get more experience and get any questions answered. You will cover gun safety, shooting stance, and equipment. You will have the opportunity to try shooting shotguns, handguns, and rifles. All guns and ammunition will be provided.	Max Participants: 19
<b>D. Beekeeping</b> Instructors: Keisha Thompson, Warren County Agriculture in the Classroom; Ray Dittmer, Beekeeper Milo IA; Andy Joseph, Iowa State Apiarist Learn the buzz about the basics of beekeeping and how to start your own hive. You will explore the equipment needed to get started and learn how bees are essential to the production of agriculture crops and other plants and trees through pollination.	Max Participants: 20
<b>E. Hammock Basics</b> Instructor: Caitlin Dorsett, West Des Moines REI Are you interestd in learning more about using a hammock? Get an overview of products to get you started as well as tips and tricks to help you properly hang your hammock for the most comfort, usability, and success in your hammock.	Max Participants: 20
<b>F. Chainsaw Safety</b> Instructor: Doug Blakely, Blakely Tree Serivce A chainsaw can be a powerful and helpful tool, but proper handling is a must! Learn about chainsaw basics and safety in this hands on class. Participants will get a chance to handle a chainsaw with instructor supervision in order to gain the confidence to take care of that chainsaw project at home on their own.	Max Participants: 12

<b>G. Gardening</b> Instructor: ISU Extension and Master Gardeners ISU Extension and Master Gardeners will teach you the basics of gardening. Learn how to get started, equipment needed, when to plant, and tips & tricks. During this session you will get your hands dirty and go home with a garden ready item. .	Max Participants: 12
<b>H. Natural Objects in Resin</b> Instructor: Jacklyn Gautsch, IDNR Do you love the natural beauty that nature creates? This is an opportunity to take the beauty of nature with you. You will preserve butterfly wings or natural objects into into resin on jewelry or a magnet, and take it with you.	Max Participants: 15
<b>Mini Make &amp; Take: Essential Oil Rollers</b> Instructor: Sue Wilson, Young Living Essential Oils You will have an opportunity to learn more about essential oils and their many uses. One roller bottle will be free for you to make and take. You will be able to purchase and make additional bottles.	
<b>Mini Make &amp; Take: Trail Snacks</b> Instructor: WCCB Staff We are always searching for great snacks to take with us on the trails. Here is a mix-and-match snack table to allow you to make your own jar blend for the trail (or last session) snack. We will have some "recommended" recipes as well. One jar will be free for you to fill as you like. You will be able to purchase and make additional jars.	
<b>I. Kayaking</b> Instructor: Marta Snow, Canoe Sport Outfitters Enjoy neighboring Lake Ahquabi by exploring the lake on a kayak! Paddle around Lake Ahquabi with a guide staff from CanoeSport shop. They will cover paddling safely, different types of kayaks, fundamental strokes and more. This is a nice, relaxing way to wrap up your weekend in the woods.	Max Participants: 10
<b>J. Canning &amp; Preserving</b> Instructor: Jean Longnecker, Retired Home Economics Teacher & Home Gardener Take a step towards becoming more self sustainable. Canning and preserving food is a great way to save some of your produce to enjoy in the off-season. Explore different canning materials and learn about different techniques like using a boiling water bath, pressure cooker, or cold preserving.	Max Participants: 15
<b>K. Intro to Wild Edibles</b> Instructor: Chelsea Ewen Rowcliffe, Mitchell County Conservation Have you ever wanted to Munch on the Landscape. There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor! We will focus on how to identify key features of wild edible plants, knowing when and what to sustainably harvest, how to prepare, and even sample some wild flavors.	Max Participants: 15



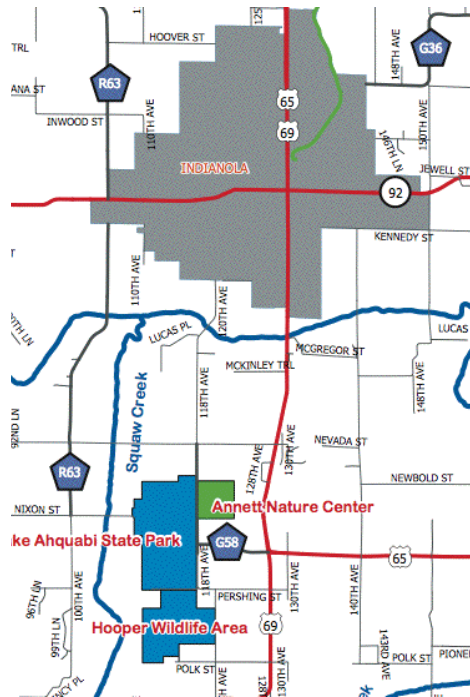
## LOCATION



Annett Nature Center  
15565 118th Avenue  
Indianola, IA 50125  
515-961-6169

The Annett Nature Center is located five miles south of Indianola. Travel 4 miles south on Hwy 65/69. Turn west on Nevada and then turn south on 118th Ave, or follow the signs.

The ANC is on the east side of the road with a large wind tower in the parking lot. Check in will be in the lobby inside the front door.



Please fill out the enclosed form and return it along with payment to secure your spot for 2019 Wild Women of the Woods by May 31st. Remember that the sessions have maximums for attendance, and are filled on a first-come, first-served basis. Forms can be sent to:

Warren County Conservation  
15565 118th Avenue  
Indianola, IA 50125

### Items to Note:

Registration fee is \$50  
Make checks payable to FWCC  
Checks are Nonrefundable





## REGISTRATION FORM

## RELEASE FORM



REGISTRATION & PAYMENT DEADLINE: MAY 31, 2019

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

Session (write session letter in blank)      1st Choice      2nd Choice

One (A, B, or C)      \_\_\_\_\_      \_\_\_\_\_

Two (D or E)      \_\_\_\_\_      \_\_\_\_\_

Three (F, G, or H)      \_\_\_\_\_      \_\_\_\_\_

Four (I, J, or K)      \_\_\_\_\_      \_\_\_\_\_

Are you attending Friday night?      Yes/No

Do you need a tent for Friday?      Yes/No

Are you attending sunrise yoga?      Yes/No

Do you prefer vegetarian meals?      Yes/No

Do you prefer gluten-friendly meals?      Yes/No

Please Return With Payment to Reserve Your Spot

Registration fee is \$50

Make checks payable to FWCC

Checks are Nonrefundable

Mail to: Warren County Conservation  
15565 118th Avenue  
Indianola, IA 50125

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Relation: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

Physician Name & Phone #: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Group No: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Insured's Name: \_\_\_\_\_

Do you have any known allergies (foods, medications, other)?

No \_\_\_ Yes \_\_\_ List: \_\_\_\_\_

Do you have any medical conditions that should be known to staff?

No \_\_\_ Yes \_\_\_ List: \_\_\_\_\_

What was the date of your last Tetanus shot? \_\_\_\_\_

### MEDICAL RELEASE

This medical questionnaire is correct and complete to the best of my knowledge, and I am able to engage in all activities during the Wild Women of the Woods event, unless otherwise noted. I represent that I am in good physical condition, and I am not aware of any disease or injury that would be aggravated or result in my being injured during any program participation. I give consent for the Warren County Conservation Board event staff to provide medical attention, transportation, and emergency medical services as warranted by the circumstances. In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order injection or surgery, or other medical procedures required.

### LIABILITY RELEASE

If I am injured or suffer any illness while residing at and participating in the programs at the Wild Women of the Woods event, I agree to hold the WCCB, and other supporting organizations harmless of any said illness or injury. I further understand and agree to abide by the general rules of conduct prescribed for the guests of the workshop, and that violations may result in denial of privileges, forfeiture of all fees paid, charges to repair damages, and/or removal from the property.

### PHOTO RELEASE

I give permission for photographs, digital images, or videos to be taken of me while participating in the Warren County Conservation Wild Women of the Woods Workshop. Photos from the event can be sent to you & may be used for marketing purposes for future WCCB events. Yes \_\_\_\_\_ No \_\_\_\_\_

I have read this release, I understand that it affects legal rights and responsibilities, and I hereby agree and consent to its terms and conditions and hereby waive any claims arising while residing at and participating in the programs of the Warren County Conservation Board.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian (if minor): \_\_\_\_\_ Date: \_\_\_\_\_