



WILD OUTDOOR WOMEN



JUNE 12 & 13, 2020
ANNETT NATURE CENTER
INDIANOLA, IA





ABOUT THE EVENT



WHAT IS A WILD OUTDOOR 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 Outdoor Women gift. **Registration deadline is May 29th, 2020, 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
- * yoga mat
- * extra socks
- * sunglasses
- * tent & sleeping gear (if camping)
- * hat
- * silent auction item
- * Cash for additional make & take items
- * sunscreen
- * water clothes/shoes (for watersports)
- * long-sleeved shirt and leather gloves if you have them (for metal working)

SILENT AUCTION

We will be holding a silent auction to offset costs from the workshop. We will be auctioning off **outdoor, recreation, and camping** 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.



Please fill out the enclosed form and return it along with payment to secure your spot for 2020 Wild Outdoor Women by May 29th. 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
Payment is Nonrefundable

****Payments will be refunded in the event WCCB cancels the workshop due to COVID-19**

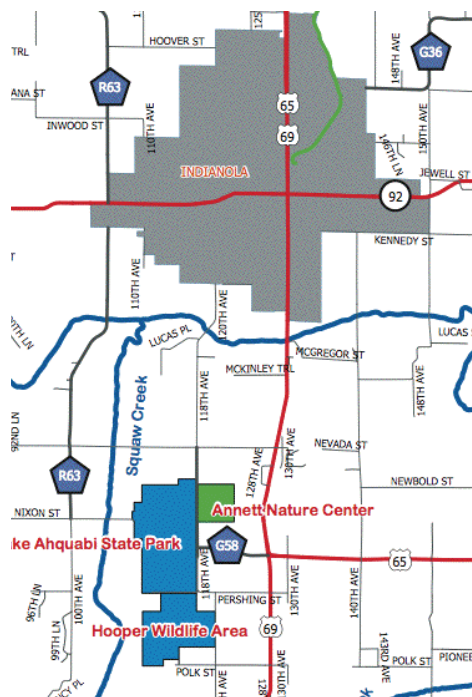


LOCATION

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.



SCHEDULE



FRIDAY NIGHT FUN

Friday, June 12th (optional)

6:00pm	Registration, set up tents, social time
6:30–7:30pm	T Shirts with Side Garage (Depending on Interest)
7:00pm	Dinner (Burger & Brat Grill Out)
7:30pm	Self Defense
9:00pm	Campout at the Annett Nature Center

SATURDAY SESSIONS

Saturday, June 13th

7:00–8:00am	Sunrise Yoga (*Bring a yoga mat)
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
9:00–10:00am	General Session: Women's Outdoor Hygiene
10:00am	Session One: (Choose One)
–12:15pm	A. Basket Weaving B. Rock Climbing Wall C. Shooting Sports
12:15–1:00pm	Lunch (BBQ, Mac&Cheese, Coleslaw, and Cornbread)
1:00–3:00pm	Session Two (Choose 1)
1:00–2:15pm	D. Wild Edibles (Double Session–2 hrs) E. Antler/Shed Hunting F. Metal Working
2:15–3:00pm	Mini Make & Take, Tent Tear Down, Silent Auction Ends (*Please Note: Wild Edibles will still be in session)
3:00–4:15pm	Session Three (Choose One)
	G. Best Camp Coffee H. SUP Yoga I. Healthy Houseplants 101
4:15 pm	Have a safe trip home!



SESSION DESCRIPTIONS



Friday General Session
Personal Safety & Self Defense
Instructor: Chase & Leah Magers, Magers Martial Arts
This is a hands-on self defense class with real world practical techniques and an emphasis on awareness. We have a few simple techniques to demonstrate, then pair up and practice with each other while the instructors supervise.

Sunrise Yoga
Instructor: Lynn Marie Hemera, 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 will invite you to move with your breath and honor your body's unique needs as you explore a refreshing, holistic yoga practice.
*Bring a yoga mat to this session.

General Session: Women, Hygiene, and the Outdoors
Instructor: Jess Lancial, Story County Conservation; Naturalist
How can women feel clean in the outdoors without the amenities of home? This workshop covers tips and tools for water purification, bathing, cleaning clothes and dishes, dealing with periods, and yes— peeing and pooping without a throne. Learn how to create and use a portable washing bag, a poop kit, and how to leave no trace in the outdoors. Come prepared to laugh and share stories about cleanliness in the outdoors.

A. Basket Weaving Max Participants: 12
Instructor: Therese Cummiskey, Retired Naturalist
Basket weaving is a great, fun skill to add to your toolbox. This beginner friendly session will teach participants basic basket skills including twining and lashing a rim. Participant will make their own basket to take home.

B. Rock Climbing Max Participants: 12
Instructor: Wesley Woods Camp Staff
Grab a helmet and harness as you work with our safety trained instructors and scale a 30 ft. climbing wall. Develop unity as some participants climb and others assist on the ground. Learn to embrace your strength and determination.

C. Shooting Sports: Shotgun, Rifle, and Handguns Max Participants: 21
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.

D. Wild Edibles: Foraging, Nature's Seek & Find Max Participants: 18
Instructors: Jen Meyer, Jackson County Conservation; Naturalist
Naturalist Jen Meyer will take you on a guided hike to discover the seasonal delights the Annett Nature Center Park has to offer. This is a fun and informal way to expand your diet and learn more about the bounty nature has provided for you. We will be preparing a tasty dish from the abundance we find during the hike.

E. Antler/Shed Hunting Max Participants: 18
Instructor: Jim Coffey, IDNR
Whitetail bucks are known for sporting impressive antlers as they age. Every summer the males will grow a new set of antlers and the antlers will then fall off, or "shed" between January and March. Hunting for sheds is a great treasure hunting activity. Learn the best tips and tricks to look for sheds.

F. Metal Welding Max Participants: 8
Instructor: Mark Wilson, WCCB Natural Resource Specialist
Mark is a master when it comes to working with metal. Learn some of the techniques, safety, and project ideas that can come from a new found interest in metal working and get some hands on practice!
*Please bring a long-sleeved shirt and leather gloves if possible.

Mini Make & Take: *Please Note: Wild Edibles will still be in session*
Instructor: WCCB Staff
Learn camping and campfire hacks! See some different ideas of fire starter methods and get the opportunity to make and take your own examples!

G. Best Camp Coffee Max Participants: 17
Instructor: REI Program Staff
A good cup of coffee can help start the day off on the right foot. In this session, our guide will share their favorite way to make coffee in the back woods.

H. SUP Yoga Max Participants: 11
Instructor: CanoeSport Outfitters
Stand up paddling is the fastest growing sport in America. It's is easy to learn, tons of fun, and can be done on almost any body of water. SUP yoga is great for all skill levels of paddleboarding or yoga!

I. Healthy Houseplants 101 Max Participants: 12
Instructor: Andrea Metzler, Art Terrarium
Struggling with plant parenthood? Scared to bring your first plant babe home? New to the world of houseplants or just want to deepen your knowledge? Andrea Metzler, owner of Art Terrarium, will join us to talk all about houseplants! Andrea will cover basic plant care tips and tricks and help you pick out a plant that is perfect for your home or office. Participants will go home with a plant in a 4" terra cotta pot and the knowledge needed to keep it happy, healthy, and thriving.



REGISTRATION FORM

REGISTRATION & PAYMENT DEADLINE: MAY 29, 2020

Name _____
Address _____

Phone # _____
E-mail _____

Session (write session letter in blank)	1st Choice	2nd Choice
One (A, B, or C)	_____	_____
Two (D, E or F)	_____	_____
Three (G, H, or I)	_____	_____

Are you attending Friday night?	Yes/No
Do you plan to make a T-Shirt Friday night for \$20 If so, what size T-Shirt? _____	Yes/No
Do you need a tent for Friday?	Yes/No
Are you attending sunrise yoga? (Bring yoga mat)	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
Payment is Nonrefundable

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

RELEASE FORM



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 Outdoor Women 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 Outdoor Women 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 Outdoor Women event. 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: _____

