



WILD OUTDOOR WOMEN



JUNE 11 & 12, 2021
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 enjoy sunset yoga and socialize Friday night, then attend breakout sessions on Saturday. We encourage you to check out Lake Ahquabi across the road if you would like to camp out Friday evening: <https://www.iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/Lake-Ahquabi-State-Park>

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 and a Wild Outdoor Women gift. **Registration deadline is May 28th, 2021, 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
- * close-toed shoes (for horseback riding)
- * hat
- * sunscreen
- * yoga mat
- * sack lunch
- * snacks
- * silent auction item

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!

COVID-19 PRECAUTIONS?

This year we will not be hosting an overnight campout, but encourage you to check out camping at Lake Ahquabi across the road if you are still interested in camping. We will not be providing meals, and ask that you bring a sack lunch and snacks. We will be limiting registration. Facemasks are required when receiving instruction, or when social distancing is not possible.

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 2021 Wild Outdoor Women by May 28th. 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

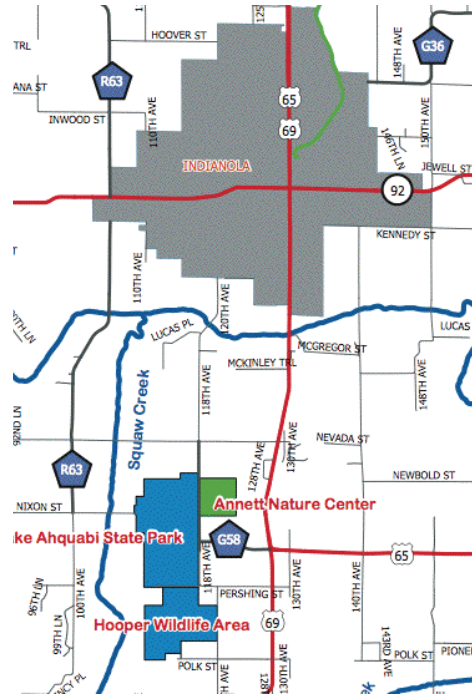


LOCATION

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 11th (optional)

- 6:00pm Registration and social time
- 6:30–7:30pm T Shirts with Side Garage-\$20 (Depending on Interest)
- 7:30pm Sunset Yoga (*Bring a yoga mat)
- 8:30pm Campfire & Campfire Make & Take

SATURDAY SESSIONS

Saturday, June 12th

- 8:00am Registration and Silent Auction Begins
- 8:30am Group Photo
- 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. Horseback Riding
 - B. Forest Therapy Walk
 - C. Shooting Sports
- 12:15–1:00pm Lunch (Bring your own sack lunch)
- 12:45pm Silent Auction Ends and Winners Announced
- 1:00–3:15pm Session Two (Choose 1)
 - D. Wild Edibles (2 hrs)
 - E. Antler/Shed Hunting (1 hr) then
 - Wildflower Nature Hike (1 hr)
- 3:15-4:30pm Session Three (Choose One)
 - F. Kayaking
 - G. Healthy Houseplants 101
 - H. Tomahawks & Atlatls
- 4:30 pm Have a safe trip home!



SESSION DESCRIPTIONS



Friday General Session

Sunset Yoga

Instructor: Bethany Grabe, Begin Again Yoga

Bethany with Begin Again Yoga will lead us through a gentle yoga sequence to honor both the setting of sun and rising of the moon. Yoga postures, breath work, and meditation will guide our bodies through the flow. Every body and level of yogi is welcome.

*Bring a yoga mat to this session.

Mini Make & Take:

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!

Saturday Sessions

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. Horseback Riding

Max Participants: 6

Instructor: Wesley Woods Camp Staff

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.

*Wesley Woods cannot accomodate riders over 200 pounds.

B. Forest Therapy Walk

Max Participants: 12

Instructor: WCCB Staff; Association of Nature and Forest Therapy certified guide

We invite you to unplug, slow down, and experience mindfulness in nature. This gentle, three-hour walk will focus on using all your senses to explore the ANC trails. A certified guide will lead you through nature explorations. This walk is based on Shinrin-yoku or forest therapy that can provide many positive health benefits such as lowered blood pressure, decreased anxiety, increased focus, relaxation, and a connection with nature.

C. Shooting Sports: Shotgun, Rifle, and Handguns

Max Participants: 16

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. All guns and ammunition will be provided.

D. Wild Edibles: Foraging, Nature's Seek & Find

Max Participants: 15

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: 15

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.

AND

Wildflower Nature Hike

Max Participants: 15

Instructor: WCCB Staff

Take a stroll through the trails at the Annett Nature Center while identifying and learning about different wildflowers and plants that grow in the area.

F. KAYAKING

Max Participants: 10

Instructor: CanoeSport 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.

G. Healthy Houseplants 101

Max Participants: 12

Instructor: Tia Rodemeyer, 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? Tia Rodemeyer, Plant Stylist at Art Terrarium, will join us to talk all about houseplants! Tia 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.

H. Tomahawks & Atlatls

Max Participants: 8

Instructor: WCCB Staff

Join the WCCB naturalists to learn about tomahawks and atlatls. There will be a brief history of each tool, safety instructions, and participants will learn to throw each one. So get your arms ready for tossing a tomahawk and spear at our large cardboard bison & 3D targets.

*Close-toed shoes are required to throw.



REGISTRATION FORM

REGISTRATION & PAYMENT DEADLINE: MAY 28, 2021

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) | _____ | _____ |

Are you attending Friday night? Yes/No

Do you plan to make a T-Shirt Friday night for \$20 Yes/No
If so, what size T-Shirt? _____

Are you attending sunset yoga? (Bring yoga mat) 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: _____

