



WILD OUTDOOR WOMEN



JUNE 9 & 10, 2023
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. 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 \$60 and includes all activities and a Wild Outdoor Women gift. **Registration deadline is June 2nd, 2023, 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
- *Close-toed Shoes (for welding)
- *Hat
- *Sunscreen
- *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 themed baskets. Please bring new items related to the theme. 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 2023 Wild Outdoor Women by June 2nd. 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 \$60
Make checks payable to FWCC
Payment is Nonrefundable

SCHEDULE



LOCATION

FRIDAY NIGHT FUN

Friday, June 9th (overnight optional)

5:00-6:00pm Registration, Set Up Tents, Socializing
6:00-8:00pm General Session: Dutch Oven Cooking
7:30pm Dutch Oven Dinner, Social Time, Overnight

SATURDAY SESSIONS

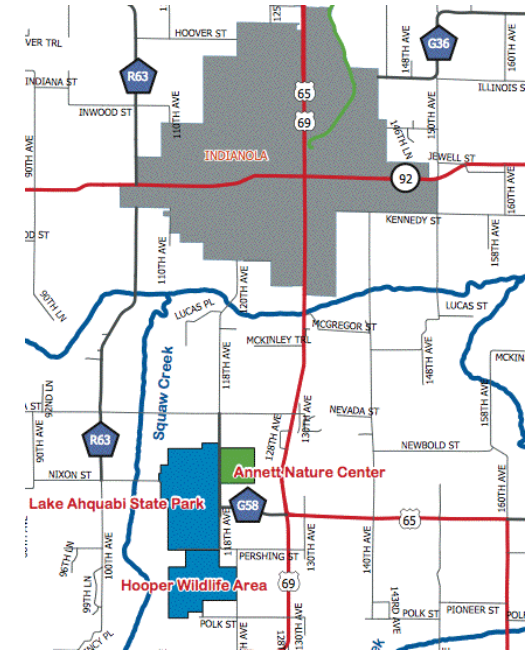
Saturday, June 10th

7:00-8:00 Sunrise Yoga
8:00-8:30am Registration, Breakfast, and Silent Auction Begins
8:30am-8:45am Group Photo, Welcome, and Introductions
9:00-11:15am Session One:
 A. Shooting Sports
 B. Welding for Beginners
 C. Nature Photography
11:15am-12:15pm Lunch (Hy-Vee 2 Entrée Buffet:
 Fried Chicken & Veggie Lasagna)
12:00pm Silent Auction Ends
12:15-1:45pm General Session
 Women's Self Defense
1:45-3:00pm Session Two:
 D. Natural Dyes
 E. Backyard Birdfeeders
 F. Bowfishing
3:15-4:30pm Session Three
 G. Bowfishing
 H. Camp Coffee
 I. Wildlife Rehabilitation
4:30pm Have A Safe Trip Home!

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

The Annett Nature Center is located 5 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 near the parking lot. Check in will be in the lobby inside the front door.





SESSION DESCRIPTIONS

Friday General Session

Dutch Oven Cooking

Instructor: Hannah Hernandez, Warren County Conservation

Learn the art of Dutch Oven Cooking! We will learn some tips and tricks for cooking with Dutch ovens, and will work together to prepare our dinner.

Saturday Sessions

Sunrise Yoga

Instructor: Bethany Grabe, Begin Again Yoga

Bethany with Begin Again Yoga will lead us through a gentle yoga sequence to celebrate the rising sun. 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.

A. Shooting Sports

Max Participants: 15

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.

B. Welding for Beginners

Max Participants: 8

Instructor: Mark Wilson, WCCB Staff

Back by popular demand! Have you ever been interested in what it takes to do some welding work? Now is your chance to try your hand! Learn the beginner steps of welding and how to make different welds from WCCB Co-Director Mark Wilson. (Check out some of his work in the butterfly garden and the bison near the parking lot!)

C. Nature Photography

Max Participants: 15

Instructor: Grant Webster, Grant Webster Photography

Join Grant in this course as he teaches you how to become a wildlife photographer. You will learn basic camera fundamentals, how to operate the camera, and the three integral parts for obtaining correctly exposed photos - Shutter Speed, Aperture, and ISO. You will learn the difference between a DSLR vs a Mirrorless camera and which is better for wildlife. How to choose between a Full Frame camera vs a Crop Sensor camera and what lens is best for wildlife photography. You will learn the best times of day to photograph and how to look for wildlife. After spending time in the classroom, we will venture outdoors to look for wildlife and understand their behavior.

General Session: Women's Self Defense

Instructor: Sergeant Sparks, Indianola Police Department

Learn to defend yourself with Sergeant Sparks from the Indianola Police Department. Start with some instructional information, and then we will move on to some hands on practice! We'll grab partners and get some time to grapple. Those repetitions will help build muscle memory to help you in the future.

D. Natural Dyes

Max Participants: 14

Instructor: Matthew Card, Greater Des Moines Botanical Garden

Join the Greater Des Moines Botanical Garden as we explore the vibrant world of natural dyes made from all things botanical. From hibiscus petals to wild berries, discover the unexpected sources that give a splash of color to textile artworks as you make one of your own!

E. Backyard Birdfeeders

Max Participants: 14

Instructor: Monty Freeman, Wild Birds Unlimited

Learn all about the birds that are frequent visitors to your backyard. Get a chance to learn about what these different feathered friends eat and how to attract them to your yard. Find out if there are any other back yard features you could add to entice these beautiful birds to make a pit stop at your house.

F. Bowfishing

Max Participants: 10

Instructor: Laura DeCook, Mahaska County Naturalist

If you love archery and fishing, then participate in this session to you learn how to combine the two activities together into the sport of bowfishing. Bowfishing is a fun, fast-growing outdoor sport that can be done by people of all ages. Mahaska County Naturalist, Laura DeCook, has been bowfishing for nearly 12 years and she will teach you about bowfishing equipment and safety, which fish species to shoot, important Iowa bowfishing laws, how this sport helps protect Iowa's waters from invasive species, and provide you opportunities to practice with bowfishing equipment.

G. Bowfishing

Max Participants: 10

Instructor: Laura DeCook, Mahaska County Naturalist

(This is the same program as "F." We are offering a second session to allow more people to participate.)

H. Camp Coffee

Max Participants: 12

Instructor: REI

Who doesn't want a little coffee in the morning to perk up the start to their day? Learn about different coffee and some different ways to make coffee when you are camping or in the great out doors.

I. Introduction to Wildlife Rehabilitation

Max Participants: 16

Instructor: Dr. Melinda Austin, AHIMSA Wildlife Medicine and Rehabilitation

Join us for an introduction to wildlife rehabilitation. What is it and why is it important? How can citizens help? We'll cover common wildlife-human interfaces (my dog attacked a bunny!), discuss some cases, and hopefully meet some patients!

Dr. Austin is a lover of all living things - furry, feathered, scaly, and furless alike! During undergrad, she started volunteering with wildlife. In 2013 she became a Licensed Wildlife Rehabilitator and made a full-time career change. After working as a trained Veterinary Technician, she went on to earn her Doctorate of Veterinary Medicine from Iowa State University in 2021. Since then, she has been in Small Animal General Practice and earned her certification in acupuncture to perform integrative medicine.

RELEASE FORM



REGISTRATION 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: _____

REGISTRATION & PAYMENT DEADLINE: JUNE 2, 2023

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 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

Dietary Comments: _____

Please Return with Payment to Reserve Your Spot

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Checks are Nonrefundable

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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? _____

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