



WILD OUTDOOR WOMEN



JUNE 21-22, 2024

ANNETT NAT URE 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 be inspired to explore and connect with the natural world? If so, this is the event for you. This workshop provides a comfortable environment to try new outdoor activities, engage in hands-on workshops, interactive sessions, and guided activities led by experienced instructors. You can campout and socialize Friday night, then attend general and breakout sessions on Saturday. In addition to learning and hands on experiences, Wild Outdoor Women emphasizes the importance of fostering a supportive and inclusive environment for all participants. Social gatherings, group discussions, and networking opportunities allow women to connect, share experiences, and build lasting friendships while breaking barriers and shattering stereotypes.

WHO CAN ATTEND?

Women 12 & older are invited to participate in this event. Come with your best friend, mom, daughter, 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 \$65 and includes all activities and a Wild Outdoor Women gift. **Registration deadline is June 3rd, 2024, 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 | *Sunscreen |
| *Overnight Gear | *Hat | *Snacks |

SILENT AUCTION? EQUIPMENT SWAP???

We will be holding a silent auction to offset costs from the workshop. We will be auctioning off outdoor themed baskets. We will provide the auction items, but if you'd like to donate something you are more than welcome! Bring some \$\$\$ in case you can't resist bidding up a silent auction item!

QUESTIONS?



SCHEDULE

FRIDAY NIGHT FUN

Friday, June 21st (overnight optional)

5:00-6:00pm	Registration, Set Up Tents, Socializing
6:00-7:30pm	Dinner and T Shirts with Side Garage—\$20 <small>*Not included in registration fee</small>
7:30pm-8:30pm	Fire Starting/Starters, Social Time, Camp Overnight
8:30pm	Optional Night Hike, Camp Overnight

SATURDAY SESSIONS

Saturday, June 22nd

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: <ul style="list-style-type: none">A. Intro to Backpacking & Primitive CampingB. High Ropes CourseC. Macrame
11:15am-12:15pm	Lunch
12:00pm	Silent Auction Ends
12:15-1:45pm	General Session: Building and Protecting Ecosystems by Cultivating Connections to Nature and Each Other
1:45-3:00pm	Session Two: <ul style="list-style-type: none">D. Wild Edibles Part 1 (ID & Harvesting)E. Backyard BirdfeedersF. Experience Oneida; Native American Celebration and Storytelling
3:15-4:30pm	Session Three <ul style="list-style-type: none">G. Wild Edibles Part 2 (Cooking & Recipes)H. Power Tools: DIY Tray FeederI. Weather Preparedness
4:30pm	Have A Safe Trip Home!



SESSION DESCRIPTIONS

Friday General Sessions

Fire Starting/Fire Starters DIY

Instructor: Kelsey Longnecker, Warren County Conservation

Fire? Yes! Let's talk Fire! Learn different techniques and practices. Learn how to set yourself up for success to get a fire going whether that is with lighter, a match, or a different method! Get a chance to try your hand at fire-starting and make your very own fire starters to take home with you.

*Optional Night Hike

Instructor: Hannah Hernandez, Warren County Conservation

After dinner venture out to explore the sounds, smells, and sights of the night with WCCB Naturalist, Hannah Hernandez. Experience the natural world in a whole new (lack of) light.

Saturday Sessions

A. Intro to Backpacking/Primitive Camping

Max Participants: 15

Instructor: WCCB

Whether you're a new or an experienced backpacker, this session will give you tips and tricks to ensure your successful navigation and safety while out on the trail. Don't miss out on this opportunity to enhance your outdoor adventure skills. Join us and get ready to embark on your next backpacking journey with confidence and ease!

B. High Ropes Course

Max Participants: 10

Instructor: Wesley Woods

Take your experience to new heights with this high ropes challenge! Explore 30+ feet in the air as you navigate through different obstacles. Take a step out of your comfort zone as you take in the breathtaking views! And end your experience by going down a zip-line. Are you ready for the challenge?

C. Macrame

Max Participants: 15

Instructor: Hannah Hernandez, WCCB Naturalist

Discover the art of knot tying by crafting plant hangers to add a touch of greenery to your home. In this session you will learn a few common macramé knots, with these you have the ability to make different designs. You will also learn tips for how to properly display and hang your plant hangers. This session is great for beginners, join us and let your creativity bloom!

General Session: Building and Protecting Ecosystems by Cultivating Connections to Nature and Each Other

Instructor: Jessie Lowry, Madison County Conservation

Nature is teeming with seemingly invisible connections. From the symbiotic relationship between the sun and plants to the interdependence of plants and animals, these connections stitch the fabric of our ecosystems. This intricate network extends globally, with every mushroom, flower, and tree linked to the surrounding plants and animals. It's this interconnectedness that fuels ecosystems, generating clean air, freshwater, and a stable climate. Through the use of native plants and smart landscaping, we can reunite these critical connections in nature. Beyond healthier ecosystems, our bodies, minds, and communities benefit as well!



SESSION DESCRIPTIONS

D. Intro to Wild Edibles Part 1 (ID & Harvest)

Max Participants: 15

Instructor: Chelsea Ewen Rowcliffe, Mitchell County Conservation

(You can choose 1 or both parts to Wild Edibles)

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, and knowing when and what to sustainably harvest.

E. Backyard Birdfeeders

Max Participants: 14

Instructor: Monty Freeman, Wild Birds Unlimited

Learn all about the birds that are frequent visitors to your backyard. You will discuss 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. Experience Oneida; Native American Celebration and Storytelling

Max Participants: 15

Instructor: Amanda Cawthorn, Oneida Nation

Amanda Cawthorn is registered with the Oneida Nation of Wisconsin. She enjoys sharing the Oneida culture, with lessons from the past and a focus on the present. She grew up in northern Wisconsin, and now lives in Iowa with her husband and their four children. When she's not supporting her children in various activities, Amanda enjoys gardening, reading and playing the violin. She shares her culture because she wants to help audiences see past the many stereotypes about Native Americans, and to understand that Native cultures are still alive, and strong.

Participants will learn about what a powwow is and why they are important, while being invited to take in the vibrant colors, sounds and tastes at an Oneida powwow. We will explore different categories of dance and regalia, try a sample of traditional Strawberry Drink, and join in a Friendship dance.

G. Intro to Wild Edibles Part 2 (Prepare, Cook & Recipes)

Max Participants: 15

Instructor: Chelsea Ewen Rowcliffe, Mitchell County Conservation

(You can choose 1 or both parts to Wild Edibles)

Now that you know what to look for in Mother Natures grocery store, the group will focus on how to prepare wild treats. We will focus on how to prepare and cook wild edibles, learn several recipes, and even sample some wild flavors.

H. Power Tools: DIY Tray Feeder

Max Participants: 14

Instructor: WCCB Staff

Ever wanted to try your hand with power tools? Now is your chance! Enjoy the empowerment of being able to build your very own bird tray feeder using power tools under the guidance and instruction of WCCB staff. Make a bird feeder that you can take home and start, or add to your bird feeding station!

I. Weather Preparedness

Max Participants: 16

Instructor: TSgt Brad "Popeye" Green, Weather Forecaster; Iowa Air National Guard

Weather patterns, forecasts, severe weather, how can you understand all of it to make good plans for your day or week? Brad Green shares how you can evaluate the weather patterns and forecast to make sure that you are properly prepared before going camping, hiking, fishing, boating, or just staying around the house. You may have already been utilizing Brad's expertise if you've ever referenced "The Off the Cuff Weather Guy" on Facebook. Brad Green is also a meteorologist for the U.S. Air Force.



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: _____



REGISTRATION FORM

REGISTRATION & PAYMENT DEADLINE: JUNE 3, 2024

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

Do you plan to make a T-Shirt(s) Friday night for \$20/shirt?

Yes/No

If so, what size T-Shirt _____ and how many? _____

Do you have dietary restrictions?

Yes/No

Dietary Comments: _____

Please Return with Payment to Reserve Your Spot

Registration fee is \$65

Make checks payable to WCCB

Checks are Nonrefundable

Pay online with a processing fee.

(To pay online email your registration form and note that you'd like to pay online to

KelseyL@warrencountyia.org)

Mail To: Warren County Conservation

15565 118th Avenue



REGISTRATION



Please fill out the enclosed form and return it along with payment to secure your spot for 2024 Wild Outdoor Women by June 3rd. 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:

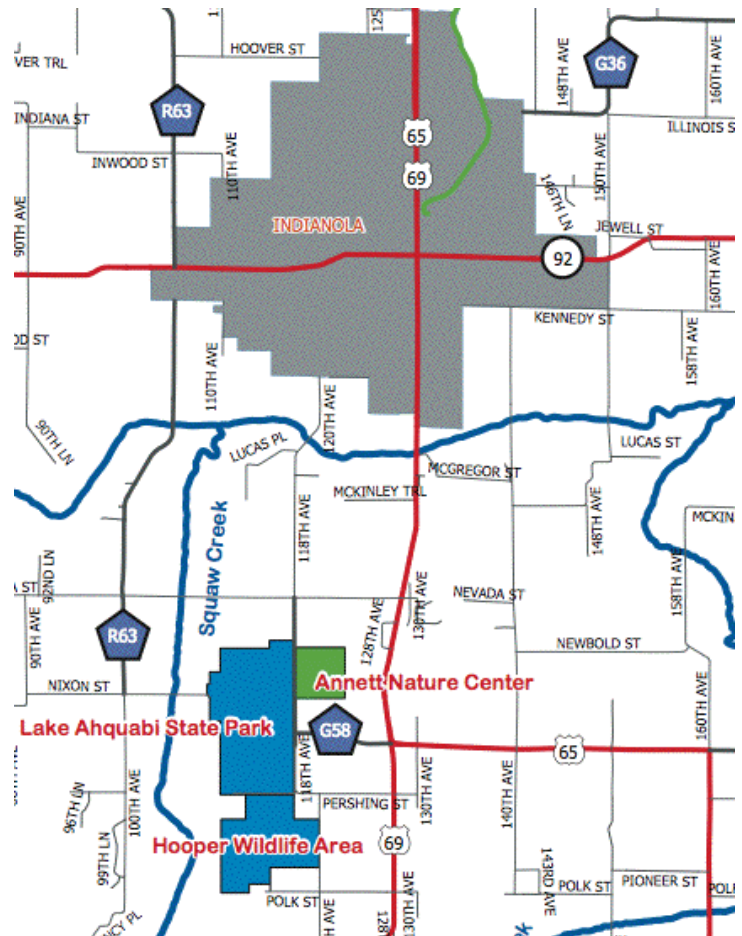
Registration fee is \$65
Make checks payable to WCCB
Payment is Nonrefundable



LOCATION

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.





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ONEIDA NATION

