

# Wild Women of the Woods

## September 14-15, 2018

McFarland Park (56461 180th Street, Ames, IA 50010)

New location!

Wild Women of the Woods is designed to give women the opportunity to explore the outdoors, learn or improve skills, and network with women with similar interests.

## Weekend Schedule

### Friday, September 14, 2018 (optional)

6:30 - 7:30 p.m. - Set up camp at McFarland Park

\*Campers are encouraged to come earlier to set up camp and enjoy the park. Hike-in sites will be available, but naturalists will not be available prior to 6:30 pm for assistance or registration. \*Dinner is not provided.

7:30-7:45 p.m. - Welcome and Introductions

7:45-8:45 p.m. - "Stories in the Stars"

8:45-9:30 p.m. - S'more Potluck, Relaxation and Mingling

### Saturday, September 15, 2018

6:00 - 7:00 a.m. - Sunrise Yoga (optional)

7:00 a.m. - Breakfast (bagels, yogurt, pastries)

Registration, Silent Auction

8:00 a.m. - Welcome, Introduction, Directions

#### 8:30 - 10:00 a.m. Session One (Choose One)

A. Kayaking (Part 1\*) Offsite FULL

B. Introduction to Firearms and Basic Shooting (Part 1\*) Offsite

C. Orienteering, Navigating by Map and Compass (Part 1\*)

D. Survival Shelters

E. Homemade Natural Products

F. Creating Personal Nature Mandala's

#### 10:30-Noon Session Two (Choose One)

G. Kayaking (Part 2\*) Offsite FULL

H. Introduction to Firearms and Basic Shooting (Part 2\*) Offsite

I. Orienteering, Navigating by Map and Compass (Part 2\*)

J. Fire Cider: A Kitchen Cabinet Remedy

K. Explore Your Watershed: Creek Trek

L. Outdoor and Trail Preparedness

Noon - 1:30 p.m. - Lunch and Group Photo

1:00 p.m. Silent Auction Ends

#### 1:30 - 3:00 p.m. Session Three (Choose One)

M. Intro to Paddle Boarding

N. Introduction to Firearms and Basic Shooting (Part 1\*) Offsite

O. Weeds: Your Backyard Medicine Cabinet

P. Fire Ink Art

Q. Trail Foods

R. Mindful Meditation

S. Mountain Biking-Maintenance & Riding Techniques (Part 1\*)

#### 3:30 - 5:00 p.m. Session Four (Choose One)

T. Intro to Paddle Boarding FULL

U. Introduction to Firearms and Basic Shooting (Part 2\*) Offsite

V. What's In Your Purse?

W. Fermenting Foods FULL

X. Owl Pellets

Y. Mountain Biking: Maintenance & Riding Techniques (Part 2\*)

5:30 p.m. Collect and pay for your silent auction item.



Questions? Contact Story County Conservation at 515-232-2516 or [conservation@storycountyia.gov](mailto:conservation@storycountyia.gov)

# Session Descriptions

Please note any water and shooting related activities are being hosted offsite.  
Transportation will be provided for "Introduction to Firearms" only.

**Friday Evening - Stories in the Stars** • Join Story County Conservation naturalist, and the Ames Area Amateur Astronomers to learn stories behind constellations, star gaze, and look through telescopes.

**S'more Potluck** • Have a mouth-watering S'more recipe you are dying to share? Now is your chance! Bring your most unique, creative, delicious, or all-out weird recipes with ingredients to share.

**Saturday Morning Program - Sunrise Yoga** • Join us for an hour long exploration of mind, body, and spirit. We will focus on breath and movement, and not worry about perfection. Experienced yogis and beginner yogis are welcome. • Instructor: Beth Waage

Session 1 (Choose One)

**A. Kayaking (Part 1\* West Peterson Park, drive yourself)** • Kayaking is one of the best ways to enjoy the remaining wildlife corridors in Iowa. This class will be taught by a certified kayak instructor and will cover safety, equipment, and paddling strokes. The class is for beginners but also useful for those with some experience. \*This is an offsite session taking place at West Peterson Park (5 min drive). Transportation will NOT be provided. • Instructors: Greg Vitale, certified kayak instructor • Number of Participants: 8

**B. Introduction to Firearms and Basic Shooting (Part 1\*)** • This session provides opportunities for those new to shooting or for those looking for more confidence and experience in handling and shooting firearms. We will spend the first half of the session learning firearms and ammunition terms, functions, safety, and handling. The second half we will shoot, shoot, and then shoot some more! Please note that although we will discuss and handle handguns, only long guns will be fired in this session. \*This is an offsite session; transportation will be provided. • Instructor: Joli Vollers, IDNR conservation officer. • Number of participants: 12

**C. Orienteering: Navigating by Map and Compass (Part 1\*)** • What happens when your GPS or mapping app fails? You pull out your map and compass! In this session participants will be instructed and coached on the use of a map and compass before embarking in teams of two or three on a longer orienteering course. Members of STAR 1 will be on hand to assist. • Instructors: Rick Dietz and Ken Birt, STAR 1 Search and Rescue. • Number of Participants: 25

**D. Survival Shelters** • Come and put your creativity and skills to the test. Try your hand at building a woodland survival shelter. Work in a team or build on your own. You will be amazed at what you can craft with determination and a few sticks • Instructor: Heather Hucka, Story County Conservation Naturalist • Number of Participants: 25

**E. Homemade Natural Products** • Ever wonder if the products you put on your skin or use in your home are really safe for you, your family, and the environment? Making your own products is fun and gives you peace of mind knowing exactly what's in them. We'll make lip balm, a body scrub, a household cleanser, and lotion. You'll take home many recipes to get you started, and these will get you motivated to jump on the "doing it naturally" bandwagon. • Instructor: Laura Zaugg naturalist/natural healing student • Number of Participants: 15

**F. Creating A Personal Nature Mandala** • A mandala or shield has traditionally been embedded in a variety of cultures and traditions as a spiritual or ritual symbol to focus attention or create a sacred or protected space. During this session you will create a personal mandala or shield using natural materials, art, and artifacts that exemplify who and what you are and who and what you are becoming. Participants will share and discuss their creations and insights with each other if they wish. • Instructor: Nancy Franz, Story County Conservation Board • Number of Participants: 25

Session 2 (Choose One)

**G Kayaking (Part 2\* West Peterson Park, drive yourself)**

**H. Introduction to Firearms and Basic Shooting (Part 2\*)**

**I. Orienteering: Navigating by Map and Compass (Part 2\*)**

**J. Fire Cider: A Kitchen Cabinet Remedy** • Fire Cider has deep roots in traditional folk medicine. This potent infusion has powerful immune boosting, anti-inflammatory, anti-bacterial, anti-viral, and decongestant properties. The perfect addition to your cabinet for those winter maladies • Instructor: Dr. Gayle Curtis, medical herbalist • Number of Participants: 12

**K. Explore your Watershed: Creek Trek** • Expect to get wet and muddy as we follow the creek wherever it flows. This trek is all about nature exploration. We will go off trail on rough terrain, hills, and of course, in the creek. If it rains, we will explore watersheds through hands-on activities. • Instructor: Bekah Beall, Story County Conservation naturalist • Number of Participants: 25

**L. Outdoor and Trail Emergency Preparedness** • Join Pingora Outdoors as you learn the basics of outdoor and trail emergency preparedness. We will cover items and potential scenarios of what you need just in case of an emergency while you are out on the trail backpacking, hiking, etc. How will you respond? • Instructor: Shae Rosetti, Pingora Outdoors • Number of Participants: 25

## ...session descriptions continued

Session 3 (Choose One)

**M. Introduction to Paddle Boarding (West Peterson Park, drive yourself)** • Stand Up Paddle Boarding is a great low impact activity that increases core strength and balance. This class will give you a chance to try the fastest growing paddle sport, and see what all the excitement is about. We will discuss and try the differences in boards and paddles, and then spend some time learning how to hold and use the paddle on land before moving to water. • Instructors: Brandon Carpenter & Sue Ravescroft • Number of Participants: 8

**N. Introduction to Firearms and Basic Shooting (Part 1\*)** • This session provides opportunities for those new to shooting or for those looking for more confidence and experience in handling and shooting firearms. We will spend the first half of the session learning firearms and ammunition terms, functions, safety, and handling. The second half we will shoot, shoot, and then shoot some more! Please note that although we will discuss and handle handguns, only long guns will be fired in this session. \*This is an offsite session; transportation will be provided. • Instructor: Joli Vollers, IDNR conservation officer • Number of participants: 12

**O. Weeds; Your Backyard Medicine Cabinet** • 'Weeds' are so much more than they appear. We will wander the ground and discuss the properties of the weeds, how to harvest and use them in healing as well as for food. There is really no such thing as 'weeds'! • Instructor: Dr. Gayle Curtis, medical herbalist • Number of Participants: 15

**P. Fire Ink Art** • Some say that the wildest of the four elements is fire— a raw, untamed force that has often represented woman in literature and art. In this session, we will connect with that force, combining it with alcohol based inks to create several colorful works of art influenced by the organic movement of fire. Each participant will be able to make a framed work on glass and take home a few 4" tiles.

• Instructor: Sara Merritt, artist • Number of participants: 20

**Q. Trail Foods** • A safe and enjoyable time on the trail requires energy and delight provided by food. This session gives you an opportunity to discover or rediscover simple and delicious food from the grocery store and your kitchen that will make your mouth water and make you want to hit the trail! Come to this session ready to try trail food and share your favorite trail food stories! • Instructor: Nancy Franz, Story County Conservation Board • Number of participants: 20

**R. Mindful Meditation** • Meditation is a way to achieve mental clarity and calmness. It can also be used to reduce stress and anxiety. Meditation is not a one size fits all practice. We will practice and discuss different ways to mediate. Bring a blanket to sit upon. • Instructor: Beth Waage, Story County Conservation naturalist • Number of participants: 20

**S. Mountain Biking: Maintenance and Riding Techniques (Part I\*)** • Mountain biking through the wooded trails in McFarland Park is great exercise and very fun! Join the staff from the ISU Outdoor Recreation Program on this two-part educational experience. Part I we will focus on bike maintenance, and Part II we will learn riding techniques, as we hit the trails exploring more of the park. Bikes can be provided or participants are welcome to bring their own. (If you would like a bike provided, please indicate so on the corresponding spot on the registration form).

• Instructor: Logan Lovell, ISU Outdoor Recreation bike manager • Number of participants: 8

Session 4 (Choose One)

**T. Introduction to Paddle Boarding (West Peterson Park, drive yourself)** • Stand Up Paddle Boarding is a great low impact activity that increases core strength and balance. This class will give you a chance to try the fastest growing paddle sport and see what all the excitement is about. We will discuss and try the differences in boards and paddles and then spend some time learning how to hold and use the paddle on land before moving to water. • Instructor: Brandon Carpenter & Sue Ravescroft • Number of Participants: 8

**U. Introduction to Firearms and Basic Shooting (Part 2\*)**

**V. What's in Your Purse?** • Be prepared...expect the unexpected. Nearly all outdoor activities have an element of risk, but with a little knowledge and preparation, a favorite activity can be worry-free. Learn what to plan and prepare for, and discover survival and fire starting skills using resources you might already be carrying! • Instructor: Patti Peterson-Keys, environmental education coordinator, Polk County Conservation • Number of participants: 25

**W. Fermenting Foods** • In recent years there has been a lot of research that suggests that a major key to overall health is to optimize our intestinal health. Fermented sauerkraut, kimchi and veggies are loaded with probiotics and are a very effective way to increase the healthy bacteria in your intestinal tract. In this class we will talk about the science and art of fermentation. I will demonstrate how easy it is to make sauerkraut and we will discuss how to set up a fermentation station for your home. Additionally, I will have lots of samples for you to enjoy.

• Instructor: Sara Reece • Number of Participants: 12

**X. Owl Pellets** • Investigate the world of owls by exploring what's in their pellets. We will dissect owl pellets and identify what they have been eating in this hands-on session. Bring your owl stories and questions. Whoooooo knows what we might learn? • Instructor: Heather Hucka, Story County Conservation. Naturalist. • Number of Participants: 25

**Y. Mountain Biking—Maintenance and Riding Techniques (Part 2\*)**



### Women's Hunter Education Course November 3rd, 2018 9-5pm

Story County Conservation and Iowa DNR are teaming up to offer Iowa Hunter Education certification in a program designed for women ages 16 and up. This dual component course will include self-paced online study and culminate with a hands-on field day at the Story County Conservation Center in McFarland Park, Ames, Iowa. Women hunters and conservationists will lead the field day and provide an encouraging environment for new hunters, those looking for camaraderie with other outdoorswomen, or those simply wanting to learn more about conservation and shooting sports. There is no charge to participate, but in order to certify, participants must complete the online portion sometime between registration and the field day and successfully participate in the field day activities, including a short multiple choice test. Field day activities will include a variety of firearm and archery handling and shooting opportunities, an overview of Iowa hunting laws and outdoor ethics, and open discussions and Q&A throughout. This workshop is free, and class size will be limited; be sure to register by October 19th. Participants must register by contacting: Joli Vollers: 515-238-2047 email: [joli.vollers@dnr.iowa.gov](mailto:joli.vollers@dnr.iowa.gov). For more information visit: [www.storycountyconservation.org/Calandar](http://www.storycountyconservation.org/Calandar) or [www.mycountyparks.com](http://www.mycountyparks.com)

# Registration

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

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Will you be attending Friday night? (optional) Yes/No

Do you prefer vegetarian meals? Yes/No

Dietary accommodations or restrictions? \_\_\_\_\_

Emergency contact person during event: \_\_\_\_\_

Emergency contact phone: \_\_\_\_\_

Any additional accommodations needed: \_\_\_\_\_

If participating in the "Mountain Biking Part 1 and 2 session" do you need a mountain bike provided? \_\_\_\_\_ Helmet? \_\_\_\_\_

## Saturday Sessions

	1st Choice	2nd Choice
Session 1		
Session 2		
Session 3		
Session 4		

### Fees:

- Workshop Fee: **\$60.00**
- I want to order a WWW wicking tank top. Add **\$15.00**, or **\$17.00** for 2XL to workshop total. Women sizes: *S, M, L, XL, 2XL*.

Shirt size: \_\_\_\_\_ Shirt color: \_\_\_\_\_

*\*Tank top orders must be received by August 27th, 2018*

- Yes, I am a member of SCC Partners (10% discount \$54.00) \*Tank top not included

Total: \_\_\_\_\_

## WWW Tank Tops available for purchase!



\*This shirt features 100% polyester **wicking** knit. The fabric wicks moisture away from your body.

- No refunds after August 27th.
- Registration fee for workshop includes all Saturday sessions, Friday night camping at a group campsite, snacks, breakfast, lunch, and WWW swag item. Classes are filled on a first-come, first-served basis, and class sizes are limited.
- Participants will receive a confirmation letter when the registration form and payment are received. Participants must be at least 18 years old.
- Send registration form and checks payable to:  
Story County Conservation • 56461 180th Street • Ames • 50010

## Thank you to our sponsors!

