

Wild Women of the Woods

October 8-9th, 2021

Hickory Grove Park (67464 250th Street, Colo 1A)

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, October 8, 2021 (optional)

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

*Campers are encouraged to come earlier to set up camp and enjoy the park. Naturalists will not be available prior to 6:30 pm for assistance or registration. *Dinner is not provided.

Covid Precautions

Like you, we look forward to getting back to a normal workshop! Hopefully next year we can return to two overnights, meals, full gatherings, silent auctions, and all the other extras we love about Wild Women of the Woods. Until then, we thank you for your understanding, and adaptability to these new changes.

7:45-8:45 p.m. - Evening Activity

Saturday, October 9, 2021

7:30-8:30 a.m.-Registration

*Participants of a two part series must attend both sessions

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

- A. Finding Your Way (Part 1*)
- B. Home Food Preservation
- C. Greening Your Home
- D. Hammock Camping
- E. Batik Cloth Painting

10:30-Noon Session Two (Choose One)

- F. Finding Your Way (Part 2*)
- G. Archery Basics
- H. Introduction to Disc Golf
- I. Fire Starting for Dummies

Noon - 1:30 p.m. - Lunch (please bring your own)

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

- J. Introduction to Kayaking (Part 1*)
- K. Unlikely Hunters
- L. Backpacking 101
- M. Home Brewing

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

- N. Introduction to Kayaking (Part 2*)
- O. Print Making
- P. Become a Slacker!
- Q. Hike Like A Pro!

Goodbye!



Questions? Contact Story County Conservation at 515-232-2516 or conservation@storycountyiowa.gov

Session Descriptions

Session 1 (Choose One)

A. Finding Your Way (Part 1*) •Do you know how to read a map? Does your fear of getting lost in the woods hold you back? Map and compass skills are far more reliable than your phone or GPS unit. Gain confidence in your navigation skills and learn what the squiggly lines on your topo map really mean with this intro to orienteering course •Instructor: Mel Sadeghpour, DMACC Environmental Science and Ecology Program Chair.

•Number of Participants: 15

B. Home Food Preservation •Love that fresh garden produce but have more than you can eat? Preserve it! It's not difficult, but you do need to follow safe methods. You'll learn how to can, freeze, and dry foods safely at home in this introductory course. •Instructor: Holly VanHeel, Human Science Nutrition & Wellness Specialist, ISUEO. • Number of Participants: 25

C. Greening Your Home •Discover practical ways you can make a difference for nature through changes around your home, from quick and easy, to more complex. This overview will offer ideas for each room in the typical home or apartment, and participants can share their own tips as well.

Topics may include reducing disposable plastics, alternative cleaners, energy use, and composting. • Instructor: Rebekah Beall, Naturalist, Story County Conservation •Number of Participants: 15

D. Hammock Camping •Swap out the typical tent for a lightweight and more comfortable form of camping! Hammock camping is easier than you think, and only requires a few simple pieces of equipment. In this session, we will learn the equipment required to become a hammock camper, and practice setting up some hammocks. • Instructor: Lauri Ericson, avid camper •Number of Participants: 15

E. Batik •Batik is an Indonesian art form, using wax and dyes, to paint on fabric. In this workshop you will use paint and wax to your own unique handkerchief/bandana! Some finish work at home will be required. •Instructor: Janine Tellinghuisen •Number of Participants: 10

Session 2 (Choose One)

F. Finding Your Way (Part 2*)

G. Archery Basics •In this session, participants will be introduced to the sport of archery. Using compound bows and target arrows, we will discuss equipment, safety, and go through the process of shooting. After that, participants will practice their skills shooting at targets. •Instructor: Heidi Anderson, Naturalist, Polk County Conservation • Number of Participants: 12

H. Introduction to Disc Golf •Disc golf is a great sport for all ages and athletic ability. Do you enjoy leisurely walks in the park? Disc golf might be for you! We will cover what you need to know to start playing, or to learn to enjoy it more. Learn the basic rules and strategy of the game, practice common throws, and discuss disc selection to get the most of your throws. •Instructor: Steve Lauber, Bike World. • Number of Participants: 20

I. Fire Building for Dummies •Fire has been bringing folks together for centuries; come and challenge yourself to become a fire master. Learn tips and tricks for getting a fire going, explore different ways to build a fire to serve your needs best, and try your hand at igniting your own fire and have some fun too. • Instructor: Heather Hucka, Naturalist Story County Conservation •Number of Participants: 15

Session 3 (Choose One)

J. Kayaking (Part 1*) •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.

Equipment will be provided. •Instructors: Piper Wall and Greg Vitale, certified kayak instructors •Number of Participants: 8

K. Unlikely Hunters •The stars aligned just right during the summer of 2020 for two female staff in SCC's Environmental Education unit to sign up for "Field to Fork," a program designed to provide a hands-on learning experience to adults interested in bow hunting, butchering, and cooking venison (deer). See how they fared at their first ever experience hunting, and learn if this might be a new skill you would like to acquire! •Instructors: Beth Waage, Naturalist, Story County Conservation and Erica Place, Story County Outreach Coordinator. • Number of participants: 20

L. Backpacking 101 •Backpacking doesn't have to be hard or intimidating. Join us for a lively discussion about what you need to know to start your first backpacking journey, and some of the great things that can happen with your gear strapped to your back. Participants will learn: 1) How to prepare for a trip; picking destinations, and planning ahead. 2) Essential gear and what to pack. 3) How to pack. 4) Food prep and water filtering. •Instructor: Jennifer Riggs, Founder of Wander Women Iowa. • Number of participants: 20

M. Home Brewing •Are you a craft beer fan? Interested in learning more about it or how to make your own? Join us for this fun and informative session on the basics of beer production. Explore diverse ingredients to create your own unique brew. •Instructor: Fenders Brewing •Number of Participants: 15

Session 4 (Choose One)

N. Kayaking (Part 2*)

O. Relief Printing •Learn how to create your own postcard by using relief printmaking! Take inspiration from Hickory Grove Park and learn the basics of carving and printing. Participants will keep their blocks following the workshop. • Instructor: Raluca Lancu, Assistant Professor, ISU Department of Art and Visual Culture. • Number of Participants: 12

P. Become a Slacker •Slacklining is a sport that is balance training, recreation, and a moving meditation. It is similar to tightrope walking, and is accomplished by stretching a nylon webbing between two trees, about one foot off the ground. Although challenging to start, it quickly becomes easier and addictive as you will be determined to test your balance and courage, and walk the distance. We will have several slacklines set up for participants to try as well as instructors to assist you. Don't be afraid to be a Slacker! Participants that have mobility restrictions should not try this session. • Instructor: Jess Lancial, Naturalist, Story County Conservation, and Keri and Steve Kats, Slackers • Number of Participants: 10

Q. Hike Like a Pro! You want to go hiking, but how do you get started? Or you've been hiking, enjoy it, and want to learn tips for being more comfortable and confident. This workshop will help you discover, or rediscover, the basics of hiking— what to bring, what to wear, where to go, and how to avoid discomfort. Feel free to bring your hiking wisdom and lessons learned to share. • Instructor: Nancy Franz, Story County Conservation Board •Number of participants: 20

Registration

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Emergency contact person during event: _____

Emergency contact phone: _____

Any additional accommodations needed: _____

Do you plan to camp Friday evening? _____

Saturday Sessions

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

Fees:

Workshop Fee: **\$40.00**

Yes, I am a member of SCC Partners (10% discount **\$36.00**)

Total: _____

Thank you to our sponsors!



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

Covid 19 Precautions

Over the last nine years Story County Conservation has grown this program designed to facilitate connections to the outdoors and each other, while also challenging ourselves to learn new skills and participate in fun activities. We plan to continue those traditions for years to come, however, this year's program is going to look different. To insure the safety and comfort for everyone, we will be offering a modified experience. We have eliminated provided meals, social events, and large gatherings. If you would like to camp, camping will be available at Oriole Ridge. The morning check-in time has been extended, and will be social distanced to discourage large groups from forming. Throughout the workshop, whenever possible, we will require masks (provided) to be worn when social distancing cannot be maintained. To enable proper distancing and small class sizes, the maximum number of participants will be limited. Participants need to bring their own lunch, drinks, and portable chairs.

Thank you for your understanding, and your commitment to keeping everyone healthy!