Wild Women of the Woods

September 20-21, 2019

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

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 20, 2019 (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. - Night Hike

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

Saturday, September 21, 2019

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*)— *West Peterson Park*
B. Introduction to Firearms and Basic Shooting (Part 1*) *Offsite*
C. Introduction to Everything Fishing (Part 1*)
D. Kombucha
E. Fall Fungus Foraging
F. Recycled Jewelry: Upcycled Copper Tube Bracelets

10:30-Noon Session Two (Choose One)

G. Kayaking (Part 2*)— *West Peterson Park*
H. Introduction to Firearms and Basic Shooting (Part 2*) Offsite
I. Introduction to Everything Fishing (Part 2*)
J. An Introduction to ATS® Belly Dance
K. Women's Self Defense
L. Dutch Oven Cooking *This session will go until 12:15 pm

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. Introduction to Paddle Boarding— *West Peterson Park*
N. Introduction to Firearms and Basic Shooting (Part 1*) *Offsite*
O. Wild Game Cleaning and Cooking (Part 1*)
P. Explore the Wild with Letterboxing (Part 1*)
Q. Healing Massage: Techniques and Tips for Beginners
R. Pond Exploration
S. Wild Wearable Weaving

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

T. Introduction to Paddle Boarding— *West Peterson Park*
U. Introduction to Firearms and Basic Shooting (Part 2*) *Offsite*
V. Wild game Cleaning and Cooking (Part 2*)
W. Explore the Wild with Letter Boxing (Part 2*)
X. Discovery Hike
Y. Introduction to Henna

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

Pack up, and say goodbye!

Wild Women of the Woods

STORY COUNTY CONSERVATION

Questions? Contact Story County Conservation at 515-232-2516 or conservation@storycountyiowa.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 - Night Hike •Capture this unique opportunity to see McFarland Park through lightless eyes. Follow us on a journey to understand just what it takes to be a creature of the night. Test your senses and try your hand at talking with the owls.

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.

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, retired IDNR conservation officer. • Number of Participants: 12

C. Introduction to Everything Fishing! (Part 1*) •This session will help you learn the basics of fishing, including cleaning your catch, to prepared you for going on fishing adventures of your own or with friends and family. We will start with a discussion of fishing regulations and fish identification and learn about tying knots and different types of rods, reels, and tackle. We will then head to the ponds for some fishing action and finish with cleaning our catch (or the fish provided). • Instructors: Kim Bogenschutz, Aquatic Invasive Species Program coordinator •Number of Participants: 12

D. Kombucha •Probiotics and our microbiome are popular topics in today's conversations on wellness. Learn how to make your own fermented beverages at home to boost your biome and as a tasty treat! Participants will learn how to home brew both Kombucha and fermented soda and will leave the class with their own home brew starters (SCOBY and ginger bug included), as well as try some samples! • Instructor: Katie Flannery •Number of Participants: 15

E. Fall Fungus Foraging •Fall is the best time of year to find wild edible mushrooms and other interesting fungi. Learn the basics about mushroom foraging, safety and I.D. tips. We will be hiking around the park searching for fungus among us. • Instructor: Jess Lancial, Story County Conservation naturalist •Number of Participants: 25

F. Recycled Jewelry: Upcycled Copper Tube Bracelets •The construction of a building often has leftover material that sadly gets landfilled. We will use rescued copper tuning that was leftover after construction of a factory. Create a unique copper cuff of your own design. Learn about metalsmithing and cut, sand, design, texturize, foldform and finish your bracelet! • Instructor: Terrie Hoefer, artist • Number of Participants: 12

Session 2 (Choose One)

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

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

I. Introduction to Everything Fishing (Part 2*)

J. An Introduction to ATS Belly Dance •In this class, we will explore the dance style that is American Tribal Style Belly Dance (ATS). ATS is a completely improvisational group dance form that allows for a strong connection between the dancers on stage. For this session, we will learn the basics of the style and explore five of the foundational moves, three fast, and two slow. By the end of the session we will be able to dance a song together. This style is suited for all who want to try. There is not previous dance experience or fitness level required. And no, you do not need to show your belly. • Instructor: Dawn Grey, Blissful Sunrise Dance instructor• Number of Participants: 25

K. Women's Self-Defense • Learn to trust your awareness, assess situations rapidly, and act on your own behalf. Role-plays and pad drills give you the opportunity to strike with full power, speed, and commitment. We will help you gain the confidence and practical skills to create effective boundaries and respond immediately to real-life situations. You will learn to recognize and respond to threatening behavior with strong, assertive body language and verbal self-defense skills. • Instructor: Ames ATA Black Belt Academy • Number of Participants: 18

L. Dutch Oven Cooking • Have you ever wanted to cook with Dutch ovens but didn't know where to start? Come join us as we will guide you through a simple supply list, share copies of recipes and taste test the fruits of our labor! • Instructor: Bonnie Friend, Wayne County Conservation executive director and Becoming an Outdoors Woman instructor •Number of Participants: 15

...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, retired IDNR conservation officer •Number of Participants: 12

O. Wild Game Cleaning and Cooking (Part 1*) •Gain confidence in cooking wild game meat. This class will show participants some great cooking techniques along with some delicious recipes. Participants will learn how to clean a game bird, learn about meat processing and storage, and do some cooking and tasting. • Instructors: Susan Stocker, Iowa DNR, and Adam Janke, hunter and wild game chef. • Number of Participants: 12

P. Explore the Wild with Letter Boxing (Part 1*) •Letterboxing combines artistic ability with "treasure-hunts" in parks, forests, and cities all around the world. Participants seek out hidden letterboxes by cracking codes and following clues. The prize: an image from a miniature piece of art known as a rubber stamp—usually a unique, hand carved creation. In this workshop you will get to create a personal journal and carve your signature stamp using linoleum carving tools. Then you will get to go on a treasure hunt at McFarland Park to find 3 letterboxes. Treasure map and all materials included. Letterboxing could become your favorite hobby. • Instructor: Laura Semken, artist • Number of Participants: 12

Q. Healing Massage –Techniques and Tips for Begginers • Giving or receiving a massage can be a relaxing and uplifting experience. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, muscle tension, and much more. Learn basic techniques for providing yourself and loved ones a relaxing, stress-relieving massage • Instructor: Laura Zaugg, massage therapist. • Number of Participants: 20

R. Pond Exploration •What zooms, paddles, and skates on the pond?! We will use nets to sample the biodiversity of the pond's waterbugs and find out what these small creatures can tell us about the health of the ecosystem. If time allows, we will take an exploration walk at the edge of the pond to look into the bigger picture of water quality. Expect wet hands and muddy shoes! •Instructor: Rebekah Beal, Story County Conservation naturalist • Number of participants: 20

S. Wild Wearable Weaving • Learn some weaving basics while creating your own wild women keepsake pendant. Incorporate yarn and wool of varying textures with natural elements into your weaving to create truly unique, wearable fiber arts necklace. •Instructor: Beth Stanten, fiber artist • Number of Participants: 10

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. Wild Game Cleaning and Cooking (Part 2*)

W. Explore the Wild with Letterboxing (Part 2*)

X. Discovery Hike • Explore woods and prairie during this guided hike through McFarland Park with a naturalist. Bring your questions and curiosity about Iowa's natural world. Birds, insects, trees, flowers: who knows what we'll discover? • Instructor: Heather Hucka, Story County Conservation naturalist • Number of Participants: 25

Y. Introduction to Henna •Learn a brief history of Henna, a natural dye used in traditional, non-permanent skin "tattooing." This hands on class will provide you with the knowledge of skills and supplies necessary to continue the practice at home. Participants will be applying henna to their own skin. • Instructor: Krystal Komro, Henna artist • Number of Participants: 20

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

Registration

Name: _____ Phone: _____

Address: _____City: _____

State: _____ Zip: _____ Email: _____

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

Will you be camping Friday night at McFarland Park? (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:_____

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 Shirt. Add $27.00, or $30.00 for 2XL to workshop total. Women sizes: *S, M, L, XL, 2XL.*

Shirt size:_____ Shirt color: _____

**Shirt orders must be received by August 26th, 2019*

☐ Yes, I am a member of SCC Partners (10% discount $54.00)
**Shirt not included in discounted price*

*Total:*_____

WWW Long-Sleeved Hooded T-shirt available for purchase!



Heather Dark Gray



Heather Green

*Anvil/ Cotton Delux Ladies' Lightweight Long-Sleeve Hooded T-shirt. Preshrunk, 60% polyester, 40% combined ring spun cotton.

- No refunds after August 26th.
- 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

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