

# *The Canadian Wilderness Women's Network*

*The SIXTH Annual*

The Canadian Wilderness Women's Network considers all women to be experts in an area of wilderness life, living, and learning. The CWWN encourages and relies on the sharing of these expertise and experiences in the network not only to sustain itself but to create a forum for women to express themselves. The CWWN is an entirely volunteer-based, accessible, inclusive, not-for-profit organization for women-only whose work, learning, life and/or passions include the wilderness. Level of activities happening in the network is dependent on the level of volunteer participation.

Each year, the CWWN has a workshop weekend. The philosophy of the weekend is to gather women who teach, learn in, and enjoy the wilderness to share ideas, network and discover. The weekend is volunteer-run, inexpensive and collaborative with food preparation, weekend set-up and clean up, advertising, registration and workshop facilitation run by women in the network. The workshop facilitation, activity planning, and open mic coffee house are forums for women to express their creativity in a supportive and encouraging environment.

Information and expertise within the network include:

- **Wilderness Therapy**,
- **Adventure Programming and Expeditions**
- **Program Development**
- **Outdoor Certification**
- **Camps for Girls and Women**
- **Self Esteem and Self Confidence Programming**
- **Women's Spirituality**
- **Experiential Education**
- **Art, Drama, Music and Dance**
- **Writing and Journaling**
- **Women and Nature**
- **Feminist Theory**
- **Women Naturalists (Nature Interpretation)**
- **Programs for Special Populations**
- **Starting your own business**
- **Becoming an outdoor instructor**

*This is a weekend created and organized for and by women interested in the field of wilderness and women. It is a weekend for sharing, learning and being together. All are welcome regardless of class, race, religion, physical or mental ability, or sexual orientation.*



## *Canadian Wilderness Women's Network*

*Spring Workshop Weekend*

**2002**

**Friday April 19<sup>th</sup> evening-  
Sunday April 21<sup>st</sup> afternoon**

**Camp Kawartha  
Lakefield, Ontario (near Peterborough)**

*A weekend for sharing, learning, meeting, dreaming, playing, beginning,  
building, writing, creating...*

## *Philosophy of the Spring Weekend:*

The wilderness women's network weekend is a time to get together with other women interested in the area of women and girls and the wilderness. It is about being together and sharing space and time. The weekend is UNIQUE in that WE ARE ALL THE ORGANIZERS OF THE WEEKEND-- no one is in charge of the events. All workshops are presented by women in the network, all food is bought and created by us, if you see something that needs to be done or might be a great addition to the weekend you can just do it, invite it, build it, create it. We all make the weekend happen by being together in one place and it has a way of working magically. This weekend is a brilliant opportunity to get what you need, at your pace, in your way. Workshop presentations are a great perk of the weekend but participation in them is by no means obligatory (*except one food prep OR clean-up slot and one wee chore for the weekend*).

### **THE WEEKEND FOOD: The Mystery of the Orderly Chaos:**

**\*\*\*NO NUTS OF ANY SORT AT ALL PLEASE.\*\*\***

The food for the weekend *might* seem like a crazy chaotic undertaking but it has been a successful, mysterious, fun, and community - spirited way of preparing food for 80 women, so we'll carry on the tradition. Essentially, we each *buy groceries* (rather than bringing prepared food, separate it into thematic boxes on Friday night and then each woman signs up for the prep OR clean-up of one meal. No problem!

### **PREPARE NO FOOD, BRING THE GROCERIES INSTEAD...**

Bring food that is as unprocessed and as "close-to-the-earth" as possible. Buy one item from four of the following categories: FRUITS, VEGETABLES (including TOFU), SALAD MAKINGS, GRAINS, SNACKS, TREATS, DAIRY (milk, cheese, butter, eggs, yogurt), CEREAL, . An example of one person's contribution might be: a bag of apples, a couple tubs of yogurt, 6 tomatoes, two packages of Tofu. Think about bringing the volume of food YOU (one person) would consume for the whole weekend. DON'T FORGET DRINKS : juice, tea, coffee, cream, beer, wine etc. All left over food will go to the shelter for women in Peterborough.

### **IF YOU HAVE SPECIAL DIETARY NEEDS BRING WHAT YOU NEED FOR YOURSELF FOR THE WEEKEND.**

***Getting There:*** Camp Kawartha is a beautiful wilderness setting with a full waterfront, sand volleyball court (bring a ball), high ropes course, a fully equipped kitchen, heated cabins, lots of flat camping space, washrooms and public telephone.

**Directions to Camp Kawartha:** Look at an Ontario map and find your way to Peterborough. Take #28 North to Lakefield. From Lakefield go North on Highway 29 (previously called Highway 28) for approximately 5 km (past the Stoney Lake Road). Turn right on Birchview Rd (the Centre is signed from Highway 29 at this point). By the way, you can only turn right. Travel for 7km and the Centre is on your left - it is a long and winding 7km.

### **To Bring:**

- ◇ A MUG that is yours for the weekend with your name on it
- ◇ Indoor shoes or slippers (no shoes worn inside the building)
- ◇ Gear swap and marketplace articles
- ◇ articles, books, program flyers, program ideas, writings, and resource material to share
- ◇ journals, writing materials, paints...
- ◇ guitar, drum, music, poems, stories... (for the Saturday night open mic)
- ◇ hiking or rubber boots
- ◇ bikes, running shoes, games, canoes, kayaks, volleyball...
- ◇ climbing harness (if you want to play on the ropes course)
- ◇ binoculars, camera...
- ◇ sleeping bag, sleeping pad, pillow, tent (if camping)
- ◇ your dog or cat (NOTE: DOGS MUST BE ABLE TO BE QUIETED DURING WORKSHOPS AND TRAINED ENOUGH TO NOT UPSET THE NON-CANINE LOVERS AMONG US)
- ◇ your children (child care is not formally organized but you are welcome to organize it)
- ◇ towels and toiletries, cozy clothing – it has snowed in the past!
- ◇ a female friend, sister who is also a wilderness woman
- ◇ beverages that are special – like wine/beer/special juices etc
- ◇ a sit-upon, lawn chair, thermal-rest chair...

**MARKETPLACE and GEAR SWAP:** Bring your homemade wares to sell and any outdoor gear that you want to sell or trade with other women. On Saturday between 4 – 7 p.m. we will use the fireplace area for the swap. If it is a nice day we'll take it all outside...

**OPENSTAGE and MIC on Saturday night:** Here's your chance to share your stories, songs, poems, music with inviting, exciting, welcoming and encouraging women! Sign up on the sign-up sheet or just show up!

## What's Happening on the Weekend?

The following is a description of the daily events and scheduled workshops. No pre - registration is necessary for the workshops – just sign up on the sheets in the dining hall on Friday night or Saturday morning.

### friday

**Friday evening 6pm and into the night** – Register, sign up for things, set-up, eat, mingle, cozy in, make the resource table, share, make your name tag,... Come to the weekend on Friday night with your tummy full – there is no supper provided on Friday eve.

10:00 p.m. A welcome and gathering (dining hall)

**Book Browsing Table:** Bring your books and resources to leave on a browsing table for the weekend.

### saturday

6:30 a.m. NATURE WALK, (UNSTRUCTURED) -MEET AT THE DINING HALL

8:00 a.m. BREAKFAST

9:30 - 11:00 a.m. WORKSHOP SET ONE

1A) **THINKING LIKE A MOUNTAIN** *Jennifer Jupp*

Let's come together, wonderful women - connect with each other and with the earth through some immensely effective and positively moving "Thinking like a Mountain" interactions. We'll leave this workshop feeling connected to our evolutionary past - the beauty of the planet we share today - and each other!

**Location: Fireplace section of the Dining Room.**

1B) **SHARING THE MAGIC OF WILDRNESS: ACCESSINBILTY IN ACTION**

*Beth Aspen Parks*

After an exciting summer addressing accessibility in wild spaces Beth plans to challenge our limited definition of what a 'wilderness tripper' is. In this unorthodox workshop Beth will discuss how to facilitate wilderness trips that integrate folks with social, cognitive and physical disabilities. Be prepared to participate as this workshop will focus on group discussion and role playing.

**Location: down by the beach/canoe dock**

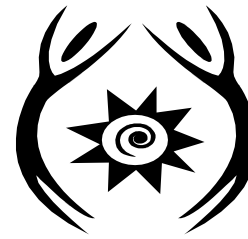
1C) **CUTTING EDGE BUSH SKILLS** *Zabe MacEachren*

All kinds of lore and info pertaining to the use of a knife, axe and needle in the bush. This workshop will also offer curriculum activities connecting to the use of these tools.

**Location: Meet outside in front of the dining hall**

11:00 - 11:15 SNACK IN THE DINING HALL

11:15 - 12:45 WORKSHOP SET TWO:



# sunday

6:30 a.m. SUNRISE CELEBRATION AT THE WATERFRONT (not facilitated)

8:30 a.m. BREAKFAST

9:00 -10:00 a.m. CWWN ORGANIZATIONAL MEETING in the Fireplace area  
All are welcome to join

10:00 - 11:30 WORKSHOP SET FOUR:

4A) **PADDLE FU** *Marty Avery* Does gliding silently across water appeal? Join this 2 hour introduction to kayaking to get started. Equipment provided. Basic swimming a requisite.

4B) **OPEN SESSION: TO BE FILLED BY ONE YOU! WRITE IN YOUR DESCRIPTION ON FRIDAY NIGHT**

This workshop space is set up to celebrate you as a creator and facilitator of a workshop that was not designed when the brochure was published. We are looking forward to your presentation.

**Location: Upstairs Classroom A**

4C) **COMMUNITY SERVICE: OUR GARDEN**

Each year the CWWN donates flowers to Kawartha Camp. We tidy up the garden space and plant our spring flowers and bulbs. Join the group in loving the earth. Dress to get dirty.

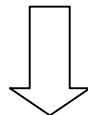
**Location: The garden in front of the fence by the big bathrooms**

11:30 - 12:30 CLEAN UP CAMP SPACE (everyone involved)

12:30 CLOSURE – In front of the dining hall or inside if the weather is wet.

1:00 GRAB BAG (not sit down) LUNCH TOGETHER IN THE DINING HALL

1:30 DEPART



# saturday

## 2A) WOMEN'S VOICES IN THE WOODS *Katie Gad*

Get out your quills, journals, and creativity! This workshop will help to eliminate any writer's block you might have using the wilderness as your inspiration. Perfect for anyone needing ideas on how to get English classes outside.

**Location: Outside unless the weather makes our pages blow and words wiggle – meet outside the dining hall dressed to go – bring a sit-upon.**

## 2B) OCEANS AND ICE *Heidi Mack*

Explore the top of the world by kayak where ancient rock meets elemental ice in the world's most spectacular northern seascape. Bring your imagination to a land of rock, wind, icebergs, and oceans in the fiords of south western Greenland. A slide show of guiding a 14 -day kayak adventure.

**Location: Upstairs in Classroom B**

## 2C) MOONLIGHT MENSTRUATION *Leila Myers and Kristin Jefferies*

Come to talk about various approaches to dealing with menstruation in wilderness settings, from the keeper to the reusable pads, and the pros and cons of each environmentally, economically and from a hygiene standpoint. We will discuss historic approaches to women's cycles in more primitive settings. Participants will leave with a pattern and instruction for making their own cloth pads.

**Location: Fireplace section of the Dining Room.**

12:45 - 1:45 LUNCH

2:00 - 4:00 WORKSHOP SET THREE:

## 3A) CREATE YOUR OWN CLIMBING CHALLENGE *Cara Mallany*

Come and join us for an afternoon of climbing. The supportive group environment will encourage women to push their limits and find new personal challenges. If you have a harness, please bring one. This workshop typically extends beyond 2 hours.

**Location: Climbing wall**

## 3B) THE CANOE EXPEDITION FOR MAINE GIRLS: NURTURING SELF ESTEEM AND CONNECTION TO PLACE FOR RURAL ADOLESCENT GIRLS

*Kirstin George*

This workshop opens with a description of a specific educational wilderness program for girls and moves into a dialogue about other women's experiences, ideas, and visions for girls' expeditions that can serve as a rite of passage.

**Location: Fireplace section of the Dining Room.**

## 3C) THROUGH DIFFERENT EYES: A FORAY THROUGH EARTH EDUCATION

*Liz Hood*

O.K. You've made it out there with 26 Playstation II -withdrawing pre-pubescent, blinking expectantly at you... ever wonder if there's more to it than tree ID? Come on out with me on an Earthwalk with a cozy talk back at camp about how we manifest philosophy into action.

Together we'll push our boundaries on the lessons that can be learned on a mere walk in the woods. Dress to get dirty! **Location: Classroom A upstairs**

4:00 - 6:00 p.m.

**MARKET PLACE AND GEAR SWAP in the dining hall**

**Also...Extension of workshops if necessary, play, write, sing, sleep...Working group time**

7:00 CELEBRATION SUPPER

8:30 p.m. OPEN STAGE COFFEE HOUSE (sign up or show upto be in the lineup)

# registration

**EARLY REGISTRATION is strongly advised since our weekend capacity is 80 women.**

**Your place in the weekend will be confirmed only by email and *only* if we have received your registration form and fee. We will be emailing everyone in early-mid April to confirm their place in the weekend. Please remember our volunteers can become overwhelmed with email questions regarding registration. Write to us when your questions are not answered here in the brochure. If you do not have your own email address, please use one of someone you know for your confirmation notification.**

If you are canceling before the weekend – please call (416) 522 0235 or (613) 299 1035 so that we can offer your place to another woman.

If you are a workshop presenter you are guaranteed a place in the weekend but still must register and send us your fees.

**Please send your registration form to ( use this whole address):**

**CWWN c/o Meg Wallace Box 1781, Kingston, Ontario K7L 5J6**

[cwwnregistration@yahoo.com](mailto:cwwnregistration@yahoo.com)



cut along line and send back this bottom portion with your weekend registration fee

Permanent (as possible) address

postal code

phone number

email address:

Is this someone else's email address?

camping \_\_\_\_\_ \$25.00

cabin \_\_\_\_\_ \$35.00

I need a lifetime \_\_\_\_\_  
membership

\$10.00

I am contributing \$\_\_\_\_\_ to the fund for sponsored women.

Total enclosed \$ \_\_\_\_\_

*(please make cheque payable to "THE WILDERNESS WOMEN'S NETWORK").*

Please note that your cheque will not be cashed until early April