

The Canadian Wilderness Women's Network

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, inclusive, not-for-profit, accessible, 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.

The Seventh Annual



Canadian Wilderness Women's Network *Spring Workshop Weekend* **2003**

**Friday April 24th evening-
Sunday April 26th 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. Wonder happens!

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 AS WELL** : 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 AND LABEL IT.

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). 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/clothing 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, they **can not** be inside the building)
- ◇ your "breast feeding" children (childcare is not formally organized but you are welcome to organize it)
- ◇ towels and toiletries (there are showers at the facility)
- ◇ cozy clothing – it has snowed in the past!
- ◇ a registered female friend, sister who is also a wilderness woman
- ◇ beverages that are special – like wine/beer/special juices etc.
- ◇ cash for marketplace clothing, gear, and CWWN pendants
- ◇ a sit-upon, lawn chair, therma-rest chair...

MARKETPLACE and GEAR SWAP: Bring your homemade wares 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... might want to bring a tarp or blanket to display your wares.

OPENSTAGE and Open 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 workshops, 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 for others to enjoy.

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) Wild Healing: The Wilderness as a Healing Place

Robin Chapchuck and Heidi Glackmeyer

Come and join us for an interactive and inclusive discussion about how the Wilderness has helped you, or others you know, heal mentally, physically, emotionally, spiritually, etc. We wish to facilitate a relaxed discussion centered on how the wilderness has contributed to our wellness and how we can continue to grow/heal within wild, green spaces.

Location: Meet in front of the building on the steps

1B) Expedition Planning *Sara Boyce and Beth Parks*

Ever thought of planning an expedition but not sure where to start? We'll share our experiences of preparing for a 5 week sea kayaking trip on Lake Superior this summer. Bring your own stories, ideas, questions, and dreams to share!

Location: Classroom A

1C) All Tied Up... Knots for Fun and Function *Erin McKnight*

Come and learn some new knots and have fun in the process!

Location: Start in the fireplace area

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

11:15 - 12:45 WORKSHOP SET TWO:

SATURDAY CONTINUED DOWN.....



4:00 - 6:00 p.m. MARKET PLACE AND GEAR/CLOTHING SWAP in the dining hall
Also...Extension of workshops if necessary, play, write, sing, sleep...Working group time

7:00 p.m. CELEBRATION SUPPER

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



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) **Through Different Eyes** *Michelle Hinatsu, Kathy Sestan & India Dutt*

Come and explore the issues of multiculturalism and the role it plays in our relationship(s) with the outdoors. Bring a journal, your favourite tea cup, something to sit upon and be prepared for interactive discussion.

Location: Tee Pee, Meet outside Dining Hall

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 #1 : 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 bat hrooms

11:30 - 12:30 CLEAN UP CAMP AND DINING SPACE (everyone involved) : Women clean their camping and cabin spots and chose a clean up chore from the list on the wall in the dining hall. Check off the chore you have done and write up any that you did that were not listed.

SUNDAY CONTINUED DOWN.....



2A) **Wilderness Medicine: Staying Healthy in the Woods**

Madeline Cole (MD)

We will review common accidents and scary scenarios that affect health in the wilderness. I will talk about field assessments, about decisions around when to manage problems yourself and when to arrange for a medvac, and why prevention is the key. We will discuss how educators in the wilderness can best prepare themselves to respond to common injuries and illnesses. Bring your stories of medical mayhem! **Location: Fireplace area of the dining room**

2B) **Healthy and Delicious Feasting on the Trail**

Lauren Baker and Leila Myers

This delicious workshop is for anyone that enjoys eating well, while on the trail. The workshop will focus on whole food recipes from scratch and will include everything from menu planning and preparation to general health and nutrition on trail. We will look at variations of "trail kitchens" and discuss specialty planning such as baking and fruit and vegetable drying for trips. **Location: Outside at the campfire pit**

2C) **Adventures with Diapers: Why it is Worth it.**

Fleur Pigeon and Alex Bunge

For any woman who has ever, or thinks she might ever want to bring a baby or toddler on a wilderness trip. Come and share stories and photos of tripping adventures (ours and yours, if you have some!) with young children, as well as tips and ideas on managing bugs, sun, rain, and cold weather. Whether you've ever changed a diaper in a two-person tent, nursed while paddling a canoe in headwinds, or are just looking forward to having these kinds of experiences, we hope you'll leave our workshop feeling convinced that it really is worth it! **Location: Upstairs in Classroom A .**

12:45 - 1:45 LUNCH

2:00 - 4:00 WORKSHOP SET THREE:

3A) **CLIMB ON!** *Jennie Elmslie*

An intro to climbing for those who have never done it while also providing some new challenges for those who have. Will focus will be given to an important issue: fear * If you have never climbed before, join me for a supportive, fun intro to this incredible sport. This workshop typically extends beyond 2 hours.

Location: Climbing wall

3B) **Menstrual Mania: What's Going on with Menstruation Education?**

Liz Hood

Do you know what you don't know about menstruation education? This workshop will amaze you with ancient and more recent historical menstrual tidbits, lambaste corporate meddling (again!) and explore the fractured relationship that once linked us bleeding women to the land. Lots of hands-on activities, laid back discussion, great books, good eats and companionship.

Location: Tee Pee – meet in front of the dining hall.

3C) **The Tails Women Grow from Telling Tales** *Zabe MacEachren*

This workshop will focus upon the role telling stories plays in shaping our understanding of wilderness. It will be less about how to tell stories and more about why we should tell stories. This workshop is about using stories to grow our tails so that we have a sensory appendage to curl up with at night around a campfire ring.

Location: Campfire pit

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

1:00 GRAB BAG LUNCH (not sit down). Everyone can grab some foods to eat on the go or hang out as well as take any perishable items they need. The rest of the food will go to the women's shelter in Peterborough.

1:30 DEPART -- If you are feeling ambitious, we always needs about 4 women to do the final close up of the camp and to mop the floor in the dining hall. Hang out if you can.



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 this registration form and fee. Cheques will not be cashed until early April. 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 *only* 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 or contact CWWNRegistration@yahoo.ca after April 1st to confirm your registration..

If you are canceling before the weekend – (613) 299 1035 so that we can offer your place to another woman. Sorry, CWWN cannot provide refunds.

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

For ride sharing, or list serving other women in the network use :
canadianwildernesswomensnetwork@yahoogroups.com

**Please send your registration form to CWWN c/o:
karin burns 45 Kenpark Ave. Brampton ON L6Z 3R6**