

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 also 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.

**Please send your pink registration form to CWWN c/o:
Karen Mallany: 38 Piccolo Wood, Brampton, ON L6S 5C2**

The Tenth Annual



Canadian Wilderness Women's Network *Spring Workshop Weekend* **2006**

**Friday April 21st evening -
Sunday April 23rd 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 non-perishable 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, bathrooms, 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 Country Road 29/Queen St./Provincial Route 28, for approximately 5 km (past the Stony Lake Road). Turn right on Birchview Rd (the Centre is signed from this point). Travel for 7km and the Centre is on your left - it is a long and winding 7km. For ride sharing, or list serving other women in the network use:

canadianwildernesswomensnetwork@yahoo.com

To Bring:

- ◇ FOOD... see opposite page ←
- ◇ 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 **cannot** be inside the building and **must be on a leash**)
- ◇ 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, thermal rest chair...
- ◇ **Unscented candles for dining room use only**

MARKETPLACE and GEAR/CLOTHING SWAP

Bring your homemade wares and any outdoor gear and clothing that you want to sell or trade with other women. On Saturday between 4 - 6 PM we will use the fireplace area for the swap. If it is a nice day we'll take it all outside... you 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, and music with inviting, exciting, welcoming and encouraging women!

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 (*be aware that space might be limited*).

friday

- ❖ **6:00 PM (and throughout the evening)** – 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 evening.**
- ❖ **10:00 PM** - 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 AM** NATURE WALK, (UNSTRUCTURED) - MEET IN DINING HALL
- ❖ **8:00 AM** BREAKFAST
- ❖ **9:30 - 11:00 AM WORKSHOP SET ONE**

1A. Dance The Elements! - *Nicola Holmes*

Come explore creative dance and movement in a safe, supportive, playful community environment. Music will evoke the elements of earth, water, fire, and air, and Nicola will guide us through a "dance of the elements". Please bring layered clothing in which you can comfortably move and stretch, some water to drink, and a not-overly-full tummy. All are welcome: no formal dance experience or fitness level required. Numbers limited according to workshop space available. **Location: Classroom A**

1B. The Words of Wilderness Women Writers - *Zabe MacEachren, Mercedes Rogers and Donna Frame*

This workshop will discuss many of the books available about wilderness women. Some are written by others about these women while some are self written. This workshop will provide an overview on what is available and suggest ways to approach choosing books to bring on your own trips. An historical and critical outlook on the subject will be addressed as well as a space to share your own favourite books on the topic of women and empowerment for wilderness travel. Bring a journal if you wish. **Location: Classroom B**

1C. Feeling the Forest: A Sensory Playground for Babies - *Karen Zabel*

The forest holds many ways for you to interact and bond with your child. We will explore the surrounding woods to create our own sensory magic box. Using these objects and more we will have a 'touch and sing sensory party' where the babies will teach us which textures they enjoy. Bring yourself, outdoors clothes, and your real and/or inner baby! **Location: Dining Hall**

SATURDAY CONTINUED DOWN...

3B. Unleashing the Writer Within – *Laurie Gough*

Many people say they've always wanted to write but don't know where to begin. We'll explore ways of opening up your creative mind and emptying it onto the page with fun and inspiring writing exercises which will help set you on the road to becoming a writer. We'll discuss writing about a place, childhood memories, your deep dreams for life, and the importance of rewriting and paring down sentences. Bring a notebook, a pen, and a willingness to surprise yourself. Laurie is a published author, teacher and editor. **Location: Classroom B**

3C. High Ropes - Come climb with me! - *Bethany Jamieson*

If you are seeking adventure, a new challenge and a fun time, come and join in High Ropes this weekend. It will be a time to move beyond your comfort zone and enjoy the support and encouragement of other women. Bethany is the Director of Staff for Outdoor Education at Ontario Pioneer Camp. **Location: Climbing Wall**

SATURDAY EVENING

- ❖ **4:00 – 6:00 PM** 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 PM** CELEBRATION SUPPER
- ❖ **8:30 PM** OPEN STAGE COFFEE HOUSE (sign up or show up to be in the lineup)



sunday

- ❖ **6:30 AM** SUNRISE CELEBRATION AT THE WATERFRONT (not facilitated)
- ❖ **8:30 AM** BREAKFAST
- ❖ **9:00 – 10:00 AM** CWWN ORGANIZATIONAL MEETING in the Fireplace area. All are welcome to join!!
- ❖ **10:00 – 11:30 AM WORKSHOP SET FOUR**

4A. Yoga in the Woods – *Maya Hammer*

Many yoga postures are named after plants and animals. This suggests that, thousands of years ago, sages and seers in deep contemplative practices derived inspiration from the strength and serenity of nature and her inhabitants. During this workshop we will practice yoga postures, breathing, and relaxation techniques in the woods. Open to all levels of experience with yoga. **Location: Meet in Classroom A**

SUNDAY CONTINUED DOWN...

❖ 11:15 – 12:45 PM WORKSHOP SET TWO

2A. Music and Environmental Education - Beth Barber

Are you interested in combining Music with Environmental Education? I am! Come out and sing to celebrate our love for the earth. In this interactive workshop, we will be singing a variety of songs with special "earthy" lyrics, we will be making instruments out of earth-friendly materials, and we will be listening to the sounds of nature. If you have one, bring along an instrument, otherwise, your voice and body will be your instruments. **Location: Dining Hall**

2B. Planning for Work in the Wilderness – Beth Pinnington

Come learn tools to check in with yourself and set goals to navigate transient and seasonal world of wilderness work. We will explore ways to value an 'alternative' work lifestyle, as well as how to build more wilderness time and qualifications in to your busy schedule if you're not already working in the woods! **Location: Classroom B**

2C. Paddling for the Fun of it! - Karen Mallany

This session is meant for the paddling enthusiast who is itching to get their paddle back in the water after the long winter months. Bring your own canoe/paddles/PFD or borrow from the camp supplies (somewhat limited). Beginners are welcome and can get instruction from some of the more experienced paddlers. Experienced paddlers can just come and enjoy or can share ideas and techniques. **Location: Meet at the Waterfront**

2D. Inspiring Thoughts for Getting Outdoors with Infants and Toddlers - Jennifer Willams and Melanie Quevillon

This workshop is for you to bring and share ideas on how to incorporate infants and toddlers into your outdoors life, including back country and canoe camping. What to bring: your infants and toddlers, (nursing babes are allowed to the Weekend); your ideas, challenges and stories; and outdoor gear so we can get out and put some thoughts to test. Jennifer and Melanie are moms of toddlers with a passion for the great outdoors. **Location: Classroom A**

❖ 12:45 – 1:45 PM LUNCH

❖ 2:00 - 4:00 PM WORKSHOP SET THREE

3A. Leading Women in the Wilderness - Heidi Mack and Julie Westeinde

Heidi and Julie invite you to explore a fun, interactive, enlightening session about the VVH triangle (come to the session to find out what VVH stands for!) that once understood will accelerate your own and other's journey to being fully authentic, alive, and creative. Understanding the triangle will change the way you look at living your life, your relationships, and is a portable wilderness tool - weighing absolutely nothing! Bring what you need to bring... including yourself and your desire to be the best you can be and inspire others to be the best they can be. **Location: Classroom A**

4B. Open Session - To be filled by one of 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: To be determined**

4C. Community Service #1 : Our Garden

Each year the CWWN donates flowers to Camp Kawartha. 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 wash huts.**

❖ 11:00 – 11:15 AM SNACK IN THE DINING HALL

❖ 11:30 AM - 12:30 PM 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.

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

❖ 1:00 PM 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 PM 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 CWWNRegistration2006@yahoo.ca after April 1st to confirm your registration.