

# *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 registration form to CWWN c/o:  
Chris Ferguson: P.O. Box 705, Lakefield ON, K0L 2H0**

## *The Eleventh Annual*



# **Canadian Wilderness Women's Network**

## *Spring Workshop Weekend*

### **2007**

**Friday April 20<sup>th</sup> evening -  
Sunday April 22<sup>nd</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. 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. Guided Natural History Walk – *Claire Malloy*

Let's explore the richness in natural heritage of the Camp Kawartha neighbourhood. By referring to environmental maps and identification books and by slowly meandering through the neighbouring landscape this guided session will provide participants with specific knowledge of the geological, hydrological and ecological systems of the Peterborough region..

**Location: Meet at the front of the dining hall dressed for a walk.**

### 1B. Paddling Feels Good! – *Hilary Walkley*

Paddling feels good. Kayaking, canoeing and rafting down glacier-fed rivers is a great way to get around, especially if you happen to find yourself in the northern reaches of Canada. Does paddling interest you? Wondering if you could learn more paddling skills? Come learn or share boating tales and tips with a Yukon raft guide who is a keen paddler of all types.

**Location: Classroom A**

### 1C. Adding Natural Remedies to your Wilderness First Aid Kit – *Jesse Pierce, N.D. (cand.)*

Ever been on a long wilderness expedition and wish you had ways to deal with acute first aid situations or illnesses naturally? If yes, this session is for you. In this session we will cover natural remedies such as homeopathics, botanical teas or tinctures, and nutritional supplements to add to your first aid kit. Topics will range from treating colds and flus, fevers, allergic/inflammatory reactions, diarrhea or constipation, minor burns, cuts, and bruises. We will also cover ways for you to stay healthy on your trips and avoiding burnout, especially when you're working with a group. **Location: Classroom A**

SATURDAY CONTINUED DOWN...

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### 3B. 5W's - Wilderness Women Warm Winter Wanderings – *Katie Gad and Zabe MacEachern*

Zabe and Katie will be talking about using traditional winter camping methods on wilderness trips. This means setting up a woodstove in a tent to stay warm! Come learn about mukluks and snowshoe bindings, hauling sleds and toboggans, and the do's and don'ts of woodstoves in a wall tent. View slides of high school and university students on the trail and hear their reflections on the value of winter camping. Discover the wonders of WARM winter camping! **Location: Classroom B**

### 3C. Bicycle Touring – *Daun Lynch*

Cycling is probably one of the best ways to see new places and enjoy old ones. Please join me in a bicycle session that will focus mainly on bicycle touring and some basic bicycle maintenance and repair tips. Let's share experiences and work on making sure that you can be ready for a weekend get away that involves just you and your bike... or maybe even a ride across Canada? I have lots of stories and pictures to share about my trans Canada trip that I did in 2002 and other rides I have done (duathlons, triathlons, lots of day rides). Feel free to bring your bike and questions you might have.

**Location: Meet at the Dining Hall**

## 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 line up)



# 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. Yes Breathing – *Skate Moore*

"Yes breathing" is a technique of breathing that will boost your whole body energy barometer. Playing with this technique has increased my focus for in life and sports. You can use the technique to be calm and present in all situation that challenge at work, home and out in the wilderness. **Location: Classroom A**

SUNDAY CONTINUED DOWN...

❖ 11:15 – 12:45 PM WORKSHOP SET TWO

**2A. Back in the Water Again! – Karen Mallany**

This is an impromptu session for anyone who is interested in trying canoeing or who is itching to get back in the canoe again. Instruction is available for paddlers if desired. Otherwise, you are welcome to come down to the waterfront, don a PFD and paddle for an hour or so. Bring your own canoe/paddles/PFD or borrow from the camp supplies (somewhat limited).

**Location: Meet at the Waterfront**

**2B. Exploring Integrated High School Programs – Beth Aspen Parks and Katie Gad**

Interested in learning more about integrated high school programs? Come join us to discuss some current outdoor or integrated programs (CELP and BCP), see pictures of programs in action, and hear about our experience working in an integrated model. Dream and explore other possible ways to implement integrated programs in your school!!! Open to everyone who is excited to talk about real alternative ways to learn and teach.... **Location: Classroom B**

**2C. Fire by Friction: Creating Fire With a Bow and Drill – Kim Michelutti**

It is a magical moment the first time you co-create a fire using the gifts of forest and your own efforts. This workshop will teach about the ancient friction fire technique of the bow and drill. Participants will carve their own bow-drill set from pre-cut cedar and will learn the symbology, the detailed process, and challenge of creating fire with a bow and drill. Learning this ancient skill will take you on a personal journey and give you a taste of true freedom. Maximum 12 participants.

**Location: To be announced.**

❖ 12:45 – 1:45 PM LUNCH

❖ 2:00 - 4:00 PM WORKSHOP SET THREE

**3A. Wilderness Education: Inside and Out – Ginger Howell**

Come to this workshop exploring ways of fostering children's connections to the wilderness without and the wilderness within. We will take a look (and a walk and maybe a story) at ways of providing experiential education that meets children's needs at different developmental stages of life. Ginger Howell is currently teaching grade 5 at Parsifal Waldorf School in Ottawa.

**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

❖ 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 [cwwn@sympatico.ca](mailto:cwwn@sympatico.ca) after April 1st to confirm your registration.