

# *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.*

**How much does it cost?** Camping for the unwaged costs \$25.00. Camping for the waged costs \$40.00. If you want to spoil yourself, there are cabins available too! Cabins for the unwaged cost \$35.00 and cabins for the waged cost \$50.00.

*The Twelfth Annual*



## **Canadian Wilderness Women's Network Spring Workshop Weekend 2008**

**Friday April 18<sup>th</sup>- Sunday April 20<sup>th</sup>**

**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 Stoney 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@yahoogroups.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, therma-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. Learn to Knit Yourself Warm Woolly Socks – *Kathleen Wilker*

No experience necessary. I'll teach you the basics of knitting and get you started on a fabulous pair of cozy socks for your next wilderness adventure. If you can get your hands on a set of 4 mm double pointed needles and 1 -2 balls of 100 gram yarn, please bring them. If not, I'll be selling needles for \$5. We can start the socks together, if you run into snags over the weekend, I'd be happy to help you get sorted out. Experienced knitters are very welcome to join this knitting bee and pass on their love of knitting and talents and extra balls of yarn if they happen to have any! Kathleen Wilker loves to knit and share the warmth with others. **Location: Meet in the Dining Hall**

### 1B. Resolving Conflict on Trail – *Sandra Howgate*

This workshop will focus on conflict resolution strategies and skills we would use on some common situations that might arise on trail. We can find out from the group what issues come up and work thru them. Strategies and skills might include talking thru, listening thru, reflecting back, neutral language and or questioning skills. Sandra Howgate has a BA in conflict resolution studies and worked as a mediator and trainer in the UK for neighbour disputes and workplace conflict as well as working for Outward Bound and various youth services in Winnipeg. **Location: Classroom A**

SATURDAY CONTINUED DOWN...

❖ 12:45 – 1:45 PM LUNCH

## ❖ 2:00 - 4:00 PM WORKSHOP SET THREE

### 3A. Trail Baking 101 – *Larisa Williams*

Impress your friends with fresh baked cinnamon buns and yeast bread on trail! If you have an outback oven or a dutch oven, please bring them along!

**Location: Meet in the Dining Hall**

### 3B. Traditional African Earth Based Healing – *Rebecca Rogerson*

Many women are in transition, dealing with physical illness and psychological, emotional and spiritual bankruptcy. Traditional African healing is based on indigenous knowledge systems, which fundamentally incorporate earth teachings and cosmological views. This workshop will incorporate feminine spirituality, accessing the knowledge of the Great Mother and will draw on nature's tangible and incorporeal sacred healing resources. Rebecca Rogerson is a registered Traditional African Healer. She has been exposed to people of all ages, ethnic and cultural backgrounds and has a deep respect for the cultural heritage these teachings bring. **Location:**

**Classroom B**

### 3C. Open Session - To be filled by one of you! Write 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**

## 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!!

SUNDAY CONTINUED DOWN...

### 1C. Elemental Photography - *Laura Taylor*

Learn to translate your experiences of nature into photographs that communicate your unique vision. A slide show and talk will explain how to use the elements and principles of design to make your photos stronger and more successful. Then we'll head out to practice what we've learned. Bring your digital camera. No experience required! Laura Taylor is a writer and photographer from Guelph, Ontario. She has been teaching photography and shooting for Trina Koster Photography ([www.trinakoster.com](http://www.trinakoster.com)) for seven years.

**Location: Classroom B**

## ❖ 11:15 – 12:45 PM WORKSHOP SET TWO

### 2A. Paddling for the Fun of It!

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/paddle & PFD or borrow from 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**

### 2B. The Plants Around Us: An Exploration of Local Edible and Medicinal Plants – *Kristin Morrison & Kim Michelutti*

This workshop focuses on edible and medicinal plants of our area. Topics will include plant identification, what to stay away from, gathering tips, and hands-on practice. Plan to enjoy warm tea, learn and share experiences, share food, make medicine and have a ton of fun! Bring a notebook, pen, mug, and open mind! Kristin is currently enrolled in her first year of the Traditional Herbal Medicine Program at the Institute of Traditional Medicine in Toronto. Kim has been exploring the world of edible and medicinal plants since 1996. **Location: Classroom A**

### 2C. Felting: Spruce up an old and tired (but still loved) sweater! – *Tammy Caldwell & Jenny Corlett*

**There will be a small materials fee (up to \$5)**

Bring an old wool sweater, hat, mitts etc. that you would like to enliven. We will use the dry felting technique to felt new designs or add detailing to your already loved garment. Needle felting can be a great little project while on trip -- perhaps during a wind-blown or nasty day when you might be stuck in a tent because it is fairly portable and light. Also there is the GREEN factor of fixing up an old sweater to reuse rather than throwing away. Finally there is value of teaching handicrafts to young folks (this technique is appropriate for children over 8 years). Tammy Caldwell a mother and Waldorf Kindergarten teacher. She enjoys playing outside with her family! Jenny Corlett is a mother, and works for Queens University. She recently ran a marathon and was called a hero by her sons! **Location: Classroom B**

## ❖ 10:00– 11:30 AM WORKSHOP SET FOUR

### 4A. Holistic Nutrition - Improve your energy...Support your adrenals! – *Deborah Shub RHN*

Have you ever wished you had more sustainable, stable energy while on the trail? This workshop will focus on the connection between the adrenals, energy and health - both on and off trip. Strategies to avoid "burn out" by supporting these important, hormone-producing glands can be particularly important when physical and/or mental demands are high. Discussion will include ways to support the adrenal glands through nutrition, supplementation and stress reduction. Deborah is a Registered Holistic Nutritionist practicing in Toronto. **Location: Classroom A**

### 4B. Eco-Renovations and Building "Green" - *Zack Benson*

Thinking about remodeling your home? Wanting to build that "green" home of your dreams? Wondering how you can extend your commitment to protecting this beautiful planet to that place you call home? Come join us for an informative session exploring how you can go about reducing your home's ecological footprint, reduce your reliance on fossil fuels, protect the health of your family, and save money! We'll look at some strategies for renovating your current home, and some alternative building technologies like straw bale construction, solar energy and water recycling systems.

Zack has been a builder for the past eight years, and has recently started her own business doing eco-renovations in the Guelph area. **Location: Classroom B**

**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

Register online at [www.wildernesswomensnetwork.com](http://www.wildernesswomensnetwork.com) or send your registration form and cheque to Chris Ferguson, P.O. Box 705, Lakefield ON, K0L 2H0. Questions can be directed to [cwwn@sympatico.ca](mailto:cwwn@sympatico.ca).