

Canadian Wilderness Women's Network

13th Annual Spring Workshop Weekend

Friday April 24 - Sunday April 26, 2009

Camp Kawartha - Lakefield, Ontario



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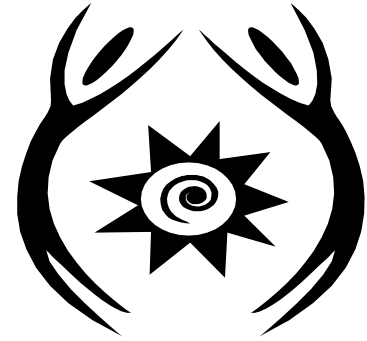
A weekend for sharing, learning, meeting, dreaming, playing, beginning, building, writing, creating...

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 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. Women in the network present all the workshops, and 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 voluntary (*except one food prep OR clean-up slot and one wee chore for the weekend*).

What to Bring...

- ◆ FOOD... see below
- ◆ A MUG that is yours for the weekend with your name on it
- ◆ Indoor shoes or slippers (no outside shoes worn inside the building)
- ◆ **Close-toed shoes** for kitchen tasks
- ◆ 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 Saturday's night open mic)
- ◆ Hiking or rubber boots
- ◆ Bikes, running shoes, games, canoes, kayaks, volleyball...
- ◆ Sleeping bag, sleeping pad, pillow, tent (if camping)
- ◆ 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 or crafts
- ◆ A sit-upon, lawn chair, therma-rest chair...
- ◆ **Unscented candles for dining room use only**
- ◆ **NO PETS**



MARKET PLACE & GEAR CLOTHING SWAP

Bring your homemade wares, clothing and gear that you would like to sell or give away to other women. On Saturday between 4-6pm we will create a marketplace, hopefully outside if the weather is nice...

THE WEEKEND FOOD: The Mystery of the Orderly Chaos:

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 ANY DIETARY NEEDS, BRING WHAT YOU NEED FOR THE WEEKEND AND LABEL IT.

NO NUTS OF ANY KIND PLEASE! BE SURE TO READ THE LABELS OF ANY SNACKS / TREATS.

Weekend Itinerary

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 - 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

- ❖ **8:00 AM** - Breakfast and clean up
- ❖ **9:30 – 11:00 AM** – Workshop Set #1 (See workshop descriptions on page 4-5)
- ❖ **11:15 AM – 12:45 PM** – Workshop Set #2
- ❖ **12:30 PM** - Lunch
- ❖ **2:00 – 4:00 PM** – Workshop Set #3
- ❖ **4:00 – 6:00 PM** – Marketplace and Gear/ Clothing Swap
- ❖ **7:00 PM** – Celebration Dinner and clean up
- ❖ **8:30 PM** – Open Stage Coffee House (Sign up or show up to be in the line up)

Open Stage and Open Mic on Saturday Night

Here's your opportunity to share your stories, songs, poems and music with the most welcoming, energetic, appreciative and supportive female audience you will ever have!

Sunday

- ❖ **8:30 AM** - Breakfast
- ❖ **9:00 - 10:00 AM** - CWWN ORGANIZATIONAL MEETING. All are welcome to join!!
- ❖ **10:00 - 11:30 AM** - Workshop Set #4
- ❖ **11:30 AM** - Snack in Dining Hall
- ❖ **11:30 AM - 12:30 PM** Clean up of Camp and Dining Space (everyone involved). Women clean their camping and cabin spots and choose 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** - Closing Circle
- ❖ **1:00 PM** - Grab Bag Lunch (not sit down). Everyone can grab some food to eat on the go and take any perishable items they need.. Anything not claimed will be taken to the women's shelter in Peterborough.
- ❖ **1:30 PM DEPART** -- If you are feeling ambitious, we always need 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.

Workshop Descriptions

Saturday

Set One - 9:30-11:00 am

1A. Sara Campbell - New Approaches to Nature Portraits

Join gifted photographer Sara in a discussion of new approaches to family portraits in nature. Photographers of all abilities are welcome. Please bring your camera. A nature hike with camera in hand will follow the classroom discussion so we can put our new skills into practice.

Location: Classroom A

1B. Jen Neate and Sonja Lukassen: Sharing the wilderness with children

Come and join in a lively discussion on sharing the outdoors with your wee ones. Whether you take babies, toddlers and/or children camping, canoeing, hiking, skiing, cycling or to the park, you probably have tips and tricks to share with other outdoor enthusiasts. Let's pool our wisdom and increase everyone's confidence.

Location: Classroom B

1.C Kim Michelutti: Zen meditation in the wilderness

Have you ever felt too distracted to really enjoy your time outside? Panicked that you may be lost? Frustrated that you can't remember the use of a plant or the name of a constellation? Meditation is a tool that can help you to relax, reduce your stress level, improve your overall health, and increase your mental clarity. But that's really only the beginning. In the outdoors, it can keep us from panicking in times of danger, and help us to remember that inseparable connection we have to all things around us. Everyone is welcome - just bring your Self!

Location: Meet in the dining room, plan to be outside.

Set Two - 11:15am-12:45pm

2A. Jen Stewart - Crafting Wild Plants

Green is the Colour of Love. As the abundance of spring manifests itself, let us take a moment to enjoy the offerings of spring. We will explore the terrain and discuss wild crafting for food and simple but effective herbal remedies. Learn about making tinctures, infusions and healthful vinegars from the plants that grow all around us. Let us sit and enjoy an infusion as we discuss why green truly is the colour of love.

Location: Classroom A, plan to be outside for the workshop.

2B. Becky Mason - Basic Solo Canoe

Becky Mason is a canoeing instructor based in Chelsea, Quebec. She has contributed to several canoeing and environmental books, produced an award-winning video entitled Classic Solo Canoeing, and also travels presenting her canoe skills workshops at symposiums throughout North America. See her website at www.redcanoes.ca.

This course is designed to introduce new canoeists to solo canoeing covering skills such as forward and back paddling, pivots, sideslips, stopping and bracing. Learn the skills that will enable you to "put your canoe exactly where you want it to go." No solo experience is required.

Location: Waterfront

2C. Cecily Fleming - Wilderness Watercolour Painting

Come out and play with pigment on paper! Learn some basic fundamentals and techniques (such as colour mixing, flat washes) and then paint your own watercolour still life. Basic supplies will be provided, including paper, brush, paint and tray - at a cost of \$5 or less. Bring your own supplies if you have them. Limited supplies will be available to be shared during class.

Location: Classroom B. The class will be held in the classroom B but we can move outside if weather permits.

Come ready to play with paint on paper!!

Workshop Descriptions *continued...*

Set Three - 2:00-4:00pm

3A. Marlene Power - Nature and Play-based Learning, Canada's First Forest Preschool

Join Carp Ridge Forest Preschool Founder and Facilitator Marlene Power-Johnston in a discussion-based workshop. Topics covered will include favourite childhood memories outdoors, introduction to and a typical day at the Forest Preschool, current barriers within our own culture and climate for imaginative outdoor playtime for children. You'll hear activity suggestions for families and success stories from our school. There will be time for questions and brainstorming and a Resource Handbook will be given out.

Location: Classroom A

3B. Becky Mason - Advanced Solo Canoe

The aim is to make your stroke the most efficient it can be so that all of the momentum of the canoe is utilized. Content covered: a review of Basic Solo plus a selection of these strokes: Canadian, Indian, Circle, Low Brace Turn and Sculling Draw, One-Hand Pry, Reverse Sculling. Prerequisite is Basic Solo or a couple of years of solo or tandem canoeing experience.

Location: Waterfront

3C. Lynn Woodford: Connecting Earth, Air, Fire and Water with the Spirit

If you are interested in exploring your connection to the divine within nature and yourself, join Lynn to explore magic ritual and earth based spirituality. "Let the beauty you love, be what you do, there are a hundred ways to kneel and kiss the Earth."

Location: Classroom B, be ready to go outside for this workshop.

3D. Robbie Flemming: Climbing Adventures

Come and play with Camp Kawartha's Climbing Wall. Test your limits and share your strengths. All equipment is provided. Bring your enthusiasm.

Location: Meet in the Dining Room, ready to be outside.

Sunday

Set Four - 10:00-11:30am

4A. Larisa Williams - Leaving a Beautiful Legacy: Planting Flowers at Camp Kawartha 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

4B. Lesley Fantin - Wild Yoga

Looking to get in touch with nature? Start from the inside out with yoga. This ancient practice teaches us to quiet the mind, balance the body and bring forth our spirit. Join in on ALL LEVELS, traditional Hatha yoga class to help you relax, stretch and breathe your way through this glorious weekend. Please bring a yoga mat and water with you to class. We will be enjoying the benefits of yoga outside (weather permitting), so dress comfortably! Prenatal and postnatal women welcome.

Location: Meet in the dining room, plan to be outside (weather permitting)

4C. 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

About the Canadian Women's Wilderness 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.

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. Workshop facilitation, activity planning, and coffee house are forums for women to express their creativity in a supportive environment.

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, sexual orientation, physical, or mental ability.

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
- Naturopathy and Herbal remedies
- Rural and urban farming/gardening
- Canoe tripping with young children

Registration

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.

Register and pay online at 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 wildernesswomen@gmail.com. Please make cheque payable to Canadian Wilderness Women's Network.