Canadian Wilderness Women's Network

14th Annual Spring Workshop Weekend

Friday April 23 – Sunday April 25, 2010

Camp Kawartha – Lakefield, Ontario

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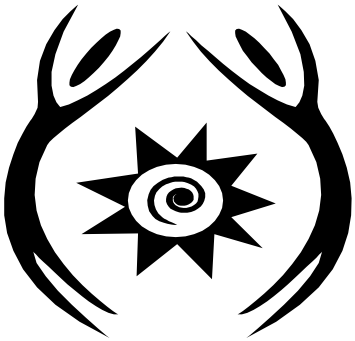
A weekend for sharing, learning, meeting, dreaming, playing, beginning, building, writing, creating…

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 and pillow
- Sleeping pad and 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, thermarest 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 – 12:30 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 – 1:00 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.
- 1:00 PM – Closing Circle
- 1:30 PM – Leftover 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.
- **2:00 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. Karen Morris and Jennifer Jupp - Camp Wide Saturday Morning Wilderness Game: NEW!
This is an opportunity for all the women who come to Women's Wilderness Weekend to connect and have fun. Considering that we are at a summer camp, and that we all love nature, let's play in it together, shall we? We will play a wilderness game outside that we promise will be hilarious and active.
Location: Meet in Dining Hall, plan to be outside

Set Two – 11:15am-12:30pm

2A. Judith Parker - Exploring R. Murray Schafer's "The Wolf Project"; a collaborative musical, theatrical, archetypal and communal art project for the Canadian wilderness.
'The Wolf Project' is a unique wilderness music drama that takes place in the farthest reaches of Haliburton Forest and Wild Life Reserve, near Haliburton, Ontario, annually for 8 days in August. I have been an active member for 12 years. We will listen to 'Wolf Music' recorded in the forest and performed by professional musician-members and the communal songs and animal chants sung by all. We may sing some of the boisterous animal chants!
Location: Classroom A

2B. Janet Doner - Arctic Travels 101
Have a fascination with the Arctic? Feeling like a canoe trip might be in your future? Just want to get a glimpse of what it could be like? Come see some slides from a recent 5 week canoe trip on the Horton River and the Arctic Ocean and be inspired. We can talk about ideas and tips to help in the preparation, good gear to have and generally get excited about spending time in the land of the midnight sun!
Location: Classroom B

2C. Sherri Owen: Shelter Building
Create shelters with Outdoor Educator Sherri Owen in Camp Kawartha's Model Encampment Area. Learn how to cover a wigwam frame. If time permits, we'll also create a debris hut.
Location: Meet in the dining room, plan to be outside.

Set Three – 2:00-4:00pm

3A. Beth Aspen Parks - Solo boats for the beginner
Come play in the water and learn some simple solo paddling skills. Come one and all, we will begin on land learning some strokes and then jump in the boats and see where we end up!!! Bring your favourite canoe, paddle and lifejacket if you like, otherwise all gear will be provided. There is a limited number of canoes at the camp so please sign up early!!
Location: Waterfront

Workshop Descriptions *continued…*

3B. Andrea Prazmowski - From the edges of the universe to the leaves at our feet, we share a kinship with all that exists
Often, we sense this in special moments in the woods or by flowing waters. Come stretch those moments and practice "deep listening" to the earth, and see what wisdom is offered. Through guided activities, inspirational writings, and quiet reflection, we'll nurture our sense of wonder and connection to the earth as home, and earth as teacher.
Location: Classroom B, plan to be outside

3C: Tammy Caldwell - Wet felting workshop
The art of feltmaking is an ancient craft and was quite possibly the first textile developed by humans. This warm and sturdy material was used to make clothing, footwear, blankets, and carpets and even for portable and protective housing as in the Mongolian yurts. Using water, wool, a stone and some simple soap we will work with our hands to create a beautiful and unique vessel that you can use.
Possible materials fee – $2 to $5
Location: Meet in the dining hall, ready to work by the waterfront if the weather permits.

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 breath 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 hall, plan to be outside (weather permitting)

4C. Stephanie Park - A Slideshow Talk about Canoeing the Great Lakes
Join Canoeroots editor Stephanie Park (www.canoerootsmag.com) as she talks about the ecology of the Great Lakes, the 4000 kilometre canoe expedition she completed with her husband and what we need to do to preserve the largest freshwater ecosystem on the planet. Stephanie is wildly passionate about canoeing and has worked as a guide for eight summers. Read up about her paddling adventures on www.freshwaterdreams.ca
Location: Classroom A

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 Information

Cost: In order to insure we can continue to use Camp Kawartha's wonderful site we are raising the fees a bit for the weekend. The fees are the same for both camping and sleeping in a cabin. **Waged: $55. Unwaged/ under-waged: $40. Please note there are NO refunds.**

Registration: Make sure you register and pay early as there is only space for 80 women. You must register AND pay in order to be considered registered for the weekend.

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.

Accommodations: You are welcome to bring your own tent and set it up or sleep on a bunk bed in a simple, heated cabin. We will be happy to sign you into a cabin upon your arrival on Friday evening.