

Canadian Wilderness Women's Network

16th Annual Spring Workshop Weekend

Friday April 27 - Sunday April 29, 2012

Camp Kawartha - Lakefield, Ontario



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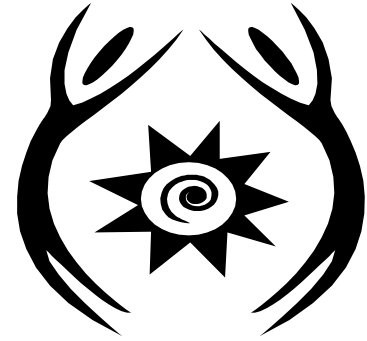
A weekend for sharing, learning, meeting, dreaming, playing, beginning, building, writing, creating...

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 (see box to the right)
- ◆ Articles, books, program flyers, program ideas, writings, and resource material to share
- ◆ Journals, writing materials, paints...
- ◆ Music, instruments, poems, stories for Saturday night's coffee house
- ◆ Hiking or rubber boots
- ◆ Bikes, running shoes, games, canoes, kayaks, volleyball...
- ◆ Sleeping bag and pillow
- ◆ Sleeping pad and tent (if camping)
- ◆ Your "breast feeding" baby (1 year or younger; 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 SWAP & SHOP

Bring your homemade wares, crafts, 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). A circle celebration of 16 years of CWWN weekends!
- ❖ **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 - 10:30 AM** - Workshop Set #1
- ❖ **10:45 AM - 12:15 PM** - Workshop Set #2
- ❖ **12:30 PM** - Lunch
- ❖ **2:00 - 4:00 PM** - Workshop Set #3
- ❖ **5:00 - 6:00 PM** - Marketplace and Gear/ Clothing Swap and Shop
- ❖ **6:30 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 Coffee House 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 - 9:30-10:30 am

1A. Karen Morris - Camp Wide Saturday Morning Wilderness Games

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 - 10:45 - 12:15 am

2A. Fleur Pigeon and Beth Aspen Parks - Just Me and My Canoe...

Thought of venturing out on your own solo canoe trip? Need to brush up on some skills before you do? Solo tripping is a great way to rediscover your beautiful self while connecting with nature. We'll give you some tips to help you confidently handle your canoe, both on and off the water, including how to get a canoe on and off the car, and solo portaging. Weather permitting, we'll get on the water and cover some basic solo steering skills, and anything else the group is interested in exploring!

Location: Meet at the waterfront. Workshop is 2 hours so please be on time!

2B. Allyson Lyske: Making Outdoor Adventure Trips Safe, Fun and Inclusive for All

How can we begin to create a safe container for the trip even before it begins? What are the barriers to people being in the wildness together, and how can we begin to break those down? Wild Women Expeditions has a strong history of creating trips that include and empower straight, gay, bisexual and lesbian women from a wide range of experience levels and ages. Join guide Ally Lyske from WWE in a conversation about making outdoor adventure truly inclusive. The workshop will include sharing, experiential exercises and whole group discussion.

Location: Classroom A (this workshop has a cap of 25 participants)

2C. Giselle Roy: Using Simple Tools

Ever noticed how empowering it is to master simple tasks in the wilderness? In this workshop, learn the secrets of success for manipulating simple outdoor tools, such as chopping wood efficiently without hurting yourself; getting a saw un-pinched if it is stuck in the wood you are sawing, and more!

Location: Meet in dining hall and plan to go outside

2D. Meg Wallace: The Importance of Connecting with the Environment for Well Being

Meg, an avid outdoors woman and nature lover, moved to Abu Dhabi, UAE (United Arab Emirates) in 2005. In a few short months, she felt lost, disconnected from the environment, even angry; her soul felt as dry as the desert that surrounded her. This presentation touches on her journey in rediscovering herself by connecting with the desert environment, the role environment can play in our lives, and the beauty of the landscape, nature and ecology of the region.

Location: Classroom B

Set Three - 2:00-4:00pm

3A. Marcie Neuburger and Kim Watson - Great Food, Great Trip!

Do you need some camp meal inspiration? Ever wondered how to pack produce that will keep or how to ensure that your food will give you the energy you need on trip? Learn how to plan for and prepare tasty and nutritious meals on the trail - come ready to participate and share ideas.

Location: Meet in dining area, plan to be in kitchen and/or outside (weather permitting); please wear closed-toed shoes for kitchen

Workshop Descriptions *continued...*

3B. Sheila Potter and Roberta Flemming: A Walk Through the Wilds of Camp Kawartha

Did you know that Camp Kawartha is situated on one of the rarest ecosystems on the planet? Come out and hike over this 350 million-year-old sea bed, learn some geology, find fossils of corals, and giant cephalopods, and see erratics left behind by the last glacial retreat 10,000 years ago. It is a great time for birding, so bring binoculars. Take home a more intimate understanding of this beautiful place where we make our weekend memories.

Location: Meet in main hall, plan to be outside

3C. Kelly Graham: Writing Campfire Songs for Guitar

No previous musical skills needed - just an appreciation for singing and a passion for learning! You will leave this hands-on workshop with 2 - 6 chords and a photocopied package of fun and easy-to-play campsongs ready to break out at your next wilderness adventure. Bring your own guitar or borrow one of the many that will travel with me to the camp. Our time together will be spent on two and three chord songs that easily lend themselves to creative songwriting. With any luck, we may be able to prepare a song for the coffee house!

Location: Teepee (this workshop has a cap of 15 participants)

3D. Giselle Roy: First Aid Wilderness Workshop (Not an Official Course)

First aid procedures are quite different when accidents happen in the wilderness. The workshop leader will share information regarding basic immediate triage procedures specific to a remote setting. You will be given suggestions regarding how to strategize, prioritize and take stock of available resources in the event of an injury. You will also be given suggestions to help you build an appropriate first aid kit for tripping.

Location: Classroom B

Sunday

Set Four - 10:00-11:30am

3A. Carolyn Elson: Reiki in the Wilderness

Come join a Reiki Master to explore the connection we have with oneself, with nature and with the planet. Explore the sensation of being aware of the energies which surround us: people, trees and sunshine. Reiki is a traditional healing art which has immense use in caring for the bumps, sprains, and cuts which can happen in the wilderness, especially when ice is not to be found! Learn how to connect in to your energy to help heal an injury. Please wear comfortable clothing; part of the workshop will involve silent meditation.

Location: In front of Teepee

3B. Kathleen Wilker: Effective Advocacy Strategies for Getting Elementary Kids Outside

Student organic gardens, outdoor classrooms, after-school bike clubs, walking field trips, and winter walk to school days: these are a few of the ways that the kids who attend my children's school play and learn outside during their school days. I'd like to share some of the advocacy work that parents, teachers, kids and community members have contributed to bringing the outdoors into the classroom and the kids into the outdoors. Greening grants, school travel planning and board policies around daily physical activity are a few of the tools we can use to keep our kids nature-nurtured in the context of mainstream education. I'd love to hear about your experiences, your great ideas and your wildest dreams for your kids and their indoor and outdoor learning.

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: \$60. Unwaged/ under-waged: \$42.50. Waged and Bursary Contribution: \$80. 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 **CWWN Registration, c/o 98 Division St, Guelph, ON, N1H 1R8**. 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.