



WILD OUTDOOR WOMEN



MAY 30-31ST 2025
ANNETT NATURE CENTER
INDIANOLA, IA



ABOUT THE EVENT

WHAT IS A WILD OUTDOOR WOMEN WORKSHOP?

Would you like to meet other women with similar interests, attend classes to learn new skills, or be inspired to explore and connect with the natural world? If so, this is the event for you. This workshop provides a comfortable environment to try new outdoor activities, engage in hands-on workshops, interactive sessions, and guided activities led by experienced instructors. You can campout and socialize Friday night, then attend general and breakout sessions on Saturday. In addition to learning and hands on experiences, Wild Outdoor Women emphasizes the importance of fostering a supportive and inclusive environment for all participants. Social gatherings, group discussions, and networking opportunities allow women to connect, share experiences, and build lasting friendships while breaking barriers and shattering stereotypes.

WHO CAN ATTEND?

Women 12 & older are invited to participate in this event. Come with your best friend, mom, daughter, sister, or come alone to meet new friends with similar interests!

HOW DO I REGISTER?

Fill out the enclosed registration form and return it with payment. The registration fee is \$65 and includes all activities and a Wild Outdoor Women gift. Registration deadline is June 3rd, 2024, but you will want to register as soon as possible since sessions are filled on a first-come, first-served basis. Participants will receive an email confirmation when registration and payment are received.

WHAT SHOULD I BRING?

- | | | | | |
|-----------------|-------------|------------------------|-------------------|-----------|
| *Jacket | *Rain Gear | *Hiking Boots | *Insect Repellent | *Yoga Mat |
| *Extra Socks | *Sunglasses | *Sunscreen | *Hat | *Snacks |
| *Overnight Gear | | *Reusable Water Bottle | | |

SILENT AUCTION & EQUIPMENT SWAP

We will be holding a silent auction to offset costs from the workshop. We will be auctioning off outdoor themed baskets. We will provide the auction items, but if you'd like to donate something you are more than welcome! Bring some \$\$\$ in case you can't resist bidding up a silent auction item! Want to swap some equipment you don't use anymore? We'll have a table you can put your items and name on and people can reach out if they're interested in purchasing or swapping it!

QUESTIONS?

Contact the Warren County Conservation Board office at (515) 961-6169 or email us at wccb@warrencb.org.



SCHEDULE

FRIDAY NIGHT FUN

Friday, May 30th (overnight optional)

5:00-6:00pm	Registration, Set Up Tents, Socializing
6:00-7:00pm	Dinner
7:30-8:30pm	Evening Glow Canoeing
8:30pm	Socialize Until Bed

SATURDAY SESSIONS

Saturday, May 31st

7:00-8:00am	Sunrise Yoga
8:00-9:00am	Breakfast
9:00-11:15am	Session One <ul style="list-style-type: none">A. Snares & TrappingB. Shooting SportsC. Soap Making
11:30-12:30pm	Lunch
12:15pm	Silent Auction Ends
12:30-1:45pm	General Session: Why Zoos Exist
1:45-3:15pm	Session Two <ul style="list-style-type: none">D. Canning/Jam MakingE. Eco-Friendly PaintingF. Brew Your Own Kombucha
3:30-4:45pm	Session Three <ul style="list-style-type: none">G. Tea MixologyH. Flower ArrangementI. Park Exploration
5:00pm	Have A Safe Trip Home, See Ya Next Year!



SESSION DESCRIPTIONS

FRIDAY GENERAL SESSION

EVENING GLOW CANOEING

Instructor: Kelsey Longnecker & Hannah Hernandez, Warren County Conservation

Take a float on Lester Pond to enjoy the serenity of nature settling down for the evening. This adventure takes place during the golden hours of sunset, providing the perfect opportunity to unwind, connect with nature, and perhaps spot wildlife in their natural habitats. Naturalists will provide Life Jackets, Instruction, and Glow Sticks for your canoe!

SATURDAY SESSIONS

SUNRISE YOGA

Instructor: Bethany Grabe, Begin Again Yoga

Bethany with Begin Again Yoga will lead us through a gentle yoga sequence to celebrate the rising sun. Yoga postures, breath work, and meditation will guide our bodies through the flow. Every body and level of yogi is welcome.

SESSION ONE:

A. SNARES & TRAPPING

MAX PARTICIPANTS: 18

Instructor: Jim Coffey, Iowa DNR

Discover the essential skills of wildlife management and survival. This session covers the fundamentals of safely and ethically setting snares and traps, including techniques for various terrains and environments. Learn about local wildlife, trapping laws, and how these methods have been historically used for conservation and survival.

B. SHOOTING SPORTS

MAX PARTICIPANTS: 15

Instructor: Iowa DNR Conservation Officers

Whether you're new to shooting or want to be more comfortable with a gun, this session is great to get more experience and get any questions answered. You will cover gun safety, shooting stance, and equipment. All equipment will be provided.

C. DIY SOAP MAKING

MAX PARTICIPANTS: 12

Instructor: Cindy Brummer

Discover the art of soap making in this hands-on class. Learn the basics of creating your own custom soaps with simple ingredients, while learning about different textures, scents, and colors. Perfect for beginners and anyone looking to add a personal touch to their skincare routine!

GENERAL SESSION: WHY ZOOS EXIST

Instructor: Education Staff, Blank Park Zoo

Discover the story of Blank Park Zoo, the Association of Zoos and Aquariums, and how we collectively save species from extinction. We will discuss the variety of conservation projects we support and share ways that participants can get involved. Walk away knowing that your visit to the Zoo helps save ecosystems across the world.



SESSION DESCRIPTIONS

SESSION TWO:

D. CANNING/JAM MAKING

MAX PARTICIPANTS: 10

Instructor: Mitch Anderson, BA Farms

Discover the art jam/jelly making! This session will teach the techniques behind creating delicious, homemade jams using fresh ingredients. Whether you're a seasoned pro or a first-timer, you'll leave with skills to make your own jam or jelly!

E. ECO-FRIENDLY PAINTING

MAX PARTICIPANTS: 15

Instructor: Amber Carpenter, Story County Conservation

Come elevate your painting skills and learn about eco-friendly painting options while finding inspiration from nature. Story County Conservation's Naturalist, Amber Carpenter, will provide simple, step-by-step painting instructions, advice, and techniques for a painting creation you can be proud to take home.

F. BREW YOUR OWN KOMBUCHA

MAX PARTICIPANTS: 20

Instructor: Carissa Thoma, Down to Earth Living

Learn how to brew this yummy fermented drink at home! Carissa Thoma from Down to Earth Living will cover the complete process of making kombucha including ingredients, flavoring, health benefits, and more! Samples will be provided, and a few lucky winners will take a starter culture home with them.

SESSION THREE:

G. TEA MIXOLOGY

MAX PARTICIPANTS: 20

Instructor: Mary Lewellin, Red Dragon Herbs & Teas

Join Mary from Red Dragon Herbs & Teas for an exploration of the art of loose leaf tea! In this session, you'll learn the secrets to crafting your own unique tea blends and brewing the perfect cup.

H. FLOWER ARRANGEMENT

MAX PARTICIPANTS: 20

Instructor: Nickki Huetter, Bellflower

Join us for a fun and relaxing class where you'll explore the art of arranging flowers in your backyard. Learn basic techniques to create beautiful, natural displays using blooms from your own garden. Perfect for anyone looking to add a touch of nature to their outdoor space!

I. PARK EXPLORATION

Instructor: You and Nature

Take a break from the sessions and instead take a moment to wrap up your weekend, explore the serene beauty of Annett Nature Center Park, and reflect on what you want to take with you back to the "real world". Wander through scenic trails, enjoy peaceful surroundings, and connect with nature. It's the perfect opportunity to recharge, reflect, and experience the outdoors at your own pace!



RELEASE FORM

Name: _____

Date of Birth: _____

Emergency Contact: _____

Emergency Contact Relation: _____

Emergency Contact Phone #: _____

Do you have any known allergies (foods, other)?:

No _____ Yes _____ List: _____

Do you have any health concerns that should be known to staff?

No _____ Yes _____ List: _____

MEDICAL RELEASE

This medical questionnaire is correct and complete to the best of my knowledge, and I am able to engage in all activities during the Wild Outdoor Women event, unless otherwise noted. I represent that I am in good physical condition, and I am not aware of any disease or injury that would be aggravated or result in my being injured during any program participation. I give consent for the Warren County Conservation Board event staff to provide medical attention, transportation, and emergency medical services as warranted by the circumstances.

LIABILITY RELEASE

If I am injured or suffer any illness while residing at and participating in the programs at the Wild Outdoor Women event, I agree to hold the WCCB, and other supporting organizations harmless of any said illness or injury. I further understand and agree to abide by the general rules of conduct prescribed for the guests of the workshop, and that violations may result in denial of privileges, forfeiture of all fees paid, charges to repair damages, dismissal from the event, and/or removal from the property.

PHOTO RELEASE

Yes _____ No _____ I give permission for photographs, digital images, or videos to be taken of me while participating in the Warren County Conservation Wild Outdoor Women event. Photos from the event can be sent to you & may be used for marketing purposes for future WCCB events.

I have read this release and I hereby agree and consent to its terms and conditions and hereby waive any claims arising while residing at and participating in the programs of the Warren County Conservation Board.

Signature of Participant: _____ Date: _____

*Signature of Parent/Guardian: _____ Date: _____

*(if minor)



REGISTRATION FORM

REGISTRATION & PAYMENT DEADLINE: MAY 12, 2025

Name _____

Address _____

Phone # _____

E-mail _____

Session (write session letter in blank) Choice	1st Choice	2nd
One (A, B, or C)	_____	_____
Two (D, E, or F)	_____	_____
Three (G, H, or I)	_____	_____

Are you attending Friday night? Yes/No

Do you need a tent for Friday? Yes/No

Do you have dietary restrictions? Yes/No

Dietary Comments: _____

PLEASE RETURN WITH PAYMENT TO RESERVE YOUR SPOT

REGISTRATION FEE IS \$65

MAKE CHECKS PAYABLE TO WCCB

PAYMENTS ARE NONREFUNDABLE

**MAIL TO: WARREN COUNTY CONSERVATION
15565 118TH AVENUE**



REGISTRATION INFO



Please fill out the enclosed form and return it along with payment to secure your spot for 2024 Wild Outdoor Women by June 3rd. Remember that the sessions have maximums for attendance, and are filled on a first-come, first-served basis.

Forms can be sent to:

Warren County Conservation
118th Avenue Indianola, IA 50125

Items to Note:

Registration fee is \$65
Make checks payable to WCCB
Payment is Nonrefundable



LOCATION

ANNETT NATURE CENTER
15565 118TH AVENUE
INDIANOLA, IA 50125
515-961-6169

The Annett Nature Center is located 5 miles south of Indianola. Travel 4 miles south on Hwy 65/69 turn west on Nevada and then turn south on 118th Ave, or follow the signs.

The ANC is on the east side of the road with a large wind tower near the parking lot. Check in will be in the lobby of the Annett Nature Center.



