



JUNE 15, 2013  
REGISTRATION  
FORM

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

PHONE # (DAY)\_\_\_\_\_

E-MAIL\_\_\_\_\_

SESSION #                      1ST CHOICE   2ND CHOICE

ONE (WRITE LETTER)        \_\_\_\_\_

TWO (WRITE LETTER)        \_\_\_\_\_

THREE (WRITE LETTER)      \_\_\_\_\_

FOUR (WRITE LETTER)        \_\_\_\_\_

ARE YOU ATTENDING FRIDAY NIGHT?    YES/NO

DO YOU PREFER A VEGETARIAN LUNCH? YES/NO

CONTACT PERSON IN CASE OF EMERGENCY?

NAME:\_\_\_\_\_

PHONE:\_\_\_\_\_

PAYMENT INFORMATION

REGISTRATION FEE IS \$40

MAKE CHECKS PAYABLE TO FWCC

MAIL TO    MISSY SMITH  
WARREN COUNTY CONSERVATION  
15565 118TH AVENUE  
INDIANOLA, IA 50125

QUESTIONS? CALL MISSY AT 515-961-6169 EXT. 206



Warren County Conservation Board  
Annett Nature Center  
15565 118th Avenue  
Indianola, IA 50215-9005  
<http://www.warrenccb.org>



SATURDAY, JUNE 15, 2013  
ANNETT NATURE CENTER  
INDIANOLA, IOWA



## WHAT IS A WILD WOMEN OF THE WOODS EVENT?

Would you like to meet other women with similar interests, attend classes to learn new skills and enhance older ones, or just kick back in the great outdoors? If so, this is the event for you. Grab your hiking boots and get ready for an exciting day in the outdoors! With so many exciting sessions to choose from, the hardest part will be deciding which to attend.

## WHO CAN ATTEND?

Women ages 12 and older are invited to participate in this event. Bring along your best friend, sister, mom, or daughter to join the fun. Create long-lasting memories for both of you to share.

## HOW DO I REGISTER?

Fill out and return the form on the back of this brochure. The registration fee is \$40 and includes all activities, a free nights camping, campfire snacks, breakfast, a noon meal, and a Wild Women gift.

**Registration deadline is June 7, 2013**

## FRIDAY NIGHT OPTION

If you have a tent, bring it! There is no extra cost for this part of the event—Just extra fun!

## SILENT AUCTION

Help support us by donating an item and bidding in the silent auction. Please bring something outdoor related in new or near new condition. All proceeds go toward future Wild Women events.

## QUESTIONS?

Contact Missy Smith at 515-961-6169 ext. 206 or [missysmith@warrencb.org](mailto:missysmith@warrencb.org)

**Return your registration with payment as soon as possible. Classes are filled on a first-come, first-served basis and some class sizes are limited. Participants will receive a confirmation letter when the registration form and payment is received.**



## \*\*\* SELECT YOUR SESSIONS \*\*\*

### NEW THIS YEAR: SUNRISE YOGA AND MORE OPTIONS EACH SESSION!

#### Sunrise Yoga

**Instructor:** Lynn Marie, Illuminate Yoga

Wake up feeling stretched and relaxed for this funfilled day. No flexibility or level of strength is required, as every pose or movement will be shown and explained from beginner to its advanced version.



#### A. Bird Banding

**Instructor:** Beth Brown, Clarke County Conservation Naturalist

Join us for a morning of bird banding. Learn why birds are banded, capture, and record their vital information. Fit the birds with an aluminum leg band with a unique number provided by the U.S. Fish & Wildlife Service and release them unharmed.

#### B. Shooting Sports 101 (a two session offering)

**Instructor:** Craig Cutts, Iowa DNR Game Warden

This is a great opportunity to learn about gun safety and practice shooting skills. We will be rotating through stations including shotguns, muzzleloaders and 22 rifles. All guns and ammunition will be provided. Please note: this session runs from 9:00 a.m. until noon.

#### C. Archery

**Instructor:** Craig Cutts, Iowa DNR Game Warden

Archery is a fun and challenging skill that offers something for everyone. Learn about the different styles of target shooting and equipment choices available today. You will be introduced to archery through examples, demonstrations, and hands on practice. This class is also excellent for those interested in bowhunting! All equipment is provided.



#### D. Dutch Oven Cooking

**Instructor:** Allen Crouse, Iowa DNR Recreational Safety Officer

Tired of ramen noodles, macaroni and cheese, and overpriced, prepackaged camping foods? If so, join Allen Crouse to learn how you can spice up your camping menus with simple, delicious foods that you can prepare in a Dutch oven. Techniques, equipment, and recipes will be shared.

#### E. Bow Fishing

**Instructor:** Laura DeCook, Mahaska County Conservation Naturalist

Bowfishing is a growing sport—even among women! Naturalist Laura DeCook is hooked on this sport and will teach you how to shoot a bowfishing bow and which fish species you can legally shoot. No archery experience is necessary!

#### F. Horseback Riding

**Instructor:** Camp Wesley Woods

Are you ready for a relaxing trail ride? Ride time includes safety orientation, helmet fitting, and practicing skills in the arena. Once riders show skills competency, they will head out on the trail.

#### G. Paddleboarding

**Instructor:** Joel Van Roekel, Warren County Conservation Naturalist

Stand up paddling is the fastest growing sport in America. Why? Because it is easy to learn, tons of fun, and can be done on almost any body of water. SUP may have been born in Hawaii, but it is a perfect fit for Iowa! Come walk on water with us today!



#### H. Basket Weaving (a two session offering)

**Instructor:** Laura DeCook, Mahaska County Conservation Naturalist

Naturalist Laura DeCook will share her hobby of hand-weaving baskets with you and teach you how to make one of your own using a wooden base and mold. Please bring scissors and a hand towel to this session. All other supplies will be provided. Please note: this session runs from 1:00 p.m. until 4:00 p.m.

#### I. Paddleboarding

**Instructor:** Joel Van Roekel, Warren County Conservation Naturalist

This is the second offering of the class listed above. Stand up paddling is the fastest growing sport in America. Why? Because it is easy to learn, tons of fun, and can be done on almost any body of water. SUP may have been born in Hawaii, but it is a perfect fit for Iowa! Come walk on water with us today!

#### J. Wildflower Identification

**Instructor:** David Youngblut, Warren County Conservation Operations Coordinator

Come along for a leisurely stroll as we identify, discuss, and answer questions about native Iowa prairie plants! Test your botanical knowledge and get your questions answered on topics such as pruning, planting and growing Iowa's natives.



THE OUTDOOR FUN BEGINS  
FRIDAY NIGHT!

NO EXTRA COST,  
JUST EXTRA FUN

Friday, June 14th (optional)

6:00 p.m. Registration, set up tents, social time  
7:00 p.m. Golf Cart Rodeo  
9:30 p.m. Ice Cream Social and Campfire Fun  
Need a place to spend the night? Camping is free at the Annett Nature Center. Motels are also nearby.

Saturday, June 15th

6:00 - 7:00 a.m. \*\*\*NEW\*\*\* Sunrise Yoga (optional)  
8:00 - 8:30 a.m. Breakfast, registration, silent auction begins  
  
8:30 - 8:45 a.m. Welcome and Introductions  
9:00 a.m. Session One: (Choose One)  
A. Bird Banding  
B. Shooting Sports 101  
C. Archery  
  
10:40 a.m. Session Two (Choose One)  
B. Shooting Sports 101 continued  
D. Dutch Oven Cooking  
E. Bow Fishing  
  
12:10 p.m. Wild Game Feed  
1:00 p.m. Session Three (Choose One)  
F. Horseback Riding  
G. Paddleboarding  
H. Basket Weaving  
  
2:40 p.m. Session Four (Choose One)  
H. Basket Weaving continued  
I. Paddleboarding  
J. Wildflower Identificaton  
  
4:15 p.m. Share the Fun, silent auction ends  
4:45 p.m. Have a safe trip home!

For more information, contact:

Missy Smith, Event Coordinator  
15565 118th Avenue  
Indianola, IA 50125  
515-961-6169 ext. 206  
missysmith@warrencb.org



OUTDOOR ADVENTURE CHECK LIST

Please consider bringing with you:

- |                |                |                            |
|----------------|----------------|----------------------------|
| * jacket       | * rain gear    | * insect repellent         |
| * hiking boots | * hat          | * money for silent auction |
| * extra socks  | * sunglasses   | * water bottle             |
| * camera       | * sunscreen    | * your silent auction item |
| * aspirin      | * note pad/pen |                            |

Listed below are items recommended for you to bring to your sessions. There will be time to get ready for afternoon sessions following lunch. NOTE: If the weather is rainy, we will still hold each session (bring rain gear), but will relocate it to a dry place.

Bird Banding

- Pen and paper for taking notes (optional)

Shooting Sports 101

- Equipment will be provided

Archery

- Equipment will be provided, but you may bring your own

Dutch Oven Cooking

- Pen and paper for taking notes (optional)

Bow Fishing

- Equipment will be provided, but you may bring your own
- Pen and paper for taking notes (optional)

Horseback Riding

- Equipment will be provided
- Waiver (will be sent with confirmation)

Paddleboarding

- Paddleboards and lifejackets will be provided
- Water clothes and shoes

Basket Weaving

- Equipment will be provided
- Pen and paper for taking notes (optional)

Basket Weaving

- Equipment will be provided
- Pen and paper for taking notes (optional)

Wildflower Identification

- Equipment will be provided
- Pen and paper for taking notes (optional)



LOCATION/LODGING

Free camping is available at the Annett Nature Center. If you do not have a tent, one can be provided for you, or you may sleep indoors. If you plan on staying overnight at the nature center, please call me if you need a tent, 515-961-6169 ext. 206.

Apple Tree Inn  
215 N. Jefferson St. (Hwy. 65-69)  
Indianola, IA 50125  
1-800-961-0551

Super 8  
1701 N. Jefferson St (Hwy. 65-69)  
Indianola, IA 50125  
515-961-0058

Woods Motel & Park  
906 S. Jefferson St. (Hwy 65-69)  
Indianola, IA 50125  
515-961-5311

Lake Ahquabi State Park  
Electric and non-electric sites  
Camping reservations suggested  
515-961-7101

Annett Nature Center  
15565 118th Avenue  
Indinaola, IA 50125  
515-961-6169

