

# 2023 Winter Women in the Wilds Weekend Class Descriptions

Friday, February 3 – Sunday, February 5, 2023

## 2023 Winter Women in the Wilds Weekend Class Descriptions

(Note: The amount of snow cover during the event will affect the classes we are able to offer. Page 1 of the Class Selection Form lists the classes that will be offered if we have MORE than 4 inches of snow for the event. Page 2 of the Class Selection Form lists the classes that will be offered if we have LESS than 4 inches of snow. This Class Description sheet lists all classes together.)

### FRIDAY EVENING

**Welcome to the Women in the Wilds Weekend:** Enjoy refreshments and *break the ice with* the other participants as we introduce Sinnemahoning State Park, our park staff, and the “Women in the Wilds” program. Will include get-acquainted activities, light refreshments, and a “What’s New in the PA Wilds” presentation by PA Wilds Communications Manager, Brittany Madera. At the end of the evening, participants will receive their printed schedules, a map, and an overview of the weekend’s event. Late arrivals welcome. *(Offered one time: Friday evening 6:00-8:30 PM. Indoors only. Snow or no-snow.)*

### SATURDAY MORNING

**Introduction to Cross-Country Skiing:** Glide your way into the sport of cross-country skiing, a unique way to enjoy the winter landscape through fun aerobic exercise. Taught by experienced cross-country skier and former downhill skiing instructor, Curt Weinhold. All equipment provided. Limited shoe sizes available. Dress in layers (see tips on layering at <https://www.rei.com/learn/expert-advice/layering-basics.html> ) Rain pants are recommended for outer layer. Class size limited. *(Offered two times, Saturday morning, 8:30-10:00 AM and Saturday afternoon 1:15-2:45 PM. Starts indoors for instruction, then mostly outdoors. Requires at least 4 inches of snow with base. Skiing without instruction offered on Sunday morning, see below.)*

**Cross-Country Skiing Demo and Brisk Hike:** Don’t let a lack of snow stop you from learning about this healthful outdoor sport. Join experienced cross-country skier Curt Weinhold, to learn the basics of the stride-and-slide method, try on skis and ski boots, and learn the location of the best trails in northcentral PA. Following the ski demo, Curt will lead a 2-mile brisk hike on the trails just south of the park office while sharing tales of his adventures with the Susquehannock Trail Club. *(Offered two times, Saturday morning, 8:30-10:00 AM and Saturday afternoon 1:15-2:45 PM. Indoors and outdoors. Offered only if there is NOT sufficient snow for actual skiing.)*

**Winter Survival Skills:** What would you do if you got lost while exploring the PA Wilds in winter? Learn from experienced Mountaineer Search and Rescue team members, Steve Bajor and Vince Hornung, the basic necessities that you should always carry when exploring outdoors, the steps to take if you become lost, how to keep yourself safe and warm overnight, and how to improve your chances of being found. Includes kit-making and hands-on practice. Class size limited. *(Offered two times, Saturday morning 8:30-10:00 AM and 10:15-11:45 AM. Snow or no snow. Indoors and outdoors.)*

**Yoga / Qi Gong:** Wake up. Stretch. Feel good! Certified yoga instructor, Adriann White, will introduce you to “Qi gong”, or “energy work”, an Asian form of yoga with thousands of years of history. Learn to coordinate your breath, eyes, and body movements to gain focus, harness willpower, and move energy throughout the body. Suitable for all levels. Bring your own yoga mat or a large towel. Class size limited. *(Offered two times, Saturday morning 8:30-9:15 AM and Sunday morning 8:30-9:15 AM. Indoors only. Snow or no snow.)*

**Essential Oils Make-n-Take:** If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. Discover the benefits of these naturally occurring plant chemicals by creating your own “winter wellness kit” with throat spray, decongestant chest rub , and a bath soak to help with fevers. Led by Winter WITW alumna, Andrea Lecuyer. Class size limited. *(Offered two times, Saturday morning 9:20-10:05 AM and Sunday morning 9:20-10:05 AM. Indoors only. Snow or no snow.)*

**Introduction to Snowshoeing:** Take a step off the beaten path with experienced snowshoer and former park educator, Jess Deluccia. Learn the basics of choosing, fitting, and using snowshoes, then go for a short walk in the snow to test out a pair. All equipment provided. Dress in layers (see tips on layering at <https://www.rei.com/learn/expert-advice/layering-basics.html> ) Rain pants are recommended for outer layer. Class size limited. *(Offered two times, Saturday morning, 10:15-11:45 AM and Saturday afternoon 3:00-4:30 PM. Starts indoors for instruction, then mostly outdoors. Requires at least 4 inches of snow with base. Snowshoeing without instruction offered on Sunday morning, see below.)*

**Snowshoeing Demo and Nature Walk:** Don't let a lack of snow stop you from learning about snowshoeing. Join former park educator, Jess Deluccia, to learn the history and basics of snowshoeing, try on different types of snowshoes, and practice walking with them on. Following the snowshoe demo, Jess will lead a 1-2 mile moderately-paced hike on the trails to north of the park office, to look for animal tracks and traces and talk about wildlife in winter. *(Offered two times, Saturday morning, 10:15-11:45 AM and Saturday afternoon 3:00-4:30 PM. Starts indoors for instruction, then mostly outdoors. Offered only if there is NOT sufficient snow for actual snowshoeing.)*

**Wildlife Forensics:** Wildlife cannot speak for itself but when a crime has been committed towards wild animals, Pennsylvania Game Commission officers, using forensic evidence and crime scene investigation, can sometimes speak for the animal and bring the violator to justice. After a short introduction into investigative and forensic techniques, a Pennsylvania Game Warden will guide participants through a simulated wildlife crime investigation to sample some of the interesting techniques that actual Game Wardens use in the field. *(Offered two times, Saturday morning, 10:15-11:45 AM and Saturday afternoon 1:15-2:45 PM. Snow or no snow. Indoors and outdoors.)*

## SATURDAY AFTERNOON

**Introduction to Cross-Country Skiing:** Same program description as Saturday morning.

**Cross-Country Skiing Demo and Brisk Hike:** Same program description as Saturday morning.

**Women's Self Defense:** Ladies, your life is worth protecting! Learn safety tips, situational awareness, and simple self-defense techniques that will help women feel confident in uncertain situations. Partner practice includes stances, blocks, punches, kicks, and escapes. 90-minute empowerment seminar taught by professional Tae-Kwon-Do instructor, Chad Cowburn, from

Solid Body Gym, Coudersport, PA. Class size limited. *(Offered two times, Saturday afternoon, 1:15-2:45 PM and 3:00-4:30 PM. Indoors only. Snow or no snow.)*

**Dutch Oven Cooking**: Practice creating tasty dishes using cast iron Dutch ovens, while learning about “forest gardens”, former gardens of indigenous people and early European settlers that survived in the forest that grew up around it. John and Jan Halter, DCNR volunteers, will introduce Dutch oven cooking, covering essential equipment, proper care of cast iron, cooking techniques, and yummy recipes made with locally foraged Jerusalem artichokes and ground cherries. Class size limited. *(Offered one time, Saturday afternoon 3:00-4:30 PM. Snow or no snow. Indoors only.)*

**Introduction to Snowshoeing**: Same program description as Saturday morning.

**Snowshoeing Demo and Nature Walk**: Same program description as Saturday morning.

## SATURDAY EVENING

**Movie and Game Night**: Optional evening activity. Stick around after dinner to watch a nature movie and play nature-based board games with your fellow WITW participants. One-hour PBS Nature video, “Owl Power” follows the lives of two barn owl chicks from the moment they hatch to show their development into super-powered owls. Light refreshments will be provided. *(Offered one time, Saturday evening 5:30-6:30 PM only.)*

## SUNDAY MORNING

**Yoga/Qi Gong**: Same description as Saturday morning.

**Essential Oils**: Same description as Saturday morning.

**Snowshoeing or Cross-Country Skiing On Your Own**: Explore the park and its natural resources at your own pace. Loaner snowshoes and loaner skis available. Park staff will hand out equipment, but no instruction is provided. Dress in layers. Rain pants recommended. *(Offered two times, Sunday morning, 8:30-10:00 AM and 10:15-11:45 AM. Requires at least 4 inches of snow with base. Introductory class offered two times on Saturday, see above.)*

**Winter Bird Feeding**: What makes a bird’s heart sing? *Food* of course! Learn to identify the birds that visit Pennsylvania backyards in winter, discover what foods they eat, and then build a simple bird feeder to take home. Led by Lyman Run State Park educator, Susan Schenck. Class size limited. *(Offered two times, Sunday morning 8:30-10:00 AM and 10:15-11:45 AM. Mostly indoors, with feeder-building outdoors. Snow or no snow.)*

**String Art**: Often referred to as pin-and-thread art, string art is an addicting artform that is inviting to the most experienced crafter and the newcomer alike. Talented Pennsylvania artist, Cindy Swarmer, from The Woods in Three Square, will lead you step by step as you turn a plain plank of wood into a beautiful piece of art to take home. All supplies provided. Class size limited. *(Offered two times, Sunday morning 8:30-10:00 AM and 10:15-11:45 AM. Indoors only. Snow or no snow.)*

**Brisk Hike:** Get out and about with a brisk-paced 2-3 mile guided hike along the Lowlands Trail. Trail is fairly level with a few small hills and areas of uneven footing. Be sure to bring water and dress in layers (see tips on layering at <https://www.rei.com/learn/expert-advice/layering-basics.html> ). Led by Sinnemahoning State Park educator, Kim Lott. *(Offered one time only, Sunday morning, 10:15-11:45 AM. Outdoors only. Snow or no snow.)*

## SUNDAY AFTERNOON

NO SUNDAY AFTERNOON CLASSES OFFERED in order to give participants time to return home before dark. The Winter Women in the Wilds event will end at 1:00 PM, following lunch and closing remarks.

**If you have any questions, please contact**

**Kim Lott at Sinnemahoning State Park**

**Phone: 814-647-8401**

**After registering and paying through PPF, send completed class selection forms to:**

**Email: [klott@pa.gov](mailto:klott@pa.gov)**

**Fax: 814-647-5626**

**Postal Mail:**

**Winter WITW**

**Sinnemahoning State Park**

**4843 Park Rd**

**Austin, PA 16720**