

# Connecting nature and you



## Women's Spring Fling

April 29, 30 and May 1

### Discover Nature - Women's Spring Fling

Provides a safe and friendly environment where women experience hands-on outdoor skills training with a team of professionals. Learn archery, canoeing, backpacking, orienteering and more.



### Advance registration is required

Hosted by Missouri Department of Conservation Burr Oak Woods Nature Center Staff

For more information contact **Lisa LaCombe**

816-655-6263 ext.1332

[lisa.lacombe@mdc.mo.gov](mailto:lisa.lacombe@mdc.mo.gov)



This workshop is offered to women 18 years old and older. Young ladies 14-17 years old are welcome when accompanied by an adult woman participant.

Course will be held at  
**Lake Doniphan Conference  
and Retreat Center**

Excelsior Springs MO  
<http://lakedoniphan.com/>

**MISSOURI DEPARTMENT OF CONSERVATION**

# Weekend Schedule

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## Friday Evening

6:30 Arrive, check into cabins  
*(Dinner not provided)*  
7:30 Welcome  
Orientation to Event/Icebreaker  
8:00 Naturalist Guided Night Hikes  
9:00 Campfire

## Saturday

6:00-7:00 Early Birding  
7:00-8:00 Breakfast  
8:30 – 11:30 Sessions  
12:00 Lunch  
1:30 - 4:30 Sessions  
6:00 -7:00 Supper  
7:00 Slide Show Presentation  
9:00 Campfire and Entertainment

## Sunday

7:00-8:00 Breakfast  
8:30 – 11:30 Sessions  
12:00 -1:00 Lunch and Evaluation  
1:00 Depart

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## Two STEP REGISTRATION

### STEP 1 Lake Doniphan Lodging and Meals

Participants are responsible for making their own room reservations with **Lake Doniphan 816-630-1523**. Payment due with registration by credit card only. Accommodations will be assigned on a first come first served basis.

**Accommodations:** Prices vary with the number of participants per room and lodging options. Cost includes lodging for 2 nights, linens and towels, and 5 meals.

- **Main Lodge:** Hotel style rooms with private bath  
One person/room, \$199 per person/per weekend  
Two persons/room, \$142 per person/per weekend
- **Mini Lodge:** Dormitory style  
\$119 per person/per weekend  
(Less than four occupancy add \$10 per person)
- **Rustic Cabin with electricity:** Sleeps 4, nearby shower and bathrooms  
\$97 per person/per weekend.
- **Camping with electricity:** Nearby shower and bathrooms  
\$87 per person/per weekend.  
(Linens, towels and pillows are not included with this option.)

\*Contact Lake Doniphan for specific details on each lodging option.

**Check in** after 6:30 pm on Friday, April 29. Orientation begins at 7:30 pm Friday. Dinner is not provided Friday evening.

### Confirmation Number

Be sure to keep a record of your Lake Doniphan lodging confirmation number and record this number in the space provided on the registration form on the last page of this brochure. This number must be included with the registration form and deposit fee prior to the workshop for you to be accepted into the workshop. Registration is not valid without these items.

### STEP 2 Event Deposit Fee and Deadline

Mail or hand deliver completed registration form, \$20 deposit, and confirmation number to:

**Burr Oak Woods Nature Center**  
**Discover Nature – Women’s Spring Fling**  
**1401 NW Park Rd**  
**Blue Springs, MO 64015**

**Deadline: 5:00 pm, April 8, 2016.** Your \$20 deposit will be refunded to you when you check in at the registration table. Deposit fees will only be returned to registered participants in attendance.

### Alcohol/firearms

Use of alcoholic beverages, illicit drugs, firearms, and fireworks are forbidden on Lake Doniphan property.

## Course Descriptions:

**Leisurely:** course not physically demanding

**Moderate:** course requires some physical activity

**Strenuous:** course requires some strenuous physical activity

### Archery & Atlatl (Moderate)

Discover the ancient arts of archery and atlatl. Develop archery techniques that will assure a bulls-eye every time. Whether these skills are developed to hunt or for target practice, archery and atlatl are fun and challenging ways to enjoy the outdoors.



### Backpacking and Campout (Moderate /Strenuous)

Stride into the woods to discover the essentials of backpacking! Discover what a 25 lb. backpack feels like as you enjoy a moderate hike around the lake and up a trail on a wooded hillside. We will set up tents, practice using water filters and hiking stoves and walk back to the lodge for dinner and evening activities. Night senses activities will keep you engaged as we walk back to our tents for the night and a trail breakfast in the morning.

*(Backpacking equipment may be borrowed upon request.)*

### Canoeing/Kayaking (Moderate/Strenuous)

Canoeing is a great way to explore Missouri's 57,000 miles of navigable streams. Understanding proper canoeing techniques will make those excursions fun and safe. Our expert instructors will teach you the basic strokes and strategies that will prepare you to float any stream in Missouri.



### Fishing (Leisurely)

Get hooked on one of the world's most popular outdoor activities. This course teaches you the basics of fishing techniques, equipment, bait, lures, knots and fish identification. You will also learn to fillet your own fish and discover delicious methods to prepare it.

## **Course Descriptions Continued:**

**Leisurely:** course not physically demanding

**Moderate:** course requires some physical activity

**Strenuous:** course requires some strenuous physical activity

### **Orienteering & Geocaching (Moderate)**

Have you ever been lost? Learn to explore with confidence as you discover how to navigate the back-country using a map and compass. Then test your treasure hunting skills as you learn more about geocaching, a fun way to merge technology and finding your way.



### **Outdoor Cooking (Leisurely)**

You don't need a fancy kitchen to make great meals while exploring in Missouri's outdoors. You can create delicious meals in foil, on a stick or with a Dutch oven. Learn how to care for Dutch ovens and how to cook over an open fire safely while getting a great start on your campfire recipe collection.

### **Champion Trees and Leaf Print Craft (Leisurely)**

Nature gives us many gifts each season. Give some amazing trees a chance to awe you with their beauty and inspire your creative genius with a unique nature craft.



### **Wild Edibles (Leisurely)**

Discover how to harvest and prepare wild edible plants for your dinner table. This session will include plant identification, safety, conservation and preparation of wild plants. Foraging for wild plants is a great way to discover nature and it is a lot of fun!

## Payment and registration information

Missouri Department of Conservation Deposit fee is \$20.00 per person

There is no deposit fee for young women aged 14-17 when registered with an adult. However, participants aged 14-17:

- Are responsible to Lake Doniphan Conference and Retreat Center for room and meal costs.
- Must be accompanied at courses by the adult they are registered with.
- Must have consent form signed by a parent or guardian.

## Cancellation Policy

**Missouri Department of Conservation Policy:** If you cancel on or before **April 8, 2016**, you will be refunded your \$20 deposit. **Deposit will not be refunded if you do not attend or cancel by April 8, 2016.**

You **MUST** ALSO CONTACT LAKE DONIPHAN CONFERENCE AND RETREAT CENTER **816-630-1523** TO CANCEL YOUR LODGING AND MEALS.

**Lake Doniphan Conference and Retreat Center Policy:** Cancellation fewer than 14 days prior to arrival will result in forfeiture of deposit.

## Special Needs

In compliance with the American Disabilities Act, this workshop will make all reasonable efforts to accommodate people with special needs. Please include a letter with your registration form describing any special needs you have.

**For more information contact:** Lisa LaCombe at **816-655-6263 ext 1332** or **[lisa.lacombe@mdc.mo.gov](mailto:lisa.lacombe@mdc.mo.gov)**



THE MISSOURI DEPARTMENT OF CONSERVATION PRESENTS

### Women's Spring Fling 2016

Lake Doniphan Conference and Retreat Center  
12856 Doniphan Lake Road, Excelsior Springs, MO 64024  
<http://lakedoniphan.com/>

**Friday April 29 - Sunday May 1**

### Registration Form



Name \_\_\_\_\_ If minor, age \_\_\_\_\_ Attending with \_\_\_\_\_

**ADDITIONAL PERMISSION FORM REQUIRED IF MINOR IS NOT ATTENDING WITH PARENT OR GUARDIAN**

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact phone number \_\_\_\_\_ E-mail \_\_\_\_\_

In case of emergency, please contact \_\_\_\_\_ Phone number \_\_\_\_\_

Lake Doniphan Confirmation # \_\_\_\_\_ **Registration is not valid without this number**

### Course Selection:

Participants will attend 3 sessions. Please rank your choices as 1 (most preferred) -8 (least preferred). Every effort will be given to allow your participation in the programs of your choice. However courses will be assigned on a first come first served basis, and assigned according to what is available.

_____ Archery & Atlatl	_____ Canoeing/Kayaking	_____ Outdoor Cooking
_____ Backpacking	_____ Fishing	_____ Champion Trees & Leaf Print Craft
_____ includes Night Session	_____ Orienteering & Geocaching	_____ Wild Edibles

### Meal considerations

Please check if you are:  Vegetarian  Diabetic  Have severe food allergies

### Mail this form with deposit fee to:

Discover Nature – Women's Spring Fling  
Burr Oak Woods Nature Center  
1401 NW Park Road, Blue Springs, MO 64015

Please make all checks payable to the **Missouri Conservation Heritage Foundation** (MCHF) and **earmark Burr Oak Woods** in the bottom left memo section of your check.

### Registration Deadline: April 8, 2016

**Signature required:** I recognize this event involves risk and I take responsibility for action or injury that may result by participating. I agree to accept the conditions set forth in the cancellation policy. I understand that photographs and/or videos may be taken during the event and may be used in future support of this or other programs that highlight or encourage participation in outdoor activities.

Signature \_\_\_\_\_



**[mdc.mo.gov](http://mdc.mo.gov)**

Equal opportunity to participate in and benefit from programs of the Missouri Department of Conservation is available to all individuals without regard to their race, color, national origin, sex, age or disability. Questions should be directed to the Department of Conservation, P.O. Box 180, Jefferson City, MO 65102, (573)751-4115 or 800-735-2966 (TTY), or to the U.S. Fish and Wildlife Service Division of Federal Assistance, 4401 N. Fairfax Dr, Mail Stop: MBSP-4020, Arlington, VA 22203