

Please use these descriptions to help you select the classes you would like to attend. Indicate your class online as part of the registration process with PA Parks and Forests Foundation at <http://bit.ly/2020WITWRegister>.

(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

**Get Acquainted Party & WITW Weekend Overview:** Enjoy refreshments and get to know the other participants as we introduce the Sinnemahoning State Park staff, the PA Wilds and the “Women in the Wilds” program. Will include get-acquainted activities, a welcome to Sinnemahoning, Winter WITW program overview, and a presentation by guest speaker, backpacker and author, Cindy Ross. *(Offered one time: Friday evening 6:00-9:00 PM. Indoors only. Snow or no-snow.)*

**“A BIGGER LIFE- Adventuring in the Natural World”:** Author and adventurer Cindy Ross, will present a lively talk on how she hiked, cycled and paddled America’s trails over the course of 4 decades, as a woman and a mother. Cindy is a Triple Crown Hiker- covering the entire Appalachian Trail, Pacific Crest and Continental Divide National Scenic Trails. Expect to be inspired as well as glean some great ideas on how to enrich your own life, close to nature and active, no matter your age. *(Offered one time: Friday evening 7:00-7:45 PM as part of the Get Acquainted Party & WITW Weekend Overview. 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>) Rainpants are recommended for outer layer. *(Offered two times, Saturday morning, 8:00-9:45 AM and Saturday afternoon 1:00-2:45 PM. Starts indoors for instruction, then mostly outdoors. Requires at least 4 inches of snow with base. Skiing without instruction offered on Saturday afternoon and 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 brisk hike on the trails near the park office and share tales of the Susquehannock Trail Club *(Offered one time only, Saturday morning, 8:00-9:45 AM. Indoors and outdoors. Offered only if there is NOT sufficient snow for actual skiing.)*

**Animal Tracks and Traces Walk:** Winter is the perfect time to discover how some of our woodland animals leave evidence of their behavior everywhere they go. You’ll learn how to read the tracks and find other clues which tell about the activities of our wildlife neighbors. Experienced tracker and knowledgeable naturalist, Nelson Haas will lead the way on this outdoor adventure. *(Offered one time, Saturday morning, 8:00-9:45 AM. Starts indoors for instruction, then mostly outdoors. Snow or no-snow.)*

**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 member, Steve Bajor, 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. *(Offered two times, Saturday morning 8:00-9:45 AM and 10:00-11:45 AM. Snow or no snow. Indoors and outdoors.)*

**Cooking with Wild Edibles:** Learn to create tasty dishes using cast iron Dutch ovens and wild edible ingredients. John and Jan Halter, DCNR volunteers and members of the Lyman Run and Codorus State Park Friends groups, will introduce Dutch oven cooking, covering essential equipment, proper care of cast iron, cooking techniques and yummy recipes, while providing instructions on preparing biscuits with wild jellies, leek quiche, and wild mushroom soup. *(Offered two times, Saturday morning 8:00-9:45 AM and 10:00-11:45 AM. Snow or no snow. Indoors only.)*

**Introduction to Snowshoeing:** Take a step off the beaten path with snowshoes. Taught by experienced snowshoer and PA State Park regional program coordinator, Marissa Galeotti. All equipment provided. Dress in layers (see tips on layering at <https://www.rei.com/learn/expert-advice/layering-basics.html>) Rainpants are recommended for outer layer. If you can walk, you can snowshoe! *(Offered two times, Saturday morning, 10:00-11:45 AM and Saturday afternoon 1:00-2:45 PM. Starts indoors for instruction, then mostly outdoors. Requires at least 4 inches of snow with base. Snowshoeing without instruction offered on Saturday afternoon and Sunday morning, see below.)*

**Snowshoeing Demo and Winter Plant Walk:** Don't let a lack of snow stop you from learning about snowshoeing. Join experienced snowshoer, Marissa Galeotti, to learn the history and basics of snowshoeing, try on different types of snowshoes, and practice walking with them on. Following the snowshoe demo, Marissa will lead a short walk on the trails near the park office to identify some of the common trees and plants of northcentral PA and how to identify them in the winter. *(Offered one time only, Saturday morning, 10:00-11:45 AM. Indoors and outdoors. Offered only if there is NOT sufficient snow for actual snowshoeing.)*

**Bluebirds and Nest Boxes:** Join PA Game Commission educator, Mandy Marconi, to learn about the decline of these beautiful songbirds over the last century and how conservation efforts of concerned citizens helped the species recover. Build a bluebird nest box to invite bluebirds to your own backyard. Bluebird kits will be provided for each participant. *(Offered two times, Saturday morning, 10:00-11:45 AM, and Saturday afternoon 3:00-4:45 PM. Indoors first, then outdoors to build boxes. Snow or no-snow.)*

### **SATURDAY AFTERNOON**

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

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

**Cross Country Skiing and Snowshoe Demo:** Don't let a lack of snow stop you from learning about this healthful outdoor sport. Join experienced cross-country skier Curt Weinhold and Regional EE Coordinator, Marissa Galeotti, to learn the basics of the stride-and-slide method, try on skis, ski boots, and snowshoes. *(Offered one time only, Saturday afternoon 1:00-2:45 PM. Indoors and outdoors. Offered only if there is NOT sufficient snow for actual skiing or snowshoeing.)*

**Tour of Stevenson Dam:** Have you ever wondered what the inside of the Stevenson Dam looks like? How do the gates of the dam operate and how do the staff know when to change them? This unique tour will be led by Park Maintenance Supervisor, Matt Streich. Dress warmly and wear sturdy, insulated shoes. *(Offered one time only, Saturday afternoon, 1:00-2:30 PM. Outdoors and in unheated dam tower. Offered only if there is NOT sufficient snow for actual skiing or snowshoeing. Travel to the dam is required; carpooling is recommended.)*

**Nature Painting:** Express your natural creativity through art. PA Wilds juried artist, Peggy Sowers Heckman, from Clover Moon Designs of Emporium, PA, will guide you step-by-step in creating your own masterpiece in this relaxing and enjoyable presentation. All supplies provided. No experience necessary.

No additional fees. Limit 10 participants. *(Offered one time, Saturday afternoon, 1:00-2:30 PM. Indoors only. Snow or no snow.)*

**Essential Oils Make and 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 bath bomb and scented room spray, with Winter WITW alumna, Andrea Lecuyer. *(Offered two times, Saturday afternoon, 1:00-2:30 PM and 3:00-4:30 PM. Indoors only. Snow or no snow.)*

**Bluebirds and Nest Boxes:** Same program description as Saturday morning.

**Cross Country Skiing On Your Own:** Explore the park and its natural resources at your own pace. Loaner skis and equipment available; sizes are limited. Park staff will hand out equipment, but no instruction is provided. Dress in layers. Rainpants recommended. *(Offered three times, Saturday afternoon, 3:00-4:45 PM and Sunday morning, 8:00-9:45 AM and 10:00-11:45 AM. Requires at least 4 inches of snow with base. Introductory class offered two times on Saturday, see above.)*

**Snowshoeing On Your Own:** Explore the park and its natural resources at your own pace. Loaner snowshoes available. Park staff will hand out equipment, but no instruction is provided. Dress in layers. Rainpants recommended. *(Offered three times, Saturday afternoon, 3:00-4:45 PM and Sunday morning, 8:00-9:45 AM and 10:00-11:45 AM. Requires at least 4 inches of snow with base. Introductory class offered two times on Saturday, see above.)*

**Nature Hike:** Join park educator, Kim Lott, for an easy 2.5-mile guided hike on fairly level trails near the Park Office and Wildlife Center. Search for dens, nests, and other animal signs as you learn about the diverse wildlife habitats of Sinnemahoning State Park. *(Offered one time only, Saturday afternoon, 3:00-4:30 PM. Outdoors only. Offered only if there is NOT sufficient snow for skiing and snowshoeing.)*

## **SATURDAY EVENING**

**NO SATURDAY EVENING CLASSES OFFERED – ENJOY YOUR FREE TIME**

## **SUNDAY MORNING**

**Brisk Hike:** Get out and about with a brisk-paced 3-mile guided hike in the 40 Maples Day Use Area. 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 park manager, Tracy Zupich. *(Offered one time only, Sunday morning, 8:00-9:45 AM. Outdoors only. Travel to the trailhead is required; carpooling is recommended.)*

**Iyengar Yoga:** Wake up. Stretch. Feel good! Certified yoga instructor, Adriann White, will guide you through breath work, yoga poses, and deep stretching with alignment-based, Iyengar-style yoga. Suitable for all levels. Bring your own yoga mat or a large towel. *(Offered one time, Sunday morning 8:00-9:30 AM. Indoors only. Snow or no snow.)*

**Coffee Tasting and Pairing:** Learn the language of coffee tasting and delve deeper into the world of premium gourmet coffees. Josh Zucal, of Bearded Brewing, will discuss the origins of coffee, roasting, tasting and pairing, while discussing the finer aspects of aroma, acidity, body and flavor of different Bearded Brewing Coffees. *(Offered two times on Sunday morning, 8:00-9:30 AM and 10:00-11:30 AM. Indoors only. Snow or no snow.)*

**Cross Country Skiing On Your Own:** Same description as Saturday afternoon. Requires at least 4 inches of snow with base.

**Snowshoeing On Your Own:** Same description as Saturday afternoon. Requires at least 4 inches of snow with base.

**Winter Bird Walk:** Grab a hot cup of coffee and hit the trail as we enjoy a morning taking in the sights and sounds of raptors in flight and songbirds a-twitter. Led by local bird-watching enthusiast Mark Johnson. Binoculars and field guides available for use during the program. Slow paced, 1-2 mile hike over uneven terrain. Beginner and experienced birders welcome. *(Offered one time, Sunday morning 10:00-11:30 AM. Outdoors only. Snow or no snow.)*

**Jewelry Making:** Get crafty with juried PA Wilds artist, Gloria Mclsaac, from Gloriann Jewelry of Emporium, PA. Choose your own gemstones and create your own wrap bracelet with memory wire. All supplies provided. No experience necessary. No additional fees. Limited to 10 participants. *(Offered one time, Sunday morning 10:00-11:30 AM. Indoors 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.