



Keystone Elk Country Alliance  
c/o Kristi Reinaker  
174 Mt Zion Dr  
Danville, PA 17821

Welcome Friends,

We are very excited to invite you to the 4<sup>th</sup> Annual ELK (Educating Ladies of KECA) Ladies Day Out Event! This year will be jammed pack with some new and exciting educational sessions like we've never had before. The event will take place on SUNDAY, July 17<sup>th</sup>, at the Elk Country Visitor Center with the day kicking off at 9AM and wrapping up around 5PM.

If you have never experienced the ELK Ladies Day Out, we would like to provide you with some additional information as well. The ELK Ladies Day Out was created as a response to fill a void with the Keystone Elk Country Alliance. We identified that we did not have an event that was geared specifically for women, and there was definitely a need for one! This event was created to not only bring together women of like minds and interests but also to provide them with life, leisure, and outdoor skills. The day allows women to select different activities to participate in and they enjoy them as a round-robin style event. Throughout the event, we also offer raffles and games of chance, so there's always some great merchandise to take home with you! **NEW THIS YEAR – We are inviting ALL ladies ages 12 and over to attend!** We have received numerous requests for our younger generations to attend and we are very excited to have them join us this year. There will be limitations on some sessions but for the most part, they will be able to participate in many of the exciting sessions that we are offering!



Below you will also find a brief description of each session that will be offered during the 4<sup>th</sup> Annual Event. Each participant will select their top 10 sessions of choice, and then 6 of those selected will be assigned to them.

The sessions to be offered at the 2022 event are:

- **Elk Basics:** KECA's Conservation Education Department will introduce facts and information about Elk history, ecology, and behaviors.
- **Shed Hunting:** Ben Porkolab, KECA's Conservation Education Coordinator & avid Shed Hunter will share antler information, effective methods, as well as a mock shed hunt with participants.
- **Turkey Call Building & Basics:** Join Russ Wagner, co-owner of Top Calls, in building your own Turkey Slate Call and learning basics on turkey callings.
- **Snakes of Pennsylvania:** Russell Wheeler, KECA Field Director and avid snake hunter, will offer an informational session on PA Snakes, how to identify, and a demonstration with Live Snakes!
- **Massage & Movement:** With Mariah Dunsmore, licensed Massage Therapist, you will be learning about ways to relieve tension and stress in the body through massage and movement while connecting with the outdoors.

- ***Birding in PA:*** Dave & Annie Hughes, volunteers & staff with Hawk Mountain Sanctuary, will offer information on identifying varying types of birds found in Pennsylvania, along with a short walk to look for local bird species. *Please bring your own binoculars if you are able, we will have additional pairs but they are limited.*
- ***Wildlife Coffee Painting:*** Join PA Nature Artist, Dave Hughes with his unique approach to painting the NATURAL WAY! You will learn to paint with COFFEE versus standard paints and create a piece of art work to take home.
- ***Moonshine Tasting & Pairing:*** Join Triple Nickel Distillery, an Elk Country favorite, for a SHINING afternoon with tasting of some of their crowd favorites and even learn about pairings and blendings. *Participants MUST be 21 in order to attend this session.*
- ***Archery:*** Join Cindy & Jim Harmon, Brian Crawford, and Ben Porkolab, skilled archery instructors, in learning the basics of archery, you'll have the opportunity to shoot bows, and even test your skills too!
- ***Flower Pressing:*** Join Courtney Stern, owner of 'The Life of a Hunter's Wife', a custom natural jewelry small business, will teach you how to gather and properly preserve some of nature's most beautiful and colorful treasures. You will then also create a decorative piece of art to take home with you!
- ***Habitat Happenings & Tour:*** Join Chad Woodward, Habitat Project Specialist, on a guided wagon ride tour of the Elk Country Visitor Center property and Habitat areas. You will learn more about KECA's Habitat projects and the reasonings behind those projects.
- ***Camp Cooking- Savory Edition:*** Chef Eric will be sharing with you some flavor-bursting recipes as he prepares some over-the-fire Dutch oven dishes including braised, grilled, and sauteed varieties
- ***Camp Cooking- Sweet Edition:*** Chef Eric will be featuring the other side of camp cooking and showing you how to prep and serve delicious sweet treats including salads, Charcuterie, and desserts!
- ***Foraging in the Wild:*** Courtney Stern will lead you on a foraging expedition on the Elk Country Visitor Center grounds in search of wild edibles and more. She will cover the types of items that are safe to forage and how to prepare these delectable natural treats!
- ***Forest Bathing:*** Certified Forest Therapy Guide and owner of Nature's Balance Forest Therapy, Anna Nachman, will offer Shinrin-yoku, or, Forest Bathing; a Japanese practice which consists of a slow, guided, sensory walk in the forest which promotes the health and well-being of the body, mind, and spirit. *This session will require relaxed walking on uneven terrain.*
- ***Hatchet Throwing:*** Back by popular demand! Join Mariah in hurling hatchets and maybe even learn some trick shots too! Participants will learn basics of hatchet and axe throwing and you'll get the opportunity to "relieve a little stress."
- ***Plant & Tree ID:*** Mandy Marconi, PA Game Commission Environmental Education Specialist, will lead you in discovering Pennsylvania's outdoor life in a whole new way! She will discuss different species of plants and trees native to our state, instruct you on how to identify these species, and more!
- ***Furbearers in PA:*** Join Jordan Stanford, PA Game Commission Wildlife Outreach Coordinator, in a session where she will introduce the PA Game Commission and a short history on furbearers in PA. Then, using pelts, skulls, tracks, and scat, participants will work on their furbearer identification skills and also learn more about their biology and life cycles.

Some things to keep in mind for the event... The ELK Ladies Day Out is held rain or shine, so please be prepared for the weather! We will have plenty of water on hand to help us cope with the July weather as well. There will be limited walking between sessions but if you are in need of assistance, we can offer transportation between sessions. Your day will also include a delicious lunch catered by our partners at Elk Life.

The goal of this event is for our participants to have fun, experience new things, and come away with some great new knowledge! We strive to provide a relaxing environment where all can feel comfortable with learning and make the most of the day. If you have any questions or concerns, please feel free to reach out to Kristi at [kecafd@keystoneelkcountryalliance.com](mailto:kecafd@keystoneelkcountryalliance.com) or 570-412-4147.

We look forward to seeing you in Elk Country!

*Kristi Reinaker*

Field Director, Keystone Elk Country Alliance