



## Welcome Mushroom Women!

We look forward to seeing you in a few weeks at the Midwest Women's Herbal's - 6th Annual [Mycelium Mysteries: A Women's Mushroom Conference](#) September 23 - 25, 2022. This year's event is being held at Camp Helen Brachman in Almond, WI. Our team is finalizing the arrangements, and we are excited about the line-up of [speakers](#) and activities in the [schedule](#).

Please read the letter below carefully as it contains valuable information to ease your arrival, departure, and experience at the Conference. If you have questions or need more information, please contact us at [herbwomen@gmail.com](mailto:herbwomen@gmail.com).

Mycelial Blessings to all,  
Linda Conroy & the Midwest Women's Herbal Conference Organizing Team  
[www.midwestwomensherbal.com](http://www.midwestwomensherbal.com)

## GETTING HERE

### ***Ride-Sharing:***

Women are forming carpools and ride-shares through [this carpooling site](#). Go green and find a driving buddy or two!

### ***Directions:***

The Conference will be held at:

COA Camp Helen Brachman  
9341 Asbury Dr Almond, WI 54909

You can also ask your GPS to take you to **Pickerel Lake State Natural Area**.

### **Assistance on the Way**

If you need help *the day of arrival*, call **608-405-9143**.

For questions in advance (before May 23) please call **920-452-4372**.

Facebook and Instagram are **not** the most reliable way to reach us. Please call or email!

## *Main Conference Participants*

### **Questions:**

For questions in advance or if you are arriving late, please email [herbwomen@gmail.com](mailto:herbwomen@gmail.com). Please do not call the facility, they are not prepared to respond to your needs. We will have someone continually monitoring this email and if you need a response we will get back to you as soon as possible.

### **WHEN TO ARRIVE: Main Conference Participants**

Arrival times are staggered to ensure that settling in is as smooth as possible. **Please honor your arrival time and plan ahead to provide yourself enough time to arrive and get settled.** The Registration station is where you will receive your lodging assignment and other important information. It is only open during the times listed below. The registration team will meet you at your car when you arrive and you will receive all of your information and instructions on where to go.

#### ***Thursday Arrivals:***

If you registered for Thursday lodging, dinner and Friday breakfast::

- Arrive Thursday evening **between 4 and 5:30pm.**
- Your first meal at the camp is Thursday dinner at 5:30pm.

If you registered for Thursday lodging and Friday meals:

- Arrive Thursday evening **between 6 and 8:30pm.**
- Your first meal at the camp is Friday breakfast.

#### ***Friday Arrivals:***

- Arrive Friday between **10am and 1pm.**
- The Opening Circle begins at 2pm.
- Your first meal at the camp is Friday dinner.
- If you would like lunch on Friday, it is available **to those who purchase it ahead of time.**

If you would like to add Friday lunch to your registration, please purchase this using the [EXTRAS](#) form ASAP (deadline is September 12). Friday lunch is served 12:30 – 1:30pm only.

### **CHECKING IN/PARKING**

- When you arrive, pull up to the Registration station, stay in your vehicle, and a registration attendant will walk up to your vehicle to assist you. If there is a line, please be patient, we want to take our time with each person and make sure you all have what you need.
- The Registration station is where you will receive your specific lodging assignment, meal information, name tag, program and map. Registration is only open during the stated arrival times. Once the Conference is under way, the Registration station will move to the Dining Hall.

If you have mobility needs, please make arrangements by emailing [herbwomen@gmail.com](mailto:herbwomen@gmail.com) ASAP.

### **FRIDAY LUNCH**

Lunch on Friday is available to ***those who pre-purchase it.*** Use the [EXTRAS](#) form to purchase Friday lunch, it will not be available for purchase on site. Friday lunch is served from 12:30 to 1:30pm, and is only available during that time.

### **HELPFUL PACKING HINTS**

Camp Helen Brachman is located on 200 acres of pine forest and prairie. Please bring what you will need for protection from sun exposure, rain, insects and temperature fluctuations.

#### **Some things you are likely to need:**

- Water bottle
- Sun hat/shawl/parasol
- Rain jacket/umbrella
- Set of twin sheets/warm blanket or sleeping bag/pillow
- **Sweater, jacket/extra layers:** It can get cold at night, so be sure to bring more layers than you need.
- Blank notepad for drawing/journaling, art supplies for decorating your name tag
- Sturdy, comfortable walking/hiking shoes
- A lightweight camp chair
- Yoga mat (for those attending morning yoga sessions)
- Cash/checkbook for the Marketplace, and next year's conference registration
- Flashlight
- Your wooden name tag from a past Midwest Women's Herbal gathering, if you do not have one, you will receive one in your welcome packet.
- Camping gear, if you are tent camping (tent, sleeping pad, lantern, etc.)
- Snacks if you are someone whose needs are not usually met when eating a variety of foods buffet style with ingredients listed (food must be stored in your own cooler/lidded bin). ***Camp Helen Brachman is a nut-free facility, so please leave nuts at home!***
- Some of the workshops/activities i.e. yoga and meditations ask that you bring a yoga mat or blanket, so we suggest everyone bring one along in case you find yourself drawn to those spaces/activities.

### **ON SITE**

#### ***Covid Safety Policy:***

Upon arrival you will be required to sign a statement that confirms you do not have cold, flu, or COVID symptoms. You will also be asked to affirm you are feeling well and that you either have been vaccinated OR that you have received a negative COVID test within 24 hours of arriving. Please bring a mask, there will be some available on-site, but it is always good to have your own. Per our policy and guidelines from the CDC, we are encouraging women to wear masks

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when in close proximity to others. Please read our complete [Covid Policy](#) before departing for camp.

### **Food:**

All meals from dinner on Friday through lunch on Sunday are included in the main conference registration. The menu will accommodate most common requested dietary preferences, i.e. carnivore, vegetarian, vegan, gluten-free and dairy-free. Meals will be local, natural and organic when available. Ingredients will be listed so you can make informed choices. If you have eating preferences outside of this scope, please consider bringing snacks in case the options do not meet your needs. Food allergies stated on your registration form have been taken into account by the caterer. If you have a food allergy not stated on your registration form, please email [herbwomen@gmail.com](mailto:herbwomen@gmail.com) immediately so we can share this with the caterer. Meals are only served during scheduled times. There will be snacks offered at scheduled times during the day as well. Please check the schedule [HERE](#) and plan your arrival accordingly.

### **Beverages:**

Nourishing herbal infusions will be available throughout the day Friday, Saturday and Sunday, as will water and tea. Coffee is only served and available in the morning (7 to 10 am), so please plan accordingly. Using your own reusable water bottle or container is appreciated. **REMEMBER TO STAY HYDRATED!**

### **Lodging:**

Main Conference registration includes lodging on Friday and Saturday night. You will receive your lodging assignment when you check in. If you need lodging Wednesday or Thursday night and you have not registered for it, please add it on the [EXTRAS](#) form.

**Cabins:** Bring your own pillow, twin bed-sized linens, and towels. Please note that if you are bringing a babe in arms (child under the age of 2) you will share a bottom bunk with your child. \*\*Please note: Some cabins are not heated, please pack accordingly for your comfort.

**Camping:** Bring your own camping gear, tent, bedding, lantern, etc.

### **Bathrooms and Showers**

All cabins have a bathroom but not necessarily a shower. There is a shower house in the Main Camping area with restrooms and showers. Portable toilets will be available in the main camping area.

### **Shared Space:**

The conference is a community space, shared by many women with varying needs. Please keep this in mind, especially if you are sharing sleeping space. If you need earplugs for a quieter night, please bring them. If you need a sleeping mask for extra darkness, bring it. If you would be more comfortable sleeping alone, consider camping in your own tent. Please remember that all women have varying needs and it is important to get your needs met as well as respect the needs of others. Please see the COVID guidelines for additional precautions. If you are indoors

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with someone outside of your family unit, we encourage you wear a mask, unless you are eating or sleeping.

### ***Village Care:***

All women who attend are invited to join us in co-creating a village where service is joyfully provided by all present - women willing to care for themselves and others - by helping serve meals, rearranging chairs, by keeping spaces clean and organized and a willingness to respond to requests for help as other needs arise.

*"It's very fulfilling to step up and help support the community around you. You become more than an attendee - you become a part of the community, and it's so satisfying to share a part of yourself." – Kelly, past event participant*

**We need your help!** It takes a village to make things run smoothly and give everyone the best experience possible. We humbly ask that everyone sign up for at least one meal service volunteer shift on the Volunteer board near the First Aid table in the Dining Hall.

### ***Opening Circle:***

There will be a community altar set up. During the opening circle women will be invited to bring a small object to contribute to the altar. Items can also be added throughout the weekend. The vision is for the altar to represent our many connections: family, community, spiritual beliefs, ancestors, the earth and our natural relations and elements. Items could be anything from a mushroom, a picture, to a rock or leaf.

## **ADDITIONAL OPPORTUNITIES**

### ***Marketplace:***

The Marketplace will consist of vendors providing handmade and specialty items. You can support your local herbalists, mycologists and natural health communities by purchasing their wares. The Moonwise bookstore will carry many of the books authored by our workshop presenters and will also happily accept your early registration fee for future Midwest Women's Herbal events. Some vendors are unable to accept credit cards, so having cash or check with you is advisable.

<b><i>Marketplace hours:</i></b>	Friday 11:30am - 1:45pm, 3:00pm - 7:00pm
<i>(subject to change)</i>	Saturday 8:30am - 10:45am, 12:30pm - 7:15pm
	Sunday 8:00am - 10:30am, 12:00pm - 2:45pm

### ***Early Morning Activities:***

- Yoga will be offered on Friday, Saturday and Sunday morning. If you plan to participate please bring a yoga mat, blanket or large towel.

- Meditation will be offered on Saturday and Sunday mornings.

**2023 Spring Conference Discount:**

Discounted registration will be available at the Moonwise Herbs booth in the Marketplace for the 2023 Midwest Women's Herbal Conference with Linda Black Elk, Robin Rose Bennett, and Judith Laxer!

**IMPORTANT CONSIDERATIONS**

***Harvesting:***

We women are mindful of the interconnectedness of all life. We honor the existence and reproductive purpose of each fungal fruiting body in the forests and fields. We abide by the indigenous ways of reciprocity, giving back after asking if we may make good use of a fungus. We ask its permission before harvesting only a third to a half of the sporocarps. At this gathering we will not harvest except for the purpose of teaching or an authorized collection for sharing at meals.

***Insects:***

Please be aware that there may be ticks and mosquitoes. Check for ticks each night and bring what you need if you get a tick bite. The First Aid basket will have some herbal/first aid supplies that you might need and if you need assistance you will be able to contact Linda or Karen, on site. A phone number will be posted in the dining hall at the first aid table for you to call for assistance.

***Electronics/Technology Use:***

We ask that the use of mobile devices be limited throughout the weekend. If you need to make a call or use your device, please go to a private place so as not to disrupt workshops or other participants. Please note: The camp *will not* have WiFi available to participants, and depending on your carrier, you may not get cell reception. Please keep your cell phone on silent mode and consider bringing an alarm clock if you are staying in a cabin instead of using your phone.

***Fragrance-Free Request:***

Many attendees are allergic to and/or sensitive to perfume, bug sprays and other personal care products with fragrances, including essential oils. Please use unscented products. In order to focus on the plants that grow around us and to honor those with sensitivities, we have requested that vendors minimize the essential oils or other strong scents in their products. We hope that this will contribute to an enjoyable, healthy and comfortable weekend for everyone.

***Women-Only Space:***

We are creating a space just for women at this conference. Please be aware that there will be some male staff providing support behind the scenes and if you run into them, just know they are there supporting this women's space.

***Solicitation-Free Space:***

The Marketplace is specifically set up for registered vendors and sponsors to share resources, services and products. Because of this we ask that women refrain from soliciting outside of the Marketplace. If you have questions or concerns prior to or during the conference about this, please contact us at [herbwomen@gmail.com](mailto:herbwomen@gmail.com).

***Drug/Alcohol Free Space:***

Please be respectful of others and do not bring drugs or alcohol to the Conference.

**DEPARTURE**

There will be many women departing the camp on Sunday afternoon. You may want to pack your belongings early in the day and take them to your vehicle for ease of departure after the closing circle, at approximately 3:30pm on Sunday. There will be some periodic breaks throughout Sunday, staggered between workshops and meals, to ease your departure by having extra time to pack up and get organized through the day. With the exception of the work exchange team and vendors, all main conference participants depart after the closing circle.

Vendors will take down their booths on Sunday, after the closing circle, and must have all items removed by 5:30pm.

**SPREAD THE WORD**

Sharing the experience:

Invite your friends and ask them to register [HERE!](#)

We look forward to meeting you and spending the weekend with you!

To follow us on Facebook, visit the [link here](#).

To follow us on Instagram, [visit here](#).

To follow us on Twitter, [visit here](#).

To follow us on Youtube, [visit here](#).