



## Welcome Mushroom Women!

### GREETINGS!

We look forward to seeing you in a few weeks at the Midwest Women's Herbal's - 3rd Annual [Mycelium Mysteries: A Women's Mushroom Retreat](#) for your Pre-conference Intensive workshop, on either Thursday September 26, 2019 or Friday September 27, 2019.

If you would like to join us for the Main Retreat, there is still space! You can read more about [Mycelium Mysteries here](#), and [register here](#).

Please read the letter below carefully, as it contains valuable information to ease your arrival, departure, and time at the Retreat. Thank you in advance for your attention to the details and requests we have shared. If you have questions or need more information, please contact us no later than September 25, 2019 at [herbwomen@gmail.com](mailto:herbwomen@gmail.com). After that date we will be at the Camp preparing for your arrival!

Autumn Blessings to all,  
Linda, Tracy, Elinor, Catherine, Lauren C., Lauren S.  
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 Retreat will be held at Camp Helen Brachman: 9341 Asbury Dr., Almond, WI 54909. Your GPS will take you the middle of Almond and not to the camp, so [use this link](#). 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 (lost or late etc.), call 608-224-9608  
For questions in advance (before September 25) please call 608-884-0108 or email [herbwomen@gmail.com](mailto:herbwomen@gmail.com).

While Facebook is fun, it is not the most reliable way to reach us. We are sure to receive your messages if you call or email!

### **WHEN TO ARRIVE: 3 Hour Pre-conference Workshop Participants**

Arrival times are staggered to ensure that settling in is as smooth as possible. ***Please honor the stated arrival times and plan ahead to provide yourself enough time to arrive and get settled.*** The registration area, where you will receive your lodging assignment along with other important information, is only open during the times listed below. When you registered, a copy of your registration was emailed to you. Please review your registration to refresh your memory on which lodging option you chose. Arrive before dark if at all possible!

***Thursday or Friday Pre-conference Attendees:*** If you registered and paid for a Thursday or Friday 3 hour pre-conference workshop:

***-If you registered for the Thursday night pre-conference workshop, Navigating Psychedelic Space from 6:00pm – 9:00pm:***

***Please arrive between 4:00pm and 5:30pm,*** with enough time to get settled and be ready for the workshop at 6:00pm.

There is a Thursday early dinner option, for those who pre-register for is meal. If you have pre-registered and paid for Thursday dinner, ***please arrive between 4:00pm and 4:15pm.*** Thursday dinner will be served from 4:30pm – 5:30pm, and is only served during that time. Please note that you need to pre-purchase this meal, please email [herbwomen@gmail.com](mailto:herbwomen@gmail.com) right away if you would like to purchase Thursday dinner.

-If you have not registered and paid for Thursday dinner, please arrive ***between 4:00pm and 5:30pm.*** Your first meal at the camp will be Friday breakfast. Please plan ahead and either eat before you arrive at the camp, or bring food (without nuts) with you to accommodate for your own meal needs.

*\*If you are attending this pre-conference workshop, please also bring the following items:*

*-Sleeping Mask or Scarf - to block out light*

*-Yoga Mat or Towel*

*- Pillow*

*-Anything else that would make you comfortable during meditation while lying down*

***-If you registered for the Friday morning pre-conference workshop, Navigating Psychedelic Space from 9:00am – 12:00pm:***

**Please arrive between 7:30am - 8:15am**, with enough time to get settled and be ready for the workshop at 9:00am. Please note that if you registered and paid for early arrival Thursday, please arrive within the stated time listed below under ***Thursday Arrivals***.

*\*If you are attending this pre-conference workshop, please bring the following items:*

*-Sleeping Mask or Scarf - to block out light*

*-Yoga Mat or Towel*

*- Pillow*

*-Anything else that would make you comfortable during meditation while lying down*

**-If you registered for the Friday morning pre-conference workshop, *Hand Drum Making* from 9:00am – 12:00pm:**

**Please arrive between 7:30am - 8:00am**, with enough time to get settled and be ready for the workshop at 9:00am. The shuttle for this workshop, leaves from the dining hall porch promptly at 8:45am, please make sure you are on-time! Please note that if you registered and paid for early arrival Thursday, please arrive within the stated time listed below under ***Thursday Arrivals***.

***Thursday Arrivals:*** If you registered and paid for the Thursday lodging and Friday additional breakfast option, and you are attending a Friday morning pre-conference workshop

*- Arrive on Thursday evening between 6:00pm and 8:30pm.*

*\*Please note that your first meal at the camp is Friday breakfast. Please plan ahead and either eat before you arrive at the camp, or bring food (without nuts) with you to accommodate for your own meal needs.*

*\*Please note that the check in/registration area is only open between 6:00pm and 8:30pm on Thursday if you are a regular Thursday arrival.*

## **CHECK IN**

**Please make sure to check in at the Registration area after you have arrived at camp.**

*-If you are camping, you may offload your gear and park your vehicle in the main parking area, and then come check in at registration.*

*-If you are staying in a cabin, you may pull into the small parking circle, and park briefly, check in at registration, and then offload your gear to your cabin, and move your vehicle to the main parking area (which is a large field out near the tent camping).*

The Registration area, located at a table within the Marketplace tent, is where you will receive your specific cabin assignment, meal information, name tag, program and map. The Registration area is only open during the above stated arrival times.

*\*The marketplace tent will be a large white tent, directly outside the front of the dining hall.*

## **PARKING**

There will be parking attendants available to direct you to your designated unloading area. Women will drop off belongings at a central point near their cabin or camping area, then park their vehicles in the main parking area. The parking area is about a 10-minute walk to the Main Camp. If you have mobility needs, please make arrangements by emailing [herbwomen@gmail.com](mailto:herbwomen@gmail.com) right away.

The community that we create during our time at Mycelium Mysteries is a vehicle-free space. **Please honor this by parking, and leaving, your vehicle in the designated main parking area (near tent camping) for the duration of the weekend.** This ensures a safe and comfortable retreat for all women attending.

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

## **FRIDAY LUNCH**

If you are attending a Friday morning, pre-conference workshop from 9:00am - 12:00pm, Friday lunch is included in your registration. If you are attending a Thursday evening pre-conference workshop from 6:00pm - 9:00pm, Friday lunch *is not* included in your registration. If you would like lunch on Friday, please email [herbwomen@gmail.com](mailto:herbwomen@gmail.com) right away, and we will send you an invoice.

Friday lunch is served 12:15 – 1:15pm, and is only available during that time. If you have purchased Friday lunch or it is included in your registration, you will receive a meal ticket for this meal once you check in at registration on-site.

## **HELPFUL PACKING HINTS**

Camp Helen Brachman is located on 200 acres of pine forest, hardwood 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
- Sweater, jacket/extra layers
- Pens, pencils, art supplies, blank notepad for drawing workshops or journaling
- Sturdy, comfortable walking/hiking shoes
- Yoga mat (for those attending morning yoga sessions)
- Cash/checkbook for the Marketplace, silent auction, and next year's conference registration
- Flashlight
- Your wooden name tag from a past Midwest Women's Herbal gathering
- Drums, rattles and/or other instruments (for drum circle and campfire time)

-If you are attending the pre-conference workshop, Navigating Psychedelic Space, please make sure to bring the following items: *Sleeping Mask or Scarf - to block out light, Yoga Mat or Towel, Pillow, Anything else that would make you comfortable during meditation while lying down.*

## **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.

### ***Best Prices:***

Discounted registration will be available at the Moonwise Herbs booth in the Marketplace for the May 29, 30 & 31, 2020 Midwest Women's Herbal Conference.

## **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 permissions 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. Be prepared to check for ticks each night and to bring what you need if you get a tick bite. The First Aid table will have some herbal/first aid supplies that you might need.

### ***Electronics/Technology Use:***

We ask that the use of mobile devices be limited throughout the Retreat. If you need to make a call or use your device, please step off 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 throughout the conference and consider bringing an alarm clock if you are staying in a cabin instead of using your phone. This allows you to power-down your phone for the evening and

allows the women around you who may be extra sensitive to the electromagnetic frequencies emitted from cell phones to get a good night's rest.

***Fragrance-Free Request:***

Many attending the Retreat are allergic to and/or sensitive to perfume, bug sprays and other personal care products with fragrances, including essential oils. Please use unscented products at the Retreat. 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 retreat. Women have herstorically created nurturing spaces to heal, share and learn together. We trust that well-nourished women return home and contribute to well-nourished communities!

There will be some male staff providing support behind the scenes. They will remain in the background and minimize interactions with us. Please be kind to them and know they are there supporting this women's space.

***Registered Participants Only:***

Only those registered for a pre-conference workshop are permitted at the Camp. If any child needs to be exchanged with a male parent or other caregiver we ask that this takes place in the parking lot.

***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:***

The retreat is a community space. Please be respectful of others and do not bring drugs or alcohol to the camp grounds.

**DEPARTURE**

If you are only attending a pre-conference workshop:

-If you are only attending the pre-conference workshop on Thursday night from 6:00pm – 9:00pm, we ask that you depart the camp by 9:30pm.

-If you are only attending a pre-conference workshop on Friday morning from 9:00am – 12:00pm, we ask that you depart the camp by 1:45pm, after lunch.

-If you are attending a pre-conference workshop and the main retreat, you will depart the camp around 3:45 on Sunday afternoon after the closing circle.

### **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.](#)