



Women and Their Woods Educational Retreat

September 15th - 18th, 2024

Programs and Presenters



Get Into the Trail-Mix with Megan Finnen

Megan’s session “Get Into the Trail-Mix” will cover trail building and maintenance techniques, along with identifying invasive species. Her colleague, Service Forester Mike Antonishak, will discuss his role in assisting landowners with property management plans. Participants are advised to wear closed-toed shoes and bring bug spray or sunscreen. Megan will have extra supplies available for those who may need them.

Megan Finnen, along with Service Forester Mike Antonishak, works with the Pennsylvania Department of Conservation and Natural Resources (DCNR) Bureau of Forestry. Originally from Philadelphia, Megan moved to Northeastern Pennsylvania at age 12, igniting a lifelong passion for the outdoors. She pursued this passion by earning

an associate’s degree in Forest Technology from Pennsylvania College of Technology, where she interned with Pinchot State Forest. Megan joined the DCNR after graduation, first as a Seasonal Forest Technician in summer 2019 and then advancing to a full-time Recreation Forester in Fall 2023. Outside of work, she enjoys spending time with her dog and traveling.



Conserving Forested Land with Kaylan Hubbard

“Conserving Forested Land” will explore conservation options for forested land, with a focus on conservation easements. These important conservation tools allow landowners to permanently protect their property while retaining ownership and use of their land. Kaylan will explore the steps, costs, and benefits associated with placing a conservation easement and look at how the terms of a conservation easement are designed to meet a landowner’s forestry goals while still ensuring permanent conservation.

Kaylan has served as Land Protection Coordinator at Delaware Highlands Conservancy since 2019, where she acts as the primary contact for landowners interested in protecting their properties. Kaylan oversees ongoing conservation projects, collaborates directly with landowners to design tailored conservation easements, and brings a diverse background in natural sciences to her role. Kaylan holds an M.S. in Zoology & Physiology from the University of Wyoming and a B.A. in Geoarchaeology with a minor in Environmental Studies from Hamilton College. Prior to joining the Conservancy, she worked at the Wyoming Natural Diversity Database (Wyoming’s Natural Heritage Program) as Species Information Coordinator, and earlier served as an Office Associate and Research Technician at the Wyoming Cooperative Fish & Wildlife Research Unit.



Unity with Nature Yoga with Liz Huntington

This 40-minute gentle yoga session is suitable for all levels, including beginners – those new to yoga are welcome! Liz will facilitate a connection with the natural environment, guiding participants through both the beginning and end of each day of the retreat. Mats and blankets will be provided for your convenience.

Liz is a yoga and meditation teacher, an certified Yoga Therapist with the International Association of Yoga Therapists (IAYT), and along with her husband Barry, stewards Barn Bass Sanctuary, 98 acres of woodland and meadows in Wayne County, PA protected by the Delaware Highlands Conservancy.



Planning for Tomorrow with Stephen Link

It may well seem common sense, but the time to plan for the future is well in advance of an emergency. In “Planning for Tomorrow,” Steve will discuss the plans and considerations necessary to ensure the greatest possibility that long-term wishes are realized. From documents needed, options available for accomplishing planning goals, to tax-smart ways to allocate resources, Steve’s session will hike through the woods of future planning while providing a map on navigating planning. Bring a curious mind, a mental list of desired goals, and any questions you may have been pondering.

Steve joined Cornerstone Advisors Asset Management in 2021 as Director of Philanthropic Services, specializing in advising individuals and non-profit organizations.

With over 30 years of experience, Steve’s career began in 1985 with Price Waterhouse, after which he moved into non-profit service working in the areas of gift planning and assisting donors in building strong financial foundations for higher education and healthcare. Steve has held roles as the Senior Philanthropic Advisor at Georgetown University, the Director of Principal Gifts and Assistant Treasurer at Lehigh University, and Vice President of Advancement at St. Luke’s Hospital & Health Network. Steve has served on non-profit boards including the Lehigh Valley Community Foundation, Historic Bethlehem Partnership, and the Lehigh Valley Chamber Orchestra. He holds a B.S. in Accounting & Finance, an M.B.A. from Lehigh University, and an M.A. in European Civilization from Katholieke Universiteit Leuven in Belgium. In his leisure time, Steve enjoys running, cycling, and traveling.



A Garden With a Mind of Its Own with Debra Arch Myers

Debra’s talk and walk, “A Garden With a Mind of Its Own,” will explore her design approach that integrates native trees, shrubs, wildflowers, and weeds into the Wild Turkey Sculpture Garden. Previously a commercial-agricultural gravel parking lot and former growing fields, the garden features 22 native trees, chosen specimens, and old growth forming the shelter belt along the flood plain. Debra will discuss mowing techniques to create paths and garden rooms, address invasive species, climate change, and the selective culling of plants to enhance the garden and support desired specimens.

Debra Arch Myers, a landscape designer, writer, and documentary film producer, has collaborated with her husband, sculptor Forrest Myers, on the 10-acre Wild Turkey Sculpture Garden in Damascus, PA since 1988. The garden, featuring 20 of Forrest’s sculptures, is part of the former Curtis Nurseries, once the largest evergreen nursery on the eastern seaboard. Established in 1902, the nursery supplied native trees and shrubs to landscape designers, including landscape architect Frederick Law Olmsted Jr., and for projects like Central Park, Prospect Park, and large Hudson River estates.



Leave No Trace: Stewarding Nature with Kate Prisby

Leave No Trace is an environmental ethic that promotes the wise stewardship of land for future generations and the maintenance of healthy ecosystems. Kate’s session “Leave No Trace: Stewarding Nature” will explore Leave No Trace principles from both an outdoor recreation perspective and the viewpoint of those who own or maintain outdoor spaces. The session will primarily occur outside, and as such participants are asked to come dressed for a slow, educational walk. Notepads and binoculars are helpful for notetaking and observation, but not required.

Kate Prisby is an Interpretive Ranger at the Lancaster Conservancy and Manager of Events & Programs at Keystone Trails Association. Her love for the outdoors began with annual family backpacking trips in New Hampshire’s White Mountain National Forest and a childhood spent exploring Lancaster County. She has over ten years of experience as a Unitarian Universalist religious educator, has worked with the Appalachian Mountain Club’s hut system along the Appalachian Trail in New Hampshire, led Student Conservation Association trail crews across Pennsylvania, and served as a Leave No Trace educator with Friends of Acadia in Acadia National Park. Her ideal workday is spent outside with inquisitive folks marveling at nature.



Species Identification and Forest Ecology with Trevor Tochydlowski

Species identification forms the cornerstone of forestry practices, providing essential knowledge for land management. “Species Identification and Forest Ecology” will emphasize the importance of accurately identifying common tree species as a foundational skill in forestry. Trevor will guide participants in recognizing individual tree traits, understanding their ecological roles, and assessing their impact on land management goals. This session will include a guided hike to identify local trees and gain deeper insights into our forested ecosystem’s dynamics.

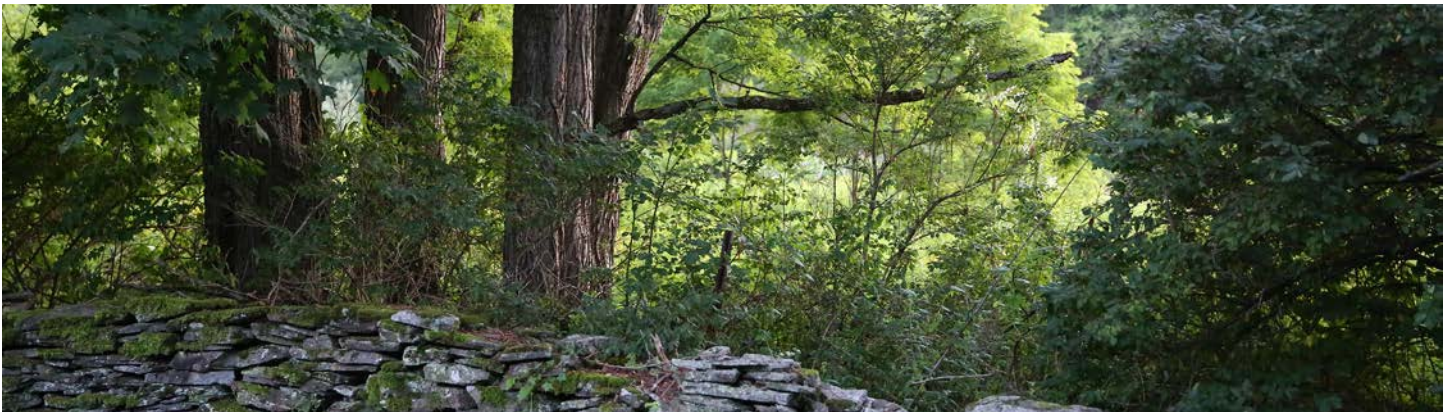
As the Forest Specialist at the Wayne Conservation District, Trevor Tochydlowski is dedicated to conserving the natural beauty of Wayne County, where he has lived his entire life. His background in Wildlife Biology complements his role in forestry, enabling him to make informed decisions that benefit both landowners and the region’s forests. Trevor’s commitment to conservation stems from his deep-rooted connection to Wayne County and his desire to preserve its environmental heritage.



Managing your Land with Children in Mind with Rose Wolff

Oak Rose Forest School, founded in 2021 in the Western Catskills on Lenni Lenape land, offers insights into creating child-friendly environments through nature-based learning. Managing Your Land with Children in Mind will demonstrate how Oak Rose’s child-led, nature-based learning model can be applied to land management. Participants will learn to create safe, enriching outdoor spaces that foster children’s autonomy, curiosity, empathy, and courage. The curriculum, which blends Waldorf education, traditional forest schooling, and indigenous wisdom, includes practical activities like foraging, building forts, and observing wildlife. By incorporating these methods, attendees will learn to develop land that supports imaginative play, cooperative learning, and a deep respect for nature, ultimately nurturing a love for the natural world in children.

Ms. Rose grew up in Florida near a nature preserve, spending her childhood exploring the woods. She is dedicated to rewilding children in nature. With an MFA in Creative Writing, an MA in Education, and certifications in Forest & Nature Education, hypnotherapy, and Shamanic practices, she brings diverse expertise to her work. With over 15 years of teaching experience, Ms. Rose founded Oak Rose Forest School to emphasize play, nature, storytelling, and social-emotional learning. Inspired by her own child and her extensive roles in education, she aims to create environments that foster awe, wonder, joy, and imagination. Believing that children thrive when guided in a safe space, she works to connect them with nature, fostering an inspired generation of stewards and storytellers.



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