



**PA Women's Initiative Leadership Retreat**  
**Watersheds, Wellness, and Wading into Leadership (W3)**  
GodSpeed Hostel  
7897 South Eagle Valley Road,  
Port Matilda, PA 16870  
**May 19-21, 2023**



**DAY ONE – May 19, 2023**

**2p.m.-5:30p.m.** Room/bunk CHECK-IN

**2p.m.- 5:00p.m.** Take a walk on-location OR FISH!

**5:00p.m.-6:30p.m.** DINNER –  
5-5:30 – Welcome, introductions, and overview for the weekend

**5:30p.m. - 6:00p.m.** Virtual presentation - [Let's Go Outdoors Program in Philadelphia](#) – A program connecting city communities to outdoor experiences! (*Lydia Martin and Keisha Scovens*)

**6:00p.m. – 6:30p.m.** Basic Introduction to the [Trout Routes App](#) (*Ari Capotis*)

**6:30p.m.-8:15p.m.** Networking/fishing

**8:30p.m.-9:30p.m.** Iron Fly-style competition/fly fishing movies as background (*Tracey McAfoos*)

DON'T know what "Iron Fly Comps are" CHECK IT OUT -  
<https://pigfarmink.com/iron-fly-setup-guide/>

**9:30p.m. - ?** Fireside networking & SMORES

**DAY TWO – May 20, 2023**

**8:00a.m.-8:30a.m.** Breakfast

**9:45 -10:00a.m.** Registration for those who did not stay Friday night

**10:00– 10:30a.m.** Welcome and Introductions

**10:30- 12p.m.** (Two 40 min rotations) **Making connections through alternative programming - Healthy space for conservation/fishing and more –**

- **Yoga & being present** (*Kelly Day – local Yoga Instructor*) – Connect with oneself, others, and the environment. Ideas on how to incorporate/partner with community organization to offer programs like these to connect their current activities to something new like conservation/fishing!
- **Mindful Wading – Planning for you and others** - Wading safely, tips, tricks and how fishing is more than just that! Taking other people fishing. (*Heather Purvin and Tracey McAfoos*)

**12p.m.** LUNCH

**12:30** **This is My Quest** – (*Rose Moore – Founder of This Is My Quest*) - During this presentation, Rose will share how her organization is taking the steps to ease access within the outdoors, while also providing opportunities for participants to not only connect to the outdoors, but also becoming more confident in outdoor skills to eventually lead! Through Rose's stories, you will discover how participants went from just getting started, to active participant, to taking on a leadership role.

- 1:00**                    **Fostering Female Leadership within TU** – Panel discussion – Stories from ladies who went from participant, to mentor, to a leader in TU (Ari Capotis; Judi Sittler; Stephanie Sheridan; Tracey McAfoos; Kelly Williams – Moderated by Rachel Kester)
- 2:30**                    **Break**
- 2:45**                    **How to take great photos** – Learn some tips and tricks on taking good photos in order to use in attractive messaging, whether for newsletters, social media, or flyers! Proper fish handling skills for photo captures and your buddy’s role. (Kelly Williams and Ari Capotis)
- 3:15**                    **Plan a program or how to help with one** – Retreat participants work together to create at least one program plan or list ideas on how to partner with others. This will include a timeline for planning and implementation. (Participants will be emailed “homework” ahead of retreat) (Moderators – Rachel Kester, Kelly Williams, Tracey McAfoos)
- 4:30p.m.**              **Networking/fishing time**
- 6:00**                    **Dinner**
- 6:30**                    **Root for stewardship!** Help your local watershed by potting your very own native plant to take home and plant in your backyard OR plant during a Fall Trout Unlimited streambank planting! (Kelly Williams)
- 7p.m.**                    **FREE TIME** - Fly Tying; Fishing; Fireside networking

**DAY THREE – May 21, 2023**

- 8a.m.-9a.m.**            **Breakfast**
- 9a.m.-9:30**            Sharing – What was most valuable to you this weekend?
- 9:30 – 10:00**           National TU and PA State tools, suggestions & how much does a program really cost? (Online tools, trainings/lesson plans etc) (Kelly Williams and Rachel Kester)
- 11a.m.**                    **Check out time** (Safe travels home!) *OPTIONAL – Go fishing with each other!*