



## Wild Willow Weekend

This October a group of twelve willow weavers came to Quiet Walker Lodge to learn how to harvest, sort and store wild willow.

Willow has been used by the Native Americans for centuries as both a healing plant and for basket weaving. Natives would take the Willow plant and make a tea or drink to cure aches and pain. The salicin in the willow is the same chemical found in over the counter aspirin. The only difference is the willow tea does not irritate the stomach or intestine lining like aspirin.



The girls began by cutting wild willow in the ditches and bringing it to lodge. Once here, they

sorted it by size and learned how to store it in a cold, damp environment. Next students learned from teacher, Jo Campbell-Amsler how to make frames from the "big boys" they cut in the wild.



These frames would later be used for baskets that the students wanted to create.

Students then spent the rest of the weekend making Willow Gathering Baskets, taking a trip to Breitbach's for some good Iowan cooking and enjoying each other's company in the lodge great room.

## Girls Scrapbook Weekend



In November, a group of enthusiastic scrapbook artists descended upon Quiet Walker Lodge for a weekend of sharing and creating scrapbooks and cards.

They stayed in the Wakatanka House and loved having the meeting room to lay out all of their materials

so that they could cut and glue all night long! It was amazing to see all of the new gadgets available today for creating books.