

SHE ASCENDS Meet Donna Kent MN North Region

Donna became a part of She Ascends in 2020 but temporarily stepped away to complete her Teaching degree. She has now returned with enthusiasm to take the helm of the North Region. She resides within the Waubun -Ogema - White Earth area. Her mission is to acknowledge the significant progress made and explore innovative methods to involve women from diverse backgrounds and foster growth. Donna harbors a deep love for the outdoors, be it hiking, embracing nature, or finding solace in the tranquility it offers. Don't forget to check out the Winter Adventure organized by Donna and the North Region!



SHE ASCENDS

Hiking + Wellness

Meet Mindi Jenson

In 2018, Mindi founded She Ascends as a platform to foster connections among women, nature, and self.

Her preference is winter hiking. Mindi particularly enjoys the She Ascends Adventure Road Trips. She appreciates the extended time frame, allowing her to forge deeper connections with other women.

Mindi's future goal as the She Ascends Founder is to lead through living the mission as she encourages more women to explore the outdoors in 2024.



Meet Lacey Baumgart

She has been hiking with She Ascends since 2020. Lacey enjoys trails with views -- be it looking across the lake, fall colors, or the opportunity to watch animals. Her favorite hike with She Ascends has been the Lake LaSalle Challenge Trail and Medora when she saw her first Dung Beetle! When hiking with Lacey, stopping to watch Dung Beetles, admiring tracks and scat, and taking ALL the pictures of mushrooms, leaves, etc is ENCOURAGED!!

"I am looking forward to finding "awe" in every hike!"



Meet Monica McConkey

Monica has been hiking with She Ascends since 2019. She loves hiking and the connections she has made through her She Ascends friends. Her favorite hiking/snowshoeing trails locally are the NCT and trails in Sucker Creek. National Park hiking is her favorite. She is currently working on completing the Hiking Club trails in all of the MN State Parks. She prefers longer hikes with scenery and water views. If she can cross water, that is even better!

"I am looking forward to getting to know you better on the trail!"

SHE ASCENDS Meet Jolene Miller! MN North Region

Jolene took her first hike with Becker County She Ascends on Earth Day in 2020. She became an official member in April of 2021 signing up with the Otter Tail chapter as Perham is her home. Since she has become a member, She has enjoyed exploring the NCT. She has hiked numerous times with her husband in the Tamarac National Wildlife Refuge prior to joining the group. She joined She Ascends to experience trails in areas that are new to her. Jolene prefers hikes that are 5 miles give or take, depending on the terrain and the weather. "I'm excited to begin the 2024 hiking schedule to connect with new women in the northern Minnesota region."





Meet Tanya Livdahl

She has been with She Ascends for 2 1/2 years. This will be her second year as a North Hiking Guide. She loves being outdoors and getting to know the Members. The more original the trail the better. She really enjoyed working on getting the passwords while on the hiking club trail. It's has become an addiction that she loves.

"I can't wait to jump into more hikes and connect with new women throughout northern Minnesota."



Meet Shelia Madson

She has been hiking with She Ascends for about 1.5 years now. She really likes hiking longer trails and enjoys hiking at the State Parks and the trails around Fargo/Moorhead area. Shelia is looking forward to enjoying connecting with other women who love nature and the outdoors. She would like to highlight the fun hiking trails in the Fargo/Moorhead area, as she feels a lot of people don't know about them.

"I would also love to explore local breweries, wineries, or coffee shops with the hiking group after our hikes. I look forward to hiking and meeting more amazing women from She Ascends."



Meet Deb Booth

Deb's first hike with She Ascends was a winter hike on the trails at Gooseberry Park in Moorhead. She remembers thinking, "I have lived near this park for 25 years and didn't know this trail was down here" Since then, she has been introduced to so many beautiful trails, fun adventures, and new friends. She loves how hiking clears her mind and grounds her.

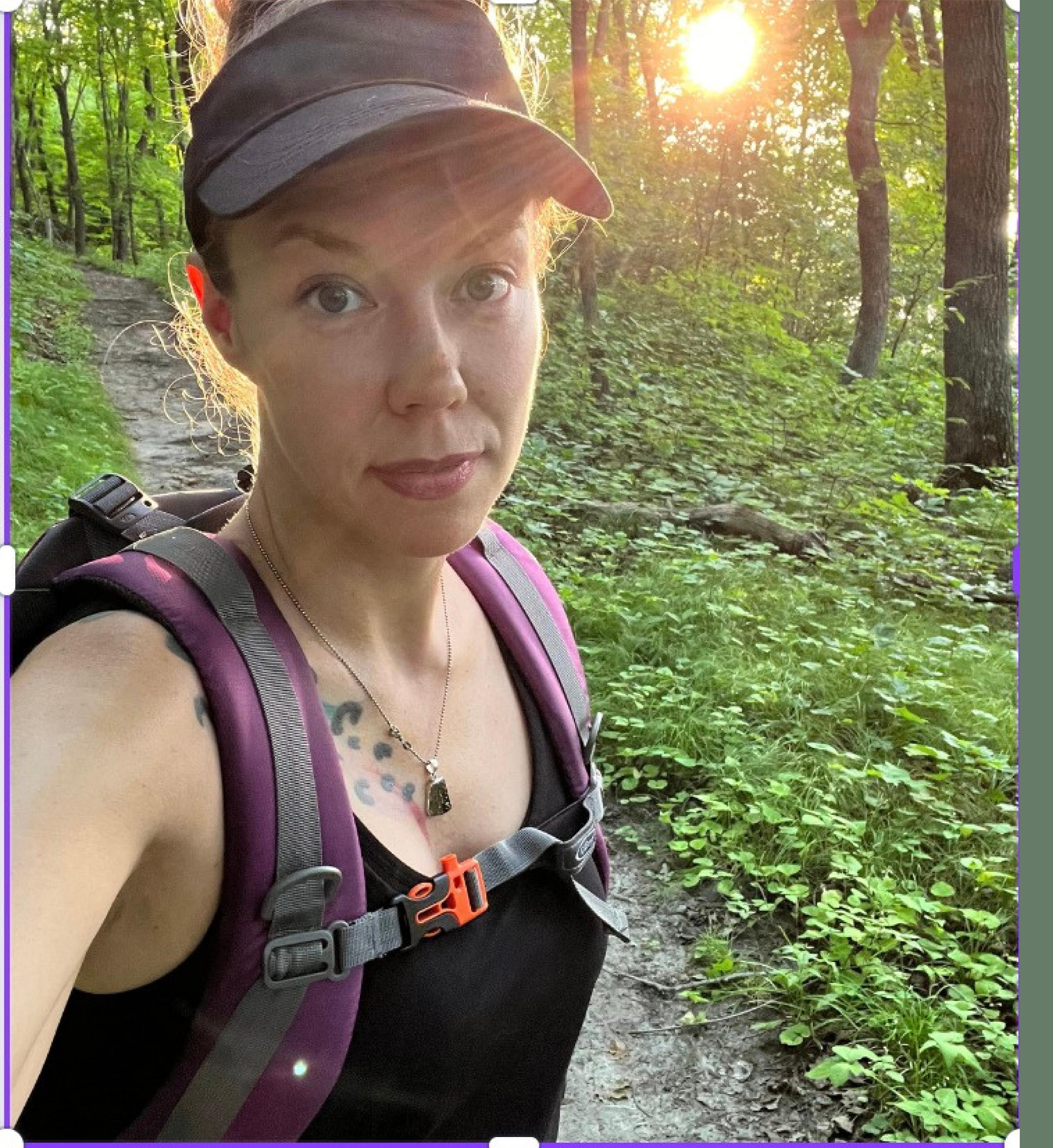
"I invite you to come and hike the trails with Kim, Sheila and myself!"



Meet Kim Gilbertson

Kim has hiked with She Ascends for two years. She grew up in Minnesota, and spent many of her younger years in the lakes area getting lost in the woods with her two golden retrievers. I love hiking in the area trails near my home in Moorhead, but one of her favorite hiking trips was with a group of women from her neighborhood to Glacier National Park in Montana. Their three children were pretty young then, and now that they are older she is renewing her love of hiking through She Ascends! Nature has always grounded her. She finds the fresh air (even in the freezing Minnesota winter) invigorating and energizing. She loves to hike and watch the sun rise and also the sun set. She Ascends has taught her to enjoy hiking even at night. Sharing this and connecting with other women that show up, take time for ourselves, and be ourselves, is such an added bonus of being a member of She Ascends. She would like to offer a variety of hikes with some shorter during the week, and a few longer ones on the weekends. She thinks it is important to breathe and take in the natural surroundings, as well as getting exercise and enjoying each other's company.

"I am looking forward to enjoying nature and connecting with other women who love the outdoors as a hiking guide in 2024!"



Meet Sheena Larson

Sheena started hiking with She Ascends in May 2022. She watched the Facebook group for about a year before she finally took the jump to join a hike. Her life changed forever after that day! Before She Ascends she did not know about all the different hiking trails in the F-M area. The deep connections and friends she has made, fills her heart with so much joy! Her favorite place to get away is Buffalo River State Park because it's close to her home and she has a favorite spot she sit at down by the river. She also really love Maplewood State Park. Especially in the fall! "As a hiking guide, I am excited to offer more opportunities for like-minded women to gather, meet new soul sisters, connect with myself, and ground within nature."



Meet Amy Jo Stockinger She is just a few months into being a hiking guide with She Ascends. She really loves off the beaten path types of hikes that offers something unique from the average trail. "As a hiking guide, I am excited to explore and introduce new trails and activities to help empower women and encourage them to step into nature along with challenging myself to do the same."



Meet Brenda Geray

Brenda has been with She Ascends since fall of 2023. She loves hiking norther Minnesota terrain such as small hills, even ground and anything with beautiful scenery.

"As a hiking guide, I am excited to offer hikes rooted in quiet reflection, sun down strolls, And maybe some murder pod-casts!"



Meet Pam Koehmstedt
She has been apart of She Ascends North
Region for 3 years. She enjoys being outside,
which can include a quick walk in teh
neighborhood, or an eight mile hike in the
woods.

"As a hiking guide, I am excited to help guide hikes on the Minnesota Hiking Club Trails this year."



Meet Penny Bruns

Penny have hiked with She Ascends for about 2 1/2 years. She has so many favorite hiking trails in the state of Minnesota, she don't know where to start. She loves to do the hiking club trails. Her favorite is to do 2 or 3 in a day and make a full day out of it. She likes hikes that are at least 3 miles long but like 4-6 miles the best. She hopes to do some different hikes on the Superior Hiking trail this summer. She just like to be out in the fresh air and nature, it helps to calm her soul.

"As a hiking guide, I am excited to hopefully offer some Superior Hiking trail hikes next summer for She Ascends members"



Meet Sharalyn Snavely

She has been hiking with She Ascends since October 2023. She loves hiking in the mountains. Her favorite trails she has found in the Pelican Rapids Region are Hallaway Hill, and Cataract Lake Loop. Sharalyn old stomping ground is St. Cloud. She loved Quarry Park, the Lake Wobegon Trail, Lake George, and many more area parks. She has 5 children with ages ranging from 20's to 3 years old. She regains her sanity through time outdoors. She is also raising chickens, guineas, and ducks. She is also looking forward to growing a garden this summer.



Meet Kelsey Juhnke

COMING SOON