



# Expanding Horizons

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The newsletter for friends of Adventures for Women

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## Dear Adventurous Women:

Welcome to AFW's 23rd year of bringing women and the outdoors together. As always, I hope you find the enclosed Adventure Menu/Joy Event Schedule one that inspires and brings you opportunity to grow and learn. If you have not yet renewed your membership, please use the enclosed application or get on the website and sign up. Our season begins on March 25th and runs throughout next February.

Next on the agenda is cutting costs. Our next two member mailings in August and November will be done electronically. We will be sending the newsletter, membership directory and whatever else we can via the internet. So please make sure you keep your email address up-to-date in our records. Of course if you have not stepped into this fast-paced electronic age, please do not worry. For our members who prefer the U.S. Postal Service, we will still continue to mail you our publications.

Another item I would like to mention is City Paths. I know many are disappointed that we will not be offering City Path hikes to our members this year. The reason is simple, we do not have the resources to run the program at this time; especially since Kathy Conniff Clines, the City Paths founder, has moved on to other adventures. In 2005, I hope to include some traditional City Path style hikes in our Joy Event schedule. So let's just say City Paths is on vacation for 2004 and we will look forward to its return next year.

All my best for a wonderful season.

*Mind the path... Betty*

## Blue Sky Dogs: The Canine Adventure Company

Blue Sky Dogs was founded in 2003 in New York City by Tammy McCarley and her faithful canine companion, Sienna. The mission of Blue Sky Dogs is to provide active outdoor adventures for fun-seeking dogs, and dog-friendly travel services for busy owners and their faithful canine companions. Tammy is offering a 5% discount on any Blue Sky Dogs service to AFW members! If you are a dog owner, this may be a great way to get into the outdoors with woman's best friend. Please check out the enclosed brochure.



Photo: Janet Chambers

Alina Press and Janet Chambers at our annual New Year's Day hike.

## NEW! Member Bulletin Board

We now have a member bulletin board available on our website. Why? The purpose is really one of communication for our group. Perhaps you have a worthy cause you would like to promote, or are looking for a companion when planning a hiking vacation, or want to let the members know of a service you offer, or a class worth taking ... obviously there are many possibilities.

So how do you post something to the bulletin board? Send an email with what you would like to announce to [ContactUs@adventuresforwomen.org](mailto:ContactUs@adventuresforwomen.org) and we will forward it on to our webmaster Louise. All submissions are subject to board approval. All submissions will be posted for a period of 90 days, unless there is need for a longer posting. Postings will be dated as to their inception and expiration.

We hope you find this informative and useful.

# What Yoga Can Do For You

by Margaret Egger

How has Yoga helped you? Here are some of my students' enthusiastic responses:

*"Yoga makes me feel better."  
... "I feel so relaxed and calm."  
... "It helps me to stay in the present moment."  
... "It helps me to control my breathing."  
... "Since I have been practicing Yoga, my flexibility and strength have improved."  
... "With Yoga I'm better able to manage my stress."*

I'm sure you have read and heard a lot about Yoga's benefits, but some of you might still be a bit skeptical and think that Yoga is just fancy stretching. Yes, yoga is the art of stretching, but there is more to it. As you go deeper into the practice you will notice that your awareness of your body increases and changes.

The whole idea is to focus on the body and on the breath. You can do a stretch, but if you are thinking about what you'll be having for dinner or talking on your phone while stretching, — well, you are not doing Yoga.

You're only as old as your spine. Improving spinal strength and flexibility is a key focus of Yoga. Through regular practice, you can improve your posture and

overall body alignment, reduce the risk of back pain, increase your energy, improve your balance, and boost your confidence. All these will benefit you on the trail.

All ages and abilities can benefit from a regular Yoga routine. There are different types of Yoga, and the key is finding the right style, but most important is finding the right teacher who can accommodate your needs. I encourage you to try out different classes and to select a style and teacher you feel most comfortable with. Never allow anybody to force you into painful postures. Yoga is not about physical perfection and competition. It's a holistic practice to improve circulation and breathing, to gain strength and flexibility, and revitalize body and mind.

Should one start Yoga by watching a video? I do not recommend this for beginners. Look for an experienced, certified teacher who understands your goals, needs and limitations and can design a practice that's appropriate for you.

Namaste,

Margaret



Our guide Margaret Egger demonstrates a yoga pose at Lake Minnewaska.



Photo: Jean-Marie Herron

On January 30th we had our annual Pot Luck dinner at AFW HQ's in Morristown, NJ. Approximately 25 women were on hand for good food and good fun. Mark your calendars for August 22nd when we have our first Summer Pot Luck BBQ!

## MacEvoy Trail Spring Clean-up Ramapo Mountain State Forest, Oakland, NJ Saturday, April 24, 2004

Welcome spring by helping your fellow adventurers preserve AFW's MacEvoy trail in Ramapo Mountain State Forest. All members and friends are asked to participate in this semi-annual five-mile hike and vital litter clean-up on Saturday, April 24 from 9am to noon. Please bring gloves, trash bags and plenty of helping hands. Call Jen Francisco, our dedicated leader and organizer for this event. E-mail Jen at [jfrog1310@yahoo.com](mailto:jfrog1310@yahoo.com) for more details. (And after the hike, go treat yourself to a 20% discount with your AFW membership card on new hiking gear at your local EMS store!)

## EMS Club Day Discount

Present your AFW membership card at any Eastern Mountain Sports store on Friday, April 23, 4pm to closing and Saturday, April 24, all day to receive their 20% off everything discount.

## Welcome New Guides

On behalf of AFW, we would like to welcome our new guides Joanne Carrubba, Jean-Marie Herron, Judy Malsbury and Dagi Murphy.

## New Trustees for 2004

Newly elected trustees to the Board for a 3-year term are Joanne Carrubba and Dagi Murphy. Remaining on the Board this year are: Jen Francisco, Jean-Marie Herron, Julie Mahoney, Priscilla Pogact and Betty Plunkett.

## Welcome New Members

Kelly Palazzi, Gineen Weiss, Janie Semprevivo, Carolyn Messina, Lisa Coppola, Linda Suarez, Denise Gill, Barbara Maher, Cynthia Maupin, Lauren Weiss, Patricia LaRocco, Linda Jenell Balkcom, Amita Rani and Cheryl Martins