



Expanding Horizons

VOL. 19 NO. 2 SUMMER 2004

The newsletter for friends of Adventures for Women

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Dear Adventurous Women:

Summer is upon us and I hope you are taking time to relax and enjoy the outdoors. We have been running a few more hikes this summer and many of our members are taking advantage. A fine activity for a summer's day.

One of the questions I always ask a new member if they are interested in volunteering. This organization runs on our volunteers and there is always room for someone with a little spare time and energy to lend a hand. However, more often than not, our ladies are as busy as myself and they have learned that you cannot always say "yes". So what do you do? You love AFW, you think it's great, but any extra minutes you have, you would rather be hiking.

Don't forget, Adventures for Women is an IRS certified nonprofit organization. Any dollars you donate, do qualify as a tax deduction. You can donate any time, not just at year end. If you wish your donation marked for a specific activity or focus; don't hesitate to include that request along with your check.

We have many ideas for new programs, such as working with the battered women's shelters; and new adventures, such as a cross country ski program. Some of what holds us back is time, but much of what holds us back is money. So if you have the means and the desire, please do consider Adventures for Women as a worthy cause.

Mind the path... Betty

Outdoor Tip:

We all know about the great uses for our bandanas; swatting bugs, bandages, fanning ourselves, soaking them in cold water and then wearing them around our necks for a cooling effect etc...Well, recently I was hiking on a hot, humid day and the sound of the bugs in my ears was worse than the bites, so I sprayed my bandana with bug spray, then wrapped it over my head and ears and tied it under my chin so that my ears were covered. I'm sure I didn't look very pretty but I no longer heard the chatter amongst all those gnats and mosquitoes.

Still thinking about taking an AFW Vacation? GOOD NEWS!

There is still space for the following three adventures:

Adirondacks

Hiking the High and Low Peaks Based in Keene Valley, NY
As seen in our brochure this challenge with breathtaking rewards in the Adirondacks is scheduled from Thursday, August 26–Sunday, August 29. The fee is \$440 (members \$390) with payment needed immediately.

Pine Barrens

RESCHEDULED is our *Hike/Paddle Weekend in the New Jersey's Pine Barrens* which has been changed to **Friday, September 10–Sunday, September 12**. There is a choice between a motel for \$350 (members \$325) or camping for \$250 (members \$225) plus boat rental approximately \$30. The deposit would be due August 15 with a non-refundable balance on September 1.

Shawangunks

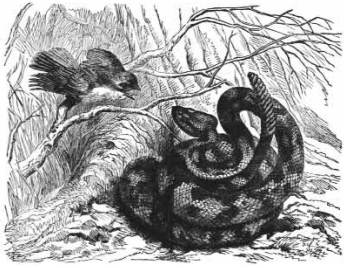
Exploring the Gunks will be an opportunity to see the Mid-Hudson Valley during the fall foliage season from **Friday, October 1–Monday, October 4**. The fee is \$475 (members \$410). A \$100 deposit is due by August 15 and after that the non-refundable balance is due by September 1.

MacEvoy Trail Spring Clean-up

Ramapo Mountain State Forest, Oakland, NJ
Saturday, April 24, 2004

The spring clean-up was a success as usual. Ten AFW members attended and thoroughly enjoyed the beautiful April day. We picked up twelve bags of litter and left the trail looking spic-n-span. A big thanks to Sandy Francisco, Judy Keenan, Theresa Festa, Dolores Andrews, Julie Mahoney, Barbara Harris, Kelly Palazzi, Priscilla Pogact, Barbara Maher, Linda Suarez and, of course, leader Jen Francisco. Thanks to all! Don't forget to join us again this fall on October 10th from 9:00am to 12:00pm when we do it again.

For Goodness Snakes!



Recently, on an Adventures for Women Joy Hike, our ladies encountered two rattlesnakes. So we thought we'd take this opportunity to share some interesting information regarding our friend, the snake.

According to the U.S. Food and Drug Administration, about 8,000 people a year receive venomous bites in the United States, and only 9 to 15 victims die. In fact more people die from wasp and bee stings than from snakebites. Living with poisonous snakes is really no different than living with hornets, or other minor risks of daily life. If one finds a hornet nest, one does

not disturb it. The same caution should be applied if one sees a snake.

Avoiding Snakebites

Some bites, such as those inflicted when snakes are accidentally stepped on or encountered in wilderness settings, are nearly impossible to prevent. But experts say a few precautions can lower the risk of being bitten:

- Leave snakes alone. Many people are bitten because they try to kill a snake or get a closer look at it.
- Stay out of tall grass unless you wear thick leather boots, and remain on hiking paths as much as possible.
- Keep hands and feet out of areas you can't see. Don't pick up rocks or firewood unless you are out of a snake's striking distance. (A snake can strike half its length.)
- Be cautious and alert when climbing rocks. What do you do if you encounter a snake while hiking? Just walk around the

snake, giving it a little berth—six feet is plenty. Leave it alone.

First Aid for Snakebites

Many healthcare professionals embrace just a few basic first-aid techniques. According to the American Red Cross, these steps should be taken:

- Wash the bite with soap and water
- Immobilize the bitten area and keep it lower than the heart.
- Get medical help. Some medical professionals, along with the American Red Cross, cautiously recommend two other measures:
 - If a victim is unable to reach medical care within 30 minutes, a bandage, wrapped two to four inches above the bite, may help slow venom. The bandage should not cut off blood flow from a vein or artery. A good rule of thumb is to make the band loose enough that a finger can slip under it.
 - A suction device may be placed over a bite to help draw venom out of the

wound without making cuts. Suction instruments often are included in commercial snakebite kits.

What Not to Do After a Snakebite

Though US medical professionals may not agree on every aspect of what to do for snakebite first aid, they are nearly unanimous in their views of what not to do. Among their recommendations:

- No ice or any other type of cooling on the bite. Research has shown this to be potentially harmful.
- No tourniquets. This cuts blood flow completely and may result in the loss of the affected limb.
- No electric shock. This method is under study and has yet to be proven effective. It could harm the victim.
- No incisions in the wound. Such measures have not been proven useful and may cause further injury.

Abbreviated from the websites: www.edu/collect/vertzo/timber/bites.htm and www.fda.gov/fdac/features/995_snakes.html



Photo: Margaret Egger

AFW members get out the 2004 schedule to over 600 women.

First Summer Pot Luck BBQ!

Sunday, August 22, 2004

For those of you willing to brave the August sun, don't forget we're having our first summer Pot Luck BBQ! It will be held at Jean Marie Herron's house in Mahwah at 4:00pm. Please join us before hand for a hike in Ramapo Reservation. For information/directions, e-mail JM at jmherron@optonline.net or phone at (201) 512-1582.

Welcome New Members

Stacey Askew, Linda Bold, Elaine Brady, Anne Caulfield, Sook-Kuen Chang, Michelle Collier, Tara Conery, Lori Dalto, Georgette Fazzari, Betty Flynn, Gail Hughes, Liza Hunter, Jane Kalfus, Judy Keenan, Jane Korbett, Judy Kranik, Anna Kren, Manika Love, Alba Ludmer, Marcia O'Connor, Patricia Palladino, Bernadette Pasley, Louise Poresky, Susan Riccio, Rebecca Robbins, Barbara Smith, Ann Marie Sullivan, Nancy Waldenberg, Jamie Warner, and Nancy Yanez

EDITOR: Jean-Marie Herron LAYOUT: Denise Gill

Sterling Forest Conservation Day

Bike ride, hikes, walks and guest speaker to be held on **Saturday, October 2nd** at Sterling Forest in conjunction with Sterling Forest Partnership. For further information please call (201) 848-1080.