



Expanding Horizons

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The newsletter for friends of Adventures for Women

ADVENTURES FOR WOMEN ■ Betty Plunkett, Director ■ 15 Victoria Lane ■ Morristown, NJ 07960 ■ Tel (973) 644-3592 ■ Fax (973) 644-3598

Visit us at: www.adventuresforwomen.org ■ Email ContactUs@adventuresforwomen.org

Dear Adventurous Women:

Several of us at AFW have noticed a trend this year that is more pronounced than usual. We have 140 members to date, yet only half hike with us regularly. Our lives are busy, our schedules overloaded. I know this personally as I juggle my two young children, a full time career, AFW, and a host of other interests. Our guides and trustees work hard to offer a variety of activities at different levels. We wonder why we aren't reaching those members who aren't participating.

Along with the newsletter you will find a questionnaire. We sincerely hope you will take the time to fill it out and return it to us. You can do this electronically, by regular mail or fax; whichever is most convenient. We are poised to commence our 2005 planning and having input from you would be of great value.

Also, you will find the annual membership renewal form. If you get this posted to us by 12/31/04, you will receive a discount of \$10 on the 2005 membership. We ask that you only fill in your name, your mobile phone number (should you have one) and any information that has changed on the membership form; please return this to us with your check. A Risk Acknowledgement Form for 2005 is also provided and should be signed and returned along with your membership renewal.

In 2005 we will continue to offer Joy Events, Workshops and Vacations. Having your input would make the calendar more germane to your needs. Good news is our paddling guide, Sue Bradshaw, is healthy and back in action. So we hope to offer more "water" adventures in 2005. There is also discussion with regard to some overnight backpacking trips and of course we plan to continue our Appalachian Trail series.

Have a safe and happy holiday season, and all the best for the New Year.

Mind the path... Betty

Annual Winter Pot Luck!

*Friday, January 28th at 7pm
at AFW Headquarters*

For those of you who did brave the August sun, our first summer Pot Luck BBQ was held at Jean Marie Herron's house following a hike in Ramapo Valley Reservation. Please join us for our annual winter pot luck at Headquarters in Morristown on Friday evening at 7pm, January 28th. For information/ directions, e-mail JM at jmherron@optonline.net or phone at (201) 512-1582.

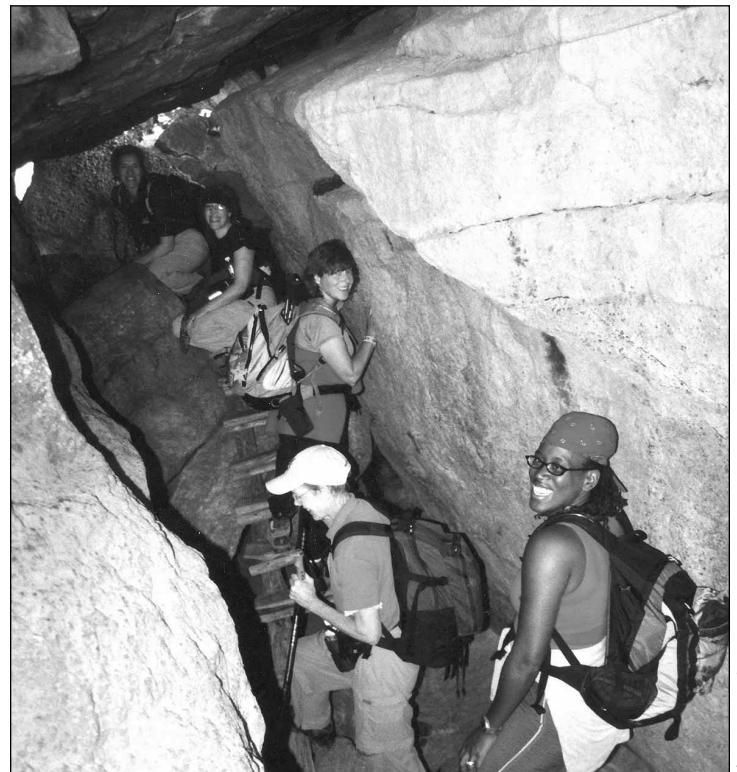


Photo: Jean Marie Herron

AFW Members, (top to bottom) Betty Plunkett, Lyn Ofrane, Ann Silverstein, Dagi Murphy and Michelle Collier, have a blast working through the rock scrambles on AFW Shawangunks Vacation this past October.

Leave the Phone at Home

One of many reasons to hike with Adventures for Women is to escape the noise of daily life for a few hours and enjoy the quiet sounds of the woods. Ah! The quiet sounds of the woods. Leaves rattling in the wind. Birds chirping. Squirrels scuttling through the underbrush. The buzzing of cell phones. The murmur of a wait. Huh? The buzzing of cell phones?! No, that doesn't belong in the woods! That's not what we came to hear! Be courteous to your fellow hikers. Leave the phone in the car. If there is something that can't be handled in your absence, well, you're in the woods. You are absent. Relax. Escape the noise of daily life for a few hours, enjoy the quiet sounds of the woods, and let the other hikers do the same.



"Morning yoga practice with Margaret Egger opens the spirit before we venture into the woods." — Shawangunks Vacation October 2004 (Photograph courtesy of Margaret Egger)

MacEvoy Trail Fall Clean-up

Ramapo Mt. State Forest, Oakland, NJ
Sunday, October 10, 2004

The fall litter clean-up was a great success. All of the volunteers enjoyed a beautiful fall day and helped pick up ten bags of debris. A big thank you to Sandy Francisco, Joan Makwinski, Mary Smock, Georgette Fazzari, Diane Kennedy, Theresa Festa, Priscilla Pogact, Linda Suarez, Susan Bradshaw and leader, Jen Bukosky. Thank you to all who participated. We look forward to our spring clean-up. Date to be announced with next year's hiking schedule.

Volunteer Opportunity Planned and Needed!

In our last AFW newsletter, our director Betty Plunkett, wrote about volunteering. In this newsletter one of our members, Jean Marie Herron, is coordinating a volunteer opportunity at the NY-NJ Trail Conference office, located in Mahwah, NJ scheduled for Tuesday, February 1st from 12pm to 3pm.

We as a hiking club probably know that the off-trail efforts of the Trail Conference greatly impact the success of the TC's ability to accomplish its mission. Since we already maintain the MacEvoy trail outside, JM is organizing office volunteers for inside this winter. We would be assisting with administrative functions such as communications to their membership, map production, merchandise inventory, etc. so that we could help increase the public's awareness about the Trail Conference and its mission. As a result of this work, the mileage of protected and maintained Conference hiking trails will continue to grow.

All you need to do is have a good attitude and the training will be provided on-site. Please RSVP to Jean Marie by January 28th at jmherron@optonline or 201-512-1582 should you have a passion to help us help them. If you can't make the date we have scheduled but would like to volunteer on your own time, please contact Naya Barahona at 201-512-9348 or Naya@nynjtc.org.

CALL TO THE AFW BOARD!

Members, currently we have seven trustees on our board. Being a trustee is a voluntary position that involves shaping the direction and scope of Adventures for Women. It will broaden your perspective of who you are, providing a feeling of accomplishment and community. Several of our trustees have served on the board for more than the standard three-year term. Also, fresh ideas and a woman with a different perspective are always welcome additions to any organization. If you would like to be considered as a prospective trustee for 2005, please submit a request with a brief statement on what you feel you can offer our club. We are the only "all women's" hiking/outdoor club in the NY/NJ area; being part of this is a special experience.



Outdoor Tip: "Crate Expectations"

by Mary Smock

Hiking, biking or kayaking. Which will I do this weekend? I want to be prepared for everything! Carrying everything in my car could lead to quite a clutter. A few years ago I came up with a way to keep my gear organized, contained, transportable and flexible. The solution to keeping my multi-sport life spontaneous and my car organized was milk crates.

I use four authentic milk crates, but the lidless plastic boxes available at office supply and discount stores will work just as well. The things I need for each sport are in their own crate. Some items – water bottles and snack bars, for instance – can be found in all of the boxes. The key is to keep each box stocked with the items needed to enjoy a sport without having to check the contents or transfer items from another box.

The fourth box serves as a cupboard and an emergency kit. It holds seasonal items and things that seem like a good idea to have. In the summer there are sneakers and shorts. In winter, a polar fleece vest, gloves, ear muffs and a blanket are on hand. Year-round the box holds filled water bottles, snack bars, sunscreen, ground cover, visor, brimmed hat, T-shirt, wind jacket, towel and a first aid kit. There are also several plastic trash bags that have so many good uses, such as holding muddy boots.

As a bonus, the crates make packing the car for a trip a snap. If I'm going to the shore, out comes the hiking box. Is it the mountains? The kayaking box jumps out of the car and into the garage. With my boxes always ready, I'm always ready.

P.S. – Don't forget to check your tire pressure in the winter. Tip from our Auto Maintenance Workshop!



Welcome New Members

Katherine Rinn, Roberta Golub, Patricia O'Connor, Diane Boyd, Mary McLaughlin, Carla Navallo, Mary Gehrmann, Shauna Hannan, Jennifer Moser, Terry Aliberti, Ursula Selbach, Lisa DeVries, Irene Graham, Rebecca Lorenzano, Merl Pelletier