



Expanding Horizons

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The newsletter for friends of Adventures for Women

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Dear Adventurous Women:

No one gets left behind. A good philosophy? You bet. This line is from a Disney film called Lilo and Stitch. (Being the mother of two young boys, I get to see a lot of Disney fare.) Nonetheless, the sentiment is appropriate. As an organization, we encourage our members to go beyond their normal range and to explore, be adventurous. In this way our members gain confidence and grow. I even wrote about this in the last newsletter. Now I am going to talk about the other side of the coin. Every once in a while a woman tries an adventure that really is way beyond her. If a problem develops, it is usually because of a physical reason, but sometimes it is emotional or psychological. Whatever the cause, she is having real trouble keeping up, so the whole group slows down. Maybe even a decision is made to turn back. Can this be embarrassing for that individual? Yes, perhaps. A worry to the guide? Absolutely.

So what is my point? In 22 years, AFW has never left, lost or turned our back on anyone. We as a group have gone out of our way to take care of everyone. I don't just mean our guides. I have seen participants on a hike rally around, suggest ideas, offer assistance of every kind to get that woman and the group through the experience safely. I want to thank everyone who helps, even if you just lend us your patience; because at AFW no one gets left behind. I am very proud of all of you.

Mind the path... Betty

Vacation Trips with AFW

Reminder to our membership: there is still room left on our vacation weekend trips for the summer. Dates are as follows:

- High & Low Peaks of the Adirondacks (NY) 8/21-24/03
- Lake George Reflections (NY) 9/19-21/03

More specifics can be found on the website or in our brochure. Please don't hesitate to call the office and find out if one of these trips would fulfill your summer vacation adventure plans.



Resting under a weeping cherry tree in Skylands Manor, Ringwood State Park. This hike was in April, 2003.

Photo: Kathy Clines

Betsy's Outdoor Tip

(Tip 3 of a series on directions)

Developing a sense of direction in the wilderness is a skill that can be used as we personally change and grow older. Knowing where we are going in our lives is essential if we wish to be the mistresses of our own destinies. Use the senses you've been developing in the woods to guide you. Your body has wonderful messages to share with your ever active mind. If you're wondering how to make a life decision, here's an idea. Go for a long walk by yourself. Before you set off, ask your self a yes/no question. During your walk do not think about the answer. Focus on your breath and supporting your body during this physical activity. When you return home, ask yourself the same question. Then say to yourself, what's the answer. Do NOT think about this. Just come up with the answer that feels right in your body. Bodies don't lie!

Racial Justice

by Janet Chambers

The YWCA has two missions: the empowering of women and the elimination of racism. Toward the second mission, we have formed a Racial Justice Committee. I have been chairing the Racial Justice Committee at the YWCA of Bergen County for six years. The goal of the committee is to create activities that contribute to the elimination of racism, and it has been working diligently toward that end since 1997.

The first outreach program we introduced was Study Circles on Racism. These circles are composed of up to 15 people who meet for two-hour sessions four or five times to discuss—in a safe, confidential atmosphere—the subject of racism. The facilitator guides the discussion and monitors the discussion guidelines. To date we have conducted 16 of these study circles (now called Study Circles on Racial Understanding) with approximately 160 people participating.

We are introducing several new activities. One is a book discussion related to racial understanding. The first book was *The Color of Water*, by James McBride. We will be publicizing the schedule of books and discussions in the future. We are

also helping to renew the Multicultural Youth Camp, a five-day seminar camp program at FDU for teens from Bergen County schools who are chosen for their interest and leadership skills. Our racial justice coordinator is also actively conducting brief one-time seminars for high school students that help students see the dangers in stereotyping, bullying or being mean, and encourage them to be more accepting of differences.

Once a year we have a Unity Day Against Violence that takes different forms and is held in different places. Flyers and newspaper announcements will provide the information for the next one, to be held in October 2003.

We welcome anyone who is interested in working against prejudice and racial bias to join us. We need volunteers to sit on the Racial Justice Committee, which meets once a month (second Monday) in Hackensack from 9 to 10:30 AM. Study circles will continue to be offered. Anyone interested should call Patrice Bennet-Hammond at 201-487-2224. We need facilitators to lead study circle discussion. Training is provided. Volunteers for any of our events are always welcome.



Photo: Kathy Clines

Examining a beaver-chewed tree in Harriman State Park is (l-r): Cynthia Cox, Jayne St. George and Priscilla Pogact (guide).

Thank You!

Seven hearty souls showed up despite the rain to help with our semi-annual clean-up of the MacEvoy trail in Ramapo State Forest. Our thanks go to Sheila McKnight, Joan Makwinski and her two granddaughters, Ashley and Teri Ann, Dagi Murphy, Gail Morse and our intrepid leader, Jen Francisco. They walked the whole trail and picked up about 12 bags of litter.

Congratulations!

Our warmest good wishes go out to Jen Francisco and her fiance, Barry Bukosky. They became engaged in March and are getting married August 8, 2004.

New This Fall

AFW Auto Basics Workshop

Saturday October 4

Attend our **Auto Basics Workshop** and learn simple, practical ways to determine the health of your car. Learn what precautions you can take before you go on that long road trip. Know what your car should contain at all times to prevent impractical problems from ruining your adventures.

Introduction to Firearms Safety and Marksmanship

Target shooting is a fun eye-hand coordination skill. This workshop will include 40–60 minutes of classroom instruction in small firearms safety followed by one-on-one instruction by a certified instructor. Check the next newsletter for time and details.

Welcome New Members

Anne Brodzinsky, Lynne Reitman, Jackie Riscoe, Mohini Harlal, Shelley Doherty, Jill Backfield, Maricel Mercado, Carolyn Klein, Pat Regan, Gail Morse, Susan Smith, Denise Recio Paixao, Mary Ann Fraser, Lisa Freeland, Johanna Frost-Johnson, Marilyn Carino, Debbie Anne Vigneri, Gambi Tennant, Chris Holle, Sheila Blair, Dorie Urban, Cathy Garrison, Vicki Kellum, Jennifer Hall, Patricia Guttman, Dawn Castro, Nan Michaels, Kristine Frangipane, Polly Panosh, Sharon Dougherty