



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:

I want to speak to you about a couple of issues that have arisen in the past few months. I hope that by providing information and suggestions things will become clearer.

The AT series has been quite popular—20+ adventurous women have been signing up per hike. Unfortunately, some who have wanted to participate have not been able to do so. The AT hikes require car shuttles and there is limited parking at the trailheads. Too many participants make parking and the shuttle difficult. Then there is the issue of how many is too many? Is a group of 30 a good number for a hike? I am not even sure 20 is a good number. Last, but most important, is safety. We want our guides to be able to keep track of the group, but once it gets past 15 or 20 this can be very difficult. Your safety is our prime concern and I am sure you want it to continue that way. So please understand that there are limits to everything. We will be running more AT joy hikes next year.

There have been some difficulties with directions to trailheads and meeting places. Some members have had misinformation, have underestimated drive time, or have not been able to find the directions for a particular hike. Let's start with where to look for directions. AFW sends a table of Joy Events and the directions for those events twice a year—with the spring newsletter and with the summer newsletter. This provides you with a printed copy. We also post directions to Joy Events on the website. Click on the event and you will get to the directions. By year end, we will also have an Adobe Acrobat Reader file on the web site. You will be able to access a printed copy of hikes and directions using that file.

Since we travel from every conceivable place and have different degrees of driving comfort, I cannot promise that there will never be a problem. However, we will scrutinize the directions more thoroughly for the 2003 season. But just as you check your backpack and make your lunch the night before, be sure to check your directions too! Read them through, get out a NY or NJ map and understand the major driving routes. If you still feel uncertain, call the office or the guide leading the event. We will be happy to talk it through. Please don't forget to give yourself enough drive time. Arriving ten minutes early gives you an opportunity to stretch and prepare, which is much better than running late and being stressed before your day in the outdoors.

Mind the path... Betty



Enjoying the scenic view at Copperas Pond on the ADK Scenic Weekend in September.

Photo: Kathy Cline

New Year's Day Sunset Hike

Continue in a great tradition and join us on a hike to cheer the sunset on top of beautiful Bear Mountain on the first day of the new year. Bring friends, male and female. We will meet at 3:15 PM on Wednesday, January 1, 2003 in the first parking lot of Anthony Wayne Recreation Area and hike three to four moderate miles up the mountain road to the peak overlooking the Hudson. Dress warmly in layers, wear hiking boots and bring water. The parking area is right off the ramp from Exit 17 on the Palisades Interstate Parkway. RSVP to Jen Francisco at 973-256-4141.

Pot Luck Dinner

Come join your fellow adventurers for an evening of fun and food in Morristown on Friday, January 24 from 7 to 9:30 PM. Please call Jean-Marie Herron for details at 201-512-1582 All members are welcome and we encourage you to bring a friend or relative who might be interested in joining our group.



Photo: Betty Plunkett

Having more fun than they can stand on the *Mommy and Me* hike at Jockey Hollow are (l to r): Kaitlin Hamilton, Tommy Plunkett and Erin Lanahan.

Hike Again With Us Next Year!

We're not National Public Radio, so we're not going to stop our hikes short to give you a pitch on renewing your membership—this gentle reminder will serve. Enclosed is the membership renewal form for 2003 and a pre-addressed return envelope. I hope you had a fun-filled year hiking with us and we promise to make 2003 even *better* than 2002, so please don't forget to send in your check! And if you already have, thank you!

A Sad Note

Betsy Thomason reports that AFW member Anstiss Nadler died on September 20 after a battle with cancer. She will be missed. She is survived by her husband Nat, sons Aaron and Mark, and two grandchildren.

Betsy's Outdoor Tip

(Tip 1 of a series on directions)

Using a compass is an important outdoor skill, but developing a sense of direction is an ability that is often overlooked. To start developing your sense of direction, use the compass to discover the alignment of your own dwelling place. Then, every time you move from that place, identify your direction of travel. When in your car, establish your direction of travel and, in your head, make note of the changes with every turn. Then, start feeling and sensing the differences. Where is the sun? What part of your body is it touching? The warmth of your body is a primal way of discovering direction. It also includes factoring in time of day and season of the year. Discover just how smart your body is!

Welcome New Members

Betty Ashwood, Ellen Vinkey, Harriet Bougan, Barbara Johnson, Janice DiLello, Michelle Collier, Janet Nelson, Anna Papadopoulos, Roseanne Klein, Jane Lano, Claudia Krynicki

No Rain: No Rainbows

by Andrea McCartney

It is so dark and the rain is so loud that I can't see or hear the ocean that I know is right below me as I lie on my cot in the cabin that will be home for the next six days. Oh, and did I mention that this cabin is in Haleakala State Park in Maui, Hawaii?

I was transported to Maui via the American Hiking Society's Volunteer Vacations program—a program that I will call "Great Adventures." My task was to build stone steps on the Kaupo Trail. This trail is a park maintenance trail that will be opened up to hikers. Not only did we build the steps but also we had to find the stone. We found the lava rack for the steps in a field and brought them out to the trail. That Monday was so beautiful with a bright blue sky, and then that night it rained. And rained and rained and... which made for a very muddy Tuesday. But we persevered and put in our steps anyway!

Now don't get me wrong, the trip wasn't all about trail work. We also were able to experience some of the native Hawaiian culture by spending a day working on a taro farm.

Well, really *in* the taro farm. To grow taro a rectangular space is dug out of the ground then flooded with water. When the taro patch is good and muddy, the taro is "planted" (submerged in the mud). Taro must be planted under a full or new moon. A full moon planting yields the best taro. We planted taro in one patch and cleaned up the weeds in another. "Cleaned up?" I mean stomped on. The weeds act as fertilizer so they need to be turned and stepped on until they are submerged in the water.

Well, back to the trail. To hike that is. Through the bamboo forest, past the waterfalls and into the center of a stream to eat our lunch. Getting back to the cabin that afternoon was just as remarkable, with the Pacific Ocean at my feet and the rest of Haleakala Park surrounding me. The rain drenched me, the sun warmed and dried me, the work exhilarated me, and the serenity of the park calmed me while the ocean sang me to sleep each night. I am already looking forward to next season's "Great Adventures."

New Trustees Elected

AFW has two new trustees: Jen Francisco and Jean-Marie Herron. We are delighted to have these vital young women added to our team. As you may know, Jen runs our semi-annual MacEvoy Trail clean-up hikes. Last year she and trustee Janet Chambers organized the New Year's Day hike at Bear Mountain, a tradition started long ago by Betsy Thomason. Jean-Marie is a busy mother of two who is organizing a potluck get-together this winter for AFW members and friends.

Fall Clean-up

The fall clean-up of the MacEvoy Trail at Ramapo Mountain State Forest was a success, thanks to the efforts of intrepid adventurers Jen Francisco, Sheila McKnight, Sue Juronics, Dagi Murphy, Mary Smock, Priscilla Pogact, Valerie Rosato and Susan Bradshaw. Thanks to all who braved the rainy weather to pick up ten bags of litter.