



# Expanding Horizons

VOL. 21 NO. 1 SPRING 2006

The newsletter for friends of Adventures for Women

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## Dear Adventurous Women,

I'm excited about our new schedule of AFW activities for March through August 2006. Our guides have assembled a wonderful variety of hikes, backpacking workshops and week-ends, bike rides and get-away vacations. I urge you to come join us this year — take advantage of your membership and try some of our outdoor adventures.

So many of you rarely join us on the trail. You mean to — you joined because it sounded like something you wanted to do. Perhaps time just gets away from you, or you hesitate for other reasons. You may be uncertain of your hiking ability, or you may be hesitant to come alone. You may be uncomfortable with directions, unsure that you'll find the meeting place. Call me or call the hike leader if you have questions. We can help. If the issue is driving, pull out a map and check it against our directions. If it still doesn't make sense, contact us. We'll help you determine the best way to "get here from there."

We can explain the level of difficulty of a hike so that you will be able to choose one that's in keeping with your abilities. This year we're offering not only a lot of easy to strenuous hikes, but also several hikes geared to the beginner. We're offering a new workshop this spring called "Getting Ready to Hike." We'll go over the essentials — what to bring, what to wear, and what to expect on your first outing. We'll go on a short hike together, and then stop at a local outdoor store so you can see first hand what equipment is available. Finally, if you don't want to come alone, bring a friend, a neighbor, or a co-worker. Remember, guests come free on their first hike. But rest assured, whether you come alone or with someone, you will be welcomed.

We live in a congested area and are often overwhelmed by our hectic pace. Hiking is a wonderful way to escape. Getting out in the woods is not only invigorating, it is calming. Personally, it helps me put things in perspective, and allows me to slow down. We are fortunate that we live in an area that is surrounded by acres and acres of beautiful preserved parkland, and thanks to the diligent work of the NY/NJ Trail Conference and the ADK and AMC hiking clubs, we're able to hike on these well-maintained trails just a short distance from our homes.

Take advantage of what our area offers. Get out and enjoy the woods and the camaraderie of other adventurous women. We're here to help. That's one of the things that makes our hiking club unique. All YOU have to do is sign up.

*Mind the path... Betty*



*The Timp in Harriman State Park*

## ATTENTION Adventurous Women Shoppers!

### EMS "UPGRADE YOUR GEAR" DISCOUNT

This year the EMS discount period for club members begins at 4 p.m. on April 28th and runs through the weekend. "Upgrade your Gear" replaces their traditional Club Day. You receive a 20% discount on all merchandise (except Merrill) when you show your AFW membership card.

Remember, too, that showing your AFW membership card any day will entitle you to 10% off merchandise.

### OTHER DISCOUNTS

Your NY-NJ Trail Conference membership card will get you a 10% discount on selected merchandise everyday at **Campmor**.

### ONLINE SHOPPING

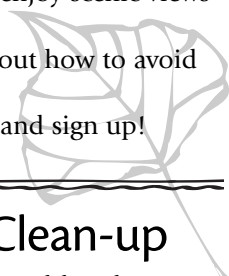
If you prefer to shop online, in addition to their regular merchandise, EMS has an outlet store with excellent bargains at [www.ems.com](http://www.ems.com). Sierra Trading Post offers hiking clothing and gear at reduced prices online at [www.sierratradingpost.com](http://www.sierratradingpost.com). You can also shop at Campmor online at [www.campmor.com](http://www.campmor.com).

## NEW FOR 2006

We are delighted to introduce two new events this year and hope you'll come along for the fun and the information.

- **A series of Beginner Hikes** that will take you on relatively flat, smooth paths through the woods to enjoy scenic views and tranquil moments.
- **Injury Prevention Workshop** to learn about how to avoid injury while hiking.

Check the Schedule for dates and times ... and sign up!



### MacEvoy Trail Spring Clean-up

*Ramapo Mountain State Forest, Oakland, NJ  
Saturday, March 25, 2006*

**Always Helping Mother Earth.** Slowly, but surely, spring will be arriving and it will be time for AFW's semi-annual trail clean-up hike on the MacEvoy Trail in Ramapo Mt. State Forest. All AFW members and friends are welcome to attend this easy hike and clean-up on Saturday, March 25, 2006 from 9 a.m. to 12 p.m. Please wear hiking boots and bring a pair of gloves and garbage bags. Come out and have fun for a good cause!

### PUZZLE CORNER ... On the Trail

You can find your way on the trail with the help of fellow hikers, a trail map and a compass. But try finding these hiking words on your own in the grid below. They read vertically, horizontally or diagonally, forwards or backwards. Then, make a copy of your solution and send it to Joanne Carrubba by March 20. *First correct solution received will win a prize!*

I	C	H	T	W	A	L	K	I	N	G	S	T	I	C	K	Q	F	G	W
G	J	W	A	T	E	R	M	N	I	R	X	C	C	B	E	P	T	W	M
R	S	S	A	C	D	A	Z	L	T	A	P	N	G	N	I	K	L	A	W
E	Y	Z	G	K	P	T	Y	A	N	N	F	X	E	Q	Q	E	I	O	D
H	M	C	U	O	X	R	N	K	X	O	P	M	O	L	E	S	K	I	N
T	D	A	I	J	A	A	M	E	E	L	J	R	M	K	R	Q	Y	G	K
A	K	P	D	B	Y	I	N	O	M	A	E	N	O	E	R	N	V	M	Q
E	G	D	E	D	D	L	F	Y	B	T	B	F	T	G	E	N	A	O	A
W	I	K	B	D	E	H	A	N	B	E	A	S	R	E	P	G	B	U	L
G	C	C	O	I	W	E	O	F	E	F	I	E	T	Y	Z	M	Q	N	X
L	V	A	O	K	A	A	W	F	F	L	N	R	F	B	O	O	T	S	
E	B	P	K	K	T	D	J	J	B	U	A	M	R	T	U	T	S	A	Y
N	E	K	S	T	E	E	X	J	A	C	O	W	M	Q	R	E	E	I	D
H	Y	C	O	L	R	M	C	O	M	P	A	S	S	L	N	E	G	N	C
I	G	A	V	K	F	J	B	J	L	N	I	V	J	Z	R	P	T	S	T
K	J	B	Y	T	A	O	K	R	G	N	I	K	C	A	P	K	C	A	B
I	W	N	N	H	L	S	L	I	A	R	T	A	N	Z	F	M	D	M	W
N	Z	H	T	O	L	M	J	S	R	C	N	Z	C	A	G	I	P	A	B
G	F	W	H	I	S	T	L	E	K	I	X	E	O	Y	N	F	E	P	U
W	I	L	D	E	R	N	E	S	S	U	T	W	O	L	O	D	K	J	S

SOURCE: WWW.LOVEHETHEOUTDOORS.COM

MAP			
BOOTS	WATER	GORP	TENT
HIKING	BACKPACK	TRAILS	COMPASS
BLISTERS	MOUNTAINS	WHISTLE	WALKING
WILDERNESS	BEEFJERKY	CANTEEN	GRANOLA
BACKPACKING	WATERFALLS	WEATHER	MOLESKIN
WATERTREATMENT	WALKINGSTICK	TRAILHEAD	GUIDEBOOK



*Enjoying the view in Harriman State Park*

### Return of City Paths

Be sure to join us on our day-excursions to explore two beautiful spots in New York City this spring:

- **New York Central Park** with its gardens, fountains, statues, water falls, lakes, a castle and much more.
- **City Island**, a small community with a rich nautical history, just beyond the Pelham Bay Park in the Bronx, surrounded by the waters of Long Island Sound and Eastchester Bay.

We will catch our breath and enjoy lunch at a local restaurant.

### ARMCHAIR ADVENTURES

*It's raining, it's snowing, it's too cold, it's too hot ...* all good reasons not to venture out. Why not curl up in your most comfortable chair and let these books take you to places, experiences and adventures far and wide?

- *Going Alone: Women's Adventures in the Wild* edited by Susan Fox Rogers
- *Solo: On Her Own Adventure* edited by Susan Fox Rogers
- *Woodswoman: Living Alone in the Adirondack Wilderness* by Anne LaBastille
- *We're in the Mountains, Not Over the Hill: Tales and Tips from Seasoned Women Backpackers* by Susan Alcorn
- *Rivers Running Free: Stories of Adventurous Women* edited by Judith Niemi and Barbara Wieser
- *Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype* by Clarissa Pinkola Estes, Ph.D.
- *Savage Summit* by Jennifer Jordon

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### Welcome New Members

Olivia Brown, Nancy Callahan, Rosemary Coslit, Debbie Flanagan, Eve Hershkowitz, Gina Perfetto