



# Expanding Horizons

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The newsletter for friends of Adventures for Women

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## Greetings from Texas to all my friends at AFW

It has been just over a month since my move from New York to Texas and, remarkably, in that short period of time, Austin feels very much like home. My condo is located in a residential area within walking distance of shopping, about twenty minutes north of center city. Austinites are extremely conscious of the environment, and walking trails, parks and greenbelts abound. The area of Austin in which I live is on the edge of the Hill Country but I could walk for miles and not encounter an incline. Since my arrival the weather has been extremely variable even within a single day. On average, the morning temperature has been in the high 30s, unusual by Austin standards, but by afternoon temperatures may reach 60 degrees. Several weeks ago we had a sprinkling of snow and ice that closed everything in the city for two days, even some of the highways. People are very friendly and helpful and relatively few speak with a Texas "twang." Wells Fargo, where I bank, always offers coffee and freshly baked cookies to its customers and the manager and tellers know each customer by name.

No hiking, as I know it, exists in the Austin area. The Sierra Club and a women's group called Town Austin routinely advertise hikes, about two per month. The hikes usually are about a mile long on relatively flat trails shared by walkers, mountain bikers and hikers. Both clubs have a somewhat younger membership and they sponsor more social activities than they do hiking. A moderate hike of more than a mile or two requires driving out of Austin thirty miles or more. Even with a drive of this length, group hikes tend to average about two hours. The longer hikes usually involve overnight camping. How fortunate I was! Harriman was virtually in my backyard.

*(Continued on following page.)*



## A Bandana and A CD

What do these two have in common? They are both newly created items that commemorate AFW's 25th Anniversary, and each can be purchased from AFW for just \$5.

You already have lots of bandanas? But *not* one imprinted with the dark green silhouette of three women hikers proudly labeled "Adventures For Women." You'll be glad to add this one to your collection.

And the CD, produced by AFW member Judy Malsbury and playable on both PC and MAC, is a slideshow of photos of AFW hikers in action from the very recent to the not-so-recent past. Coupled with vistas from scaled mountain tops, all is set to music from Pachelbel's Canon. A tranquil walk down Memory Lane, indeed.

## Rained Out but Not Totally Washed Out

It was to have been a day of activities and fun (hikes, walks, workshops, sitting around a campfire at Camp Glen Gray) that Saturday, October 28th, the day we had set aside to celebrate Adventures for Women's 25th Anniversary. But heavy rains and blustery gales ruled the day. So we chose to be prudent and we postponed the celebration until the annual potluck dinner on Friday, January 26th. About twenty of us gathered in Morristown to enjoy one another's company, good food, good conversation, and Judy's memorable slideshow of AFW hikers in action. Thanks, Betty, for hosting.

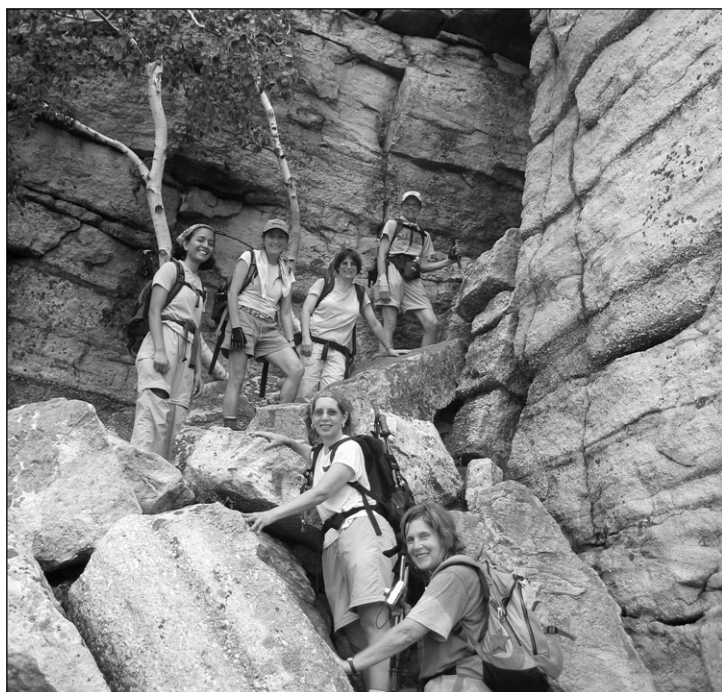
## Greetings from Texas *(Continued from previous page.)*

I do miss AFW! When I joined, after a trip to Seoul, Korea in 2001 where I hiked for the first time with my son, I had no idea what a difference all of you would make in my life. Hiking to Gertrude's Nose with Betty introduced me to AFW. The physical challenge, the natural beauty of the terrain and the company of supportive, interesting women brought me back to AFW again and again for six wonderful years and many an adventure with like-minded women. In no other venue have I encountered the physical and mental stimulation and the emotional support that AFW women offer.

With what other group could I spend a morning climbing Popolopen and discussing movies, plays, books and travel adventures over lunch on the summit? I've traveled all over the world, vicariously, as members have shared their experiences in every corner of the globe. From whom else would I have received the encouragement I needed to climb a High Peak? Just an e-mail brought out hiking friends on almost any Saturday of the year. Co-leading hikes and vacations with Dagi was an absolute joy! We never found the unmarked trail around Pine Meadow Lake and missed many a turn in a trail, but we had wonderful conversations and every hike was memorable. I was privileged to see first-hand the dedication of each Trustee to AFW and understood why the organization has been so successful for so many years.

Thanks for all the support, the experiences we shared and the memories!

Joanne Carrubba



*Poised to climb the Crevice in the Shawangunks*

## Acquiring New Skills ... at an AFW Workshop

**A**s AFW members, we come from diverse occupational backgrounds and vary in age, but all of us come with a desire to expand our horizons. One way to achieve this goal is to attend our AFW workshops, acquire new skills, and pick up useful tips that will enhance our outdoor experiences.

For example, here's what some of us learned at our two most recent workshops:

### • **Woodswoman 101**

Woodswoman 101 has traditionally been an informative and fun workshop. The class, conducted on Saturday, November 4, 2006, followed this tradition. A sunny, cool fall day greeted seven participants who enjoyed hot coffee with the morning class work and crisp air during the afternoon challenge hike. After demonstrating basic hiking techniques and equipment, Priscilla Pogact and Mary Smock introduced map and compass reading, then coached the participants through several skill-building exercises in using compasses and deciphering maps. When everyone felt confident, three groups were formed, given maps and directions, and sent out on the trails of Pyramid Mountain. Group members worked together to read the maps, follow compass directions and interpret the trail markings. Everyone successfully found Bear Rock where they rested, shared their adventures and enjoyed each other's company. There was unanimous agreement that the day was fun and that everyone increased their skills and confidence. Tradition had been served.

### • **Gearing Up for Hiking**

Gearing Up for Hiking, on Saturday, December 2nd, was a "hands-on" workshop organized by Dagi and Joanne with Campmor, the well-known outdoors retailer. Phil brought a variety of different types of hiking and backpacking gear for us to see and try on. We were able to tell which backpacks felt comfortable, why some socks were better than others, what we should look for when choosing hiking boots, and the advantages of using poles. The group enjoyed the personal shopping experience and was enthusiastic about the one-on-one advice. Afterwards, several participants decided to not only plan to shop for new gear, but to get outdoors where they would use it. They ended the session hiking around Ramapo Lake with Dolores, and commented that this workshop was "exactly what they needed" before getting out on the trails.

In this upcoming season, we will continue to raise your learning curve with the following:

- **Orienteering Workshop**, Sunday, March 25th
- **Gear-up Workshop**, Saturday, March 31st
- **Curves Workshop**, Tuesday, April 17th
- **Shooting Workshop**, Saturday, April 21st
- **Paddling Workshops**, Saturdays, June 16th, July 28th and August 18th

Please refer to the enclosed Adventure Menu brochure and our website for more details.





Three happy hikers after a hard climb

## Literature in the Mountains

**H**azy, hot and humid may have been the forecast for much of last summer, but for those of us lucky enough to be able to spend a glorious August weekend hiking and talking about books, the weather was something we could easily forget – at least for a while. Each day we set out in the cool of the morning to hike the low peaks of the beautiful Adirondack Mountains and lunch at some gorgeous spot in the bright sunshine of the afternoon. Evenings, however, were another story.

Each night, after showers and fortified with wine and nibbles, we sat out on the spectacular back porch at Mountain Meadows to talk about the books. This was my second time coordinating the book component for the trip. I knew from the previous year that the group liked a challenge and I thought this year's choices were unusual and challenging. Centered around the theme of Magical Thinking, they included *The Year of Magical Thinking* by Joan Didion, *The Once and Future King* by T.H. White, *The Fortress of Solitude* by Jonathan Frazen and *Dreaming in Cuban* by Christina Garcia. The discussion took off at once, centered on the fact that most of the women hated most of the readings. Some might think this could be a problem. No way! The discussions were really lively. We had a great time. We were all eager to talk and to say why (except for me), they hated the readings. I got to defend my choices and we all got to see each of the selections from new or different perspectives. The discussions even continued on the trail and at lunch. In my book (pun intended), that's what book discussions should do.

I'm planning to stick my neck out again this summer and have come up with another group of readings. They are *A Short History of Tractors in Ukrainian* (Marina Lewycka), *The Other Boleyn Girl* (Philippa Gregory), *Snow Flower and the Secret Fan* (Lisa See) and *The Inheritance of Loss* (Kiran Desai). And who knows, everyone may hate these, too ... or not.

Lynne Greenfield

## Paddling is Back!

**W**e are happy to be offering kayaking and canoeing instruction once again. Please check the Adventure Schedule for time and place. Our instructors are Jane Simon and Mitzi Addabbo. Jane is ACA (American Canoe Association) certified and both Mitzi and Jane have extensive water safety training with the National Canoe Safety Patrol/Lower Delaware Chapter. Please, do sign up and discover the joys of paddling. Jane and Mitzi are enthusiastic and eager to share their passion and skills.

## Urban Treks on City Paths

Long a favorite among AFW members, City Paths is resuming this spring with three interesting and diverse outings. Whether you are a regular trail hiker looking for a break from the woods and mountains, or more a walker than a hiker, you'll enjoy a day with AFW friends discovering and exploring the best of what our cities have to offer. Be sure to mark your calendar and join us when we head out to:

- **Central Park in Manhattan on Saturday, March 24** to take in its beautiful landscape.
- **Branch Brook Park in Newark, NJ on Saturday, April 14** to enjoy the cherry blossoms in bloom.
- **Lower Manhattan on Sunday, May 13** to visit local museums.

## MacEvoy Trail Spring Clean-up

**RAMAPO MOUNTAIN STATE FOREST, OAKLAND, NJ**

**SATURDAY, MAY 5, 2007 • 9 AM - 12 PM**

**We Need YOU.** AFW is responsible for maintaining the MacEvoy Trail in Ramapo Mountain State Forest twice a year. This spring, it's on Saturday, May 5, 2007. We welcome all AFW members and friends to join us on this easy hike Saturday, May 5th from 9 a.m. to 12 p.m. to help clean up the trail. Please wear hiking boots and bring a pair of gloves and some garbage bags. Come out and have fun for a good cause!



Hikers gathered for Betsy's popular blueberry picking hike

## Doing Their Part

**H**ow many of the 1,675 miles of trails maintained by the NY-NJ Trail Conference have you hiked and enjoyed? Ever marveled at this vast well-mapped network of marked trails and wondered "How do they do it?"

The answer: With an army of tireless volunteers that include a few of our very own AFW members ... **Jen Bukosky, Georgette Fazzari, Dagi Murphy and Priscilla Pogact, as well as those of you who show up each Spring and Fall for AFW's McEvoy Trail Clean-up Hike.** Volunteers go out on their adopted trail at least twice a year to pick up litter and clip back plants to keep trails passable. They also blaze the trails, putting markings on trees and rocks with paint or metal tags to point the way. Twice a year, they submit a report to their trail supervisors.

When asked why they do it, all four wax about their love of hiking and the outdoors and their urge to "give back."

- Georgette and Priscilla have been maintaining **The Pancake Hollow Trail in High Mountain Preserve Park in Wayne, NJ** since November 2004.
- Jen and Georgette have been maintaining **The Millstone Trail in Camp Glen Gray in Mahwah, NJ** since December 2004.
- AFW volunteers, under Jen's leadership, have been maintaining **The MacEvoy Trail in Ramapo Mountain State Park in NJ** since the early 1990's.
- Dagi has just begun maintaining the section of **The Dunning Trail between the R-D and the A-SB Trails in Harriman State Park.**

In addition to trail maintenance, our volunteers also work on other environmental projects.

- Georgette and Dagi participated in a **volunteer study of invasive plants in Harriman State Park** in June and July 2006. Sponsored by NY-NJTC and Rutgers University and funded by the U.S. Dept. of Agriculture, this three-year project monitors the presence of 22 different species of invasive plants. At an all-day training session in Sterling Forest, they learned to identify the specific plants with coaching from experts from Rutgers and the Brooklyn Botanic Garden. Then, as a team, they were assigned a two-mile section of the White Bar Trail, and a one-mile control section of the Long Path going south from Lake Skannatati. Dagi and Georgette expect to volunteer for the remaining two years of the project. When asked why, Georgette responded that she was motivated because of her horticulture background and her desire to learn more about invasive plants.
- Georgette has been volunteering at the **Palisades Nature Association at Greenbrook Sanctuary, NJ** for the past five years. She assists in cleaning up the Sanctuary, clearing trails, and getting rid of invasive plants such as mile-a-

minute, wineberry, ailanthus and garlic mustard. Last fall, she helped clear all woody plants off the dam area near the pond so the roots wouldn't destroy the dam. She has also climbed down to the Hudson River to clean up garbage along the shoreline. All this "work" because she enjoys the physical aspect of it and the social aspect of being with other like-minded sanctuary members and wants to "give back" to a place where she has spent many rewarding hours and enjoyed many nature programs.

You can find out more about volunteer opportunities at [www.nynjtc.org/volunteers/index.html](http://www.nynjtc.org/volunteers/index.html) and [www.outdoors.org/conservation/trails/volunteer/index.cfm](http://www.outdoors.org/conservation/trails/volunteer/index.cfm)



*The McEvoy Trail Fall 2006 clean-up team*

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### Welcome New Members

Patricia Armesto, Susan Axelrod, Cynthia Bass, Lauren Butcher, Elaine Dela Villa, Mary Ann Fischle, Joyce Grygo, Grace Hanley, Toshiko Harashima, Jacqueline Hardy, Arlene Hitscherich, Jane Iano, Kathy Kendall, Anna Kren, Kathy Langley, Karen Levine, Lorie Mahoney, Ann Major, Leondre McGee, Dale Morris, Elizabeth Napp, Carol Schaming, Linda Scholz, Heidi Smith, Akiko Sulsufas, Elizabeth Thomas, Swati Wadnerkar, Mickey Wilder