



# Expanding Horizons

VOL. 20 NO. 2 FALL 2005

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](http://www.adventuresforwomen.org) ■ Email [ContactUs@adventuresforwomen.org](mailto:ContactUs@adventuresforwomen.org)

## Dear Adventurous Women:

Yes, we're a bit late with the schedule, but there are new items to consider and positive changes in the direction AFW is taking. First, please take note that we will be offering basic CPR and First Aid workshops as a two-part session in the latter part of September. This is an excellent opportunity to learn useful life skills from a highly experienced EMT (who happens to be an AFW member), Andrea McCartney.

How many times have you wanted to bring a friend or relative from out of town on a hike, but there is that little annoying \$10 fee? Or, you want to introduce someone to our group in the hope they will be smitten with the outdoors? Again, the fee! Well, the fee is no longer a concern. First-time hikers will be able to try one of our joy events at no charge. A weekend guest? No problem - you have an activity easily scheduled. A newcomer to AFW? Hiking with us will help you decide if being outdoors regularly is right for you. So please spread the word and make use of this opportunity. This does not apply to workshops or vacation weekends.

Best change yet, or at least I think so. Our annual membership, which has always been January 1 - December 31, is changing. AFW memberships will now begin April 1 and run through March 31, more in sync with our outdoor season. No more getting the membership fee in by December 31 along with the 1,001 other items we seem to have stacked up at year-end. Current members can just keep on hiking and renew next spring at no additional fee. Plus, you will notice that our winter schedule has been enhanced to include more hikes and an excellent late winter weekend in the Catskills!

I hope you are pleased. I promise you the guides and trustees are doing a wonderful job keeping AFW flexible for those ladies who crave the outdoors versus the shopping mall. New experiences keep you vital and give you a lift, so make sure you take advantage of our fall/winter schedule.

*Mind the path... Betty*

## EMS Club Day Discount

Present your AFW membership card at any Eastern Mountain Sports store on October 27th, 28th and 29th and receive their 20% off everything discount. Remember, too, that showing your AFW membership card any day will entitle you to 10% off merchandise.



Photo: Lori Dalto

Great to be outside on a sunny day in the woods, no matter what the season. Hike led by Dara Myers. (From left to right): back row - Cheryl Martins, Julie Wilkerson, Teresa Festa, Elaine Brady; front row - Roberta Golub, Dara Myers, Kim Ly

## The Trails are a Safer Place ...

because the AFW guides are trained in CPR and First Aid. Over the winter, the guides took some time out to refresh their CPR skills and add some wilderness medicine skills to their already proficient First Aid skills. Thanks to all of the guides for attending this program!

## Potluck Picnic

Frelinghuysen Arboretum, Morristown, NJ  
Saturday, October 1, 2005

Please join us for a potluck picnic on the grounds of the Frelinghuysen Arboretum in Morristown on October 1st starting at 2pm. Jen Bukosky has organized this fall event and would be happy to lead us on a few easy trails or through the gardens should someone want to walk off a few calories! Please be advised that we cannot grill there or bring any alcohol. Just bring yourself, a dish and maybe a Frisbee. Please contact Jen at [jfrog1310@yahoo.com](mailto:jfrog1310@yahoo.com) for information or to r.s.v.p.

## Beginner Backpacking Workshop

*Saturday, November 12, 2005*

This workshop is designed for the woman who wants to take her hiking experience to the next level. We will show you how to properly prepare for a multi-day backpacking trip. In the early spring there will be a short "shake out hike" to get comfortable carrying the gear. This will be followed later in the spring by an overnight trip. During this initial workshop we will cover the following topics:

- Recommended gear and clothing for warm weather outings;

- Cooking and food preparation on the trail.
- Basic safety and Leave No Trace techniques.
- Tent demonstration and a trip to an outdoor store to try on packs and slide into sleeping bags.

**Prerequisite:** Basic knowledge of hiking gear and some day hikes under your feet

**Fee:** \$50 (members \$40).

Maximum of 10 participants.

**Location:** Clinton, NJ

**Date:** Sat., November 12, 2005

**Time:** 9:00 AM-6:00 PM

**Guides:** Nancy Meredith, with Dagi Murphy and Mary Smock



*Bravo to the team who kept the trail clean! (and they are still smiling)*

## Winter Weekend in the Catskills

*Friday, March 10 – Sunday, March 12, 2006*

Are you one of those people who gets cabin fever by the time March rolls around? Come join us for a relaxing, fun-filled weekend in the Catskills (just 2-2.5 hours from northern NJ).

We will be staying at the Alpine Inn in Oliverea, NY. This "pristine mountain lodge" will be our base for the weekend of activities and relaxation. There will be a choice of four guided hikes – one Friday afternoon, two on Saturday and one on Sunday. If there is enough snow, the hikes may be changed to snowshoes adventures (rentals are available).

For those interested in cross-country skiing, Frost Valley is only 20 minutes from the Inn. The price will include Friday and Saturday nights lodging, Saturday and Sunday breakfast and lunch, and Saturday dinner. Friday night dinner is not included.

**Fee:** \$375 (members \$325)

**Deposit:** \$100 with registration Non-refundable after January 10, 2006

**Non-refundable Balance:** \$275 (members \$225) due by February 10, 2006

**Trip Leaders:** Joanne Carrubba and Dagi Murphy

More details will be sent to those who sign up.

## MacEvoy Trail Spring Clean-up

*Ramapo Mountain State Forest, Oakland, NJ*

**THANK YOU ALL for the APRIL 9 TEAM.**

*Next date, Sunday October 16, 2005*

**Always Helping Mother Earth.** A big thanks to all of the members and friends who came out for litter clean-up on the MacEvoy Trail at RMSF. Thanks to Sandy Francisco, Linda Suarez, Julie Wilkerson, Jackie Rubenacker and Deion, Andrea Thoms, Georgette Fazzari, Sook-Kuen Chang, Diane Kennedy, Theresa Festa, Dolores Andrews, Mary Smock, Priscilla Pogact, Joan Makwinski and granddaughters, Jeanne-Marie Banderet, Janet Chambers and friends and, of course, coordinator, Jen Bukosky. Participants picked up about 20 bags of litter. Please join us this fall on Sunday, October 16th for our next clean-up.

## Hitting the Trail (Conference)

We have a new NY/NJ Trail Conference delegate. Dagi Murphy has taken over Megan Lanahan's place. We look forward to hearing what AFW and the TC can do together! Should you like to volunteer in TC's Mahwah office, please contact Naya Barahona at 201-512-9348 or [Naya@nynjtc.org](mailto:Naya@nynjtc.org).

## WILDERNESS OUTDOOR TIP

In addition to the different size Band Aids that are in your First Aid kit, throw in a few microthin film dressings such as OpSite or Tegaderm, which can be purchased in a regular drug store. After cleaning and dressing a wound, cover the dressing with the film dressing. This dressing is water tight so this dressing will keep the wound clean and dry for the rest of your trip. Whether you are out for a day or a week this dressing will only come off when you take it off.

## Welcome New Members

Jerilyn Horing, Carol Bercaw, Jeanne-Marie Banderet, Laura Fahey, Jackie Riscoe, Blanca Scott, Patricia Guttman, Maria McFarlane, Margarita Bernstein, Andrea Thoms, Molly Cox, Cathy Zotti, Sharalynn Hopkins, Editha Yango, Nancy Koeper, Susan Krawec, Annette Schulz