



Expanding Horizons

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The newsletter for friends of Adventures for Women

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Dear Adventurous Women:

With the beginning of 2005, AFW has had two of our members join our board as Trustees; Ann Silverstein and Andrea McCartney. Ann comes to us with many years of experience as a teacher and director of a children's summer day camp. Andrea is an EMT and is a certified wilderness, first aid instructor; who will be taking all of our guides through this training in early March.

As is expected, I would like to report to you on our financial status for the fiscal year ending December 31, 2004. Below is a pie chart showing our expenditures. I consider our financial progress over the last few years quite positive. We have made some changes that have moved us into a positive cash flow in a shorter time than originally anticipated. This is due to a lot of work from many of our members who volunteer their time and experience; we are all grateful.

From a programs standpoint, we have a greater challenge in finding a woman with the appropriate expertise to expand our scope. A good example would be the desire to provide a paddle program with workshops and day trips. With the addition of our new trustees, we should have the additional assistance needed to make progress. Please do take note, that we have added a backpacking workshop and overnight trip to the 2005 Menu. Since many have requested this, I hope you take advantage.

As always, I continue to take great pride in our ability to keep Adventures for Women moving forward and supporting those who wish to bring the balancing affects of nature more fully into their lives.

Mind the path... Betty

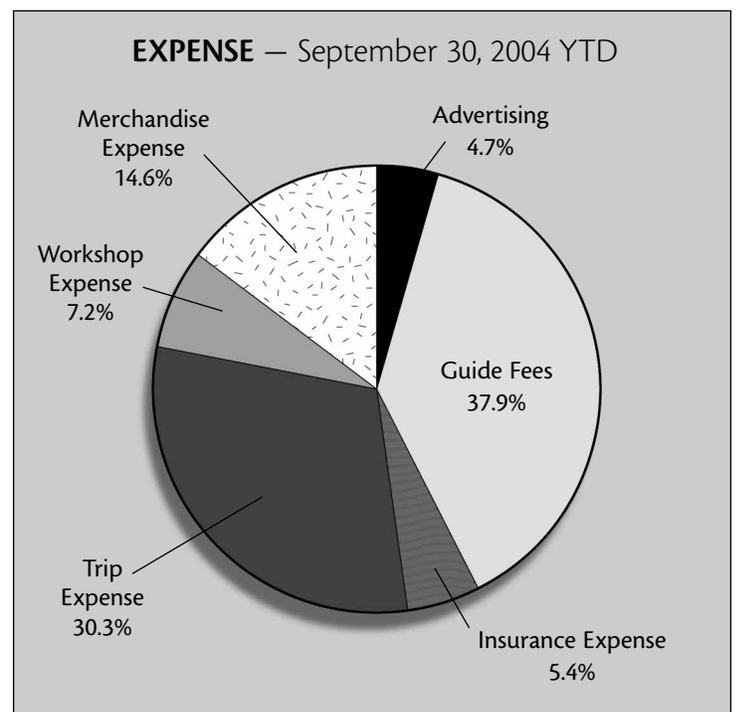
Attention Adventures for Women Shoppers!

EMS Club Day is Thursday, April 28th from 4pm on. You may use your AFW membership card to receive a 10% discount on all merchandise.



Eft, a salamander common to the Shawangunks Ridge.

Photo: Betty Plunkett



Hydration Systems

It's so important to stay hydrated on the trail. For a convenient, quick and easy access to water anytime, try a hydration system. The reservoirs come in several sizes and can be filled easily with ice, water, etc. Some packs even come with an insulated sleeve that holds the bladder. This allows the liquid to remain cool in summer and keep from freezing in winter. These systems are very easy to clean. Partly fill bladder, add a little baking soda, shake, drain and hang to dry.

The reservoirs start at about \$10 to \$15, if you want to add one to your existing backpack. That is the most economical way. Insulated hydration packs that can be worn on your back start at \$15 to \$20.

Some have additional pockets for your gear. There are even fanny pack models. If you are in the market for a new backpack, there are many models to choose from that have a hydration reservoir and insulated compartment.

Expect to pay \$40 to \$50 and up for one of those.



MSR's Hydromedary Hydration System

Did you take part in an AFW event last year?

Sixty-five percent of the membership participated in at least one event in 2004. In November, we sent out a questionnaire. We wanted your input on types of hikes, trips and workshops you'd be interested in. Thirty-four of you responded to the questionnaire. Thank you for taking the time to do that. A recap of the responses follows.

Number of Responses: 34

- Personal schedule was the primary criteria for participation in any AFW event.
- The two preferred hiking areas were NE New Jersey and Harriman Park, although Western NJ and Central NJ were not far behind.
- The majority of respondents preferred to drive about 1 hour and hike about 4 hours.
- Those who responded preferred hikes that were moderate to moderately strenuous.
- More than 80% of respondents would hike on week-ends; about 35% would hike sometime during the week.
- 60% expressed an interest in vacation trips, with scheduling being the primary criteria.
- 68% would consider a workshop if their schedule permitted.
- Even though personal schedule was the primary consideration, location, cost, activities and difficulty also played into the decision for vacations and workshops.
- Some suggestions for workshops were birding, flora & fauna, herbal/natural medicine, backpacking, How to lead a hike, wilderness first aid, self defense, orienteering.

We have and will take the results of this questionnaire into consideration when planning hikes, trips and workshops. If you have any additional suggestions or concerns, please don't wait for the next questionnaire. Let us know.

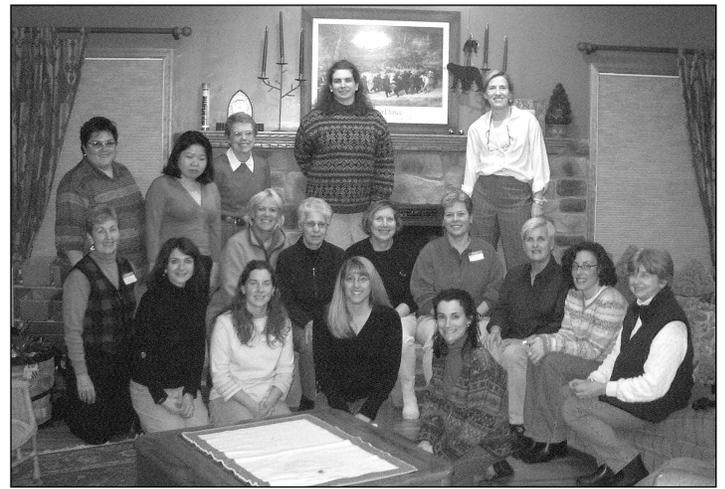


Photo: Jean-Marie Herron

AFW's Pot Luck Dinner at Headquarters in Morristown on Friday, January 28th. Close to 20 women came to socialize at this annual event.

MacEvoy Trail Spring Clean-up

Ramapo Mountain State Forest, Oakland, NJ

Sunday, April 10, 2005

Help 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 led by Jen Bukosky. All AFW members and friends are welcome to attend this easy hike and clean-up on Sunday, April 10th from 9 A.M. - 12 P.M. Please wear hiking boots and bring a pair of gloves and several garbage bags. Come out and have fun for a good cause!

Hitting the Trail (Conference)

Thank you to Dagi Murphy, Georgette Fazzari, Ann Silverstein and Jean-Marie Herron for "Hitting the Trail Conference" in Mahway, NJ on Tuesday, February 1st. These AFW women gave several hours of their time to help with mailings, data entering and map coordination. Should you like to volunteer, please contact Naya Barahona at 201-512-9348 or Naya@nynjtc.org.

Another thank you to **Megan Lanahan** whom has been designated as our NY/NJ Trail Conference delegate. She will be representing our group to the conference and interacting with appropriate programs.

2005 Board of Trustees

Ann Silverstein, Andrea McCartney, Jen Bukosky, Julie Mahoney, Joanne Carrubba, Dagi Murphy, Priscilla Pogact and Betty Plunkett.

Welcome New Members

Tammy Youmans, Frances Hall, Kris Lohmeyer, Jean Nicolle, Farrah Skinner