

ALBANY AREA Women Outdoors Summer Newsletter and Calendar

(also posted at www.womenoutdoors.org)

Greetings! The Albany Area chapter is off to a great start and we are hoping you can join us if you have not already!!!

Trip and Event Reports

- Albany members attended the **Annual Gathering Memorial weekend in Hancock** NH and played with about 80 other women on the rock wall, hiking, kayaking, drumming and even singing in the talent show! It was a blast...hope you can come next year!
- **Kaaterskill Falls hike 4/30** was a challenge and huge success with 11 women hiking up a steep climb to a beautiful waterfall.
- **Volleyball and potluck at Barb's on 6/4** got the crew together for a fun and friendly game and lots of laughs. Big congrats to our youngest player, Ryan, age 6. She made a number of great plays!

YAHOO SITE and Communications

This is open to members who want to network. This is the place to carpool, announce the bike you want to sell or look for buddies for an impromptu outing. You must be a member to join. If you are a member and have yet to be added, please email jane at janerskis@aol.com. We don't want to lose you, so if your email address changes, be sure and update. That goes for your Women Outdoors national site as well!!!!

TRIP LEADERS: See the attached files

Remember, safety- bike helmets and PFDs required on all Women Outdoors trips

[WOPocket checklist.doc](#)

Requests/group event etiquette:

-Please RSVP to the leader as requested. Sometimes weather or other unforeseen events prompt last minute cancellations, so it's a good idea to provide a cell/ emergency contact to the leader.

-Also, if you need to cancel at the last minute, please be aware that last minute emails may not be received before the leader goes to meet the group. We want to avoid the situation of the whole group waiting for someone who is not come. So kindly confirm your cancellation is received if whenever possible.

-trips are open to all members. Please check with leader if you wish to bring guests, children or dogs.

CALENDAR

WO Fun night at FunPlex in East Greenbush Wed. 7/6

Date/Time: July 6, 2011 at 6p.m. to (Park closes at 11p)

Location: FunPlex, 589 Columbia Turnpike, East Greenbush NY

Leader/RSVP by 7/6 at 4p: Joanne Kaufman (jkauf03@yahoo.com, 518-698-5885)

Activities: Miniature Golf (\$6), Batting Cages (\$2.50 token), Rock Wall (\$5), Go-Karts, Bumper Boats, Bungee Trampoline, and more! See the website below for more details.

Bike ride on Hudson-Mohawk bike path

* date change from planning meeting: Sunday July 3 - Meet at 1:00 at lock 7 recreation area in Niskayuna, off River Road. Bring your bike and a water bottle (and sunscreen). We can ride for an hour or 2, depending on how everyone feels.

Camping at Burlingame State Park 7/8-10 or 11 in Rhode Island with other WO women from the northeast. E-mail pegml619@gmail.com or call Peggy at 210-9546 if you're interested.

Beginner Kayak the Mohawk in Schenectady- Rentals Available -Tues 7/19 at 6 PM

Join us if you have been thinking about dipping your paddle in the water. Everybody is welcome, but this event is planned in particular to give those new to kayaking the opportunity to try. Cost \$15 to rent boat and equipment, free to others. RSVP by 7/18 to Jane at 446-9983 or janerskis@aol.com

Visit to www.Opus40.org July 30 with possibly a short easy hike and dinner in Woodstock following. Opus 40 is an amazing 6-acre masterpiece of environmental art and a must-see. Bring lunch to have on site. Joint trip with Women About of NYC. Only heavy rain will cancel. Carpool from Albany at about 1030 am. Further details to follow. Leader: Lien Olsthoorn EngelinaO@aol.com or 914-356-2525 before 9 pm.

Tubing on the Battenkill August 6th - in Cambridge NY. Tube rental \$16-18. Includes transport to starting point. Departure time/carpooling, TBA. RSVP to Jane by 8/3at janerskis@aol.com. Questions call 446-9983. Rain date 8/7

Kayak Martin Dunham Reservoir - Grafton, NY August 13, 2011. Time TBD, but it will be early morning through mid afternoon. Level of difficulty-easy, Cost free - bring your own kayak, lunch, and summer outdoor items such as sunscreen. CARPOOLING-location TBD RSVP by 8/10/11 to Joanne at 518 446-0246 (weather permitting)

Peebles Island Walk Thursday August 25th 6PM

Let's get together for an evening walk at Peebles Island between Cohoes and Waterford. This easy nearby gem has great views. Well do a loop for 1-1.5 hrs. Possible stop for a bite or ice cream on the way home. Contact Jane by 8/24 at janerskis@aol.com or 446-9983 for details and directions .

Upcoming events/ details TBA

August 19th-21st Camping on the Scroon River at Lake George Escape

Benidict Pond in the Berkshires near Stockbridge, Mass.
Spend a great day at Benedict Pond in the Berkshires near Stockbridge. Beautiful clear pond w/ sandy beach, nature trails, changing rooms, picnic area, camping. Bring the kids, kayaks., water wings etc. Optional: bring own food, beverages etc., -charcoal for BBQ . Carpool arrangements can be made. Distance from Albany is about 1 hr 15" . Date TBD . contact ellen 459-0616.

Please note that all Women Outdoors trips are cooperative trips led by volunteers. While members are concerned for safety, our experience levels differ and mistakes may be made. There may also be equipment failure, unexpected dangers, or conditions beyond our control (such as weather). There is also an inherent level of risk in many of the activities that cannot be eliminated. Women Outdoors and its coordinators don't train, screen or certify any of the leaders or supervise the trips. All trips are offered in the common adventurer spirit – where **each participant is responsible for her own skills level and safety**. Please be sure to verify all of the information above as well as the organizer's experience and trip plans to your own satisfaction so you can make an informed decision about whether the trip is right and safe for you. Remember that in choosing to participate you are agreeing to assume responsibility for all risks associated with the activity. Women Outdoors trips have an excellent safety record. We ask that you take care to keep it this way!