

# TREK ON WITH TREKKERS

Dear Trekkers:

I want to WELCOME and CONGRATULATE all of the members of our Trekkers Interest Group and tell you what a pleasure it was to meet so many new faces at our meeting last week. (FYI-we had 25+ new Trekkers sign up at that meeting).

I guess I also felt compelled to share some thoughts with you because of the many thoughts that you all kindly shared with me. Like a guilty parishioner who confesses to their priest why they weren't in church last week, hilariously many people feel they need to tell me why they had not been trekking with us lately; with others I commiserated about our aches and pains, so much so, that I am sure I have more than enough women to start up an Arthritis Interest Group! However, all joking aside, I am positive that the main reason that many of you stopped at the Trekkers' table was because you knew.....deep down..... that becoming more active was something you not only needed to do, but wanted to do.



On a personal note ..... I like to walk because it makes me feel good. Enjoying the outdoors and keeping active, feeds my body, mind and soul . My sole impetus in starting up our Trekkers' Interest Group seven years ago was to share that same feeling with others. What I had not expected was the ADDED TREKKERS' BONUS I would receive in the subsequent years.

As those who know me can attest, I am NOT a power walker, NOR am I a mountain climber. My rock scrambling days are over, and even small hills make me sweat (sometimes even before I get to them). However I believe that everyone has an inner voice (some louder than others) that prods us on to seeking a healthier lifestyle, and I have tried to listen to that voice.

That's where the ADDED TREKKERS' BONUS comes in. We all need inspiration at one time or another and I have discovered that even on the worst of days, it is not merely my commitment to good health, but my AAUW Trekker friends that inspire me to go on.

**HELPFUL HINT:** I keep a Trekkers' bag in the trunk of my car at all times. (I've been known to many as the bag lady, but it works.) Something I learned from my days in Girl Scouting, if you're prepared, you're more likely to stop off, pick up a friend and go for a walk. In my trunk pack I keep the following: walking shoes, water, energy bars, sweatshirt/pants, hat, sunscreen, insect repellent, trekking poles, flashlight and small first aid kit.

**PHILOSOPHY:** Throughout the years, I have not deleted anyone from our Trekkers contact list unless they ask me to, or they do not re-register with AAUW. I believe in an 'automatic renewal status' unless notified to the contrary. I guess it's my way of not giving up on anyone. I'm having way too much fun serving as that little 'inner voice' you occasionally hear whispering "Get Moving!"

**SUGGESTION:** If the weekends don't work for you, perhaps you would like to start a weekday Trekkers' group. I started the weekend Trekkers' group the same year I joined AAUW for the first time. It was a great way to not only meet, but to get to really know new people!

I started out by welcoming and CONGRATULATING YOU FOR JOINING AAUW and Trekkers this year. You deserve the CONGRATULATIONS because you have taken the first step towards a healthier lifestyle, towards "Broadening Our Borders" as our fearless AAUW Branch President Jacqueline has kicked off the year. Of course you will have to get off the couch, and you will have to set your own individual goals based upon your present health and medical recommendations, but I'm sure that whatever entry level position you choose to come in at, you too will find much of your inspiration coming from the kind and caring, and POSITIVELY UPBEAT women of Trekkers.

Thank you and we look forward to seeing you on the trail!

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