



Looking for an adventure? Want a memory that lasts? Long to get away from it all? Then consider coming on the Alaska kayak trip with Seasoned Sisters THIS spring May 29 - June 2, 2011. Below is information on the event. There are just a few spaces open (**Only 9** women can attend—so register quickly!) Don't miss out-- register today! "I'd love for you do be able to go on this once in a lifetime vacation with me!" ♥♥ Pam Farrel

(Go to <http://seasonedsisters.com/alaskapics.html> to see some pictures of the amazing picture postcard perfect scenery of Alaska that we saw last year). In 2008, Bill and I (traveling with our son, Caleb) were slated to speak in Juneau, Alaska. The meeting planner who arranged the trip was my dear friend, Debbie Douglass, who had been a bride's maid in my wedding more than 25 years ago! Debbie was so amazing that I said to myself, *I think we could do a special trip for some adventurous midlife women.* Well, in 2010 we took our first ALL WOMEN kayak adventure and it was amazing! Every woman who went came back refreshed, excited, spiritually renewed and emotionally recharged.

The tour leader, Debbie is one of the most amazing women I know. She was one of the first female fire fighters in California, she has kayaked and biked all over the world, she led mission trips to Russia for years, she has been a Director of Women's Ministry, and an outdoor educator in Alaska for years. She was the expert outdoor educator and guide for the Discovery channel hired for their TV film special on Alaska. All that to say, I felt I was in good hands as we set out on our daily adventures of kayaking the bays, hiking the forest trails and even walking on a glacier! (I write about her in my new book, [Woman of Confidence: STEP into God's Adventure for your Life](#) )

We had so much fun on our Alaskan adventure that Debbie and I thought, "Let's do it again for women!" Debbie has graciously agreed to lead us on a five day, 5 night, Alaska adventure this spring! Here's an invitation letter from Debbie and I and some details on the schedule, dates, and what you can expect:

*Seasoned Sisters and Love-Wise (Pam's ministries), in partnership with Living Legacy (Debbie's ministry) and Echo Ranch Bible Camp, invite you to a five day Alaska Adventure in Juneau, Alaska. Pam Farrel and Debbie Douglass will team up to create an exciting adventure for you: body, soul and sprit. You will be met at the Juneau Airport by Debbie or her assistant, Julie, and taken to the Echo Ranch Bible Camp in town dorms. The dorms have 3 bunk beds per room and showers. The cabin at the camp is rustic, heated by a wood stove and has electricity. A central bathroom has hot showers. The main lodge has heat and electricity—and the setting is majestic! [www.echoranch.org](http://www.echoranch.org)*

*The Seasoned Sisters Alaska Adventure will include hiking, sea kayaking in Berner's Bay in double kayaks, a visit to the Mendenhall Glacier visitor center along with great teaching by Pam, with plenty of fun, friendship and fellowship.*

*Debbie or Julie will take you back to the Airport on Friday. If you would like to stay longer and explore Juneau or Southeast Alaska, there are many lodging options available. Juneau has awesome BB's and hotels by the*

airport (see [www.juneau-hotels.com](http://www.juneau-hotels.com)), Juneau Airport Travelodge Hotel or Prospector Hotel (downtown) (If you come early or stay later, the additional accommodations will need to be arranged by you and will be an additional expense you will want to factor into your travel budget).

Everyone who flies into Juneau needs to transfer in Seattle or Anchorage. Alaska Airlines is the only one who flies into Juneau. (Travel hint: When making your flight be sure you have only 1 stop or none. Do not get on the milk run to every small town in Southeast. It takes about 5 hours instead of 2 1/2 from Seattle. Yes, all the stops are known as the milk run. Planes come in from Seattle and Anchorage around 7:30am, 1:30 pm and 9:30pm.) Plan on arriving sometime Sunday afternoon May 29 (if you need to come earlier, contact Debbie and she will have some housing options she can recommend)

Weather can be in the mid 40's to mid 60's and always plan for rain. ([Click here to read](#) a "What to bring" clothing and personal supplies list)

Here is the schedule (subject to change. In case of bad weather the days we do things might flex but we will do all these things!)

Fly into Juneau **May 29<sup>th</sup>** – Stay at Echo dorm Sunday night

Women who fly in early hang out at Deb's home and enjoy dinner

### **Monday 30<sup>th</sup>** –

Hiking to Eagle Beach. (Lunch included) 9 miles round trip.  
Kayak from Echo cove to Echo Ranch Bible camp  
Stay at Echo Ranch Bible Camp in cabin

### **Tuesday May 31<sup>th</sup>**

Breakfast at Echo Ranch  
Kayak Berner's Bay  
Dinner Echo Ranch  
Dinner surprise treat!

### **Wednesday June 1<sup>th</sup>**

Breakfast at Echo Ranch  
Kayak to Echo Cove  
Hike and/or shopping and dinner in Juneau – (This dinner cost is NOT included in the trip as we want you to each decide what you'd like to eat and order—it is a celebration so your comfort foods are to be enjoyed!)  
Stay in Echo Dorms

### **Thursday June 2**

More Kayaking in Juaneau area  
Visit Mendenhall Lake/Glacier visitor center  
Last dinner in Juneau as group

### **Friday June 3**

Fly home or on their own in Juneau.  
(Pam may be speaking before or after in the area, if she is, we will let you know early in case you want to stay and hear her or she and Bill).

### **The Costs:**

You cover all travel (you pay for your flights and if you want a rental car for any additional days before or

after “The Seasoned Sisters Adventure”. A van will be provided for the official Seasoned Sisters adventure days.) – Some of you might have frequent flier miles you can use to save on travel.

The Seasoned Sisters Adventure includes:

- 5 Nights lodging at beautiful and rustic Echo ranch/dorm
- 11 Meals
- Kayak and hiking safety and outdoor equipping by Debbie Douglass (who has more than 30 years experience in the outdoor and recreation education)
- 4 days of kayaking and hiking and taking in the majestic beauty of the Alaskan scenery up close to nature!
- *A visit to the Mendenhall Glacier visitor center*
  
- Lots of fun and friendship—
- Inspirational teaching from Pam and Debbie
- Seasoned Sisters Alaskan Adventure fleece and cap –plus . . .
  - Book by Pam Farrel
  - Photo by Debbie Douglass
- Once in a lifetime memories and experiences to brag to your family and friends about!

**All for only \$1000! (\$900 if you pay in one payment by March 7, \$950 if you pay in one payment after March 7. Or do a three month payment plan of \$334 (pay in Mar, April, May.)** Note from Pam: To put this cost in perspective, 4 hours of a kayak trip led by an expert like Debbie can run \$200 per day per person for just ONE afternoon which would be \$2000 a day for a group our size. ...and we get her for 4 days because she is graciously giving us her “Seasoned Sisters discount” since she is a Seasoned Sister!

Because there are only 8 spaces currently available, register TODAY! It will be on a first come, first serve basis, and a waiting list will be taken in case there are more than 9 adventurous women (which I am positive there are!)

**Hope you can come!**

*Pam Farrel and Debbie Douglass*

PS: Thought you might have a question or few. Here are a few answers:

Yes, you have the courage to come alone or the courage to invite a friend to come with you. (This is a girls only trip so feel free to invite a sister, daughter or friends—or your sisters from your Seasoned Sisters small group! Women of all ages from 18- 78+ are welcome!)

Yes, you are probably physically fit enough to enjoy kayaking and hiking. If you walk or workout 2-3 times a week you are probably just fine. Plus, you do have plenty of time to work out between now and May so even if you feel out of shape you have time to work on that (I recommend [www.firstplace4health.com](http://www.firstplace4health.com)) The first year when I went I was at a place where all I was doing most weeks was prayer walks with friends 2-4 days a week and I was fine.

No, the kayaking is not “dangerous”. It is not a white water river raft trip- last year the bay was calm and as smooth as glass almost all the time—I could see my reflection and the reflection of the mountains in the water of the bay! The water is very cold but you will be given safety training and you won't be going in! (The plan is to keep you safe and dry!) She trained us well for what to do any any kind of weather or wind. Debbie has never lost anyone! (and she plans to keep it that way!) -- I plan on praying for the same beautiful warm weather and smooth as glass water as I have experienced in past years!

Yes, you are probably small enough to fit in a kayak. If you are under 225 lbs I know for sure you'll be fine (My husband was around 200 lbs when he went).

Yes, it is rustic—but that's what makes it an **adventure!** It is not a five star hotel but the experience of being out in nature like this is definitely 5 star! Everywhere you look is a fingerprint of the majesty of God. It is breath-takingly beautiful!

Yes, on hot showers, mattresses, and good food that is good for you too.

Yes, you will want to factor in spending money, according to your comfort level.

No, sorry, no Seasoned Sisters discounts apply. Debbie has already discounted the price for us. If you want to go and money is an issue, please call our office and ask for Robin and we can work on payment plans or timing of payments with you.

No, sorry the adventure is not refundable—but the trip is exchangeable (meaning you can send someone else in your place if you can't go (and if we have a waiting list, we'll help you fill the space and the person who takes your space can repay you all but a \$100 non refundable deposit.) **We encourage you to get travel insurance in case of an emergency or your cancellation.** My friends in the travel industry recommend Tavelguard. ([Click here for info on insurance](#))

Yes, it is very worth it even in this economy! The price on this trip is very affordable for the kind of wonderful experience you will gain. If I didn't absolutely LOVE Alaska, I wouldn't be taking my time and energy to create this trip for you! J

Yes, you can pay in installments:

Early Bird: Pay \$900 in one payment (payable by 3/7/11 – (\$950 after Mar 7--but don't wait—only 8 spaces).

[Click here for \\$900 early bird price](#)

<http://www.kickstartcart.com/SecureCart/SecureCart.aspx?mid=50717901-879B-4102-AB5D-1D394CC0995F&pid=cb59f66d424f45629b87d50458a01856>

Payment Plans:

Two payments (save \$25) Payment one \$500 (due 3/7), Payment 2: \$475 sent by April 14.

[Click here to make \\$500 deposit](#)

<http://www.kickstartcart.com/SecureCart/SecureCart.aspx?mid=50717901-879B-4102-AB5D-1D394CC0995F&pid=cb59f66d424f45629b87d50458a01856>

Three payments: \$335 every month ( Mar, April, May ) with all payments due May 10 at the latest.

[Click here to make first payment of \\$335](#)

<http://www.kickstartcart.com/SecureCart/SecureCart.aspx?mid=50717901-879B-4102-AB5D-1D394CC0995F&pid=4cfb8bc031d5453d8fa7b2bb85dc6284>

**Note:** If you would like to attend, here is process:

1. Email Pam and she (or Robin. Pam's assistant) will email you a registration form.  
([pam@pamandbill.org](mailto:pam@pamandbill.org))
2. Send payment (one of three plans. Pay online or mail in .Address is  
Farrel Communications 3755 Avocado Blvd. #414 La Mesa, CA 91941 (800) 810-4449
3. We will connect you to Debbie and you can begin preparing! There is a list online of what to bring at:  
<http://seasonedsisters.com/alaska.html>

(Debbie can help with this—you likely own much of what you need already, or those who are alumni might be willing to help).

Get ready for FUN!

•  
**All payments must be completed by May 10.**

Yes, you will want to act quickly to register. With only 8 spaces open, those spots will go fast! So pray and contact any girlfriends you might want to have go with you—Everyone who attends will be given a free registration to Seasoned Sisters [www.seasonedsisters.com](http://www.seasonedsisters.com)

I know God has the perfect 9 women in mind—maybe you are one of them!  
Questions: **800-810-4449** or [info@pamandbill.org](mailto:info@pamandbill.org)

**LOVE TO HAVE YOU JOIN ME!**

*Pam Farrel*

PS: I will send you a link to pix and video of past year if interested—just ask!

*Pam Farrel*

Relationship specialist, international speaker, author of over 30 books including best selling, *Men are like Waffles, Women are like Spaghetti, Red Hot Monogamy, 10 Best Decisions a Woman Can Make, 10 Best Decisions a Parent Can Make, 10 Best Decisions a Couple Can Make, Woman of Influence, Woman of Confidence, Devotions for Women on the Go and Got Teens?*

*New: The Marriage Code, teen version of best seller: Guys are Waffles, Girls are Spaghetti, and Raising a Modern Day Princess*

Co Director, *Farrel Communications* ([www.farrelcommunications.com](http://www.farrelcommunications.com))

President *Seasoned Sisters* ([www.seasonedsisters.com](http://www.seasonedsisters.com))

Follow Pam on [Twitter](#); "friend" her on [FaceBook](#)

*Practical Insights for Personal Relationships*

800-810-4449