

# JourneyWoman™

Jun 2, 2022

Dear Goddess,

I'm writing to you from the coast of Mexico just a few miles from where Hurricane Agatha came ashore on Monday night. While it was incredibly windy and rainy, I was in a safe place, thanks to the kindness of strangers.

Over the past three weeks in Oaxaca, I've visited natural wonders like the calcified waterfalls at Hierve del Agua, the archaeological site Monte Alban and explored Oaxaca's culinary scene and colourful graffitied streets. I've stayed in some beautiful casitas run by mothers and daughters. However, the most meaningful experiences have been spending time with women in small villages, like Doña Josafina, who started a women's weaving collective for single mothers, and Doña Juana, who showed me how connected we are to the earth through the cooking class at her farm.

These women remind me how important it is to ask questions about the impact of travel on local communities. As soon as I can catch my breath, I'll write about Jennifer Furlong, who runs an unconventional tour company called Tyladona. Jennifer's measure of success isn't profitability — it's about the collaborative, giving relationships she builds with women and communities.

This is an important time for us as women. It has become evident that it's not enough to talk about change. We must lead it. We must find our voices and speak up for the things we believe in. We may not be able to control everything that's happening in our world, but we can take action in a way that is authentic to us. This is what I'm trying to do with JourneyWoman - to give voice to all women, to highlight those who create meaningful change and to honour and respect the wisdom shared among all women. Together, we all rise.

Take care and be safe,

*Carolyn*

Carolyn Ray, CEO/Editor-in-Chief, JourneyWoman, [editor@journeywoman.com](mailto:editor@journeywoman.com)  
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## **The JourneyWoman Award goes to Anna Pollock!**

Giving out the second annual JourneyWoman Award for Lifetime Achievement at Wanderful's Women In Travel Summit on March 14 with Bessie Awards host Jessica van Dop DeJesus, from The Dining Traveler. Meet our winner, Anna Pollock, and watch her acceptance video [here](#).



See more photos on our [Instagram](#) and [Solo Travel Wisdom Facebook Group](#).

## Featured Editorial: Solo Travel Safety + Tips



**How This Woman is Making the World Safer for Women by Carolyn Ray:** Meet trailblazer Tracey Breedon, Uber's first-ever head of women's safety, now at Match Group, where she's working to prevent sexual assault, hate speech, discrimination and harassment — online and in real life.

[Read more](#)



[Read more](#)

**Tips for Women over 80 to Prepare for Iceland's Adventures by Diana Eden:** Diana shares her tips on preparing for a trip to Iceland, from packing to staying warm and adjusting to time zones.



**How Solo Travellers Can Transform Loneliness Into a Gift by Sue Janzen:** Solo traveller Sue Janzen has found a way to use loneliness to her advantage, through planning and mindfulness.

[Read more](#)



**Rockstar Solo Travel Writers Over 50+ by Carolyn Ray:** Meet solo travel rockstars over 50 who inspire us to find freedom and confidence in solo travel with their wisdom and humour.

[Read more](#)



**Top Travel Tips to inspire your next adventure curated Breanna Schnurr:** The JourneyWoman readers have your back with some great travel recommendations to help you plan your next trip.

[Read more](#)



**Best Bathing Suits for Fuller Figures by Breanna Schnurr:** Ten of the most stylish and practical travel bathing suits for fuller figures, recommended by women travelers, including Marti's review of a late entrant.

[Read more](#)

## Upcoming Events

### UPDATE YOUR PROFILE HERE

We want to get in touch with you when we host local events and meetups. Please complete your profile and let us know what else you're interested in!

- **June 8, 12 noon ET: What the Heck is Wabi-Sabi?** Wabi-sabi is the Japanese art of finding beauty in things that are imperfect. Join Doni Belau and wellness trailblazer Robyn Griggs Lawrence to learn how we can apply the principles of wabi-sabi to bring more simplicity and authenticity into our lives, our friendships and our travels. [Register here.](#)
- **June 10, 4-6 pm ET: Beyond Resilience: Black filmmakers on owning and telling our history,** moderated by Cameo George, Executive Producer of PBS American Experience. Register [here.](#)
- **June 15, 8 pm ET: Book Club: Set in Cambodia "In the Shadow of the Banyan" by Vaddey Ratner.** [Register here.](#)
- **June 22, 8 pm ET: Sleep, Energy and Menopause:** Join Carolyn Ray, Diana Eden and sleep expert Shawna Robins, to learn more about how you can boost your overall health and prepare for travel through simple lifestyle changes. [Register here.](#)
- **July 20, 8 PM ET: "The Paper Palace" by Miranda Cowley-Heller.** [Register here.](#)
- **October 20 -24, Our Women's Travel Wisdom** retreat in California (only 80 places available, selling out quickly!)

### SPECIAL ZOOM EVENT

Wednesday, June 22, 8 pm ET

## Energy, Sleep and Menopause Boosting Your Health for Travel

JOIN CAROLYN, DIANA + SHAWNA

June 11 is Global Wellness Day. Kick-start a healthy lifestyle and increase your sense of well-being.

PRESENTED BY:

*JourneyWoman*

