

Dear JourneyWoman,

On Monday, I returned from my first international trip in almost two years, walking the Camino de Santiago in Spain. Despite my anxiety about preparing for travel, I was amazed by the joy and gratitude I observed among my fellow pilgrims and the welcoming spirit from the small businesses along the way. Smiles, laughter and warmth were the hallmarks of my trip.

This experience really gave me hope. While things may never be what they were, I witnessed that ineffable quality we all share — resiliency — that lets us bounce back stronger than ever. I could feel it every step of the way. This issue's stories are all about our resilience as women — how we are finding ways to embrace optimism and prepare for a new, unknown future.

I'd like to give a huge virtual hug of thanks to those women who helped me achieve my Camino walking goal for The Period Purse, a non-profit registered charity that strives to achieve menstrual equity and reduce the stigma surrounding periods. Travel is both a privilege and a responsibility, and I'm eager to build more partnerships like this one as we consider our role in creating a better world.

With gratitude,

Carolyn

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"The secret of all change is to focus all of your energy not on fighting the old, but on building the new." —Socrates



Five Things I Learned on my First International Trip by Carolyn Ray: With all the anxiety and uncertainty, is it worth it to travel right now? If you choose to travel right now, at home or abroad, embrace an adaptive and generous mindset and keep these tips in mind.

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Solo Travel After Loss: Tips, Stories and more by Amanda Burgess: If you've lost a loved one, you'll find wisdom from other widows and experts on taking the first shaky step into solo travel after loss in this comprehensive feature.

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Travel Over 80: Tips for Surviving a Four-Day Trip to New York by Diana Eden: Just *try* to keep up with Diana, who returns to her old haunt and shares her tips and itinerary to thrive in the city that never sleeps.

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Have we Forgotten How to Dream? Introducing our New Travel Vision Course by Amanda Burgess: We're the travel angel on your shoulder, challenging you to dream bigger than you ever have. Reconnect to your deepest travel desires and look to the future in our newest course.

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Wanda St. Hilaire's Memoir Explores Solo Travel, Love and Adventure in "The Cuban Chronicles" by Carolyn Ray: In November, the JourneyWoman Book Club stops in Cuba as self-confessed romantic Wanda St. Hilaire shares 'a cautionary tale' on romantic flings while travelling in her 2009 memoir.

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Nominate a Woman in the Travel Industry for the JourneyWoman Award by November 1: Do you know a woman who has dedicated her life to making travel better for women? Don't be shy, nominate her for the JourneyWoman Lifetime Achievement Award, in honour of the iconic Evelyn Hannon.

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HAVE YOU JOINED OUR NEW COMMUNITY FORUM YET?

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UPCOMING EVENTS & COMMUNITY CALLS

Would you like to join, host or start a Community Call to meet other like-minded women? Use the [World Clock Time Converter](#) to find an existing one to join!

- **Friday Community Call: Every Friday** at 10 am EDT
 - **West Coast Community Call:** Thursday, November 11, 11 am PDT / 2 pm EDT
- JourneyWoman Book Club: Wednesday, October 20, 8 pm EDT: "The Magnetic North" (Arctic Circle)
- Recordings of our Book Clubs and Once-in-a-Lifetime Travel Experiences are available on our YouTube channel. Please subscribe for updates.