Every summer, right around this time, I splurge: I buy a couple of fat, glossy fashion magazines that cost more than take-out books used to. I carry them home like pirate’s booty, yearning to leaf through the first pages of the second one.

But I buy fall fashion magazines as a reward for getting through heat waves and ice cream, my first choice of guilty pleasure.

By Kristen Coppock

But I resist. Downright bossy and stern.

She’ll instead encourage people to become active outdoor enthusiasts.

That’s Mother Nature.

I like the look of flesh, not bone. And I don’t find emaciation beautiful.

I am distinctly not younger than springtime at 63, many people are already bones, should have to endure. And I buy them to remind me that there is life after summer.

I also buy them with the vague hope that they will someday discover that, ounce for ounce, mocha fudge is always worth it.

I was in for an unpleasant surprise.

But definitely not on me.

I’ll stand out as a fashion leader even when I’m just so... yesterday.

Patt Osborne starts off on a Boomer Chick Adventures kayak outing on the Mullica River. She designed the outdoors program with baby boomers in mind.

By the second magazine, I was feeling vaguely headachy. I couldn’t seem to find a story. Suddenly, they looked remarkably unequal length.

So desperately out of sorts was I that I finally rushed to the freezer for solace in the form of a generous portion of mocha fudge ice cream, my first choice of guilty pleasure. And I read my new magazines while I endured. And I buy them to remind me that there is life after summer.

To take you with the Vogue that I’ll stand out as a fashion leader even when my three daughters, my severest critics, tell me that I’m just so... younger.

This year, I absolutely want to be ... peaceful.

I could be with just a little help from its sweet solace.

I’m also getting weary of model poses. How many real, live women spend their lives straining off into space looking angry, or vacant, or absolutely bored? How many of them hide into those unnatural postures models seem to assume?

And that’s another story, do you stand with the hip pointed out, one elbow on my hip, and my chin jutting forward. Do you?

I’m also surveying the clothes that are jammed into my closet because I never get to organize it the way home design magazines say I should. But that’s another story. Suddenly, they looked remarkably inordinately shabby.

I also saw the clothes that are jumbled into my closet because I never get to organize it the way home design magazines say I should. But that’s another story. Suddenly, they looked remarkably differently.

I also searched the clothes that are jammed into my closet because I never get to organize it the way home design magazines say I should. But that’s another story. Suddenly, they looked remarkably differently.

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Happily, the mocha fudge ice cream provided more comfort. It always does.

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With any luck, those bony models, ha.”
naturalist John Volpe, of Pineands Adventures, helps carry paddles for a Boomer Chick Adventures kayaking outing on the Mullica River in Shamong.

Group

Continued from Page D1

“I do something at least once a month. In the summer, it’s busier,” said Osborne, a former resident of Medford and Moorestown. During the winter months, the experiences move indoors and have included art projects, theater outings, writing retreats, meditation sessions and culinary events. The business also operates group Boomer Chick Conversation Café sessions in Osborne’s Haddon Heights home.

Each Boomer Chick event typically has no more than 10 participants. If more people are interested, the number of events is increased.

“I like to keep it intimate,” the coach said. A retired teacher-turned-adventure coach, Osborne spent her early career working in Riverton before leading classrooms at Fleetwood Elementary School in Mount Laurel for 25 years.

“It was a great place to teach. My kids would always come back to visit,” she said. “Now, I have (them as) Facebook friends.”

Leading up to her 2001 retirement, she began to research alternative careers that would suit her lifestyle and personal goals. While combing through career books at a local bookstore, Osborne discovered life coaching, which was a relatively new field at the time.

By the time she was ready to retire from teaching, Osborne had completed training and earned her certification. Her small coaching business was launched in September 2001, and Osborne has formed a client base of fellow retirees, empty-nesters and other folks seeking direction.

“People come to a life coach because they’re trying to figure out what to do with their lives,” she said. “They’re in transition.”

During her one-on-one coaching appointments, Osborne will typically orchestrate a “walk-talk” session with a client, using the lakeside path just steps from the front door of her home.

Her second business, as an outdoor retreat leader, was started as an extension of her life coach experience.

“I did a pilot program with some good friends. We took kayaks out, pulled up (to shore) at intervals, and had a conversation,” Osborne said.

The feedback was extremely positive and resulted in the formation of Boomer Chick Adventures. The name is a nod to the women of Osborne’s generation, which is her target demographic, but events are open to male and female clients of all ages.

Participants range in age from mid 20s to late 70s. Many enjoy the social dynamics, and repeat clients do get acquainted with one another, she said.

“They love the group experience. They love the kayaking. They love to draw up,” Osborne said. “I have guys who are regulars, my Boomer Dudes.”

A recent outing brought about 10 experienced kayakers to a Pinelands Adventures program in Shamong, operated on the Mullica River. Upcoming events include a Couples Reconnection Hike at Batsto Village in Washington, and a Relaxation Hike for “busy” women in Medford at YMCA Camp Ockanickon, a site that borders the yard of Osborne’s former home.

For more information and to register for Boomer Chick events, visit boomerchickadventures.com.

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Osborne (center) talks with participants before setting off on the river.