

# Beth Walz

## How does she do it?

### Family

#### How do you balance motherhood and children's school activities and dinner and life and...?

With one cup of organization, three tablespoons of humor and one teaspoon of creativity. I have had my share of mishaps. I have gone to tennis practice (without the racket), ballet lessons (with only one shoe), piano rehearsal (on the wrong day), swim team (with leaking goggles), the field trip (missing the sack lunch), etc. I have learned (obviously, more than once) that I need a visual check list to keep the household running smoothly. I attach a weekly event calendar to the exit door of the house of what we are doing each day (and where), and what we need to bring. We check the list before walking out the door. Many potential disasters have been averted with the mandatory door check.

#### What activities does your family enjoy together?

I've had my horse, Baskadora, for 25 years. Everyday after school we visit her barn to muck-out the stall, feed and exercise her. We also have two dogs, six cats and rabbits. Gusty plays several instruments so there are always lessons to attend. Breezy is a graduating senior at the University of Oregon.

#### Do you spend one-on-one time with each child?

Absolutely, I believe this is essential. The dynamics are completely different one-on-one versus the three of us together. My girls are twelve years apart (I was widowed when Breezy was six and I am divorced from Gusty's father who lives in London, England) and as a result each of them has been an "only child" for awhile. Breezy for the first dozen years and now Gusty (since Breezy left for college). I really

enjoy doing solo activities with each daughter. Both have very distinct and unique personalities and I enjoy the diversity of their individual interests (Gusty is a musician and animal lover and Breezy is an athlete and fashionista). What bores one excites the other and visa-versa. Further, I just think it's important to have a solid, fully-developed mother-daughter relationship with each child.

### Work

#### Are you a stay-at-home mom or do you work full-time?

I currently enjoy the best of both worlds. I work full-time from home. I sometimes stay awake working until 3 a.m., and other days I will get up at 5 a.m. to begin my day. But I'm not required to be at an "office" at any specific time which gives me the luxury of flexibility.

#### What is your profession and/or work history?

I am a lawyer by profession. I have worked as an entertainment lawyer, a trial lawyer and a legal project manager for domestic violence shelters. I have also worked as a (full-time, part-time and substitute) teacher, among various other part-time professions. Currently, my main focus is developing Adventure Woman into a thriving business, and an exciting vehicle to encourage women and girls to live boldly.

#### How much time do you dedicate to your professional life, and how did you make that decision?

Combining my "career life" with my "mothering life" is a continuing work in progress. I have been a stay-at-home mom, a full-time career woman and several hybrids of the two. As a lawyer I worked 60+ hours a week. It was impossible to handle my work commitments and

parenting responsibilities without help. Today, I am working full-time on my business venture, Adventure Woman ,LLC., as well as juggling several other priorities. Luckily, however, I can manage (stretch) my work day around my daughters' schedules. The career vs. motherhood decision is never easy, straightforward, or obvious.

#### How did you decide to start Adventure Woman?

After working in domestic violence for many years (as a volunteer on the crisis line, assisting with restraining orders and later as a lawyer) I realized women lacked identifiable, motivational, and healthy role-models. I searched the Internet and the only available information on women role-models was either too boring and academic or too sexually oriented and provocative to be helpful and empowering.

I decided to create AdventureWoman.com and feature strong, independent women who are pioneers, ground-breakers and fearless adventurers (historically and currently). I have been extraordinarily fortunate to receive the support of women world-wide who have been willing to be

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### World travelers

*Beth and her daughters show some of their unique souvenirs. Gusty (left) is holding a hand-forged African spear Beth received from a Kenyan Tribal chief in a midnight fire ceremony. Beth (center) is holding an antique hand-made tribal axe from Thailand. Breezy (right) is holding an ice axe for climbing in Peru. Their beautiful hats came from London and Cannes.*





## Family time

*Beth and Breezy look through travel books while Gusty serenades them on her violin. Photos by Kim O'Neil Photography, [www.kimoneilphotography.com](http://www.kimoneilphotography.com).*

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featured on Adventure Woman and shared their amazing adventure/travel/how-to/fishing stories. We are currently launching AdventureWomanJr.com which is an educational adventure site to motivate and inspire girls eight to 12 years-old to explore. I'm also in the process of developing a speaking career (AdventureWomanSpeaks.com) and I am a full-time student in an online MFA Creative Writing Program to develop Adventure Woman Books. Most exciting, we are creating the Adventure Woman Foundation to raise money to help more women and girls achieve their adventure dreams.

### **How did you decide to do Wanted II: Adventure Woman?**

Auditioning for a reality show and then subsequently being in the cast is a crazy and humbling experience. I thought the show would be fun (and it was), but it also turned

out to be extremely challenging. I was the oldest woman in the cast (at 46-years-old) and jumping hay bales, swinging from ropes, building rafts, swimming across ice-cold lakes, and playing muddy tug-of-wars games was a little insane for me. But the spirit of adventure is never knowing if you will succeed or fail. It is embracing the thrill of the unknown with the determination to do your best. As I said to the judges at my elimination, "The victory may be in the winning, but the journey is the real adventure."

### **What is adventure to you?**

Adventure is a spirit for living; a fearless approach to creating a more vibrant, exciting and fulfilling life. Adventure is making the extra effort in everything you do—turning the ordinary into extraordinary. It requires courage to try something new; whether it is returning to school as an adult, climbing your first

mountain or tackling a solo road trip with the kids. Adventure is not about spending money, but about creating and developing your own opportunities and having the confidence to try something outside your current comfort zone (with the realization you may fail, but you do it anyway). Adventuring is the spice of life. Whether my next adventure is wearing purple paisley bellbottom pants to the grocery store or trekking to Mt. Everest Basecamp, I embrace it with same daredevil enthusiasm. Don't just dare to dream, but Dream to Dare!

## Self

### **Do you remember life BC (before children)?**

Yes! The freedom was intoxicating. In the glamorous 80's I was dancing at neon-lit nightclubs, drinking umbrellaed cocktails,



and laughing with my friends until sunrise. I loved driving the sunny streets of Scottsdale, Arizona, (I attended ASU) blasting Def Leopard, Bon Jovi, Van Halen, Madonna and Tears for Fears from my chocolate-brown Fiat Convertible (with booster speakers!).

#### **How do you make time for just you—mom time?**

I think of “mom time” as time spent with my girls. When I am on my own I switch gears into “me time.” I know it sounds selfish to demand “me time.” But I advocate: be selfish! I believe we can be better, stronger and more effective mothers if we work to develop ourselves with the same passion and dedication we willingly (and endlessly) pour into our children. I ask my girls to acknowledge my “me time” by working quietly and independently in the house when I am busy. I don’t apologize when I take a class or a trip but explain the reasons

why the experience is valuable and important to me.

#### **Message from mom**

##### **What have you learned as a mom?**

Be YOU. I have been scrutinized and criticized for many of my outlandish, unorthodox, and eccentric decisions as a mom. I had my daughter swim 5 a.m. laps as a form of punishment (versus taking her cell phone or grounding her). I also allowed my daughter to live at a boarding school at age 12 years (she wanted to become a top tennis player), and I gave her my blessings last summer when she backpacked in India (alone with a girlfriend). Both of my girls were flying internationally (alone) by age seven (domestically as early as three). I once wrote a tardy note saying my daughter was late to school due to the fact we were shoveling snow from the raging blizzard outside (we were living in Florida). I have been accused of being too strict and

too lenient, too serious and not serious enough. I think every mother has her own particular style of parenting and there are many roads to success. The best thing any mom can do is to be herself and celebrate her own mothering uniqueness. Maybe other mothers wouldn’t make the same choices I’ve made above, but that is exactly my point. Bottom line: Love life, love your kids and most of all, love yourself. A confident mom is a powerful mom!

##### **Do you have any valuable parenting advice for other moms?**

After 22 years as a Mom I hope I’ve learned at least a handful of things. First, you set the standard for your child’s behavior. Second, encourage your kids to make their own decisions. Third, reinforce good decisions with loads of praise. Fourth, insist on respect and good manners. Fifth, make a daily habit of hugging your child and saying that you love them.



Beth, Gusty & Breezy at Wimbledon



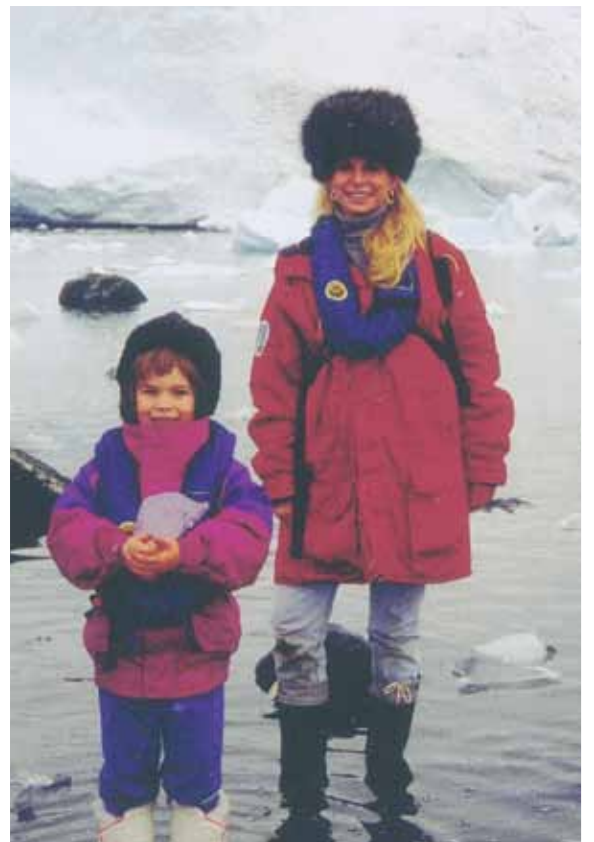
Beth & Gusty measuring trees in the Avenue of the Giants



Beth & Gusty in the Bahamas



Beth & Breezy at Martha's Cove in Canada



Beth & Breezy in Antarctica

# Beth's favorites

## Books:

Non-fiction Adventure: *Angels in the Wilderness, Swimming to Antarctica, Into Thin Air, The Seven Summits, The Climb*, and *Not Without Hope*.

Non-Fiction Travel: *500 Places to Take Your Kids Before They Grow Up* (a must read for moms!), *500 Places to See Before They Disappear*, *1000 Places to See Before You Die: USA & Canada*, and *The Travel Mom's Ultimate Book of Family Travel*.

Fiction: *Gone With the Wind* (I love Rhett), and *The Great Gatsby* (and Jay!).

## TV Shows/Movies:

TV: *Housewives of New York City*, *New Jersey* and *Beverly Hills* and *Rachel Zoe*.

Movies: (I love documentaries) *Valentino*, *The September Issue*, *Touching the Void*, *The Endurance*, *Stranded*, *Man on Wire*.

## Recipes:

Broccoli Casserole: Cut and boil a head of broccoli and spread the pieces in a 9 x 12 pan. Pour mushroom soup (mixed with ½ cup milk) over the broccoli. Cover with grated cheddar cheese. Top the cheese with French's French Fried Onions and/or croutons and bake at 350 for 30 minutes. Delicious and the kids are eating broccoli!

## Family meals:

I put a beef roast in the Crock Pot with celery, green peppers, onions and garlic (to taste). Let it cook overnight and in the morning you'll have wonderful Italian Beef for sandwiches (get hamburger buns and some chips).

## Restaurants:

Breakfast: Illahee Restaurant (Glide)

Lunch: Bangkok West (Roseburg)

Dinner: Tolly's (Oakland)

Sunday Brunch: The Camas Room (Canyonville)

Celebrations: The yummy-gooey, Melting Pot (Portland).

## Vacations:

Nothing compares to the "Great American Road-trip." One of my favorite drives is from Oregon to California and back; especially on the beautiful California Highway 1.

## Beth's favorite adventures

1. Riding reindeer in Mongolia
2. Floating down the Egyptian Nile
3. Seeing the penguins play in Antarctica
4. Going on an animal safari in Kenya
5. Backpacking Australia
6. Elephant trekking in Thailand
7. Scuba diving in Jamaica
8. Skydiving in Las Vegas
9. Hiking in the Galapagos Islands
10. Cruising the Greek Islands and Turkey

Next Trip: Mt. Everest Base camp and hopefully climbing Island Peak in 2012.

## Beth's Adventure Woman favorite practical recommendations:

» Do your homework early. A large part of the joy of the journey is in the planning. Map your routes, book your hotels, and check attraction locations and times. Be as prepared as possible (there will be enough surprises on the way!).

» Check prices. Visit major search engines (such as Expedia) for hotels, rental cars and flights. Call hotels directly to inquire about special rates and discounts. Also, ask about extra "add-on" charges (parking, resort fees, etc.). Ask if they have a children's menu and what time the restaurants close.

» Pay with points. Everything you buy on a credit card should earn points to apply to your adventures (flights, hotels, and amusement parks). Call your credit card company and get registered today.

» Give someone your itinerary. Let someone have an itinerary of where you are going and staying. Have an evening check in (by phone, text or email) with a reliable person. If you get lost people will know when and where to look.

» Travel during daylight hours on road trips. If you must travel in the dark; travel in the early morning (and not into the evening). It is much safer if you're stranded (burst a tire, run out of gas or have an accident) in daylight.

» Use AAA (Automobile Club). Not only will you get discounts on hotels and theme parks, but you'll get a tow if you need one. A big bonus is free maps and their trip mapping service. Give them your destinations and they will map it out in a nicely bound book.

» Get your kids involved. Ask every family member for their opinion on sightseeing destinations. When everyone makes suggestions it creates a happy and harmonious trip.

» Keep journals, take photos and videos. With small digital cameras and pocket video cameras there is no reason not to have a well documented trip filled with fabulous memories. Keep a journal along the way and create a scrapbook when you get home.

» Visit museums. They aren't as boring as kids think and they're actually a lot of fun. Statistics show if you don't take your kids to museums there is only 10 percent chance they'll go as adults. So make it a tradition and a habit.

» Ask Adventure Woman. If you have general or specific questions about adventuring go to [AdventureWoman.com](http://AdventureWoman.com) and click on Ask Adventure Woman. Submit a question and we'll get back to you! ([www.adventurewoman.com/ask.php](http://www.adventurewoman.com/ask.php)).