

Did you miss our last newsletter? Click here

A PSA For Life

Here it is the start of a new year and everyone is talking about renewal, setting new goals and planning for upcoming adventures. And I am all for that (particularly the adventure part). But I'm going to detour from that for a moment to share with you something I learned these past few weeks. All of you matter to me and if I can help any of you with these little notes, I hit my own goal.

My sister passed away the beginning of this month. Actually, the day I landed in Argentina to start my Patagonia exploration (that didn't happen, yet). She had severe MS and was bedridden, but she was otherwise healthy. Or so we thought. She was complaining of back pains and nausea, but she was always in pain, so we didn't take it too seriously. It was only after she died that I learned the women have much different symptoms of a heart attack than men. Back pain and jaw pain are symptoms, being nauseous is another. These are more likely symptoms for women, than for men. Anxiety and panic attacks are also a symptom for women as well as stomach pain that is often thought of indigestion and numbness down the left arm. Some of the common for both genders are chest pains, short breath, cold sweat, lightheadedness, and fatigue. Please don't dismiss any of these symptoms, particularly if they are paired together. Fatigue can be anything, but when combined with shortness of breath and lightheadedness, it can be more.

And finally, I want to state something that all of us already know, but few take seriously. You never know when it’s your last day. Tell those you love that you love them. Don't put off a visit. I am so grateful and comforted to know that the last thing we said to one another was I love you.

Thank you for indulging me in this digression-- and please take care of yourselves. I'd like to see all of you in upcoming months, enjoying life and spending it with the people you love (which is a nice segue to our new Trip Matchmaker program)

For anyone who wants to hear the full eulogy for my sister, Marla Richman, which includes some tangent remarks for MLK day, click here.



Travel, Matched For You

What if your next Steppin' Out trip wasn't just

about where you go,

but how you like to travel?

For the past 30 years, I've been designing unique, off-the-beaten-path journeys and personally guiding many of them. That isn't changing. We'll continue offering a handful of signature trips each year, the kind you know and love. But I'm excited to introduce something new.

Over the years, so many of you have said things like:
"I'd love this trip if it were a little less active."
"I wish there were more people my age."
"Do you have something like this for families?"
"I want something immersive, but not exhausting."
"I'd go if it fit my schedule better."

Introducing Trip Matchmaker - a more personal way to travel.

You tell us what matters most: activity level, time of year, group size, interests, and comfort level. We connect you with like-minded travelers who want the same kind of experience. Once there's a true match, we design the trip around you.

Whether it's a thoughtfully curated small-group journey or a custom trip with your own circle, we make it simple. No one-size-fits-all schedules. ***Plus, the option to take advantage of group pricing. Six people in a group can be more afforable (not always.. we'll let you know) than two.*** And if we can't find the right match? We'll connect you with trusted partners who can.

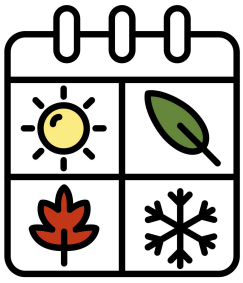
Here's how it works:

- You share your travel preferences
- We match you with travelers who want the same experience
- We design a trip that feels intentional, comfortable, and truly tailored

AND REMEMBER-- the more people you pass it on to, the bigger the pool. If everyone has family or friends of different ages or travel styles, and shares this, the more likely we can put groups together.

Travel should fit you, and now, it does.

We'll help you find your best match based on several categories like:



Time of Year



Group Size



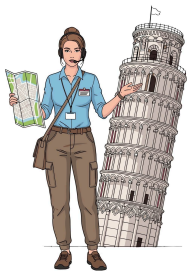
Activity Level



Budget Comfort



Interests



Who's Your Guide?

Be the First to Join the Pilot Group

Upcoming 2026 Steppin' Out Group Adventures Include

(Some trips still need to be updated, but let us know your interest)



I Want Another Ski Trip



Morocco Group Trip



Ghana Group Trip



Rwanda Group Trip



Last Chance!



Iceland Group Trip



How do you keep track of recommendations?

Meet Recapp:
The Smarter Way to Save, Share & Organize Recommendations

How many times have you asked a friend for their favorite restaurant, binge-worthy series, great doctor, or a trusted painter… only to forget the name five minutes later? We all swear we'll remember — but life happens, and that great recommendation disappears into the abyss of text threads and messy notes apps.

That's exactly why Recapp was created.

When my fiancé couldn't find an app that neatly stored all the recommendations he was collecting — from travel tips to streaming suggestions to everyday services — he built one himself. And honestly? It's pretty awesome.

What Is Recapp?

Recapp is a simple, intuitive app that helps you save, organize, and revisit all your word-of-mouth recommendations — the ones that matter most because they come from people you trust. Whether you want to remember:

- A restaurant someone raved about
- A series a coworker swears you'll love
- A doctor or service provider
- Steppin' Out trip suggestions
- Gift ideas for the holidays
- Your favorite virtual workouts

…you can Recapp it in seconds.

Snap It. Save It. Recapp It.

Walking past a cute café you want to try someday?

See a shop that looks interesting but you're late for a meeting?

Just take a photo, drop it into your Restaurants category, and you'll never lose track of it again.
Create Your Own Categories
One of my favorite things about Recapp is how personal it is.
My app now has categories like: Gift Ideas, House Services, Workouts I Love Books + Podcasts, Travel Inspiration-- You can tailor it exactly to your life and your interests.

Free for Now — Help Us Build the Buzz!

Right now, Recapp is completely free.
We're hoping to build momentum, get people using it, and eventually bring in advertisers so it can keep growing.

Join the Movement — Download Recapp Today!

Please take a moment to download Recapp in the Apple App Store or Google Play Store. It's the purple "R" with the little string attached — you'll see it.

Word-of-mouth recommendations power some of the best parts of life. Now you finally have a place to put them. Let's start Recapp-ing together. 💜
let me know what you think!

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We Sell Travel Insurance

Travel Insurance: The best you can do to prepare for the unexpected. Whether you're signing up for our trips or others, or just traveling on your own, be protected



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