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[Shawna Kelly](#)



[Sabrina Thompson](#)



[Niina Welker](#)



[Katie Neilson](#)

No. 2 Ed. 7

Adventure Tip: Try something new! Life is adventurous when we expand our boundaries and comfort zones. This summer purposefully try something new. Take a gardening course, learn sign language, begin speed walking, read a new author, visit a new city. It doesn't need to be expensive and time consuming. It only needs to make your life a little fuller and a bit brighter.

This month we are featuring four new [REAL Adventure Woman](#). Meet [Ronelle Van Rooyen](#), a brave mother of three who traveled the world by boat with her young kids in tow. [Katie Neilson](#) is a world-class long-boarding champion and a true pioneer in her field. Charismatic [Sabrina Thompson](#) is the Vice President of the International Federation of Black Bass Anglers Women's Division and is a professional fisherwoman on the Women's Bassmaster Tour. [Katie Spatz](#) became the youngest person to row an ocean solo after spending 70 days alone at sea. These adventurous women are inspiring and amazing - don't miss their exciting profiles.

[Adventure Woman University](#) features [Niina Welker](#) and [Molly Matthews](#). These two ladies not only give us a writing lesson but generously share their work. Listen to Niina read her poetry on [Adventure Woman Radio](#). Our [Adventure Interview](#) is with an author, sky diver and a descendant of early Hollywood dare-devil royalty, [Shawna Kelly](#). We will be discussing her adventures and her current book, *Aviators in Early Hollywood*.

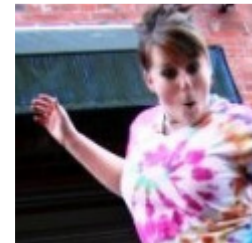
We are featuring *One Winter's Story* in our [Film Review Tent](#) "Flicks for Adventure Chicks." This



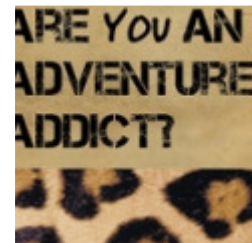
[Ronelle Van Rooyen](#)



[Katie Spatz](#)



[Molly Matthews](#)



[Adventure Quiz](#)

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is a terrific surf documentary by one of our REAL Adventure Women, [Elizabeth Pepin](#) and Sally Lundburg. Our [Book Review Tent](#) "the Armchair Adventurer" is showcasing the motivational book, [Be the LEAD Dog - 7 Life-Changing lessons taught by Sled Dog](#). This is an inspiring text to get your life recharged and headed in the adventurous direction. Don't miss listening to author's Liz Parrish and Barbara Schaefer discuss [Be the Lead Dog](#) on [Adventure Woman Radio](#).

You'll literally be blown away by the Windy City. We're taking you to Chicago in June. Visit the legendary Palmer House Hotel in [Retreat to Relaxation](#), and picnic to the sounds of summer at the Ravinia Festival in [Adventure of the Moment](#). Don't visit Chicago without reading the Seven "Must Do" sites for Chicago in our exclusive [Adventure Howl](#).

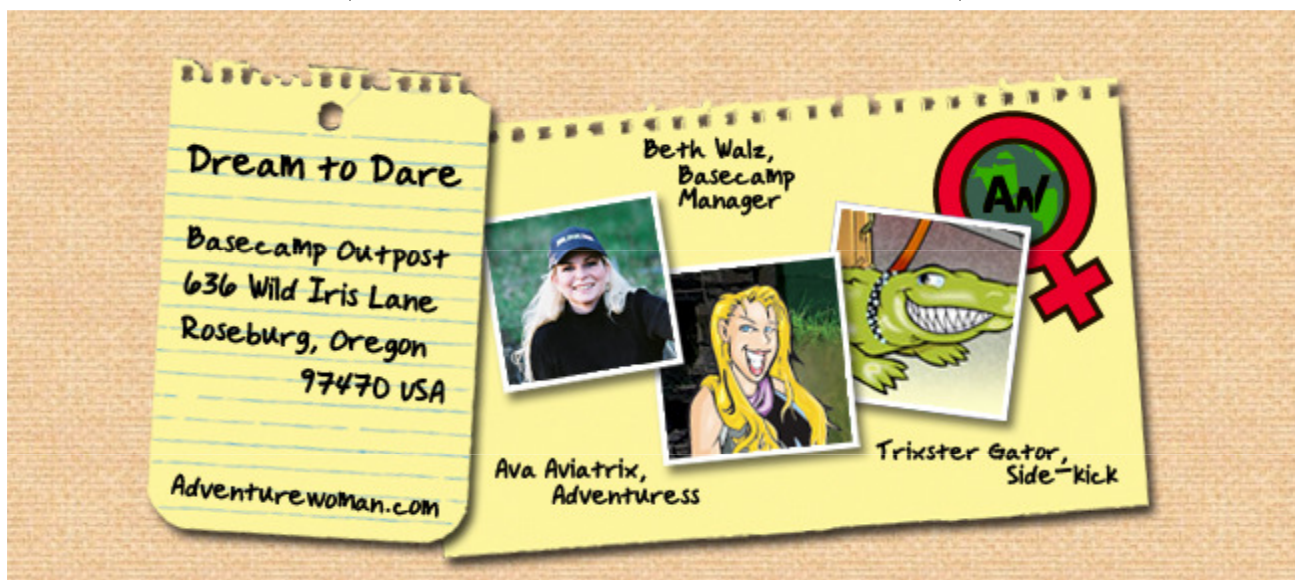
Have a suggestion, nomination, story, how to article or fishing adventure? Send it in to Submit@AdventureWoman.com. Listen to most recent our Radio Programs at [Adventure Woman Radio](#). On Sunday, we featured our Summer Fishing Special. If you missed it -listen to it [Now!](#)

Safe trail and tight lines always,

[Ava](#), [Trix](#), [Beth](#) and Basecamp Staff



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