

The following article appeared in The Belleville Times on December 10, 2008 as part of a column written by Mike Lamberti.

I got a note from Belleville High

crew coach Gail Lahm, who is a member of an organization called Adventures for Women (AFW), a nonprofit organization that encourages women of diverse backgrounds and ages to explore the outdoors, whether it be hiking in the woods, climbing mountains, strolling city streets, biking along rural paths or kayaking.

AFW offers instructional and practical workshops in paddling, orienteering, firearms handling, backpacking and lifelong fitness, all in a noncompetitive environment. Members enjoy weekend trips to the Adirondacks, Shawangunks and the Catskills. It provides a forum for adventure and camaraderie with other women who share what they have learned.

A few women from Belleville are members and Lahm wanted to get the word out that AFW is indeed an interesting and fulfilling organization. For more information, visit [www.adventuresfor-women.org](http://www.adventuresfor-women.org), call 973-644-3592 or email [contactus@adventuresfor-women.org](mailto:contactus@adventuresfor-women.org).