



www.townaustin.org

**Celebrating 14 years  
of outdoor fun!**

Page 1 of 7  
Aug. 2010  
Austin TOWN

**July meeting** - There were 23 people, including two guests, at the meeting last night. **Jacque and Janet brought supplies so that each of us could make a First Aid kit** in an Altoid can. A big thanks to both of them for locating and obtaining all the supplies. They not only brought the needed materials, but did a TON of prep work. Jacque even enlisted the help of a visiting nephew and niece. She gave us a small roll of duct tape (2 feet) that had been carefully rolled around a paperclip, and pre-rolled adhesive tape. She even threaded all our needles! Never know when you will need a needle and thread. Remember when Joy shared her Mexico travel stories? For those of you who weren't with us, she had to stitch up her husband's elbow. Anyway, everything was divided out so that each of us had all our supplies in a newspaper bag. They provided a contents list and we just put things in the box in the order noted on the list (see attached document). It was so easy that we had extra time to socialize and eat. We also had time to discuss how to respond if you are bitten by a snake and learned from first-hand reports that both hand sanitizer and vodka will make a tick let go. We had so much fun and we came away with a very useful and portable first aid kit. In October, we plan to make Survival Kits in Altoid cans. Thanks again to Jacque and Janet for facilitating this activity. We had a lot of fun last night! Lisa Sands

*Jacque gets Jenn prepared for emergencies!*

**Meeting in June** by Lisa Sands –

Chances are you missed the meeting since only a few members and one guest were able to attend last night.

We were treated to an interesting presentation by **Jessica Wilson,**

**Community Programs Manager for Keep Austin Beautiful.**

**Keep Austin Beautiful (KAB)** is a non-profit organization that strives to clean, beautify, and protect the Austin environment through physical improvements and hands-on education.

Although there are only four staff, more than 20,000 people volunteer annually. Volunteers can help through participation in single, but recurring, events such as community or creek cleanups or on an ongoing basis through the Adopt-a-Street or Adopt-a-Creek programs. We learned that nine creeks flow into Lady Bird Lake. When there are big rains or floods, all the trash is ultimately washed into the lake so there are ongoing efforts to remove litter before it reaches the lake. More than 11,000 volunteers help with creek cleanups. Clean-ups are conducted at Lady Bird Lake every other month. (see pg. 8)



**“Our mission is to provide all women the opportunity to learn and experience outdoor activities in natural surroundings through a safe, non-threatening, and supportive environment.”**

**TOWN LEADERSHIP TEAM**

**Coordinator/President** – Jacque Austin  
jsaustin54@sbcglobal.net

**Membership Chair** – Jenn Trivette  
jltrivette@yahoo.com

**Club Treasurer** – Janet Fitzsimon-Barr  
janetfb@austin.rr.com

**Webmaster** - Jacque Austin  
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**Club Newsletter** – Dawn Goodall  
2emailDawn@gmail.com

**Outings Coordinator** – Judy Dunavant  
judydunavant@sbcglobal.net

**Publicity Chair** – June Apprill  
japprill@swbell.net

**Club Secretary** – Cindy Frey  
cef0490@yahoo.com

**Club Historian** – Carolyn Doolittle  
cadoolittle5@gmail.com

**Austin TOWN P.O. Box 300494  
Austin, TX 78703**

**Meetings are the fourth Tuesday**

(each month except December).

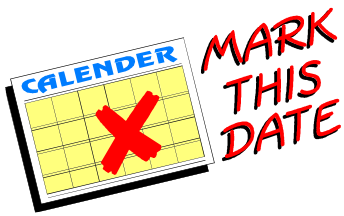
Meetings begin at 6pm with pizza snacks, followed by a short business meeting at 6:30.

Our speaker follows at 7pm. At the LCRA Red Bud Complex located at 3601 Lake Austin Blvd. just west of the Lake Austin Blvd / Redbud Trail intersection. Room 225 on level one. Just pass the intersection look for the silver silos. Enter the building via the entrance located near the fountains and landscape area. **August 24**

**speaker is Kevin Thuesen, Environmental Conservation Program Manager for WQPL.**

He will present a general overview of the Water Quality Protection Lands Program, what they do, why they do it, and how it is relevant to Barton Springs. The title of his presentation is *From the Sky to the Springs: An Overview of the Water Quality Protection Lands*. Since we had an outing at Onion Creek, Kevin will use examples from the Onion Creek Management Unit. Come join us and bring a friend!

Also, **if you have Altoid cans, please bring them. We will use them during the October meeting.**



Check website for updated info  
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<p><b>Annual TOWN Black~N~Blue Tour in Wimberley.</b> All TOWN chapters are invited - Women only event - no men or kids allowed. Park entry fee is \$6/person, cash only, plus \$6 to rent a floatie (first come, first serve).</p> <p>We start the day off with a picnic - everyone brings their own food and beverages (no alcohol permitted). After eating, we have the very fun Black N Blue contest. Everyone is encouraged to wear "something" black and blue in color but it is <u>not required</u> to attend. There is a super cool prize for the most unique/unusual or beautiful. Last time I gave out the prize, the entire crowd was wishing they had won it! Park entry fee is \$6/person, cash only, plus \$6 to rent a floatie (first come, first serve). It's better to bring your own floatie, if possible.</p> <p>We spend a couple of hours swimming and lounging in the cool spring fed waters of Blue Hole. Please wear a swimsuit and bring a towel, lawn chair, sunscreen, and hat. Then mid afternoon, those who are interested will change clothes (no showers available) and go shopping over on the Square for a couple of hours (shops are only open until 5pm). Credit cards are accepted. Then we meet at Juan Miguel's Mexican Restaurant for dinner. Great service, good food, and a fun place to go. They prefer cash instead of credit cards.</p> <p>Lastly, we will head over to the Corral Theatre at dusk to get a place to sit for an outdoor movie after dark on the big screen. This place is so cool with top run movies and a concession stand. (I will announce the movie they are playing for that night asap). Cost is \$5/person, cash only.</p> <p>I have to have a headcount to know how large of an area to save. And upon hearing from you, I will send you directions and updates.</p>	<p><b>Saturday        Aug. 28        RSVP to        RoxAnn        roxann4tx        @aol.com</b></p>
<p><b>Mountain/Hybrid Bike Ride at Lake Bastrop North Shore.</b> Adults only invited. Helmets are mandatory! \$4.00 entrance fee. Join me for a mountain/hybrid bike ride at Lake Bastrop.</p> <p>There are nice trails there – we will probably go for at least 10 miles.</p> <p>Meet at the boat dock parking lot, North Shore. \$4.00 entrance fee.</p> <p>The trail is fairly flat, good for beginners and hybrid bikes.</p> <p>You cross several cute bridges along the way.</p>	<p><b>Saturday        Sept. 11        8:30am        RSVP to        Janet        Janetfb        @austin        .rr.com</b></p>
<p><b>Segway Tour of Downtown Austin.</b> Women only event - no men or kids allowed.</p> <p>Limited space available: Only 6- 8 people, so sign up today to save your place. Join us to explore the adventure of riding a Segway .... while enjoying an informative tour of downtown Austin. I am looking into the costs for a group so will post that asap. In the meantime, please let me know how many of you are interested so I can bargain accordingly and keep the cost to a minimum.</p>	<p><b>Saturday        Sept. 25        RSVP to        RoxAnn        roxann4tx        @aol.com</b></p>

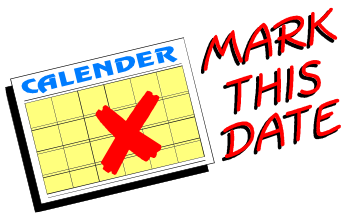


Tell your friends about TOWN!  
 They can join  
 for the remainder of the 2010  
 for only \$10!  
 See a TOWN board member  
 or go online for information or membership form.



**\$10**



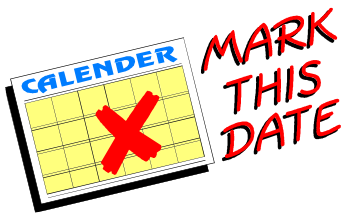
**Bird-houses Built at Jacque's in April**




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<p><b>Pre-Meeting Swim: Our Barton Springs</b> TOWN members and guests (no dogs).        Meet at Barton Springs Pool, Philosophers' Rock Statue outside entrance        Who: TOWN members and guests (no dogs); swimmers must able to; if you choose you may stay in the shallow section (it's warmer, too--a little bit); the Pool has a natural bottom of rock and plants and the depth varies from 2 feet to 12 feet, without warning.        Why: Our Barton Springs is known internationally, and we all own a part of this treasure; our TOWN meeting speaker focuses on this special place; many folks who live in the area have never been to Barton Springs! I have been a year-round Barton's swimmer since the 1980's and am excited to share this amazing Austin charm with you.  <a href="http://www.ci.austin.tx.us/parks/bartonsprings.htm">http://www.ci.austin.tx.us/parks/bartonsprings.htm</a> prior to our TOWN meeting at which Dr. Laurie Dries tells us the rest of the story.        Meet at the north entrance of the pool in Zilker Park on Barton Springs Road.        Bring: swimsuit, change of clothes, water bottle, towel, cash for entrance fee (Senior \$1 Adult \$3); OPTIONAL: chair, sunscreen, sunglasses, flotation devices (only allowed above the 1/8-mile marker or past the last life guard stand), snorkels, bug stuff, snack \$, showering toiletries &amp; towel, combination lock or padlock for your locker; HIGHLY SUGGESTED: goggles or swim mask, a warm sweater and clothes for the air-conditioning at LCRA afterward! Do NOT bring into the Pool area: Food or drinks (squirrels would consume them, anyway); there is no smoking inside the fence. There is a snack bar with yummy lemonade and other food, plus a patio area for customers to enjoy without leaving the Pool area, but you cannot bring in your own food. You can at any time re-enter with your hand stamp and go to your car.        When we have all gathered at the statue, we'll enjoy an overlook of the Springs and the "soul of Austin" landmark pool, seeing the general geology of the Springs and nearby Eliza Springs. We will then pay and enter the pool area and decide a spot to gather shoreside, allowing people time to change from work clothes. There are lockers in the ladies restroom.        Our swim begins with a peek at the springs pouring out from the fault below the actual Philosophers' Rock area on the south side. After that we can lap swim, play, splash, and generally goof off. Around 5:15-5:30 (or whenever you need to warm up) exit the pool and either go to cars for your snack, shower and change, and otherwise leave for the TOWN meeting at LCRA Red Bud Center.</p>	<p><b>Tues Sept 28</b>  <b>4-5:30 pm</b>  <b>RSVP to</b>  <b>mlfowler@</b>  <b>austin.rr.com</b></p> 	
<p><b>Kayaking/Camping/Butterfly Watching at the Barefoot Park on the Colorado River.</b>        More details as available.</p>		<p><b>Fri - Sun</b>  <b>Oct 15 - 17</b>  <b>Carol B</b>  <b>to lead</b></p>
<p><b>Caddo Lake Outing.</b> Women only please and no dogs. <a href="http://www.caddo-lake.net/">http://www.caddo-lake.net/</a>        Caddo Lake is an amazing, unique place and the only natural lake in Texas. Cliffhouse, Big Cypress Bayou, Uncertain, Texas.        For questions or to RSVP, contact <a href="#">CarolS</a>. RoxAnn in charge of socializing; SandyB in charge of the telescope and stargazing; and JudyD in charge of helping with sleeping accommodations. Bring your kayak or we can rent canoes at the State Park. We MAY be invited to a bird banding on Saturday. Contact Carol to let me know who is coming and how many guests.  <b>How to reach Caddo:</b> Drive from Austin to Caddo in NE Texas (on Louisiana border) is 5-1/2 to 6 hours.  <b>Caddo Lake State Park information: Caddo Lake State Park</b>  <a href="http://www.tpwd.state.tx.us/spdest/findadest/parks/caddo_lake/">http://www.tpwd.state.tx.us/spdest/findadest/parks/caddo_lake/</a>  <b>Make reservations by calling 512/389-8900 or <a href="http://texas.reserveworld.com/">http://texas.reserveworld.com/</a></b></p>	<p><b>Fri - Sun</b>  <b>Oct. 15 - 17</b>  <b>RSVP to</b>  <b>Carol</b>  <b>caddocarl@</b>  <b>sbcglobal.net</b></p>	





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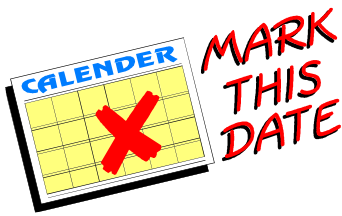
<p><b>Biking, Kayaking, Hiking, and Birding at Cedar Creek Campground of the Nails Creek Unit of Lake Somerville State Park.</b> Open to all TOWN members (any chapter) and their significant others (adults) and doggies.</p> <p>Saturday AM - Must be ready to take off at 9 a.m. We will kayak the 8-mile Yegua Creek from Newman Bottom to Nails Creek boat ramp. We will shuttle our cars to do this. (must have own kayak for river trip)</p> <p>Saturday PM - Birding at the Flag Pond (350-acres!) is best during October and November, and so we will hike on the very nice trailway loop for 3.5 miles around it.</p> <p>Sunday AM until mid afternoon? Ride our bikes (hybrid or mountain) on part or all of Trailway (length to be decided by participants).</p> <p>Make sure you reserve your campsite in the Cedar Creek Campground of the Nails Unit, because it is about a 30 minute drive between Nails and Birch units and very tricky backroad route.</p> <p>We will eat at least once at Buffalo Grill for burgers, onion rings and incredible coconut cream pie...there are those of us that might eat there more than once!</p> <p>For more info <a href="http://www.tpwd.state.tx.us/spdest/findadest/parks/lake_somerville/">http://www.tpwd.state.tx.us/spdest/findadest/parks/lake_somerville/</a> .</p>	<p>Fri - Sun          Oct 22 – 24          RSVP to Dawn          2emaldawn@gmail.com</p> 
<p><b>Caving - REALLY!</b> likely in the morning for about 2 hours</p> <p>This outing will probably be limited to 20 members. More details as soon as they are available. Contact Carolyn or Linda W.</p>	<p>Sat Oct 30          Cadoolittle5@gmail.com</p>
<p><b>Goliad Flotilla &amp; Camping.</b> Everyone is invited; this is a joint TOWN Austin &amp; Bastrop gathering. Join us for a fun weekend including Flotilla day. We'll depart Sunday leaving about 2pm. More information soon. To camp, make your reservation for Goliad State Park now at 512-389-8900. Goliad is about 3 1/2 hours from Austin.</p> <p>We will be: camping, kayaking the San Antonio River, hiking, visiting missions, and meeting new friends. We will celebrate Thanksgiving early with a potluck with Sophie's group from Houston.</p>	<p>Fri – Sun          Nov 5 - 7          RSVP to Adela          adela0932@yahoo.com</p>
<p><b>Camping at Lost Maples State Park.</b> Everyone is included.</p> <p>I know is a little early but I have being trying to go see the foliage for 2 years now and it is always full. I am ahead of the game this year and made my reservation. There are a few campsites available. Water and electric and primitive camping.</p> <p>Things to do:          Foliage should be in full swing          Hiking Birding Geocaching</p> <p>If you would like to go make your reservation at Lost Maples by calling 512-389-8900</p> <p>I will fix brunch on Sat morning about 11 after people come back from their hike.</p> <p>We could have potluck on Fri or Sat night or we could take turns depending on how many people are coming 3 or 4 to a group to fix a meal. More info to come at a later day but do make your reservation now.</p>	<p>Fri - Sun          Nov 19 – 21          RSVP to Adela          adela0932@yahoo.com</p>



Grace's catch from  
 Goose Island State Park



**NEXT BOW Outing**  
 Open to all female members of any TOWN group.  
 Friday - Sunday November 5 - 7  
 Visit this website for additional details  
<http://www.tpwd.state.tx.us/learning/bow/schedule.phtml>  
 Attending a BOW Weekend is a great experience.  
 Quite a few TOWN-Austin women have taken the opportunity to join a BOW weekend.  
 This particular one is near Killeen at Prarie Haynes Ranch.



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**Camping at Big Bend National Park**

Well, I cannot let another year go by without a trek to my favorite place in the world! I checked availability for campsites and went ahead and reserved #25 in Chisos Basin for the dates above. There were few campsites available for 7 days the week before Thanksgiving but for the dates I chose there are still plenty available for reserving online at [recreation.gov](http://recreation.gov) the week after Thanksgiving:

<http://www.recreation.gov/Campground/r/campgroundDetails.do?subTabIndex=campDetail&contractCode=NRSO&parkId=74044>

I am not ready to define details except that I will stop one night on the way there and one on the way back, probably Seminole Canyon SP (Nov. 28 and Dec. 7).

If you wish to join me MAKE YOUR CAMPGROUND RESERVATION NOW and then let me know. We can work out options and activities as the dates approach.

There is also the Chisos Mt. "Lodge" and you may be able to get a motel room there if you wish. Call them at 877-386-4383 or see if they accept online reservations now.

I do have some concerns with my work schedule and hope to not cancel this trip, but jobs are good to have.

Mon - Mon  
 Nov. 29 – Dec. 6  
 RSVP to  
 Marilyn  
 mlfowler@  
 austin.rr.com



Photo by  
 Dawn Goodall

**Get involved with your TOWN Board...** membership chair and newsletter chair positions available.

More details will be sent out to membership soon; but for more info, contact Jacque at [jsaustin54@sbcglobal.net](mailto:jsaustin54@sbcglobal.net)

**June Meeting Summary – continued from pg. 1 (edited due to space)**

In the first six months of lake clean-ups, 916 volunteers removed 15,865 pounds of trash. A clean-up was held last Sunday and 276 volunteers helped. Area vendors waive the rental fee for volunteers so you can participate even if you do not have a kayak. A group of rapid rain responders use their own boats to quickly remove trash after rainstorms to prevent it from flowing downstream. Jessica said that many people are critical and think that the people who use the east side of the lake litter more but she pointed out that the accumulation occurs because trash naturally washes downstream if it is not removed earlier. There will be three more clean-ups of Lady Bird Lake this year, August 14th, October 9th, and December 11th.

One of the largest events is Clean Sweep, an annual city-wide clean-up that is scheduled in April. In 2009, 4087 volunteers removed 47 tons of trash at 119 sites. This year, 30 tons of trash was collected at 129 locations. The Lake Travis Underwater and Shoreline clean-up will be September 12th. Certified divers and shoreline volunteers will remove trash from the bottom of Lake Travis and nine surrounding parks. Since 2005, KAB has provided Neighborhood Beautification Grants (\$500-\$2500). Thus far, 42 grants totaling \$50,000 have been awarded. We learned that Community groups wishing to conduct beautification, maintenance, or improvement projects can check out tools through the Tool Shack operated by KAB. Jessica is also eager to resume a program that lends recycling bins for events.

KAB partners with 28 schools and completed 225 presentations and 27 service learning projects. Teachers, Scout Leaders, after-school programs, etc. can check out activity kits through the Patch Pals program. Lesson plans and all needed supplies are provided by KAB. Middle and high school students can participate in the Green Teen program to learn about gardening, recycling, and alternative energy. Students participate in community projects and take ownership of their community. They also become eligible for paid internships to mentor youth in summer programs.

Jessica brought each of us a package of Mexican Hat flower seeds. Through the Seed Savers program, various native plant seeds are distributed to public gardens that are just being started. Since we had a small group at the meeting, we were able to ask questions and we learned that Styrofoam food and drink containers cannot be recycled even if they have been washed. It is critical that we try to avoid use of such containers because Styrofoam never decomposes. It breaks down into smaller particles (that is why you hear about the particles in water) but it does not decompose. We also learned that bluebonnets need Rhizobium bacteria to grow well. It may be present in your soil but, if you are not successful in growing bluebonnets, you may need to add it to your soil. Also, if you are not having success growing a dogwood, you need to get soil from where it was previously growing in order to get some of the fungal mat.

The programs operated by KAB are so diverse that everyone can participate. Even if you aren't interested in participating in an organized clean-up, you can help by saving seeds from native plants and sending them to the KAB program, reporting trashy areas around the hike and bike trails so that volunteers can concentrate on the area or by just bending down and picking up a piece of trash instead of walking around it. To find out more <http://www.keeptaustinbeautiful.org/>

# Trip Reports



You should have received a membership roster by email; if you have challenge opening file, contact jltrivette@yahoo.com

**Inga's Trail Bull Creek** - Debbie G, Jenn T, and Janet C braved the heat and joined me bright and early to hike Inga's Trail. Right after we started off, we saw a large brown snake (nonpoisonous) but that didn't even slow us down. Previously I had hiked only a portion of the trail and it is a little hard to follow but a couple of nice ladies were meandering the same direction and helped keep us heading the right direction. The roundtrip hike from Lakewood to Spicewood Springs was a nice four mile hike. The water was down quite a bit but we still saw some fish and a turtle. Maybe we will go again in the fall when it is cool and there is more water (and I'll know where to go!) When we returned to the trailhead we enjoyed some ice cold watermelon and listened to some music that someone was playing in their truck. Since it was such a small group, we were able to visit and catch up on everyone's summer adventures. It was a great start to the day!



Hope to see you outside soon!  
Lisa Sands

### Wed nite paddle

by Lisa Marengo

Eight of us set out last night, enjoying the Blues on the Green wafting across the cool waters. Two headed toward the concert and the rest paddled toward Red Bud Island. We saw many turtles, some jumping fish and a kingfisher. To the amusement of all I totally flipped for kayaking...ha ha!



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### Spyglass hike

A group of four TOWNies and three prospective TOWNies met on Saturday morning at the Spyglass Access, in order to shuttle to Trails End: Jacque, Amy, Melissa, Jen L, Jen W, Susie, and Claire. Along with us were two members of the Black Dog Committee: Lucy and Joe.

With temps predicted to be around 100 degrees, we were on a mission to get to the tacos at TacoDeli ASAP. On the trail by 8:35, we were down the Hill of Life in minutes, and we somehow managed to completely miss Sculpture Falls. Creek, what creek?

We got to Twin Falls by 9:45 where we met-up with Donna and her daughter Leena, who decided to cut the hike short by a couple of miles by parking at the Mopac access area. After a short break at Twin Falls, we crossed the creek here and continued on our way. Somewhere between Mopac and 360 the water in the creek disappeared underground, much to the dismay of the Black Dog Committee.

We saw cliffs, caves, rock climbers, mountain bikers, a snakeskin draped in a tree, and a frog named Ralph. The last mile seemed to take forever, but we finally made it to TacoDeli at 11:50.

It was an awesome experience to hike with this bunch of ladies. Thanks for braving the heat! Claire

3 ladies showed up at 1:00 to **play pool** today - Susie A., Judy D. and Amelia. We had a great time - Slick Willys on Lamar south of Barton Springs Road. It costs \$5.00 for the day on Wednesdays. Amelia (will send out email for future dates)

Thanks to Carolyn D., Barbara D, and Linda K. who joined me for a hike and visit to the **Austin Nature and Science Center** this morning. It didn't rain on us but it was really humid. Thank goodness we don't cool off like black vultures! Keep reading if you want to know why. We enjoyed our walk and saw results of ongoing efforts to remove invasive plants and replace with native plants. The pavonia (rock rose) and Turk's cap were blooming and were very pretty. Although it was cloudy, we could see the downtown skyline from Look Out Point. At the science center, we enjoyed reading about the foxes, bobcats, coyote, snakes, owls, hawks and other animals. We learned that vultures can vomit in self defense and we learned that they have an interesting way of cooling off – they poop on their legs! You never know what you will do or learn when you go on an outing with me! Hope you can join me next time. By Lisa Sands

# Trip Reports



## Southeast Metro

Yesterday, Janet, Jessie and I met a wonderful new addition to our TOWN family: sweet Donna Mathis, her very funny husband Dennis (sorry if wrong...memory like a sieve), and their lovable dog Buffy. Our little group headed down the trail, got to know each other a little, and sweated a great deal (I'm still dehydrated). Let's just say that I have decided this is a wonderful late fall hike.

With Janet in the lead (there were too many spider webs for me to lead), we saw a bunny rabbit...luckily Buffy didn't see the bunny...lots of spiders, the rare sock flower, a couple of cardinals, and quite a few little fish in the pond. Apparently, they stock one of the ponds with fish, and you can keep those, and another pond they don't stock and that is the catch and release pond.

I'm thinking maybe in the fall we can do an early morning fishing session and then go hiking on the trail...what do you think? I know Janet has her eye on a lovely pink Shakespeare Barbie fishing pole...Santa could come early this year!

I just wanted to thank Donna and her family for coming out on the hottest day of the year (felt like it) to spend time with me and my family...we had a great time and look forward to hiking with you and yours again. Happy Hiking, jenn

The temps have been high,  
but the fun hasn't stopped...



Three stalwart TOWNies (BarbaraD, LisaS, and SusieA) joined me Sunday morning to **hike Walnut Creek Metropolitan Park** on north Lamar. This is indeed a prime park in Travis County and likely less utilized by hikers since it's up north. The creek water is very low and so does not attract folks who enjoy wading.

Even before beginning we were impressed by the folks using the trails. Lots of mountain bikers were riding and we met two unicyclists – yes one wheel only – cycling the routes.

We hiked 4.4 miles during our two hour outing; we noticed a number of drought resistant plants plus native wild flowers. We enjoyed each other's company and had some good conversations. That indeed is what TOWN-Austin is all about – being outdoors with our friends. Jacque

What a super group of women gathered for a **hike a McKinney Roughs Natural Area** this past Saturday morning! This outing reinforced what I frequently feel when TOWN-Austin members gather together – intelligent, thoughtful women who share the outdoor experience and care about one another.

Nine of us (DonnaM, JacqueA, JenicaJ, LisaS, LisaW, SallieN, SharonI, SueW, and SusieA – I just love alliteration) walked and talked as the conversations varied from France and Italy to sons, cooking, biking, and hats. We walked just over an hour while making an effort to increase our cardio outputs, stay in the shade, and still conclude before the heat was too intense. We did spot a lizard, vulture, wild flowers, and the slowly moving Colorado River.

We decided we return to McKinney Roughs park in the fall to: hike the burn area and investigate the trails nearer the Hilton Lost Pine Resort – both routes will be longer and more challenging than the Saturday trail.

Following the hike, LisaS shared cold watermelon with the group. Is she great or what! And so prepared, she even comes ready to compost the rind. And two new women joined our group. Can't beat that!

Hope you join us for another hike outing this summer. It's hot, but when you're with TOWN-Austin women, it's so worth it!

Jacque

Photos  
by Dawn  
Goodall



## Wed night paddle at Lady Bird Lake:

Judy A, Susie A and her friend Jenn joined me for a quiet paddle around Red Bud Isle. The water was calm, but the wind picked up at the end. We saw only a few turtles (I think some of them were map turtles?), a wood duck, and a kingfisher showed us where the dock was. That sweet smelling bush was in full bloom on the south shore. Susie and Jenn took off to hear Blues On The Green.

Until our paddles meet again...

Janet Fitzsimon-Barr