



### Are you aware of all the benefits of Your TOWN MEMBERSHIP?

As a TOWN Member you will:

**Have access to the TOWN e-group list.** The e-group will keep you up-to-date on planned and impromptu outings and help you to communicate with other TOWN members.

Get a **10% discount at the Austin REI store**

You will be **eligible for a drawing for a fully paid admission to the Texas Parks and Wildlife Becoming an Outdoors Woman.**

Your interests will be included in a Membership Directory so that **you may contact, or be contacted, by others with similar interests.**

You will be **able to attend countless fun outings** that happen throughout the year.

You can download the membership application from the website [www.townaustin.org](http://www.townaustin.org) and mail it in or you can fill one out at the meeting on February 28th. The membership fee for the entire year is only \$20.00 per person.

Cash or checks are accepted.

The membership fees helps us be able to do all that we do, like create a great website, have lots of super outings and classes, get guest speakers for the monthly meetings, have an annual holiday party and other traditional events, it also helps us earn discounts at local sporting good stores, and so much more.

Whether you are a new TOWN member or a returning TOWN member, there will lots of fun to be had and new friends make. Please consider join us.

*Sandy Thompson, Membership Chair*

#### **Tuesday February 28 monthly meeting**

Dinner at 6PM, meeting starts at 6:30PM at the **LCRA Hancock Building**. This month's speaker is Charlie McCabe to discuss the city **Adopt a Park** program, **It's My Park Day** in April 2006, and the **Shoal Creek Greenbelt Revitalization** effort. The presentation includes slides and time for Q & A.

*"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."*

**Meet the new**

#### **TOWN LEADERSHIP TEAM !**

**Co-Coordinator** - Amelia Greene

282-5507 [ameliatx@hotmail.com](mailto:ameliatx@hotmail.com).

**Co-Coordinator** - Marcia Cross 254-933-1611

[marciaskis@direcway.com](mailto:marciaskis@direcway.com)

**Membership Chair** – Sandy Thompson

569-0128 [sandy.thompson@fefc.org](mailto:sandy.thompson@fefc.org)

**Club Treasurer** - Joy Emshoff

263-2751 [jemshoff@austin.rr.com](mailto:jemshoff@austin.rr.com)

**Webmaster** - Jacque Austin

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**Club Newsletter** – Dawn Goodall

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**Outings Coordinator** –

Nancy Rushefsky 632-0672

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**Publicity Chair** - Crystal Helmstetler

[crystalhelmstetler@yahoo.com](mailto:crystalhelmstetler@yahoo.com)

**Club Secretary** – Helen Sabin

577-1758 [hsabin@sbcglobal.net](mailto:hsabin@sbcglobal.net)

**Club Historian** – Penny Mudgett

[pmudgett@austin.rr.com](mailto:pmudgett@austin.rr.com)

**Austin TOWN P.O. Box 300494**

**Austin, TX 78703**

#### **A look back at the January meeting...**

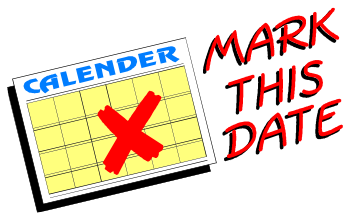
TOWN members Jacque Austin and Joy Emshoff provided a fun and informative presentation on biking.

They demonstrated the differences between bikes used for mountain (trail) riding and road biking.

They discussed what to look for in how a bike fits your body, the tools to carry, and their preferences for various equipment. The importance of the right helmet and its fit were stressed as well. Janet added to the discussion, and confirmed their statement about how certain items can really add to the comfort of the ride, like bike shorts. Joy shared her love for Velcro straps and Jacque discussed having a mirror to clip to your sunglasses. They even talked about etiquette in sharing the road when you ride, such as telling people that you are passing them.

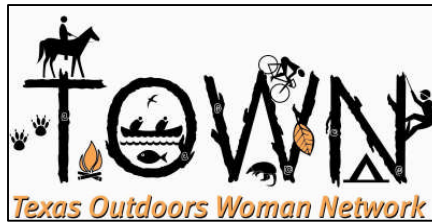
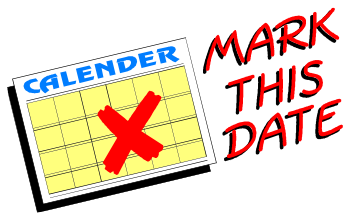
Let's go riding!!!

Meetings are held the 4th Tuesday of each month in the Board Room of the LCRA Hancock Building 3701 Lake Austin Blvd, between Redbud Trail and Enfield, across from the Hula Hut (the middle building when you drive in the main entrance. The Board Room is easy to find. Enter the main building in the center of the courtyard on the south side of the complex.)



Check our website  
for updated info  
[www.townaustin.org](http://www.townaustin.org)

<p><b>Kayaking</b> We will meet at Bastrop State Park. More details to follow.</p>	<p>Saturday March 4 10am</p>	
<p><b>Becoming an Outdoor Woman (BOW) Weekend</b> This is a super experience. This BOW Weekend is located at Camp Buckner near Inks Lake State Park. For additional information: <a href="http://www.tpwd.state.tx.us/learning/bow/">www.tpwd.state.tx.us/learning/bow/</a> Apply as soon as possible as the spaces fill quickly.</p>	<p>Friday - Sunday, March 10-12</p>	
<p><b>Camp and Play at Inks Lake State Park</b>  2 electric/water sites have been reserved at Inks Lake for that weekend. Each site can hold 8 people for a total for 16 ladies. If you are planning to camp with us that weekend, please RSVP to me. On Saturday night, we will sell T-shirts and talk up the TOWN group at the Becoming an Outdoors-Woman (BOW) weekend. We will play the rest of the weekend; so bring your kayak, bike and hiking shoes or just a good book. This is one of the most outstanding parks in the State park system with rich green cactus and pink granite rocks.</p>	<p>Friday - Sunday, March 10-12</p>	<p>Contact Amelia for Questions and to RSVP 282-5507 <a href="mailto:ameliatx@hotmail.com">ameliatx@hotmail.com</a></p>
<p><b>Kayaking</b> We will meet at the 360 Bridge. More details to follow.</p>	<p>Saturday March 18 10am</p>	
<p><b>Kayaking</b> We will meet at the low water crossing on Lake Austin below the dam at Lake Travis. More details to follow.</p>	<p>Saturday March 25 10am</p>	
<p><b>Horseback Riding</b> There will be 4-5 hours of horseback riding and lunch will be provided. Currently we will have 4 horses available to ride. There will be arena riding and trail riding depending on experience level of the rider. Also riding is optional; there is a stand where people can sit to watch people ride if they are more comfortable with observing. More details to follow.</p>	<p>Sunday March 26</p>	<p>Contact Paulette at <a href="mailto:paulette.boudreaux@amd.com">paulette.boudreaux@amd.com</a></p>



<p><b>Monthly meeting</b> Dinner at 6PM, meeting starts at 6:30PM at the LCRA Hancock Building. TOWN member Jacque Austin will speak on "Your Vacation and Biking - Should You Mix Them?" Bring your female friends!</p>	<p>Tuesday March 28</p>	
<p><b>Birding at Fort Hood</b> Though the tanks roll by and mortars fire, birds such as the golden cheek warblers, vermilion flycatchers, painted buntings, etc. make their homes at Fort Hood . This is a rare opportunity to view these birds in their habitat, along with countless native plants and wildflowers, and caves. Those who have high clearance vehicles should plan on bringing them. Meet at Barbara's home in Georgetown and then carpool to Fort Hood . A photo ID (driver's license) is required. To insure an adequate number of Nature Conservancy guides, Barbara needs to hear from those planning to attend. Email her or talk with her at the February 28th TOWN meeting. For those interested, lunch will be at Sheep's BarBQ. Typically the group buys lunch for the guides, Gil and Rich.</p>	<p>Saturday April 1 7:45am</p>	<p>Contact Barbara at <a href="mailto:coutant@thegateway.net">coutant@thegateway.net</a></p>
<p><b>Wine &amp; Wildflower Trail Tour</b> Penny and Dawn will lead this outing. More details to follow.</p>	<p>Saturday April 22</p>	<p>Contact Dawn at <a href="mailto:lita45@aol.com">lita45@aol.com</a></p>
<p><b>Becoming an Outdoor Woman (BOW) Weekend</b> This is a super experience. This BOW Weekend is located at River Bend Retreat Center in Glen Rose. For more information: <a href="http://www.tpwd.state.tx.us/learning/bow">http://www.tpwd.state.tx.us/learning/bow</a></p>	<p>Friday - Sunday, April 21-23</p>	
<p><b>Monthly meeting.</b> Dinner at 6PM, meeting starts at 6:30PM at the LCRA Hancock Building. Ellen Bryant will speak on Seeing India. She will be traveling to India again this summer and invites TOWN members to go with her. The trip will probably be late summer / early fall 2006. Her favorite place in India is the area of Ladakh over 12000 ft high, in the Himalayan Mountains near the Tibetan northern border. Visitors need time to adjust to the high altitude; therefore a minimum of three weeks is needed for the trip. Cost is approximately \$2500. Time is required for obtaining passports, visas, inoculations, etc.</p>	<p>Tuesday April 25</p>	

# Trip Reports



## January 7- 8 - Holiday Party and Camping at McKinney Falls State Park

submitted by Amelia Greene, Co-coordinator  
The camping and party were both successful!  
Thirteen folks camped and over 35 people attended the Saturday evening party.  
The weather was warm - no bonfire needed!  
Thanks to the 450 lights provided by Paulette and Henry and the large white and blue lanterns provided by Caroline, the event was really festive.  
The food was tasty, the white elephants gifts included one really cute white elephant and the conversation helped many people make new friends.

Thanks to RoxAnn for leading the hike and to Janet and Jacque for leading the bike rides. So many people came out and enjoyed this event; we will try to have another potluck in a few months.



## January 14 - Hike at Walnut Creek Park

Nine of us hiked to portions of Walnut Creek that we had never seen. Many thanks to Shari Forbes for leading our group. We had lunch at Taco Deli following the hike.

## February 4 - Kayaking on Town Lake

Two women kayaked with us Saturday at 10:00 and we had a great time. We almost made it to Redbud Island and then the wind picked up. So ... we turned around and had a really easy trip back to the put-in ramp. We will continue the kayaking every Saturday at 10:00. No need to RSVP - just show up. When the weather and water are cool, remember the ABCs - Anything But Cotton. The meeting place is posted on the calendar on the web - we are meeting at the drainage pad behind Austin High School every Saturday in February. The weather started out in the 50's and we just had a long sleeve shirt with a windbreaker over our life vest. We both had long nylon pants. Perfect attire for the weather. It sure beats the 90 or 100 degree days! So come and join us next Saturday. Submitted by Amelia

## February 4-5 - Hike and Campout at Bastrop State Park

Those who couldn't make it this weekend to Bastrop State Park missed a great outing (if I do say so myself!) Off and on over the two-day weekend we had twelve women, two men and three dogs take part. Some came just for a day; some came just for an evening meal (with a really great roasted corn on the cob contribution); some camped out on the ground (some on cots with heaters!); some in campers; and some came and went and came back again. There was camping and paddling and cycling and lots and lots of hiking in a really beautiful pine forest. Weather couldn't have been better and we topped it off with a great meal at a local Greek and Italian restaurant. Those who braved camping had varying levels of comfort. All the way from deluxe RV camper comfort, to deluxe cot and heated tent comfort, to no-heat on the ground something less than comfortable comfort. But I'm confident all had a great time. This is a great park for day hiking and it's only 30 minutes from Austin. Make it a point to get out here and check it out.

Submitted by Sue

## February 4 Biking at Town Lake

Four of us met to bike along Town Lake from the path under I-35 to the park near the dam.  
It was a fun outing and good exercise. Submitted by Susie

## February 12 Biking at The Veloway

It was cold and windy; two of us biked with speeds reduced to 4mph due to the wind. Submitted by Janet

## February 18 Game Night

Despite the freezing temps and light rain, fourteen of us gathered to play board games.  
We talked, ate, talked, played games and talked. Submitted by Jacque

## February 26 Hike at McKinney Roughts

Eight TOWN women + a 4 year old TOWN woman to be + three well behaved canines gathered to enjoy this glorious day for a hike. It was a tad muddy, but that didn't prevent us from hiking 4+ miles together. Submitted by Jacque