

Austin Chapter Celebrating 10 years
of outdoor fun!

“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

President - Marcia Cross
marciaskis@direcway.com

Membership Chair – Sandy Thompson
sandy.thompson@fefc.org

Club Treasurer –

Webmaster - Jacque Austin
jsaustin54@sbcglobal.net

Club Newsletter – Dawn Goodall
lita45@aol.com

Outings Coordinator –
Amelia Greene ameliatx@hotmail.com.

Publicity Chair - Crystal Helmstetler
crystalhelmstetler@yahoo.com

Club Secretary – Helen Sabin
hsabin@sbcglobal.net

Club Historian – Penny Mudgett
pmudgett@austin.rr.com

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

Friday - Sunday,
October 27-29
Becoming an Outdoor Woman (BOW) Weekend

This is a super experience.

This BOW Weekend is located at Camp for All near Brenham. For additional information:
www.tpwd.state.tx.us/learning/bow/

Apply as soon as possible as the spaces fill quickly.



Dear BOW enthusiasts:

Check out the updated International BOW website at www.uwsp.edu/cnr/bow/. It has a new look and a couple new features. You might want to check out the June '06 Feature Article that includes a letter from a BOW participant who helped people in need after Hurricane Katrina. Or get a sneak preview of the new BOW “Destinations” adventures for next year. Don't forget to click the “refresh” button in your browser in order to see the new page. I hope you enjoy the changes and additions. Feel free to contact me with comments, suggestions and even stories for the website. Thank you to all of you who support the BOW program.

Peggy Farrell Assistant Director Int'l BOW program
UWSP-College of Natural Resources 715/346-4681

**Mark your calendar
for the Austin TOWN July 25 meeting**

Are you loving the outdoors to death?

Dawn Goodall, TOWN member, will discuss how simple it is to incorporate basic Leave No Trace policies into your outdoor activities, and why they are so important...Also **that same night, we will have a Swap Meet.**

Start gathering up those outdoor recreation items to sell or share with others!

A look back at recent meetings...

April

Ellen Bryant spoke about her journeys to India and showed some wonderful slides. She is returning to India again and was inviting TOWN members to go with her.

She began her discussion with some fascinating background about how she started traveling extensively, and did that traveling by herself. She shared special moments that she has enjoyed with the people in India that are now like family to her.

May

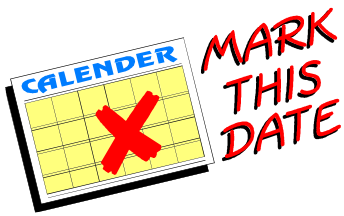
There was an informative presentation on Dutch Oven cooking...apologies to the presenter that her name is not listed, as newsletter producer was not there...

TOWN Meetings are held the 4th Tuesday of each month in the Board Room of the LCRA Hancock Building. Pizza courtesy of Mangia Pizza on Lake Austin and outings meeting at 6PM, meeting starts at 6:30PM




On June 27, Guest Speaker, Ariana Vincent, who will present on rejuvenating and relaxing stretching & breathing techniques that can be utilized during TOWN outings and in daily life. Who can't use help with that! Isn't that part of what TOWN is about: learning to relax and enjoy our beautiful world?

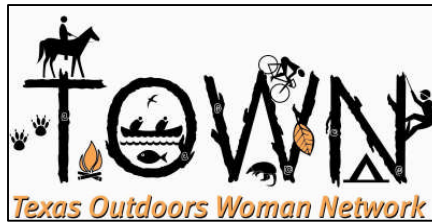
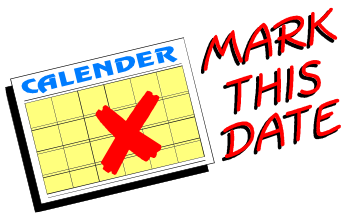
Directions -3701 Lake Austin Blvd, between Redbud Trail and Enfield, across from the Hula Hut (the middle building when you drive in the main entrance. The Board Room is easy to find. Enter the main building in the center of the courtyard on the south side of the complex.)



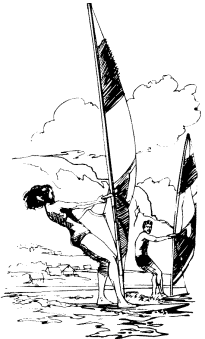



Check our website
 for updated info
www.townaustin.org

EVENT	Date/Time	Contact
<p>Kayak on Town Lake (weather permitting) Email Amelia to find out where meeting spot is and to confirm whether there will be a leader present the day you are considering</p>	<p>Wednesdays 6pm Bring your boat!</p>	<p>Amelia Greene ameliatx@hotmail.com</p>
<p>Kayak on Town Lake (weather permitting) Email Amelia to find out where meeting spot is and to confirm whether there will be a leader present the day you are considering</p>	<p>Saturdays 9 am Bring your boat!</p>	<p>Amelia Greene ameliatx@hotmail.com</p>
<p>Celebration & Paddle on Town Lake Well over 100,000 people will gather at Zilker Park for the largest Independence Day celebration in Austin ever. The H-E-B Austin Symphony July 4th Concert and Fireworks will feature patriotic music and the ever-popular 1812 Overture--the latter punctuated by 75-millimeter Howitzer cannons, courtesy of Texas National Guard Salute Battery, and spectacular fireworks over Town Lake. The Austin Symphony Orchestra will begin performing at 8:30 pm and the fireworks will begin at 9:30 pm, ending at 10:00 pm. We won't be at Zilker Park and we will have NO traffic. Join us at 6:30 at the Holiday Inn boat ramp on Town Lake for a paddle on Town Lake up to the Lamar Bridge to have a front row seat to see the fireworks. Decorate your kayak with lights and streamers. Wear red, white and blue! Bring finger food to share while we wait for the show to begin! Also bring a light for your kayak (flashlight) so we can stay together on the paddle back to our cars.</p>	<p>Tuesday, July 4 Meet at 6:30</p>	<p>Amelia Greene ameliatx@hotmail.com RSVP if you will be attending</p>  
<p>Zilker Hillside Theater presentation of Seven Brides for Seven Brothers. Open to members, family members, and guests. Dogs are not allowed in the theater. The show starts at dark and the cost of admission is a donation and \$3.00 per car for parking. You can take a picnic or buy snacks and drinks there. Bring a blanket for sitting on the ground. If anyone wants to sit in a chair they can move toward the top of the hill where chairs are allowed. Paulette & I will go early to reserve a spot on the hillside for the group. For more info see: http://www.zilker.org/showinfo.html</p>	<p>July 15 Arrive prior to 8:30</p>	<p>RSVP to Judy Johnson Dunavant at jjd@austin.rr.com</p> 



Check our website
 for updated info
www.townaustin.org

<p>Intro to Windsurfing 5-hour comprehensive group class that includes the following:</p> <ul style="list-style-type: none"> • 40-minute classroom session • 1½ hour land simulator session • 2½ hour on-water session • Equipment and safety vests provided <p>Experience the exhilarating sport of Windsurfing! Learn to glide across the water. Safety is emphasized and the student learns the basics of wind theory, rigging, balance, proper positioning and making turns by tacking. Students should know how to swim and be able to hold their breath under water for 5 seconds. No children allowed. No experience necessary. We are getting a 50% discount off what it regularly cost so this is a members-only event. The instructor is fantastic! He has taught for us the past 3 years. He regularly teaches at ACC and he is patient, helpful and well spoken. Meet at Bob Wentz Park at Windy Point on Lake Travis - 2 miles past the Oasis Restaurant on Comanche Trail. Cost: \$50/per person payable in advance to register.</p> <p>Parking fee is \$8/per vehicle so please carpool, if possible. Space is limited to the first 6 people who register and we are required to have 6 people for the class to make. Come try something brand new!</p>	<p>Sunday July 23 1-6pm</p>	<p>Please RSVP to RoxAnn as soon as possible roxann4tx@aol.com</p> 
<p>A message about a trip with the San Marcos TOWN group...</p> <p>Come to the Hummingbird Festival in Rockport. It is an annual celebration of the migration of thousands of hummingbirds. The Festival is an outstanding event for anyone who is the least bit interested in birds or nature. Workshops and tours are available at a nominal cost. Anyone who has witnessed this extraordinary event says no one should miss seeing one of the most exciting migrations anywhere.</p> <p>I have rented a 3-bedroom cottage in Port Aransas, approximately 10 miles north of Rockport, the site of the Festival. Cost per night per individual is \$40. Please let me know if you are interested. Space is limited. You may learn more about the Hummingbird Festival at website:www.rockport-fulton.org/ and click on "Hummingbird Festival". Or call the Rockport Chamber of Commerce at 1-800-242-0071.</p> <p>You may view the rental cottage at: info@5dancingdunes.com.</p>	<p>September 15-17</p>	<p>ANNA FISHER foxlady@gvtc.com. or 830/935-3035</p>
<p>A message about a trip with the San Antonio TOWN group...</p> <p>Raft through Santa Elena Canyon in Big Bend National Park. How about combining that with gourmet multi-course dining and wine? San Antonio chef Francois Maeder from Crumpets Restaurant and Far Flung Adventures collaborate on just such a dream trip. Join members of the San Antonio TOWN group All equipment is provided for the 20-mile white-water journey plus seven meals for a cost of \$700 plus tax.</p>	<p>October 6 – 8</p> 	<p>Contact Diane Joppie, San Antonio TOWN member, for more information – 210/509-6580 Ext. 11.</p>



Leader Reward Outing

A group of 14 TOWNies got together on June 4th to honor and celebrate all the outings leaders and club officers who volunteered during the past 2 years. As a reward to all those special people, we treated everyone to a free movie at the IMAX theatre and saw Deep Sea 3D. It was fantastic! Highly recommended, everyone there thoroughly enjoyed it - very well filmed and just incredible footage of the sea world. Then we went over to Hula Hut on Lake Austin and treated everyone to an excellent meal and dessert. The weather was warm and sunny and the view was great. A great time was had by all. We do want to acknowledge that there were 15 other people eligible for this reward but for one reason or another, could not join us. We did miss them and sincerely appreciate everyone's efforts in helping us keep TOWN running smooth.

We have the most awesome club in Austin!

Please consider volunteering for an officer position or just to lead an outing to do something fun outside. If you do, you will be eligible for the next Leader Reward Outing. We always pick something fun and out of the ordinary to reward everyone who helps us through the year. We are open to any suggestions there as well.

Submitted by TOWN member RoxAnn



Kayaking on Town Lake

On Saturday 4 of us kayaked from the Holiday Inn boat ramp towards Barton Creek and went up into the Creek. The yellow-crowned night herons were everywhere - in the trees and on the ground - we saw at least 20 of them! The water level was really low - as low as I have seen it - maybe 3 feet lower than normal - and some of the birds seemed to find tasty morsels in the exposed mud. Last week we paddled to bird island and saw hundreds of cattle egrets in the trees and lots and lots of nests.

Submitted by TOWN Outings Coordinator, Amelia



TOWN members compete in Danskin Triathlon!

Sandy, Judy, and I completed our first triathlon together Sunday, 6/11 as a relay team in the **Danskin Triathlon**. Judy swam her heart out in the 1/2 mile swim; next I peddled, peddled, peddled my way across 12-miles of asphalt; and then Sandy gallantly ran the last 3-miles of the race. Just before Sandy crossed the finish line, Judy and I joined her and we all crossed the finish line together where we each received a bronze medal! (Note: EVERY participant receives a bronze medal). We wore t-shirts with our team name-"T.O.W.N. Trio"-and the <http://www.townaustin.org/> website address on the back of our t-shirts. We figured that since the Danskin is a women only event, it would be a GREAT place to get the word out about TOWN Austin. Our t-shirts did, indeed, attract the attention of a few ladies who wanted to know more about our group, and of course, we happily obliged. Soooooo if you see any newbies at our next TOWN meeting wearing a bronze medal, you'll know who sent 'em!!



Congratulations to TOWNies Helen and Jill who also completed the race as part of a relay team with their friend from Dallas. And a special thank you and a shout out goes to Paulette B., Anne, and Sandy's husband, Richard, and son, Jason for coming out to cheer us on in the scorching heat.

Thanks also to all of you who were there in spirit rooting for us from a distance. We appreciate you!!

Submitted by TOWN member Susie A. Triathlete