



Texas Outdoors Woman Network

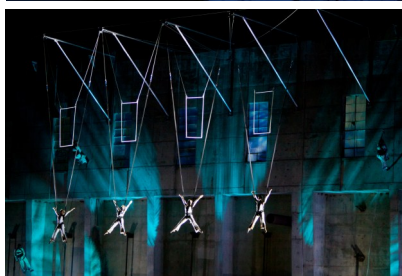
## Blue Lapis Light is Amazing!

Hopefully, you were able to make it out to Auditorium Shores recently to experience Blue Lapis Light's production titled *Devotion*. JenL, SusieA, JudyL, JuneA, and CarrieL were amongst several Austinites who witnessed the amazing athletic and elegant feats from across Lady Bird Lake.

Under the direction of artistic and executive director Sally Jacques, with the help of an intricate system of harnesses, trapeze equipment and ropes, the 45-minute site-specific aerial dance piece was performed by 15 artists on the side of the Power Plant Building. The show ran from June 15-26.

Click here to check out other site-specific shows performed by the folks from Blue Lapis Light:

[www.bluelapislight.org](http://www.bluelapislight.org)



### Inside this issue:

- ◆ Blue Lapis Light is Amazing!
- ◆ Upcoming Events
- ◆ Trip Reports
- ◆ Summer Tips to Stay Cool
- ◆ Freeze & Air Dried Fruits & Veggies
- ◆ Welcome New Members
- ◆ Membership Update (107)
- ◆ *Rain Dance* poem by Mambo Monica
- ◆ Spotlight: Janet Fitzsimon-Barr



The Blue Lapis Light Crew:  
JenL, SusieA, JudyL, JuneA, CarrieL

## Upcoming Events

### EVERY WEDNESDAY

**Kayaking Lady Bird Lake** @ Rowing Dock 6 p.m. \$10

### JULY

**Jul 3-4 (Sun-Mon):** Camping @ Lake Travis

**Jul 8-18 (Fri-Mon):** Camping @ Davis Mountains SP.

**July 9 (Sat):** Hiking @ River Place. 8 a.m.

**July 16 (Sat):** Full Moon Paddle on Lady Bird Lake

**July 17 (Sun):** Hiking @ Barton Greenbelt. 7:30 a.m.

**July 22 (Sun):** Tour of Bob Bullock History Museum

**Jul 26 (Tue):** Monthly meeting @ 6 p.m. Speaker Matt Zaldivar will share details of his caving adventure in Mexico.

**July 31 (Sun):** Hiking @ Walnut Creek Metropolitan Park. 8:30 a.m.

### AUGUST

**Aug 6 (Sat):** Hiking through Bouldin Creek Neighborhood. 8:30 a.m.

**Aug 13 (Sat):** Walk on Lady Bird Lake Trail. 8:30 a.m.

**Aug 13 (Sat):** Full Moon Paddle on Lady Bird Lake. 7:45 p.m.

**Aug 18 (Thu):** Tour of Blanton Museum of Art. 5 p.m.

**Aug 23 (Tue):** Monthly meeting @ 6 p.m. Speaker Ruthann Panipinto will talk about native snakes (venomous and non-venomous).

**Aug 27 (Sat):** Hiking @ St. Ed's Park. 8:30 a.m.

### SEPTEMBER

**Sep 16-18 (Fri-Sun):** BOW Outing. Open to any outdoor woman.

**Sep 23-25 (Fri-Sun):** Camping @ Inks Lake SP

**Sep 27 (Tue):** Monthly Meeting @ 6 p.m. Emily Maline, REI instructor, introduces us to rock climbing!

**Oct 14-16 (Fri-Sun):** Camping @ Garner SP's new section.

**Oct 25 (Tue):** Monthly meeting @ 6 p.m. Speaker from West Cave Preserve.

**Oct 28-30 (Fri-Sun):** Camping @ Bastrop SP

### NOVEMBER

**Nov 4-6 (Fri-Sun):** Practice for Appalachian Trail Hiker Wanna Be Folks @ McKinney Falls SP

**Nov 22 (Tue):** Monthly Meeting @ 6 p.m. Free stuff exchange. Election of Board members.

### DECEMBER

No monthly meeting. Happy Holidays!

### JANUARY

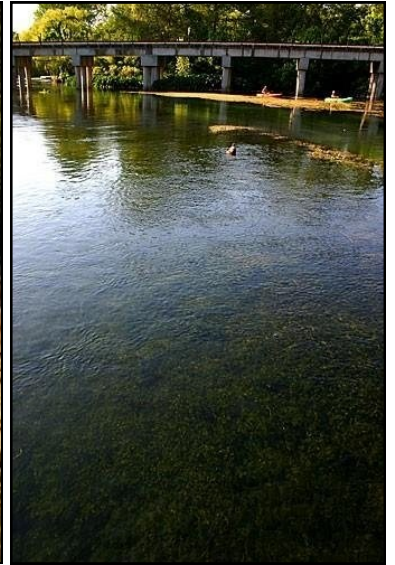
**Jan 6-8 (Fri-Sun):** Holiday party @ McKinney Falls SP

# Trip Reports

## Tubing the San Marcos River (Jun 8)

San Marcos City Park - Nine of us (June, Marie, JudyL, Susan, Paulette, Kim, Susie, Adela, and LisaM) enjoyed tubing on the San Marcos River. The water flowed a little slow but the cool water was very refreshing. Of course, we took many turns going down the chutes. Afterward we ate at the River Pub and Grill and were able to get a table outside on the patio where we saw the biggest turtle ever! Maybe it was all the good food people throw over the rail. A cool refreshing float, good fellowship, and good food made it another wonderful day on the river.

~June



---

## Kayaking at Mary Quinlan Park (Jun 11)

Seven of us (June, Gloria, LisaM, Terry, Andra, Duane, and Marie) enjoyed the paddle on Lake Austin. The water is really cold there because it comes through the dam from the bottom of the Colorado River. We paddled up the river and were able to paddle into our favorite creek. It didn't have as much water as usual and was not as clean, but we were able to go down to the big rocks where we got out and just enjoyed the quietness in the midst of Austin. We saw lots of turtles and birds. Duane got almost nose to nose with a brave turtle to take his picture. I guess the turtle wanted a closeup. We saw a Great Blue Heron Green Heron, and a Kingfisher among many. We saw many beautiful homes along the lake. Afterward we headed to the Boat House Grill for lunch. It was an enjoyable day as always with the TOWN group.

~June



**Outing Leaders: Share your adventure & pictures with us!**



# Trip Reports

## Hiking in McKinney Falls State Park-Homestead Loop (Jun 12)

Believe it or not a cool front passed through McKinney Falls State Park this morning during our hike and we each wished for a light weight jacket. Or was that just heat stroke?

Eight of us (BarbaraD, Jacque, JanetFB, JuliaS [a visitor and recent graduate of St. Ed's University], KimH, SandyB [and husband Don], and SandyS) met in the parking lot for the Lower Falls to hike the Homestead Loop. The surface was in excellent condition and the falls was easy to cross. We walked a distance of 3.4 miles roundtrip in about 1.5 hours. No Death March for this group!

During our hike/walk we identified, among other items: a Painted Bunting, poison ivy, bunches of tadpoles, a coyote scat x3, Muscadine grapes, Northern Cardinals. Primarily we walked and talked and enjoyed being outdoors. Thanks to all who joined me today.

~Jacque



---

## Kayaking the Webberville Loop (Jun 18)

Seven brave souls took on the heat at the Webberville Loop Paddle: Sharon & hubby William, Carrie, Judy, Gloria, and June. All of us were surprised to note that the river was full and flowing enough to just float away without paddling! The rental kayak was a psychedelic wonder to behold! Hawks were crying out and bird song was everywhere. We did meet some headwinds that negated the current for part of the way, but the shores were verdant. We stopped at an island for a snack and soak into the cooling waters. June lassoed a tree but it wouldn't follow her home. A lovely day with lovely people.

~LisaM



E-mail your trip reports to [townaustin@yahoo.com](mailto:townaustin@yahoo.com)!

# Outdoor Tips & Yum

## Summer Tips to Stay Cool

Here are a few ideas on staying cool during those hot summer months:

- **Choose your campsite wisely**, taking the amount of shade and prevailing winds into account, as well as easy access to water for recreation.
- **Rig a tarp** over the tent, picnic table, etc. in camp to provide extra protection from the sun.
- **Allow your tent to breathe** by pitching it without the rainfly attached. If you do pitch the tent with the rainfly attached, leave the doors/windows unzipped to their netting and angle the tent to catch the prevailing winds.
- **Drink plenty of water** or other beverages, but avoid alcohol and caffeine. Do not drink only when you are thirsty, particularly if you are engaging in strenuous exercise (hiking, biking.); instead, drink at regular intervals—every half hour or hour.
- **Avoid strenuous activities** during the peak hours of sun/heat (noon to 3+ PM or so). Get an earlier start to ensure you will be finished before the heat of the day.
- **Carry a bandana or small towel** that you can wet down and wrap around your neck/head and use to wipe down your face.
- **Consider wearing cotton.** The *cotton kills* mantra is true for most environments, but as an avid South Texas hiker/camper, I swear by cotton in the summer months.
- **Stay outside the tent** until nightfall, when the temperature typically drops slightly; even the most well-ventilated tent is going to feel hotter inside than the outside air temperature.



[www.wildtexas.com/tips/summer.php](http://www.wildtexas.com/tips/summer.php)

---

## Light-weight snacks: Freeze and Air Dried Fruits and Veggies

There are two common kinds of dried foods: Air Dried and Freeze Dried.

Air dried foods have had the water evaporated leaving only the tasty goodness from the veggies, fruits or meats. The flavor remains fairly well in the foods while maintaining all of its nutritional value. Freeze dried foods are placed in a refrigerated vacuum. This process maintains excellent taste quality and the nutritional value is very high in the foods. The best part of air dried and freeze dried foods is they're lightweight and great for packing. Also, they're tasty and nutritious.

With air dried foods it's not best to eat them directly as snacks. These are best used in dips. You can make a great veggie dip with dried veggies and bring some crackers for dipping. This makes for a great snack and is still packable for those afternoon walks in the woods or adventures lakeside.



[www.yourwildchild.com/blog1.php/2011/02/03/guest-post-tasty-treats-for-fun-outdoor](http://www.yourwildchild.com/blog1.php/2011/02/03/guest-post-tasty-treats-for-fun-outdoor)

**Got a recipe or tip to share? Submit to [jenlagrange@yahoo.com](mailto:jenlagrange@yahoo.com).**



# This and That

## Welcome New 2011 Members!

- ◆ Mary Sue Rose
- ◆ Emily Crow
- ◆ Laura Ater

We're so glad that you've become a TOWN Austin member!

## 125 or Bust: We have it in our sights! Keep up the great job!

We're currently at 107 members strong....well on our way to 125!

Summer is in full swing and there are lots of cool indoor, water, and outdoor activities planned! Let's get more wonderful ladies to join!

Ask a friend, family member, or co-worker to join! Bring a pal to a monthly meeting!

## Together We Can Make It Happen!



## Rain Dance (poem)

Darkened sky filled with heavy clouds

There she sits in the stillness of the night

The sound of the wind blowing through trees

The gentle tousle of her hair flowing in the breeze

The quietness brings peace to her weary soul

A soft rain soon begins to release from the sky

She feels tiny droplets dance upon her tender cheeks

The wind gusts with a surge and her pulse quickens

One little drop falls sweetly upon her lip like a kiss from the sky

She rises to her feet and gracefully dances in the soothing rain

~Mambo Monica

[www.thoughts.com/monicaspooks/rain-dance-poem](http://www.thoughts.com/monicaspooks/rain-dance-poem)



## Spotlight on TOWN-Austin Leader: Janet Fitzsimon-Barr

Janet Fitzsimon-Barr is our TOWN-Austin treasurer and has been since 2007. Originally from San Antonio, Janet now calls Cedar Creek home.

A TOWN-Austin member since 2005, Janet enjoys kayaking, mountain biking, and bird watching. So far this year, her favorite TOWN outing has been visiting the beautiful river at South Llano State Park. She is also a member of TOWN-Bastrop.

Janet, thanks for all you do for TOWN-Austin!



"I love TOWN because we help each other personally as well as with outdoors stuff. From helping each other load kayaks to loaning a tent, it keeps us wanting to go do things outdoors. When work does not allow me to participate as I would want, it affects my whole being."

~Janet Fitzsimon-Barr

See a board member or go online for info and a membership form.

## TOWN Austin

P.O. Box 300494  
Austin, Texas 78703-0009  
townaustin@yahoogroups.com

## Monthly Meeting Location

LCRA's Redbud Center  
3601 Lake Austin Blvd.  
Austin, TX 78703  
(512)473-3535

## Our Mission

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

## Your TOWN Austin Leadership Team

### Coordinator/President

Jacque Austin - jsaustin54@sbcglobal.net

### Membership Chair

Lisa Sands - lsands@austin.rr.com

### Club Treasurer

Janet Fitzsimon-Barr - janetfb@austin.rr.com

### WebWoman

Jacque Austin - jsaustin54@sbcglobal.net

### Publicity Chair

Carolyn Doolittle - cadoolittle5@gmail.com

### Newsletter Editor

Jen LaGrange - jenlagrange@yahoo.com

### Secretary

Gloria Blagg - gloria\_blagg@sbcglobal.net

### Historian, Scrapbook, Web Photos

Sandy Ostiguy - sandyos@yahoo.com

### Outings Coordinator

Judy Dunavant - judy.dunavant@sbcglobal.net

## About TOWN Austin

Texas Outdoors Woman Network (TOWN) is an offshoot of the Texas Parks and Wildlife Department's *Becoming an Outdoors Woman* (BOW) program. Our goal is to enable outdoor oriented women to meet and build friendships with women who have similar interests. Local chapters have monthly meetings and outings which are initiated, planned, and conducted by members. Read about TOWN Austin's history by reading about our origins online.

Monthly meetings are the fourth Tuesday of each month at the LCRA Redbud Center (3601 Lake Austin Blvd). We begin at 6 p.m. Bring a snack or your brown-bag dinner. The business meeting begins about 6:30. Bring a drink and join us for special announcements, guest speaker, and socializing. Please see our online calendar for details.

Our outings occur on a regular basis. We offer a wide variety of activities. Visit our online calendar to check out what is happening next.

We'd love to show you what TOWN Austin is all about! Prospective members are invited to join us for a couple of outings before becoming an official member!

Our activities include, but are not limited to the following:

- Archery
- Backpacking
- Bird Watching
- Camping
- Day hiking
- Kayaking/Canoeing
- Fishing/Fly-fishing
- Horseback riding
- Mountain biking and road biking
- Geocaching

Most trips are planned with minimal cost in mind. We try to carpool and donate for gas. You are always welcomed to create your own carpool when possible. Lodging costs are divided among the participants. Additional costs may be incurred such as State Park entrance fees or tour fees.

## Interested in leading a TOWN Austin outing?

It's really quite simple and we can always use more leaders. A checklist is available to help you plan an outing so you don't forget anything. There is also a liability release form everyone should sign at the beginning of each outing. See the website for a list of outings we would like to take, but have not yet scheduled.



## Find us on Facebook

Texas Outdoor Woman Network, Austin Chapter

Visit us on the Web  
[www.townaustin.org](http://www.townaustin.org)



Cafe Press offers TOWN Austin t-shirts and other wonderful products.

[www.cafepress.com](http://www.cafepress.com)