



WANTED: Hike Leaders for Outdoor Fun



Due to continuing foot discomfort, Amelia Greene has withdrawn as our Hiking Subgroup leader. Feel better soon, Amelia!

JacqueA is the new Hiking Subgroup leader, and she is planning to be inundated with your offers to lead hikes!

We need volunteers to lead walks perhaps shorter in distance and on predictable surfaces. And in the same vein, we need volunteers to lead hikes for longer distances and rougher terrains.

The hike/walk can be combined with a meal (yea!), geocaching, sightseeing, a historical tour, etc. Whether the outing is long or short, smooth or rough – we’re outside and together, enjoying nature and our environment.

Please step up and volunteer to lead walks and/or hikes - whatever your preference.

Email JacqueA with your ideas and questions at jstustin54@sbcglobal.net.

Visit our website for ideas and details - <http://townaustin.homestead.com/files/hikes.html>.

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Upcoming Events

May 2015

May 15–23 (Fri-Sat): Camping @ Great Smoky Mountains National Park.

May 17 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

May 21-June 7 (Thurs-Sun): Kerrville Folk Festival.

May 24 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

May 26 (Tues): Monthly Meeting @ 6 pm. Speaker: David Baker, Founder and Executive Director of Wimberley Valley Watershed Association.

May 27 (Wed): Kayaking on Lady Bird Lake (Rowing Dock)@ 5:30pm.

May 31 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

June

June 7 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

June 10 (Wed): Kayaking on Lady Bird Lake (Rowing Dock)@ 5:30pm.

June 14 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

June 21(Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

June 23 (Tues): Monthly Meeting @ 6 pm. Speaker: Bluebird Society member.

June 24 (Wed): Kayaking on Lady Bird Lake (Rowing Dock)@ 5:30pm.

June 28 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

July

July 5 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

July 8 (Wed): Kayaking on Lady Bird Lake (Rowing Dock)@ 5:30pm.

July 12 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

July 19 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

July 22 (Wed): Kayaking on Lady Bird Lake (Rowing Dock)@ 5:30pm.

July 26 (Sun): Hiking at Barton Creek Greenbelt @ 7:30 am.

July 28 (Tues): Monthly Meeting @ 6 pm.

August

Aug 20-22 (Thurs-Sat): Davis Mountains Hummingbird Festival.

Outings! Outings! Outings!

Leader Outing (January 25)

Seventeen TOWNies – those that lead 3 or more outings or brought members to TOWN - met at Peter Pan Golf. We played 18 holes of mini golf and then had a meal at La FERIA on South Lamar.

Two Lisas (Sands & Marengo), JanB, JoanB, AmeliaG, JennyF, JudyL, MarilynF, CarrieL, SusanW, CarolynD, JaniceB, JuneA, MarieW, SandyO, CindyF, and GloriaB braved the beautiful sunny January day to try putting their way into Peter Pan history. I really don't think we made history, but Carolyn had 4 holes-in-one! Did anyone get better than 48? I saw a scorecard with JaniceB at 48! Awesome putting, Janice!

Janice couldn't make it for lunch, but Jacque joined us at the restaurant. We all agreed the salsa was pretty yummy. Lunch on the patio was great and we enjoyed visiting and laughing. And eating, of course!

Sounds like a great time? Please consider leading outings for 2015! This is such a great group of outdoor women and we'd love to have volunteers to lead outings. It's not hard to lead an outing and any of the board members will be glad to help if you have any questions or issues leading hiking, kayaking, camping, bike ride, geocaching, or anything else!

Thanks for all you do, TOWNies! I love this group! Here's to a great 2015!
~GloriaB



Energize, Enlighten, Enjoy—A Day for Women (March 7)

This event was sponsored by Ignite Women's Health and Seton Medical Center in Williamson County.

TOWNie Kim Howell and I attended along with (my estimate) 200 - 250 other women and one man. (He was pushing the baby carriage.) The afternoon began with Zumba exercise and was followed by a fashion show which both KimH and I skipped. Breakout sessions began at 2 pm with KimH attending **Nutrition for Good Digestive Health** and a portion of the same presentation I attended, **Is Your Bladder Controlling Your Life** (that's a big yes). At 3pm we both attended **Osteoporosis Update** and at 3:30 I slipped out to attend a **Guided Meditation** session. That was a first for me – silent meditation. I was impressed by each speaker I heard; each was well organized, had an impressive visual presentation, and had nice freebies to share.

One statistic that surprised me a bit: 1.5 million+ broken hips vs. 500,000+ heart attacks – yearly. (in US?) And the majority of those broken hips are not able to return home to independent living.

Also available were: self-defense lessons, chair massages, chair yoga and full yoga sessions, blood pressure and glucose checks.

Among the 75 exhibitors and sponsors were: American Heart Assoc., Austin Cyber Knife, Edible Austin, HEB Dietitians, Damsel in Defense, KIND Healthy Snacks, Master Gardeners of Williamson County, various spas, dental groups, weight loss reps, Sam's Wholesale, Brain and Spine Institute, Cancer Care Navigator, Seton Diabetes Educators, Shoe Fitters, Skinny Limits, Snap Kitchen, Jelly Queens, and the YMCA of WC. Lots of free items and food samples were shared.

It was worth my time to attend. Speakers answered my questions; and the urogynecologist gave us the best and worst brands of pads to purchase for incontinence; I heard those groans. Avoid **Always** – it has chemicals in the mesh that cause irritation. Instead purchase the HEB brand or generic Poise. Now aren't you glad you kept reading. You never know when you might need that information.
~JacqueA

Email Your Trip Reports to townaustin@yahoo.com!

Outings! Outings! Outings!

Hiking at River Place Nature Trail (March 11)

Wow! What a fine day for hiking!

Nine women (CaroIC, DebraS, Jacque, JanB, JennyF, KimH [with daughter Jennifer from Fort Worth], LisaS, and SallieN) plus two TOWNie dogs (Maggie and Sheba) met at River Place Nature Trail for quite an energizing hike and lots of conversation.

The newly opened, revised trail is indeed complete and in fine shape and no longer encroaches on Balcones property. Lots of work has been done to add more steps (!) and secure the terrain with sturdy logs and rocks. Landscapers are installing a very sturdy fence line to insure folks are not trespassing. And that's tough because of rocky terrain.

We started our trek at the pond (with swam at home) and encountered at least six water crossings. Waterfalls were worth stopping and gapping at the clarity of the water and sounds. After climbing 2.7 miles, we arrived at the kiosk and turn around point. Five women opted to return to their cars via Sallie's shuttle service and four of us continued back via our original route. In total, we hiked 5.5 miles with a moving time of 170 minutes.

We each agreed it was a good time! And the dogs' tails wagged in unison.

~JacqueA

Kayaking Lady Bird Lake (March 25)

It was a perfect evening to kayak! DeborahT, DianeN and friend GloriaW, JudyA, LindaM, and friend SusanP and I were on the water just before 6:00pm.

The Rowing Dock has some new boats that we tried out and found them very comfortable and tracked well. We decided to paddle toward downtown. We saw swans, coot birds, a crane and numerous other boaters along the way. We had fun visiting as we paddled. We did return to the dock within an hour and everyone agreed to pay just for the hour and head to Ables on the Lake to eat and continue visiting. Judy A left us for a prepared meal, by her husband, at home. We did get a good workout in the hour we were out. The current was strong on our return to the Rowing Dock.

Hope to see you on the lake for our next kayak trip!

~Gail P-C

Camping and Hiking at Garner State Park (April 16-19)

Lots of natural beauty, lots of rain, lots of beans, some geocaching, some challenging hikes, a new card game and tons of fun describes our TOWN visit to Garner State Park this past weekend!

JacqueA described our hike at Lost Maples as "the wettest she's been in a long time" but she and NancyL were troopers and showed me the beautiful trails and maple trees with new leaves among gorgeous rock formations!

SusanW and Eola endured a tedious training session to teach us a new card game - canasta! JaniceB inspired and led us on the Old Baldy trail. Guest and soon-to-be member Joan showed off her nearly new Pleasure Way RV.

This was my first trip to Garner state park. Once you get past the stringent check-in rules, it really is a marvelous experience. I readily see the huge draw for families. There are multiple and beautiful camping and entertainment options along with the beautiful Frio River. I definitely will go back to the area but would try to choose off-season or weekdays when needing solitude.

Once again I am overwhelmed with the generosity of the ladies of TOWN and the knowledge all contribute each time we gather. Thanks ladies for the wonderful weekend!
~LindaBW



Got an Interesting Story? Email it to sra0911@yahoo.com.

And Drum Roll, Please.....More Outings!

Touring Chaetura Canyon (April 19)

Hey TOWNies! This past Sunday thirteen TOWNies, spouses, and friends were hosted by Paul and Georgan Kyle at Chaetura Canyon. DianeN (with husband Mike), JanFB, KatyK (with husband Carl), and Lois (husband Steve and Seattle friend Paula) joined me (with husband Steve, neighbor AnnB, and friends Sharon and William) to participate in this outing.



If you haven't been to Chaetura in several years, you would notice lots of improvements. And if you haven't toured there at all, add it to your to do list. The preserve now has 10 acres and more lots will be added at finances and availability allow.

We gathered at 9 am and enjoyed breakfast prepared by Georgan – an egg strata, fresh fruit, coffee, juices, and salsa. Paul then provided an introduction to their involvement and led us on a hike throughout the property. Several of us used hiking poles and were thankful to have them as the trails were slick from the previous night's rain and hail.

Our hike was followed with a tour of Georgan's garden and then lunch of two different pastas, fresh fruit, asiago cheese bread, brownies, strawberries, and dates. The dates were the healthy part!

I always love sharing the special blessing of Chaetura Canyon. And thanks to those twelve who joined me. JacqueA

Camping at Barefoot Campgrounds (April 28–April 30)

Barbara W, Sandy S, Nancy L and I arrived at Barefoot Campgrounds at various times on Tuesday afternoon. Barefoot Campgrounds is kind of an interesting place; I would say rustic. The camp sites are not very distinct. There are no pads; you park on the grass and hook up. There isn't any shade to speak of; however, the weather was wonderful so shade was not much of an issue. We just moved our chairs around as the sun moved.

So Tuesday afternoon/evening, we set up and just hung out. Nancy was testing out her new tent. It was a chilly, windy afternoon and before you know it her tent was sailing away but we managed to grab it before it landed in the river. Nancy also had a new very fancy chair that we all tried out; pretty cool. Barbara brought some wood so we had a nice fire that very chilly evening. And we had some of Sandy's delicious rum cake. We all went to bed early and planned to go to Colorado Bend SP sometime Wednesday morning.

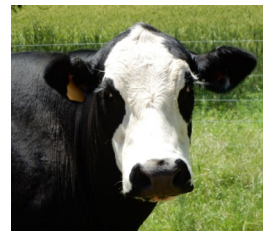
Wednesday morning started out quite chilly but it was clear and promised to be a beautiful day. Sandy and I headed to the park to hike the Tinaja trail, rated four stars for difficulty. Barbara and Nancy headed to the park as well to go geocaching. Sandy and I had a strenuous but wonderful hike. We clocked just over 6.5 miles; definitely a workout. Barbara and Nancy had a successful day geocaching and also ventured into Lampasas for lunch. We all met back at the campgrounds; ready to relax. We sat around and visited, enjoyed the evening, finished off the rum cake and turned in early.

During our stay we checked out the primitive area and it was really very nice...lots of shade there. The Colorado River is right at your doorstep in the hookup and primitive camping areas. The payment system is kind of a loose set up. You grab a form located in a box in the camping area; fill it out and deposit your money. The owners live a ways down the road so you are on your honor.

Since Barbara, Nancy and Sandy had to leave on Thursday I decided to leave as well. Thursday was another beautiful day. We took a short walk around the grounds along the Colorado River. During the outing Nancy got some long bike rides in as well. We decided that the facility had a lot of potential especially down by the river. More shade, developed sites, upgraded facilities and it would be a delight for sure. And it is only 7 miles from the entrance to the state park.

On the grounds we spotted a group of very large jack rabbits, wild turkey, deer and cattle. On my way out I got a great shot of a cow in the road. The drive from Austin was beautiful and easy.

Everyone said they enjoyed their stay. I liked that we were all clustered together in a cozy little group. Will we go back there? We would certainly not go back in the summer; not enough shade in the area where there are hookups and some of us felt the facilities needed some TLC. Definitely rustic...kind of a fishing/hunting camp. All in all everyone agreed it was another fun TOWN outing. ~MarieW



Email Your Trip Reports to townaustin@yahoo.com!

And The Outings Keep On Coming!

Hiking at McKinney Roughs (May 2)

What a lovely day for a hike! Eight TOWNies (CarolynD, DianeN, SusieA, JenL, JacqueA, Gai P-C, SandyS, and JudyA) joined me for a 5.3 mile hike. We had the trail mostly to ourselves and spotted only one hiker with a dog and three horseback riders cooling off in the river the entire time. I did have a little difficulty locating one trailhead and a new navigator was appointed (see photo of the new navigator consulting the map.)



The humidity was low and the the flowers were very pretty. We saw LOTS of butterflies but they weren't in the mood to pose for pictures. There was lively discussion about trail equipment and I believe some of the ladies headed straight home to place an order for a recommended item. Can't say anything more because what is discussed on the trail, stays on the trail. After the hike, we enjoyed some cold watermelon at the shaded picnic tables. Lovely morning with good friends! Hope you can join us next time. LisaS

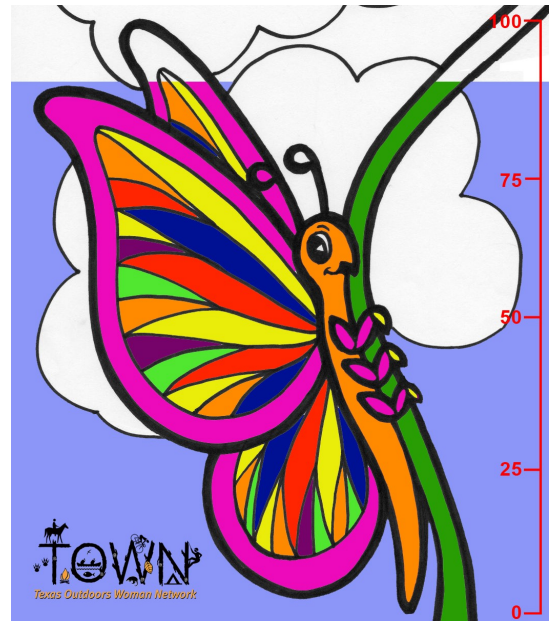
Our 2015 Membership Drive Update 2015 Goal: 100 members

We're currently at **88** members! Please invite your friends and family to be part of TOWN Austin!

Welcome New Members!

We'd like to welcome these new members to TOWN Austin!

- * Joan Chapman
- * Infan Cheong
- * Terri Corbin
- * Hilary Dyer
- * Pam Griggs
- * Helen Haese
- * Joy Aimee Hernandez
- * Barbara Monteilh
- * Nikki Qualls
- * Sharon Richards
- * Virginia Volpe



TOWN Austin

P.O. Box 300494
Austin, Texas 78703-0009
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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

President

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Outings Coordinator

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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. Questions? Contact Sandy Ostiguy, Outing Coordinator, at sandyos@yahoo.com.



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