

DALLAS/FORT WORTH

JULY 2017

BOW Opportunity in August!

Mark Your Calendar!

Sat., July 29 — Day at
Cedar Creek Lake

Fun Day at Cedar Creek Lake. Come join Mary & Mar at their little piece of paradise on Cedar Creek Lake. From 10 a.m. until dark. The lake is full so bring your suits, noodles, floats, sun cream, and lawn chair to spend a relaxing day at the lake. We have some floats and chairs for you use also. There will be several kayaks available for those wanting to paddle. Mary & Mar will provide hamburgers, and bottled water. Please bring a side dish to share. Remember to car pool. We have limited parking. We look forward to seeing you for some fun in the sun.

Trip Leader:
Mary Nester
spotdogs@flash.net



August 25-27, 2017 — The
27th "Original" BOW at
Treehaven Field Station,
Tomahawk, WI

Enjoy a weekend in



the woods at a fabulous facility. Choose from classes including Fly Fishing, Kayaking, Dutch Oven Cooking, Beginning Shotgun, Canoeing, Hiking and Mindfulness, Fly Tying for Bass, Sewing with Fur, Hammock Camping, Wild Edibles, and more!

Workshop Fee: \$369. Includes 2 nights lodging at Treehaven & 7 meals, Friday lunch through Sunday lunch. Roommate preferences: Treehaven provides dorm-style lodging. There will be 3 or 4 persons.

CANCELLATION — A \$150 processing fee will be assessed to all cancelled registrations. Registrants who do not attend & do not cancel by Friday, August 4, 2017 will be

assessed the full program fee. You may send a substitute.

The complete brochure is available at:
<http://www.uwsp.edu/cnr-ap/bowWI/Pages/Events.aspx>

BOW Director:
Peggy Farrell

**August 22-24, Tues. -
Thurs. / Wimberly, TX**

Picnic and swim in the famous Blue Hole swimming area nearby. Visit the tourist town of Wimberly. Need 6-8 ladies for this trip. \$50 deposit required from each lady before the actual reservation will be made.

Spend Tuesday and Wednesday nights in nice A/C cabin with check-out

What's Inside!

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Liz, Barb, M J, & Pat
White Sands



NEXT TOWN MEETING

**MONDAY,
JULY 3, 2017**

**LA MADELEINE
5290 BELT LINE RD
ADDISON, TX**

**6:30-7:00 Social Hour
Meeting 7:00**



11a.m. Thursday morning.

Wednesday we will visit Blue Hole. Can swim and picnic under the huge shade trees. May bring own food and drinks, ice chest, etc. No glass or pets. Open 10 a.m. – 6 p.m. Admission adult \$9, Srs. \$5 Nice restrooms, free parking. Blue Hole is a fresh water spring with shallow and deep ends. Google Blue Hole Wimberly for pics and description. Activities: visit town, picnic/swim Blue Hole. Enjoy nature and backyard area with spa. Read, relax. Your choice.

Sherry will take care of reservations and cabin deposit for our group. Each person will share in the total cost of 2 night rental, taxes and fees, and a required \$50 cleaning

fee for our cabin. APPROXIMATE TOTAL COST FOR CABIN IF WE HAVE 6 LADIES: \$110.00 each. Cost per person will decrease with 7 and/or 8 guests.

Trip Leader:

Sherry Flowers

slf4545@msn.com

GET OUTSIDE

Volunteers needed to assist Texas Parks and Wildlife Staff at the State Fair of Texas introducing youth to activities like Archery, Fishing and Camping Skills.

Volunteer Shifts Daily
(Fri.-Sun. 29 SEP – 1 OCT 2017):
Shift 1 (9:30 a.m. – 3 p.m.) or Shift 2
(2:30 p.m. – 7 p.m.).

Use this link to register:

<https://tpwd.samaritan.com/recruiter/index.php?recruiterID=1353&class=OppDetails&oppGuid=%7b45A5DF2E-568D-4A27-A269-07316A08E8F2%7d&t=2017-Get-Outside-at-the-State-Fair-in-Dallas#.WUgeo4XR975>

All volunteers will receive a T-shirt, parking and grounds pass for the day. Please contact Lucy Estus directly with any questions.

Don't miss out on the FAIR FOOD and FUN!

Lacey Estus, CMP
Outreach & Recruitment Manager
512-925-4921 Cell
Lacey.Estus@tpwd.texas.gov

Dallas REI is hosting their first Outdoor/Indoor Block Party!

Date: Saturday, August 5

Time: 11:00 a.m. – 3:00 p.m.

It's hot out so they are moving the party inside! Their goal is to help connect people with local outdoor groups now so they'll be ready for outdoor activities this fall. They would love to have TOWN be a part of this event! TOWN will be given a table near the women's department to share any brochures, cards, flyers or pictures of your group. The afternoon will be filled with outdoor groups, vendors, gear and snacks. **Looking for TOWN members to volunteer to take shifts working the table! Contact Shirley or Sharon if you would like to help!**



Girl Scout Camp – Mary White

Photos by Barbara Minyard *continued on back page*



10 Simple Ways To Get To Sleep In Camp

Getting a good night's sleep on the trail is easier said than done. Our experts show you how to get your 20 winks. – John Fayhee

So how do you get enough shut-eye on the trail? Backpacker put that question to Dr. Dement and other sleep experts.

1. Chill out. "There's a certain amount of tension that comes from getting ready for the trip," says Sonia Ancoli-Israel, Ph.D. You can't find a piece of gear or it takes longer to pack than you planned. You get caught in traffic, then it starts raining when you hoist your pack. "You get into your tent not so much fatigued as tense and exasperated," says Dr. Ancoli-Israel. "That doesn't translate to a good night's sleep."

The remedy is simple relaxation. "When you get to camp, find a quiet spot to sit, and make yourself let go of all the things that are bothering you," she says. "When you get up, think only about the fact that you're camping in a beautiful place."

2. Get in shape, stay up late. "Exercise can make you feel good and sleep well," but only if you do it regularly, say Peter Hauri, Ph.D. In other words, if you haven't hiked in months, doing so all day won't make you sleep better that night. Hike for a week or so, however, and the repeated exertion will lower your blood pressure and help you crash at night.

Finally, if you're not in decent backpacking shape, 10 hours on the trail might translate to sleep-inhibiting soreness. Counter the aches with aspirin or ibuprofen an hour before bed.

3. Pick the right site. Things that keep you awake at home will do the same in the backcountry. Camping at altitude also can disrupt sleep, says David Slamowitz, M.D., of the Sleep Health Centers of National Jewish Hospital in Denver. "People can experience altitude-induced sleep apnea at elevations as low as 5,000 feet." The only remedies, according to Dr. Slamowitz, are to descend or take medicine prescribed to alleviate apnea.

4. Get used to your new home. "Most people sleep poorly for the first couple of nights in any strange location," says Dr. Slamowitz. "It doesn't matter if you're in a hotel, in a tent, or at your sister-in-law's." When you're backpacking, your surroundings techni-

cally change by 10 to 15 miles every night, but the inside of your tent looks and smells pretty much the same. So the night before you leave home for your next trip, try sleeping in your tent to acclimate your body to snoozing on the ground and in the new setting.

5. Face your fears. There's little doubt that one of the biggest causes of backcountry insomnia has four legs and sharp teeth. "If you're camping in grizzly country, it's hard not to think that every noise is a bear coming to eat you," Dr. Slamowitz says. "But have a realistic understanding about animal-related dangers." In bona fide bear country, take simple precautions, such as camping away from water, hanging your food and sweet-smelling toiletries, and cooking 100 yards from your tent.



If the thought of bedding down with rattlers and scorpions makes you anxious, by all means bring a tent.

6. Stick to your at-home sleep schedule. According to Dr. Dement, a frequent cause of poor sleep is a change in schedule. The average American adult hits the hay between 10 p.m. and midnight, yet backpackers often slither into the sack between 7 and 9 p.m.

To pass the time before you hit the sack, pack a book, cards, or other tent games (see "Backpacker: The Game"), plus extra headlamp batteries. Also, avoid afternoon naps, since they make it tougher to fall asleep at night. If you must catch midday shut-eye, opt for a 20-minute power nap.

7. Follow your nighttime rituals. Dr. Ancoli-Israel believes that one of the best ways people can deal with unfamiliar surroundings is by maintaining bedtime rituals. "A lot of people read," she says. "If you do, carry a book or magazine. If you brush your teeth



Mission Statement

The TOWN 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.

10 Simple Ways To Get To Sleep In Camp Continued . . .

right before bed at home, brush your teeth before bed in the woods."

Here's another good precrash ritual: Take a mellow 30-minute stroll. Backcountry ranger Holly English, a proponent of this sleepy-time habit, says walking just before bed lets your mind flow clear and stretches achy muscles one last time before a night's worth of inactivity.

8. Choose tentmates carefully. "Sleeping a few inches from people you don't know well represents a complete change in your sleep environment," says Dr. Ancoli-Israel. You have two options if you want quality shut-eye: 1. Get to know your hiking partner before taking that big trip; 2. Sleep solo.

9. Nip not at the flask. To some, it's a backpacking tradition to carry a small flask of spirituous fluid. A shot of peppermint schnapps in your hot chocolate helps you pass out, right?

"Many people believe that," Dr. Dement says, "and they're probably right. But even a small amount will result in a poor night's sleep." The reason? There are half a dozen stages of sleep, and they're all needed in the proper proportions and sequence in order to get a good night's slumber. Alcohol and caffeine disrupt transitions between those phases, resulting in – you guessed it – less-than-optimum sleep.

10. Cure sleep problems at home. "If you have problems sleeping in your bedroom," says Dr. Ancoli-Israel, "it's unlikely you'll overcome them simply by hiking out into the wilderness, pitching a tent, and lying down on the ground." In such cases, consult your doctor. She may recommend simple strategies that resolve your problems quickly.

On the trail, as a last resort, some hikers carry prescription sleeping pills. "There are several kinds that work well, with few if any side effects," Dr. Dement says. "I don't recommend over-the-counter pills, though, because of potential side effects, plus I don't want people relying on pills."

