

# TOWN NEWS



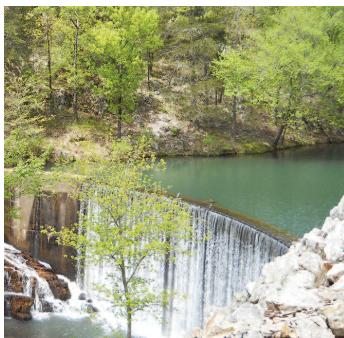
DALLAS/FORT WORTH

OCTOBER 2017

## October air, complete with dancing leaves and sighing winds . . . time for camping!

### Mark Your Calendar!

October 19-22, Camping at Shady Lake



Town Dallas' annual campout at Shady Lake Recreation Area in the Ouachita National Forest will be October 19-22. Shady Lake has long been one of our favorite camping areas because of the tall trees with beautiful fall foliage, mountains, and lake with waterfalls.

Bring a pumpkin to carve and Halloween decorations for our tent decorating contest.

There are miles of trails to hike and a small lake to put in your canoe or kayak.

The 9-mile Caney Creek trail with its own waterfall begins in the mountains 3½ miles north of Shady Lake. Tall Peak Mountain trail begins a few feet from our camping sites, and there's a trail around the lake. Shorter hikes are near our



Shady Lake 2016

campsites, along the running creek, and the lake. Restrooms, showers, and water are all nearby.

Shady Lake Recreation Area is a lovely CCC built campground with stone bridges and stone pavilion by the lake. The campground and park road are located north of Texarkana, southeast of Mena, Arkansas, on the lower southern edge of the Ouachita National Forest between Vandervoort and Athens on Hwy. 246.

Please join us in celebrating fall and Halloween in this wonderful campground. For more information on the trip, availability of space, and food arrangements, contact Judy.

**Trip Leader:** Judy  
JShawTX@aol.com



### November 9-12, Camping at Huntsville State Park

Come join us for a fall campout in Huntsville State Park. Lose yourself among the majestic trees and beauty of the East Texas Pineywoods. Rent a canoe, kayak or paddle-boat! You can also explore the hiking trails or just relax by the lake. This campout will be led by Nancy Lee and MJ Steele. Sign up sheet will be at the meetings or contact MJ to get on the list.

**Trip Leaders:**  
MJ & Nancy Lee  
texassteele@yahoo.com

### What's Inside!

Activities	1
How to Lead a Hike	2
Camp Mary White Story	3
Dog Tips for Trail	4

### Camp Mary White



### NEXT TOWN MEETING

TUESDAY  
OCT. 2, 2017

LA MADELEINE  
5290 BELT LINE RD  
ADDISON, TX

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



## How to Lead a Hike

Leading others on a hike is a great way to share your love of the outdoors. There are precautions a hike leader should take to ensure the outing is safe and fun. Planning is essential in order to make your hike a success. Follow these steps to learn how to lead a group hiking trip.

### Instructions

#### Step 1

Choose the location, length and difficulty level of the hike. Hike the trail shortly before it is scheduled to be aware of any pertinent trail conditions or changes (such as missing trail markers). Also watch for natural changes to the trail that might require you to take a detour.

#### Step 2

Check the weather forecast and notify hikers ahead of time of any weather conditions that may result in cancelling or postponing the hike.

#### Step 3

Pack all of your gear the night before so that you know you are fully prepared. If you're bringing a GPS unit or a cell phone make sure it is fully charged. Include a first aid kit in your supplies.

#### Step 4

Show up at the trailhead early to reassure hikers that they are in the correct spot. Casually inspect their gear to make sure they're adequately prepared to go on the hike. If you feel that the hike will be unsafe for a participant then gently tell that person what the hike entails and why you feel concerned that it may not be suitable.

#### Step 5

Lead the hike. Start out slowly to give people a chance to sort out into columns. Appoint an experienced hiker who is also familiar with the trail to bring up the rear and make sure that there are not any stragglers or injured hikers.

#### Step 6

Stop for points of interest. Take the opportunity to draw your group's attention to any natural, scenic, historical or cultural significance of the area. Remember to allow the rest of the group to catch up if you want to share something interesting about the location. Choose one of the points of interest to stop for lunch if you have it scheduled for the hike.

#### Step 7

Stay around after the hike to thank your group and answer any questions. This is also a good time to let others share their thoughts. Be open to receiving feedback on the experience and your abilities to lead a hike.

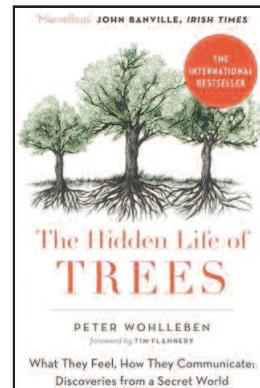


Bear, Sharon and Rosie, had the opportunity to witness the full eclipse of the sun in the area of totality. They drove more than 20 hours to witness the most spectacular 2½ minutes this country has ever seen! Let's all do it again in our own state in 2024!! **Submitted by Rosie**

### BOOK RECOMMENDATION

## "The Hidden Life of TREES"

International and New York best seller "The Hidden Life of TREES", What They Feel, How They Communicate, Discoveries from a Secret World by Peter Wohlleben, forest manager in the Eifel Mountains in Germany has captured the interest of a couple of local book clubs.



The book was originally published in German in 2015, and translated and published in English in 2016.

The author draws on scientific discoveries to describe how trees communicate with their children, support them, and share nutrients with trees that are sick or struggling, even warn each other of impending dangers.

Health benefits of older Korean women who walk in the woods as opposed to walking in urban areas are described. A walk in the woods will never be the same after reading this book!

Perhaps our ancient forests would be saved if we all understand the importance of diversified forests.

"The Hidden Life of Trees" is a small book and an easy read. Shady Lake would make an excellent study in conjunction with a discussion of the book.

**Submitted by Judy Shaw**

## Camp Mary White

Earlier this year I had the pleasure of attending CAMP MARY WHITE in New Mexico along with 9 other TOWN members and two transplants from Scotland (friends of mine and now of TOWN).

We averaged 12 hours driving time going there and back but was well worth it. The cabins were made of wood, 3.5 walls to be exact the other half wall was open to the sky, Much like camping really, no electricity in the cabins and the toilets were down the hill. The only places that had electric were the main lodge, showers and arts and craft room.

There was a different activity/art project every day, everything from painting wine bottles (my personal favorite) to making bracelets and jewelry. Hiking every day for those that wanted too. Trips to White Sands and Carlsbad were also undertaken. A professional masseuse on hand for these ached and pains or just plain spoiling.

We had a SPA evening, a camping cookout on the grill, a night or two around the fire and on the front porch. Lots of casual evening activities from jigsaw puzzles to just plain good old fashioned conversation.

The horseback riding was pretty awesome, you could go morning or afternoon. Two well-seasoned and knowledgeable cowboys both leading and bringing up the rear. The cowboys were attached to the local goat ranch, corrals within easy distance from the main lodge and more importantly to many of us there were dogs, lots of Pyrenean Mountain dogs, 23 to be exact. And when they were not working or



sleeping they were all round our huge outside porch, all perfectly mannered but enjoying their treats anyway.

The meals were three times a day by a dedicated cook and staff, plentiful and varied, snacks available constantly and as we all know this group moves on their stomachs, which were well filled.

The good news is that we have been asked back for next year AND more importantly we can bring our TENTS. Date to be determined but definitely in June 2018. Hope to see you there.

**By Robbie Chandler  
Proud TOWN member**





## 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.

### Perfect Dog Tips for the Trail

Use a few everyday items to keep your dog and yourself hiking happy. Refining the way you tackle the wild together only enhances that. Whether it's keeping your dog safe, or simply making their shed fur less annoying, getting creative with available materials will make you a better trail team.

#### Prevent snow clumping.

Furry dogs love winter, but winter doesn't always love them. Clumps of snow love to attach themselves to the undersides and foot pads of our doggos, especially long-haired ones. The solution is right on the kitchen shelf: a healthy application of vegetable shortening to the feet and belly should keep cold snow from getting too attached. Clipping the fur between their toes will also help keep ice out.

#### Prevent carsickness.

Reaching a trailhead often involves driving for many hours, which can turn tummies, particularly those of puppies and younger dogs. Avoid starting a trip with vomit cleanup duty by getting your dog comfortable with cars in advance, postponing meals until after the ride, and keeping your pup at ease with plentiful cool air, or a blindfold for reducing visual stimulation. You can also try an over-the-counter medication for car sickness, but always check with your vet first.

#### Make a harness.

Instead of carrying yet another piece of dog-related gear, make your leash pull some extra weight. There are several ways to turn it into a harness, but the most straight forward involves attaching the leash to the collar like normal, bringing it down straight along the dog's spine, then running it behind the legs and up over the chest, finally looping the leash back over itself to tie it in place. When your dog needs to be controlled more than usual because of wildlife or heavy foot traffic, you'll be ready. (You will need an extra leash obviously.)



#### DIY booties.

Rough rocks, extreme temperatures, pesticides – there's no shortage of dangers underfoot on the trail. Rather than buying and depending on one type of bootie, make your own to fit the conditions. For snow, sew small pouches made of fleece, which will insulate and provide traction. Cordura is great for rough terrain, and denim will protect against heat and chemical runoff on roads. (Patterns are available online). Sew velcro on ahead of time, or bring vet wrap to secure.

#### Find Fido.

In camp or other areas where dogs are allowed off-leash, let your pup roam with a bear bell attached to his collar. At night, affix a light to his collar to keep him visible. (Make sure your dog's training is unbreakable before you let him off leash.)

#### Protect your tent.

Use a lightweight tarp as a barrier between sensitive nylon tent floors and your dog's sharp nails. As a bonus, you can throw the tarp over the car seat to protect your interior against shedding and muddy paws.

*by Ali Wunderman*

*Taken from Backpacker Online*