

HIKE

What?

Hike the trails at Spring Creek Forest Preserve

When?

Sunday, September 26th, 10:30 AM.

Who?

Organizer is Shirley Meurer
972-890-2491 sameurer@yahoo.com

Where?

1787 Holford Road, Garland, TX 75044
Meet in the parking lot.

TOWN MEETING

When?

Monday, September 13th from 6:30 PM - 8:00 PM or as long as you want to stay. Social hour 6:30 -7:30 Discuss any business items, future trips and meeting dates and location and then more socializing because that's what we need.

Where?

3330 SpringPark Way Garland, TX 75044 We will meet in the picnic area of the SpringPark Neighborhood Clubhouse. The picnic area is located below the Tennis Courts with 10 picnic tables and plenty of shade. (Same place as our June meeting)

CAMPING TRIP

What?

Join us for 3 nights of camping among the majestic trees and natural beauty of the East Texas Pineywoods in Hunstville State Park. We will have 4 water only (no electricity) campsites on the peninsula jutting into Lake Raven. We can explore the 21 miles of trails, paddle (rent or bring your own) kayaks or canoes, check out the bird blind or do a little geocaching. Or you can relax at the campsite or along the lake shore for the weekend. We will do some shared meals for this trip.

When?

October 14 - 17, Thursday through Sunday

Who?

Organizer is Shirley Meurer 972-890-2491
sameurer@yahoo.com

This trip has a wait list. Look for an email from Shirley and confirm you still want to attend.

Where?

Huntsville State Park [https:// tpwd.texas.gov/ state-parks/huntsville](https://tpwd.texas.gov/state-parks/huntsville)

ANNUAL DUES ARE \$20

Dues for 2022 may be paid starting in December



**** Submitted by TOWN Member: Susan Alsop-De Los Santos ****

Note from Susan:

Here's the salad recipe you asked about that I made for the August meeting at Donna's home.

I made a couple of modifications. I substituted two apples for two of the broccoli crowns and threw in a good handful of shredded carrots for more color.

It's the dressing that makes it.

CURRY BLUEBERRY BROCCOLI SALAD

Combine:

- 5 Broccoli crowns (coarsely chopped) – OR 3 Broccoli crowns + 2 apples (chopped)
- 1 small red onion (finely chopped)
- 3-4 stalks of celery (finely chopped)
- 1 cup shredded carrots
- 1 to 2 pints of blueberries
- ½ cup sunflower seeds
- 1 cup sliced almonds (roast briefly in oven)

DRESSING:

- ½ cup oil (can use canola, grapeseed, sunflower, light olive oil)
- ½ cup apple cider vinegar
- ½ cup wildflower honey
- 1 tablespoon curry
- ½ teaspoon salt
- ½ teaspoon pepper

Note: Taste the dressing before adding to other ingredients

Cedar Creek Lake Day Fun

Many thanks to Mary and Mar for hosting this annual event, providing the perfectly cooked burgers and sharing your wonderful slice of paradise, complete with kayaks and lake toys. Thanks also to Laura and Carol for bringing and sharing their kayaks. A great time once again! Check out the recipe for Curry Blueberry Broccoli Salad Barb Cutter brought to the lake.



So, you think you know... Sharon Fahlberg?

By Rosie Alaniz

There's no need to introduce the first and current President of TOWN – Dallas Chapter, Sharon Fahlberg. Sharon, along with twin sister and co-founder Suzie Murphy, has been instrumental in the ongoing success of our outdoors group. By sharing her expertise, love of nature and sense of adventure, Sharon has given us the opportunity to enjoy experiences that most people can only dream of. Always smiling, welcoming and with a wonderful down to earth attitude, Sharon is without a doubt the glue that keep this group together.

So, let's find out what else can we learn and discover about Sharon!



1. What part of the United States where you born?
Niskayuna, New York which is just outside Albany and on the edge of the Adirondack Mountains

2. What was your nickname as a child. Do you have a middle name?

Didn't really have a nickname. My Dad used to call me Share Bear, but not sure where that came from. My friend's parents used to call us both "twinney" because they never could remember who was whom. Yes, I have a middle name, Lee, after my grandfather.

3. What's the BEST part of having an identical twin sister?

So many things, but I can tell her anything without judgment.

4. What's the WORST part of having an identical twin sister?

Not too many worst parts, but sometimes people tend to treat you as a couple all the time instead of individuals. While we are very similar, there are ways we are different.

5. What major world event happened when you were in high school?

Wow, it was the 60's ... need I say more. Viet Nam was probably on everyone's mind in high school and what number you were in the draft.

6. What kind of music did you listen to as a teenager?

The Beatles, Dave Clark 5, Rolling Stones, Simon and Garfunkle...so many great artists

7. What other cities, or countries have you lived in?

I have lived in Sacramento, CA, Pasadena, CA, and Nashville, TN. Never lived in a foreign country but have spent a lot of time in Panama over the years.

8. What are your favorite podcasts?

The Doctor's Farmacy, Huberman Lab, The Doctor's Kitchen

9. What was the last book you listen to or read. Do you recommend it?

Eat to Beat Disease by Dr. William Liu, a great resource that shares how food can be used to impact disease.

10. What was the last movie you watched? Do you recommend it?

Watched the new Disney movie Cruella with my niece. It was okay. Made you a little more compassionate for the character.

11 Favorite place on Earth.

OK, that's an impossible question. Way too many places and for different reasons. So, let's just say wherever my family is.

12. What are your three top bucket list spots?

Right now, New Zealand, Africa and Italy

13. Name three famous people (dead or alive) with whom you would like to hike for three hours, and where?

That's a tough one. Hiking...ummm. Maybe Bear Grylls, could just pick his brain forever about wilderness survival; Andrew Huberman or Mark Hyman, both so knowledgeable about health and wellness. Feel like could get tons of insight! Finally, John Lennon...what can I say, I grew up with the Beatles.

14. Have you met any celebrity or have you seen somebody famous?

Living in Southern California, there was always a chance to see celebrities. My sister in law was working on a movie set, so got to meet Robert Redford, Woody Harrelson and Demi Moore.

15. What is your guilty pleasure?

Anything smothered in chocolate

16 Your friends don't know that you....?

I tend to be shy...but maybe they do know that!

17. What are you most proud of?

I am really proud of how long TOWN has lasted. It has afforded me some of the best adventures and the opportunity to share experiences with incredible women that I probably would have never had without

it. So thankful for the people that have stepped up to really help out with TOWN over the last several years.

18. Funniest joke or riddle you know by heart.

I am TERRIBLE remembering jokes, so haven't a clue.

19. What is your favorite TOWN memory?

So many that it is hard to pick one. Probably petting the whales in Baja was one of the coolest experiences ever. Even more fun watching how excited everyone else on the boat was.

20. What would be your healthiest advice for women of any age?

Don't stop! Don't believe that as you age you have to start giving up some of the things you love to do. You may have to make a few modifications, but once you tell yourself you are too old, you stop living.

Mark Your calendar for:

The BOW event just for TOWN members will be Friday October 22nd – Sunday October 24th, 2021

Location is the 4H Center in Brownwood (where BOW began back in 1993!)

Cost will be around \$255 which will include all of your lodging, meals, and instruction and equipment use all weekend.

What will this weekend “look” like?

Friday October 22nd –

Participant arrivals after lunch, check in, unload, and we'll have dinner. We'll have a general session explaining the history of BOW and TOWN and have evening programming.

Saturday October 23rd –

Breakfast

All day we'll have a round-robin of several of our best-of-the-best BOW instructors who will be teaching a small glimpse of what they offer during a BOW weekend. We'll divide attendees into groups and everyone will get to rotate around to all sessions (maybe 45 minutes or so) then move to the next, etc.

We'll have lunch and dinner.

Evening – we'll all gather back in general session and have a panel discussion

*purpose is to provide resources to TOWN members and leadership of new ideas of trips to plan, activities to do, and outings to book. We'll have a range of experience on our panel helping answer questions about planning, hiring professional guides, services, trips, permitting, and a wide variety of things you may experience or need to know if you are planning an adventure.

The other purpose it to give y'all a snapshot of all the cool things 'outside the box' that you can offer up to your chapters!

Sunday October 24th –

Breakfast

We'll break into groups and brainstorm, then all come back together to share ideas, thoughts and an action plan - and wrap up the weekend. Departing around noon (no lunch served)

Our goal is to provide several resources, connections and ideas for YOU to take home to your TOWN groups and answer any questions you may have to be the best that we can all be and make Texas shine 😊

When the registration for this BOW is open, an email via the [Group.io](https://www.group.io) will be sent to our Dallas group so you can sign up before the event is opened up to the BOW distribution list.