

### Town Holiday Gathering

Sunday, Dec. 19th at 4:00 PM

Suzi Murphy's

3317 Creekbend Dr

Garland 75044



#### Directions

Take 75 north to Campbell Rd.

Turn East on Campbell to Jupiter.

Head north (left) on Jupiter.

Turn right at the next light just past Big Springs Baptist Church, Heather Hill Dr.

Take your first left and follow around the circle to 3317. It's a grey 2-story!

If you want to participate in the gift exchange, bring something wrapped and under \$20. Your favorite outdoor gadgets and gizmos are always popular!

Please also bring a side dish to share.

Sharon will bring the ham. (not me, the one you eat...lol)

See you there with bells on!

### TOWN Meetings in 2022 New location

Meetings will be held on the second Monday of the month at Fretz Recreation Center. Fretz is located at 6950 Belt Line Rd, Dallas, TX 75254

Next TOWN Meeting is Monday, January 10th 6:00 - 7:30 PM

### Dues are due

Annual dues are \$20 for 2022.

Pay in person at the Christmas party or January meeting, or pay electronically via Paypal or Zelle.

[sameurer@yahoo.com](mailto:sameurer@yahoo.com) for Paypal or Zelle

### What: First Hike of 2022 Join us for a hike on the Chisholm Trail.

**When?** Sunday, Jan 2nd, 1:00 p.m.



**Where?** Chisholm Trail. Meet outside at Starbucks in Creekwalk Village, 801 W 15th St #500, Plano, TX 75075

**Who?** Contact Shirley Meurer  
[sameurer@yahoo.com](mailto:sameurer@yahoo.com)

**What?** Chisholm Trail is a hike and bike trail that follows a scenic creek through central Plano. It starts at Harrington Park and travels north and west to Legacy Drive. We'll do the section from 15th street to Parker Rd. Out and back will be 3.8 miles. You can do more or less, there are plenty of choices. A map can be found on this website:

<https://www.plano.gov/1451/Chisholm-Trail>

### Meeting schedule for 2022

January 10th

February 14th

March 14th - no meeting

April 11th

May 9th

June 13th - no meeting

July 11th - no meeting

August 8th

September 5th

October 10th

November 14th - no meeting

December 12th - no meeting

## Winter Hike

**What?** Hike Arbor Hills

**When?** Thursday, February 3, 2022, 11:00 AM

**Who?** Trip leader Shirley Meurer

[sameurer@yahoo.com](mailto:sameurer@yahoo.com)

**Where?** Arbor Hills Nature Preserve, 6701 W Parker Road, Plano 75093

Join us for a mid-week hike at this beautiful Nature Preserve. We'll stick to the natural surface trails whenever possible. Lunch afterwards someplace nearby. Bring water and wear sturdy shoes. Hiking sticks optional.

## Bonton Farms November 2021



Suzi, Janet, Shirley, Mary, Sharon, Sissy, Nancy, Melanie, Allison, Barb, Alice, Lois, Rebecca, Cathy, Robbie and our fabulous guide Danny George, Manager of the Bexar Street Farm



We had a wonderful day visiting Bonton farm. Danny gave us a tour of the farm and shared many great hints to growing vegetables in a home garden. We went into the goat corral and viewed the chickens through the fence. After the tour we ordered lunch from the cafe and the food was wonderful! It was a beautiful day to sit outside and enjoy the sunshine on the patio. Next stop was a hike on the Buckeye Trail. Thank-you Robbie for organizing the event!



## More from Huntsville

It was so nice to camp with friends we haven't seen in awhile and new friends that we hope to see again!

We had some fabulous pancakes for breakfast Saturday morning on our Huntsville camping trip . The recipe is from the website, [Fresh Off the Grid: Camping Food & Recipes](#).

In addition to great recipes, there are a lot of articles about camping and backpacking, gear, food and recipes, and tips & how to. Check it out, it is well worth the read!



Mary, Barb and Shirley  
Photo by Barb

### BANANA BREAD PANCAKES★★★★★

PREP TIME: 5 MINUTES   COOK TIME: 25 MINUTES  
TOTAL TIME: 30 MINUTES   SERVINGS: 16 PANCAKES  
AUTHOR: FRESH OFF THE GRID



Add some banana, walnuts, and a scoop of brown sugar and you can turn your ordinary pancakes into delicious, perfectly sweet banana bread pancakes.

#### INGREDIENTS

- 3 bananas (the riper the better)
- 2 eggs
- 1½ cup whole milk
- 2 cups flour
- ¼ cup brown sugar
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup chopped walnuts (toasted in a dry skillet if desired)
- ghee, butter, or coconut oil for the pan

#### INSTRUCTIONS

##### AT HOME

1. Add the flour, brown sugar, cinnamon, baking powder, and salt to a sealable bag or container and pack along with the rest of the ingredients.

##### AT CAMP

1. Place two **bananas** in a medium bowl and mash thoroughly with the back of a fork until fairly smooth. Crack the **egg** into the mixture and add in the **milk**. Beat the banana, egg, and milk together until smooth.
2. Add the dry ingredients to the bowl and mix until well combined with the wet ingredients. Don't overmix - some small lumps are OK. If the batter seems too thick, you can add an additional ¼ cup milk.
3. Heat a nonstick pan or well-seasoned cast iron skillet on your stove over medium-low to medium heat. Add a generous dab of ghee, butter, or coconut oil (especially if using cast iron!) and swirl to coat the pan. Pour ½ cup of the pancake batter into the center of the skillet and scatter some of the chopped **walnuts** on top. Cook for a few minutes until the top begins to bubble and the sides are set (2-3 minutes). Using a spatula, flip the pancake and cook the other side until golden.
4. Repeat with the rest of the batter, adding more ghee or oil to the pan for each pancake as needed.
5. To serve, stack the pancakes and top with **maple syrup** or butter, sliced banana, and additional toasted walnuts. Enjoy!

#### NOTES

##### MAKE IT AHEAD

Measure & combine the flour, brown sugar, cinnamon, baking powder, and salt in a resealable bag or container at home. Pack the banana, egg, milk, and walnuts separately.

# Mushrooms are amazing! They can feed you, they can heal you and they can kill you!

Submitted by Rosie Alaniz

I have always been fascinated by mushrooms, their colors, their shapes, but my interest has grown since I learned that mushrooms are not plants nor animals, Mushrooms belong to a third Kingdom: Fungi.

On a recent hike at Huntsville State Park, we stumbled upon some of them. I took the pictures below and I thought it was a good idea to include some interesting facts.



1. **Mushrooms are genetically closer to humans than plants.** For example, when mushrooms are exposed to sunlight they can produce vitamin D — just like humans.
2. **The largest living organism on the planet is a honey fungus** which is located in Oregon. It is almost 4 square miles and scientists believe is between 2,000 to 9,000 years old!



3. More than 80% of the earth under your feet is **mycelium**.



4. **The hardest natural material in nature is Sporopollenin**, which is what the mushroom spores are made of.
5. Mushrooms spores can survive the **vacuum and radiation of space**.
6. **Death Cap** mushroom is one of the deadliest organisms on earth. They contain amatoxin, which is fatal when ingested.



7. Some mushrooms, like Cordyceps, can turn insects into “zombies.” It completely subordinates the will of living insects, eating them alive, killing them once they are ready to reproduce.



8. Some mushrooms can emit light; they are **luminescent mushrooms**.



9. **Psilocybin** mushrooms (magic mushrooms) are being researched by Johns Hopkins University to treat depression, addiction and many other psychological problems.



10. Life on Earth would disappear without mushrooms. Fungi plays the role of nature's recycler, cleaning up decomposed dead, and sometimes still alive, plants and animals. Without this service, Earth would soon be covered in layers of debris, unable to produce new life, or process elements needed to grow plants.

If you want to learn more about mushrooms and fungi in general, I recommend Stephen's Axford's [video on YouTube's Planet Fungi](#). You will be amazed at some of his photographs and [time lapsed](#) films. Below are few examples.

