

# TOWN



# NEWS

## JANUARY 2023

### MEETINGS

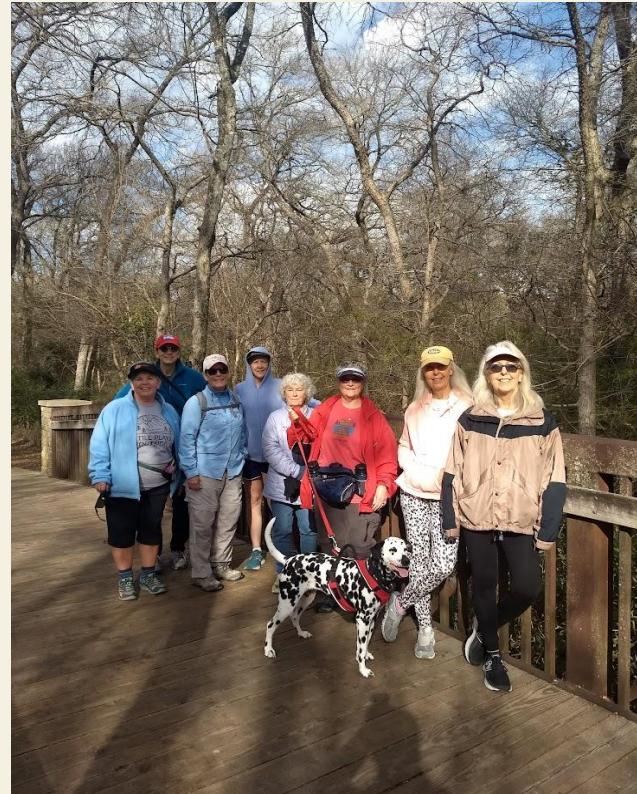
Meetings take place the 2<sup>nd</sup> Monday of every month, from 6:00 to 7:30 p.m.

Monday, January 9<sup>th</sup>

Karen's Turbeville's home  
7222 Lakehurst Ave.,  
Dallas, TX 75230  
(214) 213-7196

### FEBRUARY MEETING

Monday February 13<sup>th</sup>, 2023  
Barb Minyard's home  
1807 Richland Dr.  
Richardson, TX 75081  
(214) 538-75081



### *Traditional first hike of the year* Spring Creek Nature Area

What a beautiful day for the traditional TOWN first hike of the year! Shirley has been organizing this hike for years, rain or shine. If you missed it, there's another hike at Arbor Nature Preserve on 6701 Parker Road in Plano. <https://www.plano.gov/1397/Arbor-Hills-Nature-Preserve>

# TOWN WINTER/SPRING ACTIVITIES -2023

## Jan 24th - 26th Mid-week Cabin trip

Get out of the metroplex for a couple of days and join your TOWN friends at a beautiful home in **Holly Lake**. Lots of fun activities are planned. The trip is full but if you are interested in going contact MJ to get on the wait list.

MJ Steele - [\(214\)-335-8581](mailto:texassteele@yahoo.com)

## Saturday, February 4th, 10:00 a.m.

Join us for a hike at the beautiful **Arbor Hills Preserve**. We'll stick to the natural surface trails whenever possible. Lunch afterwards someplace nearby. Bring water and wear sturdy shoes. Hiking sticks optional. Contact info: [\(972\) 890-2491](mailto:sameurer@yahoo.com)

Arbor Hills Nature Preserve, 6701 W Parker Road, Plano 75093

## Thursday, February 9<sup>th</sup> to Sun., Feb., 12<sup>th</sup>

Join the Fort Worth TOWN group at Fort Richardson State Park. **Fort Richardson State Park** 228 State Park Road 61, Jacksboro, TX 76458. Shirley Meurer is the trip leader for Dallas participants.

Contact info: [\(972\) 890-2491](mailto:sameurer@yahoo.com)

**Details** - We have reserved 1 cabin for 3 nights. There are 4 beds (2 bunk beds, top bunk anyone?) and room for a tent or two. The plan is to experience a camping trip how the Fort Worth TOWN group camps

and meet new people who enjoy camping and the outdoors. If you want to join us let Shirley know. Max on this site is 6, 4 in cabin and 2 small tents. There are probably campsites in the park still available.

## Wednesday March 1 - Sunday March 5

First tent camping trip of the new year! **Inks Lake State Park**, Burnet Texas  
Link: Inks Lake State Park — Texas Parks & Wildlife Department.

The trip leaders are:

**Barbara Minyard**  
[barbara\\_gran@yahoo.com](mailto:barbara_gran@yahoo.com)

Meal teams, equipment, etc.

**Dale Dickerson**  
[dale.maytx@gmail.com](mailto:dale.maytx@gmail.com)

Reservations and deposits for the campsites. Dale will accept \$20 deposits via PayPal, Venmo, or Zelle.

**Details** We have 5 (water only) campsites for 20 campers, across from the new restroom.

## Thursday, March 23<sup>rd</sup> to Sun March 26<sup>th</sup>

### **Lake Mineral Wells State Park.**

Robbie Chandler is organizing this trip. Open for 16 people. After that, she will keep a waiting list. If you are bringing a camper and getting your own site, please let Robbie know. All sites have electricity and water. Check in time: 2pm, Sites – # 20, # 21, # 22, # 51. Four meals, teams of 4 campers. Fri and Sat night dinner and Sat and Sunday morning breakfast.

Plenty of places close by if you need groceries, meals or Sonic. Contact info: [\(rbbchandler@yahoo.com](mailto:rbbchandler@yahoo.com) (972) 971-6721. Lake Mineral Wells State Park. [https://tpwd.texas.gov/state-parks/lake-mineral-wells.](https://tpwd.texas.gov/state-parks/lake-mineral-wells)

Wednesday, May 3<sup>rd</sup> to Sun., May 7<sup>th</sup>

### **Caprock Canyon State Park**

Allison and Lois are organizing this trip. Allison will organize meal teams, sign ups and answer questions and Lois will handle park reservations.

**Details** - Four campsites with electricity. The max number is 16 campers. Park <https://tpwd.texas.gov/state-parks/caprock-canyons>. Contact info: Gilani, [alliekat33@hotmail.com](mailto:alliekat33@hotmail.com)

Lois Jacobs, [loisjacobs@hotmail.com](mailto:loisjacobs@hotmail.com)

Contact Allison by text at 214-728-5752 if you would like to go. Check out this link for lots of great info: [A Guide to Caprock Canyons State Park, TX: Hiking, Camping & Tips.](#)

Wednesday, May 10<sup>th</sup> to Sat., May 13<sup>th</sup>

### **Wichita National Wildlife Refuge**

Nancy is the trip leader of this trip. Nancy has 4 water only campsites reserved for up to 16 campers. **Contact info:** Nancy Lee [nlee002@tx.rr.com](mailto:nlee002@tx.rr.com); Doris Campground [https://www.fws.gov/refuge/Wichita\\_Mountains/activities/camp.html](https://www.fws.gov/refuge/Wichita_Mountains/activities/camp.html)

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### **Whole Wheat Pancakes - By Ann Meyer**

*On our trip to Cooper Lake last fall, Ann Meyer prepared this delicious breakfast recipe.*

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1 1/2 cups whole wheat flour  
3 T. sugar  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
3 large eggs  
1 container (app 6 oz) strawberry low fat yogurt  
1 tsp. vanilla  
3/4 cup water  
3 T. canola oil

Mix dry ingredients in large bowl. In medium bowl, whisk wet ingredients till well blended; stir gently into dry ingredients. Cook on oiled griddle. This amount serves four amply.

## ***Salsa Verde Chicken Soup - Cynthia's version***

On the same trip, Cynthia Williams prepared this fabulous recipe. Cynthia was unable to join us, but sent it with Melissa Brown. This soup was PERFECT for a stormy, windy, cold day. We truly enjoyed it!!!



### **Ingredients**

- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken thighs, cut into 1-in. pieces
- 1 cup chopped white onion (from 1 onion)
- 3 cups unsalted chicken broth
- 1 15-oz. can no-salt-added pinto beans, drained and rinsed
- 1 15-oz. can white hominy, drained and rinsed
- 1 cup jarred salsa verde
- .50 chopped fresh cilantro, divided
- 1 tablespoon fresh lime juice (from 1 lime)
- 1 avocado, chopped
- crushed tortilla chips, for serving (optional)

### **Directions**

1. Heat oil in a large saucepan over medium-high. Add chicken and onion; cook, stirring often, until chicken is cooked through, beginning to brown slightly, and juices have mostly evaporated, 8 to 10 minutes.
2. Stir in broth, beans, hominy, and salsa verde. Bring mixture to a boil over medium-high. Reduce heat to medium and cook until hot, about 5 minutes. Stir in  $\frac{1}{4}$  cup chopped cilantro and lime juice. Serve in bowls topped with avocado, remaining  $\frac{1}{4}$  cup cilantro, and, if desired, tortilla chips.

NOTE: Cynthia made a few changes:

- Navy beans instead of pinto
- A jar of salsa verde and a jar of guacamole salsa
- And quadrupled the recipe, of course!

# My favorite picture of the year 2022 is...



*By Rosie Alaniz*

***Suzi, Sharon and MJ waiting to see the International Space Station (ISS) crossing the Texas sky on our spring trip to Possum Kingdom State Park.***

**Do you have a favorite picture from the year 2022? Please send it to Rosie Alaniz at [1rosiealaniz@gmail.com](mailto:1rosiealaniz@gmail.com) or text it to (972) 989-9759**

## ***Housekeeping***

- Annual dues are \$20 for 2023. Dues can be paid in person at a meeting, via PayPal ([sameurer@yahoo.com](mailto:sameurer@yahoo.com)), or via snail mail.
- TOWN 2023 Directory. For any changes, please email to [1rtosiealaniz@gmail.com](mailto:1rtosiealaniz@gmail.com)