

# TOWN NEWS

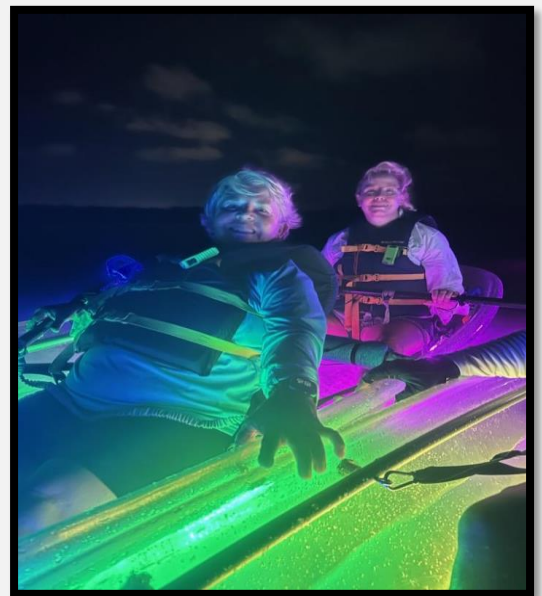
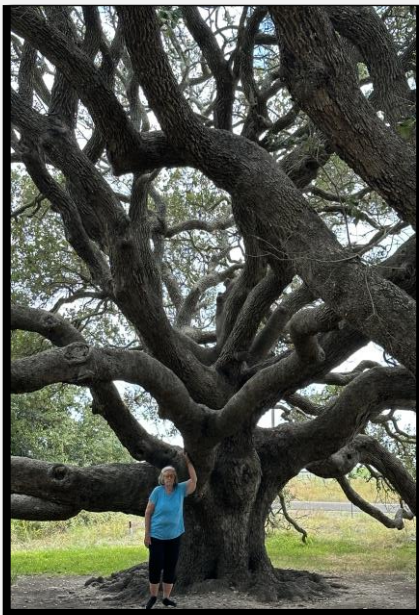
Texas Outdoors Woman Network

## Dallas Chapter – October 2023

### TOWN TRIP TO THE GULF OF MEXICO

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No October Meeting  
Scheduled.

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November Meeting  
Monday, Nov., 13<sup>th</sup>  
Place & Time TBD  
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(Above) Sunrise during a morning walk. (BL) Barb next to “The Big Tree” near Goose Island State Park. (C) A rescued *caracara* eagle. (BR) MJ and Dale enjoying a “glow in the dark” night kayaking.





The group enjoying conversations and games before meals, eating out and at the beach.



(BL) Carol, Barb and Faith preparing dinner. (C) Sunset at the harbor. (BR) Marion and Barb enjoying the pool.



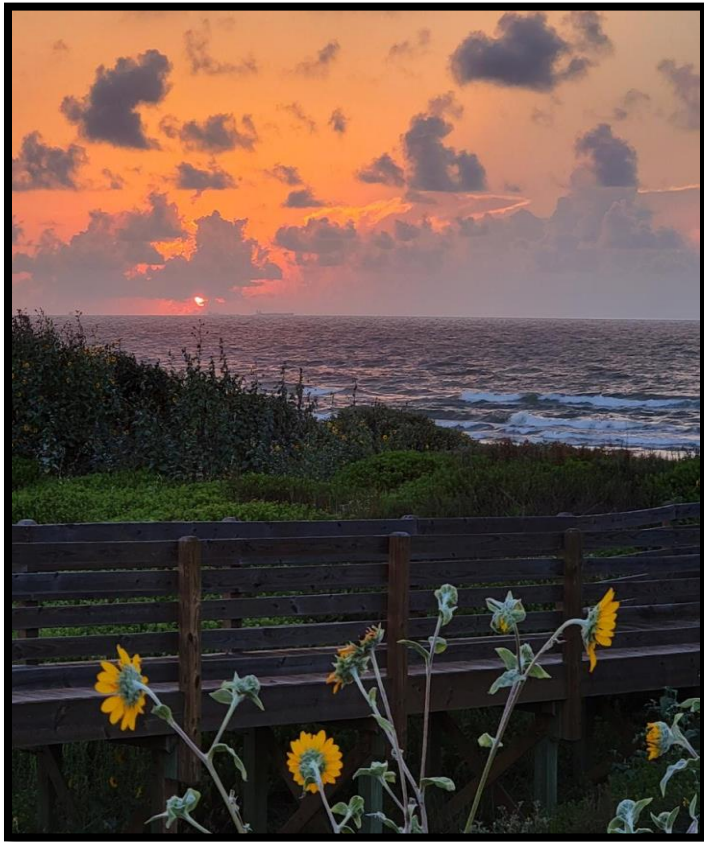


Carol (not pictured), Shirley, Rosie and Barb kayaking to the Lighthouse among dolphins and migrating birds.



(BL) Patti and Grace. (C) Shirley taking a break. (BR) Marion enjoying a sunny afternoon.





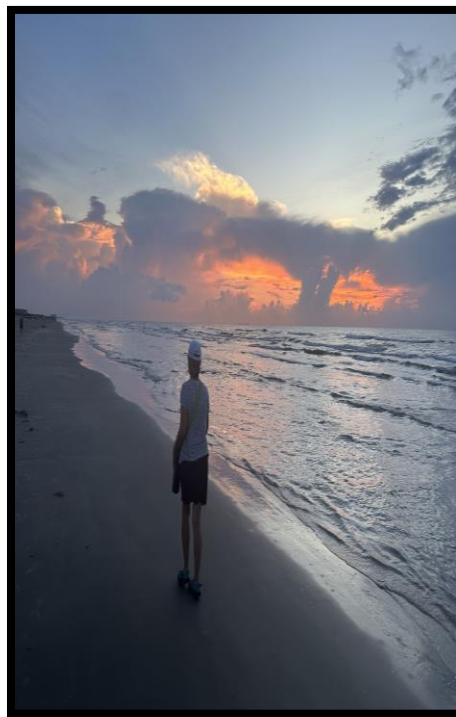
MJ's' sunrise at the beach.



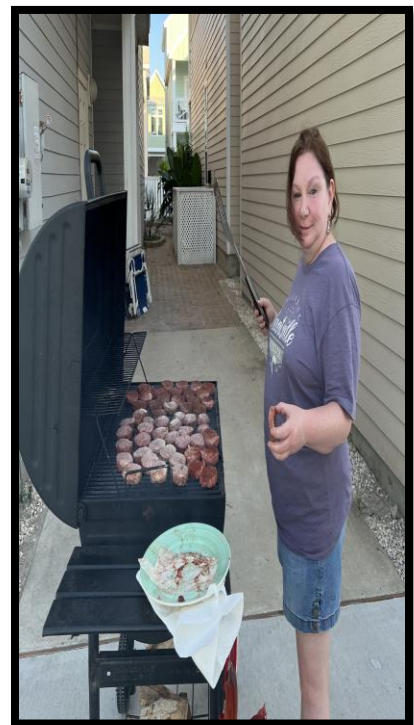
Patti, Rosie and Judy before heading home



(BL) The "Bearer" of good news.



(C) A morning walk at Mustang Island



(BR) Sissy preparing dinner.

# MIGRATIONS



Earlier in September, fourteen TOWN members had a wonderful opportunity to go to the Gulf of México, in the Port Aransas, Mustang Island areas. Some of us witnessed firsthand the miraculous migration of the smallest birds on Earth- hummingbirds. However, we know that they are not the only migrating birds, insects or mammals. In the article below, we can also learn of other migrating species. I hope you enjoy it as much as I did. Rosie

## MONARCH BUTTERFLIES



In the early days of spring, the monarch butterfly (*Danaus plexippus plexippus*) leaves its overwintering location among the branches of oyamel firs in central Mexico and begins a 3,000-mile migration to the northern U.S. and Canada. Part of what makes this journey so spectacular is that it's a multigenerational one. Because the butterfly only lives for about four weeks, it takes four generations for the creature to get from point A to point B. (There's one exception: The "super super gener" that lives eight times longer during the laborious return trip south.) The monarch is the only species of butterfly known to undergo such an extensive migration.



# ARTIC TERNS



The name “Arctic tern” is a bit of a misnomer. Although this well-traveled bird does spend the summer months in the Arctic, it also spends equal time in the Antarctic. That’s because twice a year, the Arctic tern (*Sterna paradisaea*) flies from one freezing landscape to the other, making the longest migration — more than 19,000 miles — of any known animal. The tern undertakes this incredible journey, which lasts several months, because it relies on summer sunlight to illuminate fish in the sea and insects on land. That means the dark, dayless winters in these cold climates are a big no-go. Fortunately, the Arctic tern can eat and sleep while gliding on the ocean breeze, and if it didn’t need to hunt for food, it could probably fly upwards of 1,000 miles a day.

# WILDEBEEST



Every year, 1.5 million wildebeest known as gnu, along with some 400,000 zebras and nearly as many gazelles, travel in a roughly 500 mile loop in the Serengeti plains in search of seasonal rains and grazing grounds. At the beginning of the year, the wildebeest gather at the edge of the Serengeti and all give birth in the same month. Within two days, calves are able to keep up with their parents, and soon the massive pack begins a journey scientists call the “Great Migration.” The pack travels north and eventually arrives in the well-watered Kenya savannah known as Masai Mara, where they stay from July until October. The smell of November’s rains then signals to this mass of animal life that it’s time to head southward and return to the Serengeti.

## FRUIT BATS



Although millions of stampeding zebras and wildebeest are an impressive sight, in nearby Zambia, the straw-colored fruit bat (*Eidolon helvum*), part of a genus of bats known as flying foxes, takes the idea of strength in numbers to a whole new level. Between October and December, upwards of 10 million of these bats descend on Kasanka National Park to feast on the area's plentiful fruit trees, and in turn spread seeds throughout the plains and savannahs of southern Africa as the bats return home to the Congo rainforest. This vital and mysterious migration — considered the largest migration of any mammal in the world — is under threat from deforestation and poaching, but conservation groups are hard at work protecting this bat species.

## SALMON RUN



The salmon run, one of nature's most wondrous migrations, takes place in the fall months as the persistent family of fish attempts to return to its spawning grounds. Nearly all salmon (Atlantic, Pacific, et al.) are anadromous, meaning they migrate from saltwater oceans to freshwater streams to spawn; their eggs survive in these freshwater locations. Salmon must not only swim upstream against the current, but also jump over obstacles, like falls, by launching their bodies through the air. Although structures such as dams or weirs often have fish ladders to aid salmon in their journey, human-made obstacles have negatively impacted salmon numbers. This is an especially big problem in the Pacific Northwest, where salmon are a keystone species, meaning their ecological impact outpaces their overall size. In 2022, Oregon underwent the world's largest dam removal to protect this vulnerable species.



# GRAY WHALES



In late spring, the gray whale returns to the Bering and Chukchi seas off Alaska after completing a monumental 12,000-mile round-trip journey, the longest of any mammal on Earth. Although not as gargantuan as a blue whale, the gray whale stretches some 45 feet long (and can weigh more than 72,000 pounds, and every year migrates that massive bulk southward to the warm lagoons of Southern California and Baja, Mexico. The trip takes about two or three months each way, and the first to arrive in these warm waters are pregnant mothers looking to use the lagoons as protection for their young calves. Around late March to late April, the gray whale makes the journey back toward Alaska — late enough to make sure the newborn whales can make the trip. The US National Oceanic and Atmospheric Administration estimates that some 24,000 gray whales make this journey every year.

# Zooplankton



Most people think of migrations as a natural rhythm dictated by the seasons, but the largest migration in the world actually happens every single day. At night, trillions of sea creatures, known as zooplankton — krill, salps, fish larvae, and microscopic organisms — travel to the ocean's surface to feed on phytoplankton. Although this journey might be only 1,000 feet in some cases, for a quarter-inch fish larva, the speed of the trip is roughly equivalent to a human swimming 50 miles in an hour. These animals go deeper into the waters during the daytime to avoid predators, though the nightly journey to the surface is not exactly safe either. Although the trek was first documented in the 1800s, scientists are still trying to piece together the inner workings of this daily migration that happens almost completely out of sight.



# Lemmon Olive Oil Cake

Recipe provided  
by Barb Cutter  
Servings: 8



## INGREDIENTS

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon kosher salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1¼ cups extra-virgin olive oil
- 3 large eggs
- 2 tablespoons grated lemon zest
- 6 tablespoons lemon juice

## Optional Ingredients

- optional: 1 tablespoon chopped fresh thyme or rosemary
- garnish for serving: confectioner's sugar, fresh berries, lemon zest

## INSTRUCTIONS

1. Heat the oven to 350° F.
2. Prep 9-inch cake pan with baking spray or rub with a little olive oil and line the bottom with parchment paper.
3. In a large mixing bowl, whisk the olive oil, eggs, lemon zest and juice. In a second mixing bowl, whisk the flour, sugar, salt, baking soda and powder. Add the dry mix to the olive oil mixture and stir until just combined. If using chopped fresh herbs (thyme or rosemary), stir in now.
4. Pour the batter into prepared pan and bake for 50 minutes, checking at 45 minutes with a cake tester. Cake is done when top is medium golden brown and tester comes out clean.
5. Allow cake to cool in pan for 20 minutes. Remove from pan and let cake cook completely for an additional hour.
6. To serve, dust with powdered sugar and top cake with fresh berries and lemon zest.
7. If you are baking this Lemon Olive Oil Cake ahead of time, wrap in plastic wrap without the confectioner's sugar and berries. You can keep it on the counter for a day, or in the refrigerator for two days.

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# TOWN ACTIVITIES SCHEDULED- 2023-2024

**Thursday, Oct., 19<sup>th</sup> - Sunday Oct., 22<sup>nd</sup>.**

### **Camping at Huntsville State Park**

Contact Nancy Lee at [nlee002@tx.rr.com](mailto:nlee002@tx.rr.com)

**Thursday, Nov. 2<sup>nd</sup> – Sunday Nov., 5<sup>th</sup>**

### **Camping at Daingerfield State Park**

Contact Shirley Meurer at

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

**Wed., February 28 - Sunday, March 3<sup>rd</sup>. 2024**

### **Camping at Inks Lake Texas State Park**

[tpwd.texas.gov/state-parks/inks-lake](http://tpwd.texas.gov/state-parks/inks-lake)

**DETAILS:** We have room for **16 campers** in our **4 tent w water campsites**. To reserve your spot, send a **\$30. deposit by PayPal to Barbara M. trip leader**. Call phone 214 538-1375 with questions.