

NEW LOCATION! NEW DATE!

La Madeleine in Addison has closed.
We had to find a new meeting place.

Our meetings will be at LaMadeleine,
11930 Preston Road,
NE Corner of Preston and Forest

FIRST TUESDAY OF THE MONTH
www.towndallas.org

Next TOWN Meeting TUESDAY MARCH 5, 2019

La Madeleine
11930 Preston Road Dallas, TX 75230
6:30 p.m.

Guests always welcome

ANNUAL DUES ARE \$20

UP NEXT

Huntsville State Park Camping

Join us Thursday, March 7 through Sunday, March 10 at Huntsville State Park, located among the majestic trees and natural beauty of the East Texas Pineywoods. You can rent a canoe, explore the 21 miles of trails, or just relax by the lake. Go to the Texas Parks and Wildlife for more information about the park. <https://tpwd.texas.gov/state-parks/huntsville>

Our campsites have been assigned by the new reservation system. We have sites 60, 61, and 62 confirmed for our camping.

If you would like to join us, but have not signed up or confirmed your participation, please contact Nancy Lee nlee002@tx.rr.com or 469 – 264-4643. There is a \$10 deposit to hold your space for this trip.

REI is offering a free gourmet camp cooking class Gourmet Camp Cooking | REI Classes & Events



Tuesday, March 12, 2019
6:30 PM – 8:00 PM
[Dallas REI](#)

Member price: Free

Non-member price: Free

MORE CAMPING TRIPS

April 5-7, 2019 Friday-Sunday (Camp out Friday and Saturday nights)

Ratcliff Lake Recreation Area

located within Davy Crockett National Forest

about 3 hr drive SE of Dallas between towns of Ratcliff and Kennard

I have reserved 3 campsites with electricity, water, and full bathrooms nearby. These are nestled in the beautiful Piney Woods of East Texas. Hiking, biking, lake activities, bird watching available. Saturday some of us are driving to Nacogdoches, Tx (50 minute drive) to catch the Azaleas blooming. There is a 3-week window so we're keeping our fingers crossed. SFASU has a beautiful Azalea Garden so we'll start there. We may visit other sites/activities going on in Nacogdoches.

There is a MAXIMUM of 12 campers for this trip. You may sign up at our next monthly meeting. If unable to attend please email me directly at slf4545@msn.com.

This is in a National Forest so if you have a National Park Pass make sure you bring it to receive any applicable discounts. If you want to visit a website I suggest just typing "Ratcliff Lake Recreation Area" and carefully read the prompts to view what is available. There is a "print facility map" if you look carefully to pull up the campsite map. We will be part of the Dogwood Loop.

Hope you will join us. Remember to email me directly (not Town group) or sign-up at meeting. Thanks.

Sherry Flowers

slf4545@msn.com

Camp Mary White Women's Retreat June 17-21, 2019

It is time to register! https://www.campmarywhite.com/blank-c1i02?utm_campaign=5141b767-ae9d-42b0-a79d-80e6543633ba&utm_source=so

Several TOWN ladies have attended the last couple of years and plan to go again. Every year it gets more varied. More arts/crafts, hikes, massages, activities and of course do nothing except sit on the HUGE porch and pass the time of day.

We have a choice of taking our own tents and camping OR staying in a wooden, three and a half sided cabin. I have done both and they are both great.

Any questions and I am happy to address them?? We have caravanned in the past as it is a 10 hour drive but for 5 days it is more than worth it.

Robbie Chandler

rbbchandler@yahoo.com

THINGS TO DO:

Dallas Blooms Spring Festival at the Dallas Arboretum - February 23- April 7

Tickets are \$17 for adults and \$14 for seniors during the festival. Parking is \$15.

Women's Adventure Film Tour

features some of the world's most inspiring women in adventure. This festival is a celebration of the fantastic women around us who are doing extraordinary things. The events aim to promote diversity and inclusion in the outdoor industry and Women, Men and Children are all welcome! Each screening includes a series of inspirational short films featuring women in stories about climbing, mountaineering, skiing, diving, mountain biking, surfing and more.

Wed., 6 March 2019
7:00 pm – 9:30 pm

Texas Theatre
231 W. Jefferson Blvd.
Dallas, TX 75208

Tickets are \$18 and can be purchased online at <https://www.eventbrite.com.au/e/womens-adventure-film-tour-dallas-tx-tickets-54246414486>

LANTERNS IN THE GARDEN

Sat, Mar 9, 2019 6:00 PM thru Sun, May 12, 2019 11:00 PM

See thousands of lights inside colorful and ornate lanterns light up the night sky when this ancient Chinese tradition comes to the Fort Worth Botanic Garden for the spring season. Lanterns in the Garden features at least 20 sets of lanterns crafted from silk, wire, and steel and offers visitors the opportunity to experience an event rarely staged outside of Asia.

Lanterns in the Garden is open nightly throughout March beginning March 9th and Thursday-Sunday evenings April 4th – May 12th (Blackout dates: April 27, May 2-5) at the Fort Worth Botanic Garden. Tickets are \$18 for adults (\$14 for members) and \$8 for children ages 2-15.

FROM THE PEOPLE'S PHARMACY

How Often Do You Get Up to Pee at Night?

Some readers find that eating raisins before bedtime means they don't have to get up to pee as often, or possibly not at all.

Terry Graedon
February 18, 2019

Do you have to get up to pee several times a night? Many people report that this is a problem, especially as they grow older. Having to urinate several times during the night is a major factor interfering with sleep in older adults (Desjadins et al, *Sleep*, Feb. 15, 2019). Doctors call it nocturia (“peeing at night”), but they don’t have magical solutions for it. They do recommend drinking less liquid toward the end of the day (Oelke et al, *International Journal of Clinical Practice*, Nov. 2017). They may also prescribe desmopressin nasal spray, sometimes used to prevent bed-wetting as well. Several readers have found, however, that eating a small handful of raisins before bedtime can help.

*If you have this problem
and you are tent camping,
it's worth a try.*



INKS LAKE STATE PARK

INKS LAKE DUCK REFLECTIONS

My beautiful tent site at Inks Lake State Park was unique as it abruptly descended many feet lower than the road and happened to be situated in a wind protected cove with trees along with water lapping to the back of the site. I set my tent up on a flat area of ground near the water's swampy edge unaware that ducks would be nesting or sleeping nearby.

In the evening while I was inside the tent, using a lantern to get ready to retire by preparing my bedding, a huge commotion created by the ducks was heard in the water just a few feet away from the tent. The ducks' squawking grew louder and louder. They were clearly agitated about something!

Vaguely wondering if the ducks might be alarmed by my tent or even my presence, I turned off the lantern. The ducks quickly quieted down and made no more noises.

Connie and Glenda were camped in the next site up the hill and the next morning said they had heard the ducks making a lot of noise and wondered what was happening.

Apparently I had invaded the ducks' wind sheltered cove that they were willing to share only as long as I respected nature's night rules and kept the lights off!

Submitted by Judy

I led a short hiking trip around the lake on Saturday afternoon. Took just over an hour but gave everyone a good workout, this particular hike by the lake is extremely rocky terrain and is not for everyone. The trail snakes around the near side of the lake and then veers uphill for a good half mile. Although I had a map a lot of the trail is by sight and not well marked. We were able to get to the top pretty easy, but the trail is a loop back to the Lake - head, this was more of a challenge. None of us could see a trail but we used common sense and would our way down and around through an extremely burned out terrain for about another mile. We did end up back where we meant to but I fear this was more by chance than anything. All in All we were gone about 1-1/2 hours. Sharon and Suzy were on the Hike and they were on dinner team so naturally anxious to get them back in time.

Robbie



HILL COUNTRY PARAMETERS

Here lies the question.....: just how far south, west, north and east is it?

So, for now, here is our definition of the perimeter of the Texas Hill Country (clockwise from Brady): Brady, US 190 E to San Saba and Lampasas, US 183 SE to Leander, a fuzzy "line" down to (western) Oak Hill and over to Buda, SE on IH-35 through Kyle, San Marcos and New Braunfels, TX 46 W through Bulverde to Boerne, RR 1283 S to Mica and Lake

Hills, RR 470 W through Pipe Creek, Bandera, Tarpley, Utopia, RR 1050 to Concan, jump over to Aldine, Reagan Wells and Montell, N on TX 55 to Barksdale and Rocksprings, NE on US 377 to Junction, NE on US 83 to Menard, NW on US 190 back to Brady. For clarification, it does not include San Antonio & Bexar County, Austin, Georgetown, Cedar Park or Uvalde.

