



What's happening around TOWN

August 2010

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Mission Statement



What is T.O.W.N.'s mission?

To provide all women the opportunity to experience outdoor activities in a safe, non-threatening, and supportive environment.

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**EVENTS
THIS MONTH:**
**August 17: Shooting
at Sharpshooters
6-8p**

DID YOU LOVE WOMEN IN THE WILD?

Don't want to wait until next Spring to do it again?
**CHECK OUT UPCOMING BECOMING AN OUTDOOR
WOMAN (BOW) EVENTS**

What's going on?

In an effort to promote women's events across the state, we provide a list below of events, sponsored by our partner organizations as well as Becoming an Outdoors-Woman. Information and materials are available approximately 4-5 weeks before the date of the workshop.

Which classes are offered at any given BOW Workshop?

Every workshop includes a core curriculum of classes which include the shooting sports, camping, backpacking, outdoor cooking, archery, plant i.d., bird watching, introduction to firearms and hunting, map & compass, outdoor survival, orienteering, fly tying and outdoor first-aid. Dependent upon the workshop location we can offer additional classes like horseback riding, sailing, kayaking, boat handling, fishing, and falconry.

Upcoming BOW Weekends:

November 5-7 at Prarie Haynes Ranch near Killeen
March 25-27, 2011 at Texas 4-H Center in Brownwood
September 16-18, 2011 at Camp Allen in Navasota

For more information click [here](#).

Give back on Sept. 25

We've got two great opportunities to give back and help clean our area parks.

Aransas Wildlife Refuge Clean-up

Volunteers are needed for National Estuaries Day to clean-up sections of whooping crane habitat at the National Wildlife Refuge. Reservations needed for boat, only 6 slots left. A commitment must be made an honored due to limited seating! We will be leaving from Fulton Harbor on Captain Tommy Moore's boat, the Skimmer, at 8:00 a.m. on Saturday, September 25th. We should have the first clean-up crew on the ANWR shoreline by 9:30 a.m. We plan to work for two hours and then start loading trash and people on the boats at around 11:30. (The ANWR staff will be providing a

It's Ladies night at Sharpshooters in Corpus. We will be heading out to shoot. For more information please contact Leslie at 361-205-5090 or info@townrockport.org. On Tuesdays, women shoot for half-price with the purchase of one or more boxes of ammunition. They also enjoy one free target, eye and ear protection, and gun rental.

August 22: Surf Fishing Introduction Class 4-6pm @ TBD

This will be a few hours of what to use, how to use it and what to buy if you are wanting to fish from the surf. This will give you a basic knowledge of what you need to bring when we go camping & fishing overnight in October at Port Aransas. Call Kim Pendergraft at 361-446-3635 for more information. Please RSVP.

August 24: Chapter Mtg. 6pm @ Poor Man's Country Club

August 31: Wade Fishing Class 6pm @ Little Bay

Have you ever wanted to know more about wade fishing? Learn about equipment, techniques and get questions answered on how to do it. Please wear clothes you can get wet as we'll be going into the water. After the class those that want to stay and fish should bring their rods and reels. Make sure you have a fishing license if you plan on staying to fish. For more information contact Leslie at info@townrockport.org or 361-205-5090.

Seafood Recipe of the Month

Marinated Grilled Shrimp

Ingredients

3 cloves garlic, minced
1/3 cup olive oil
1/4 cup tomato sauce
2 tbsp red wine vinegar
2 tbsp chopped fresh basil
1/2 tsp. salt

boat for hauling away the trash.) Factoring in lunch and travel time, we should be back at Fulton Harbor by around 2:30 to 3:00 p.m. We suggest that volunteers wear long pants, footwear for potentially muddy and thorny conditions, a sun hat, sunglasses, and sturdy work gloves and to bring sunscreen, bug spray, a water bottle and something to carry it in (e.g., fanny-pack or back-pack), binoculars, camera, and whatever personal items they desire. We will have water available for volunteers to refill their water bottles.

TOWN Event coordinator: CJ Vaughn
cjvaughn53@yahoo.com/512-484-3723

Adopt-A-Beach

Check in at Rockport Beach Park Beachfront Pavilion, bring heavy puncture-proof gloves, drinking water, wear sunscreen, sunglasses, shoes and hat. A light lunch will be provided following the cleanup.

Time: 8:30a-12p (come for all or an hour)
TOWN Event Coordinator: Shirely Laurence
shirley.laurence@cahrter.net/361-793-7006



Meet Your Fellow TOWN Members!

This month meet Leslie Kenfield our Chapter Coordinator

I am originally from San Antonio and grew up in a family full of fishing and hunting. My father fished on the BASS Tour, ran fishing tournaments (where I was the official live release gopher) and he has now been in the business of running a tackle store for over 25 years. With a family like that you are bound to love to fish and enjoy being outdoors.

I have been blessed with having lived all over Texas, in Colorado, Washington, New Mexico and California. No matter where I was the one thing I've always looked for in these places is something to do to enjoy the outdoors. From camping, hiking, skiing, fishing, hunting or playing sports I'm always down for being outside.

After a few years of visiting my family who had transplanted itself to Rockport I made the big move as well. I was lucky to meet up with some other local women who loved the outdoors as much as I did and we decided to start a T.O.W.N. group. Here we are 18 months later with a wonderful group of lovely ladies who aren't afraid to get a little dirty. I admit it's hard work to keep 80+ women happy all the time, but I do my best to make sure that the events we offer have variety and appeal to as many people as possible.

When I'm not running T.O.W.N. I am with my husband and son hanging out with them. I also work as a National Project Manager for a marketing company out of Dallas. I get the pleasure of traveling all over the US, but am glad to call Rockport home. Nothing beats big city traffic and congestion than to return home to great family, friends and the best little fishing town around!

Leslie Kenfield
361-205-5090

1/4 tsp. cayenne pepper
2 lbs. fresh shrimp, peeled
and deveined
skewers

Directions

Large bowl mix garlic, olive oil, tomato sauce and red wine vinegar. Season with basil, salt and cayenne pepper. Add shrip to bowl and stir until evenly coated. Cover and refrigerate for 30 minutes to an hour, stirring once or twice.

Preheat grill for meadium heat. Skewer shrimp removing the tail.

Lightly oil grate and cook for 2-3 minutes each side.

Nutritional Information

Amount Per Serving Calories:
273 | Total Fat: 14.7g |
Cholesterol: 230mg

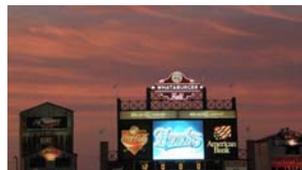
info@townrockport.org

Upcoming Meetings /Speakers

AUGUST MEETING 8/24

Carolyn Rose, Education Specialist-Volunteer Coordinator with Mission-Aransas National Estuarine Research Reserve and the University of Texas Marine Science Institute, will discuss tours and volunteer opportunities at; The University Of Texas Marine Science Instituteserves South Texas as a center for the study of Texas bays, the Gulf of Mexico, and the world's oceans. Will discuss; (UTMI) University Marine Science Institute, (WEC) Wetlands Educational Center and Bay Education Center (BEC) in Rockport.

Meetings have returned to Poor Man's CC



Hooks Game

Thanks to all who were able to make it to our Hooks Night in August. We had great weather (a little sticky), but a beautiful sunset and a great game. We sold over 40 tickets and everyone had a great time and many stuck around to hang out at Brewster Street. Check out the awesome photo taken by Shirley Laurence.

Other Upcoming Events

8/17: Shooting Night at Sharpshooters

8/22: Surf Fishing Information Class

8/31: Wade Fishing Class

9//10: First Friday @ Hamptons (Subject to change)

9/14: Shooting Night at Sharpshooters

9/17-19: Camping Trip in Comfort

9/25: Adopt a Beach Clean Up & Aransas Wildlife Refuge clean up

10/1-3: First Friday & Port A Camping Trip

10/26: Reel Repair @ Chapter Meeting

GO TO www.townrockport.org FOR MORE INFORMATION. A LOT MORE EVENTS ON THE CALENDAR!

Events in the Works

* Matagorda Trip * Fantasy Football * 80s Party

If you have an idea for an event or social outing please contact events@townrockport.org or social@townrockport.org

For more information on an event go to www.townrockport.org



Organic and All-Natural Gardening Practices

Heat Tolerant Perennials and Shrubs for the Coastal Bend



As the summer temperatures increase, thought is given to plant material that is tough enough to withstand the Coastal Bend Summers. The Coastal Bend is a unique geographic region for plant material in that not only is the temperature hot, but the humidity is high and our soils are both alkaline and saline. This combination can be taxing on many plant varieties, but there are many plant varieties durable enough to endure this combination and still thrive, even with little water.

Provided are five of my favorite perennials and shrubs, but there are many additional varieties available that will thrive just as well as these listed.

Knock-Out Rose-The Knock-Out Rose is truly a revolutionary movement in the Rose World. The first landscape shrub rose to exhibit exemplary disease and insect resistance. The ease of care with the Knock-Out Rose can make you forget you are growing roses! In the Coastal Bend they bloom virtually year round and are self-cleaning, meaning there is no need to deadhead to produce blooms. Exceptional heat tolerance, drought resistance and deer resistance top the long list of reasons the Knock-Out Rose should be considered as part of the landscape. The Knock-Out family continually adds new varieties. Currently the most popular variety is the Double Knock-Out, a beautiful red bloomer. Also available are the Pink Double, Red, Pink, Rainbow (pale pink fading to yellow at the center), Blushing (pale pink), and Sunny (yellow).

Wooly Stemodia-This variety is a beautiful, evergreen, creeping perennial with gray-blue leaves and delicate purple flowers. Wooly Stemodia is adaptable to full sun, partial shade, and full shade. This variety is also extremely salt tolerant and thrives well on low water. Wooly Stemodia is an underused variety in the Coastal Bend and sometimes hard to find in local garden centers. It is actually a native variety to sandy soils and an excellent choice for xeriscape design. The leaves are slightly hairy and provide beautiful texture and additional color to a landscape. The average size of Wooly Stemodia is typically no taller than 8"-12" tall, but can spread to 2' or more in width.

Beautyberry-The Beautyberry is found throughout the Coastal Bend in native understory but is under-utilized in landscapes. The Beautyberry is extremely drought and heat tolerant and adapted to saline soils. Prefers partial shade to full shade but can survive in full sun. The purple berries provide a food source for birds and also provide a source of texture in the landscape. The American Beautyberry is the native variety found locally, but several varieties have been genetically created. The Chinese Beautyberry is a variety that closely resembles the native American Beautyberry except the Chinese Beautyberry provides smaller foliage and a tighter, more compact growth habit.

Mexican Oregano-Mexican Oregano is one of my personal favorites. The tiny leaves and delicate pale lavender flowers add a softened texture to the landscape. The purple, trumpet -shaped flowers attract hummingbirds and butterflies and provide a light, sweet fragrance throughout the year. Mexican Oregano thrives on low water and is deer resistant. This variety also has excellent heat tolerance. Mexican Oregano can grow to 3' tall and can be utilized as a large perennial or a small shrub in a landscape.

Lantana-How can you discuss heat tolerant plant varieties in the Coastal Bend and leave out Lantana? You can't. Lantana is one of the most widely known heat tolerant varieties in the area. There are many varieties available, and many growth habits between the varieties. Varieties such as New Gold make an outstanding small shrub in Coastal Bend landscapes while varieties such as Purple Trailing and White Trailing are excellent low growing perennials. The color options are endless, with virtually every color in the color spectrum available. All lantana varieties are salt tolerant, heat tolerant, drought resistant, and deer resistant. Lantana varieties will produce color virtually year-round.

An excellent source to learn more about perennials and shrubs that are able to withstand the Coastal Bend summers is www.texas superstar.com. This is the Texas Superstars website, which provides information on plant varieties that have undergone thorough testing to be labeled a 'Texas Superstar', which is only given to plant varieties that meet specific criteria on adaptability to Texas' climate zones and ease of growth for the consumer.

To find out more information regarding shrubs and perennials adapted to the Coastal Bend climate, contact your local landscaper, nurseryman, or horticulturalist.

NEXT MONTH: Water Wise Irrigation

Stephanie Cochran, Texas Certified Landscape Professional #565, Cochran Landscapes.
SCochran@CochranLandscapes.com, www.CochranLandscapes.com

MATAGORDA ISLAND DONATIONS & CLEAN UP DAYS

We will have a few clean up days out at Matagorda Island. For the next two months we are asking the group to donate items for the facility out there. If you have items you can take them to Kim at State Farm or bring them to any meeting. For additional information please call Kim at 361.446.3635.

Please see list on front page of website. Items needed vary from pillows, to coffee pots to toilet paper. Let's help give back to a great group that supports us.

Other Events from TOWN groups

Hi ladies...the Austin TOWN group has an upcoming events that are ladies only events in their area. The Black and Blue Tour on Aug. 28. If you are interested please go www.townrockport.org for more information.

Row for the Cure in Burnett, TX. A great way to give back for those women who love to be in the water. Go to the front page at www.townrockport.org for more information.

Contact Info

Events: events@townrockport.org

General Info: info@townrockport.org

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