

January 2007

North Texas River Runners



Commodore's Corner

We all knew that the rain would eventually start. I traveled this weekend to eastern Oklahoma, up highway 69 to Eufaula. There was lots of water standing all along the route. Streams were running that had not seen water in many months, maybe even a year or more. Of course, this weather could just be a teaser. Maybe this is all we will get and we will have to work our way through another dry and sorrowful spring and summer. This time I don't think so. This year we are going to have a greater number of paddling choices. I suggest you start making your paddling plans now.

When it is not raining be sure you find yourself another outdoor activity to keep your body active and your mind relaxed. There are few things that are worse for you than setting around the house or the office fretting about all those many things in life that none of us can change. Most of us can change our physical condition and all of us can change our attitude. In fact, our attitude is absolutely critical to the happiness we are able to achieve in life. Somehow, during the evolutionary process we humans received a wonderful gift in being given complete control over our attitudes. Being active and being outside reminds me that I am in charge of myself and the way I feel.

Within the last year I have become very interested in off-road bicycling. Rain, as good as it is for paddling, is a problem for pedaling because it mudds up the trails and makes them unusable. When it rains I can look forward to paddling; when it is dry I can look forward to pedaling. This is a terrific situation and I now understand why several of our club members are involved in both sports.

Over the next few days please take some time to think about our monthly meetings. I feel that the meetings could be more effective if held in another location and without full meals. I will be talking with the club officers about this subject in the coming days. Your opinion as a club member is most important. Let me know what you think. I know everybody is not entirely happy with the location and format. This is an opportunity for discussing possible changes.

E-mail your thoughts to me: arh@hasletwireless.net

Jennifer's First Decent of Cossatot Falls

by Matt Fritz

Ever since learning of the Falls section of the Cossatot River at the Arkansas Canoe Club's canoe school in 2005, my wife, Jennifer, and I have wanted to run it. It has been billed as the premier whitewater run in Arkansas and as comparable to section IV of the Chatooga. The problem is that lately it has not run very often. Due to my flexible work schedule, I have been able to catch it running a couple of times earlier this year, but until the second week in November, it has eluded Jennifer. Thus starts our story.

Tuesday afternoon, Jennifer and I are sitting in an eddy above the first of six drops that make up the Falls. We are both a little hungry, due to a mix up that has our lunch a good 2 hours down river, but mostly we are nervous and excited. Up until this point, I thought Jennifer might want to carry around the falls, but after a clean run through Zig Zag and the Esses and increasing confidence in her new creek boat (converted to a C1), Jennifer is ready.

The first drop is called the Cossatossier. We both watch the lines of a few kayakers in front of us. This drop requires an approach from the right, followed by a ferry below a small ledge to a small river left eddy. Then peel out, line up the drop and drive over the hole into the pool below. Jennifer goes first and runs it clean. I follow clean as well.

The second drop is Eye Opener. This is a pretty straight forward drop. Approach the drop from the right with a little left angle and hit the tongue that curls back to the right. Jennifer misses the tongue to the right, drops into the hole below, gets flipped, washes out and rolls up in the eddy. I catch the tongue and ride it down into the eddy below.

The third drop is B.M.F. You'll have to ask Jennifer about that acronym. B.M.F is run entering from the right, working left of the big rock in the center, then turning back right to avoid the river left bank and driving over the hole at the bottom. Jennifer got a little too far left into the bank, but was able to throw a big

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Creating a First Aid Kit

By Curtis Boerner

Back in August I presented at a club meeting. The topic of the presentation was first aid kits. The presentation was mostly my opinions on first aid kits. Many of you have requested a recap so here goes.

My Opinion:

- Make your own first aid kit. You will know what is in it and know where it is. It is also easier to refill because it is not filled with a lot of sample size medications that you cannot find again. I feel that the already put together kits are way overpriced for the product you get.
- Not all first aid kits are the same. They will differ due to the length of the trip (single day vs. multi-day) and also with the user or owner (a nurse's or doctor's kit will look and be filled with things that I do not have). Which leads me to:

Put only things in your first aid kit what you feel comfortable using.

Warning:

The single most forgotten items in most first aid kits are not to help the victim but to protect you. In today's world of blood-born-pathogens it is important to carry the following items and know how and when to use them. They could save your life because you do not always know whom you will be helping. These items are:

- Gloves- I carry Nitrile non-latex gloves due to some latex allergies of others. Use them anytime you administer first aid.
- Goggles- These are worn to keep body fluids (blood, spit, vomit...) from entering the eyes, a point of body entry.
- Face Mask- Use to protect you in extreme situations when fluids have the chance of hitting you in the face.

Mouth-to-Mouth protective barrier- Used to protect you from bodily fluids during resuscitation. It is not uncommon for victims to vomit during this procedure if air enters their stomach.

The Actual Kit:

I mentally divide my kit into two separate sections: emergency medicine and general medicine. I then fill it based on these two tasks. Below is a general list of what I carry in respect to each task.

Emergency Medical Kit	General Medical
4x4 gauze sponges- Stop Bleeding and cover open wounds Roll gauze Triangular bandages-to hold bandages and also used in fracture splinting Sam Splints- for fractures Benadryll- Best for emergency allergic reactions (use <u>only</u> as directed) Space Blanket- to keep victim warm and reduce shock Plastic Trash Bags- Multiple uses from ground cloth to rain barrier Mouth to Mouth Barrier- As stated earlier Fire Starters and Matches	Adhesive Band Aids- various sizes small to large Non-stick bandages- various sizes New Skin- great waterproof barrier for small cuts First Aid Tape Q-tips- used to administer products like Neosporin. Do not contaminate your medical products by touching the tip to an open wound. Tweezers Scissors- both plain and emergency sheers Thermometer and protective covers Medications: Neosporin- Topical Antibiotic Eye Drops- Eye relief Pain Relievers Hydrocortisone Ointment- for itching Imodium- Anti-Diarrhea Antacids Hydrogen Peroxide/Betidine- for cleaning wounds Alcohol- sterilization (i.e. Tweezers after use) Hand Sanitizer

This is but a small list of what I sometimes carry but can be a starting point for your own kit. Remember that no two kits are alike and vary with the user and the purpose. Your kit will differ from mine. Put in it what you feel comfortable with. Also, remember to annually go through your kit and check it for completeness. Many medical items have an expiration date. Dispose of these items and refill with good product. Take care of your first aid kit because someday you may need it to take care of you.

Winter Advisory

Its January and time to dust of the dry tops and thermal gear. We all know its very important to dress appropriately for winter paddling and to bring all the proper gear., but don't forget the complex snacks and water. Snacking often and drinking fresh water are sure ways to keep your metabolism going and keep your body warm. Good snacks have protein and carbs to maximize your energy.

Coming up next.....

This coming Tuesday (January 16th) we will be having our first NTRR meeting of the year. So since you probably made a new year's resolution that goes something like this... eat better, exercise more, and slow down and enjoy life you should really plan to attend!! You can enjoy a good meal, get support to paddle more (exercise), and spend time with good friends that share the same passion.

Laurie and Jean will be giving a presentation on a previous San Juan trip and discussing how to prepare for a wilderness trip of that nature as a follow up to this month's club permit party activity. Even if you are unable to paddle on one of these club permit trips at this time there will be valuable information for everyone!! So please show your support and come on out to the club's first meeting of the new year! We miss you!!

I would also like to give a head's up on our February meeting. Allen will be back which is in itself a good reason to attend. However, in addition to our ever entertaining commodore we will have a guest speaker from New Wave Paddle Sports. Joel Hill will be with us to talk about a new water park being planned for our own backyard. I will leave the details for him but the park is planned to open in Bridgeport, TX which is exciting news for the Texas paddling community. This park will offer an opportunity to paddle even in a drought year without having to drive 6,10, 14 hours or more. So clear your calendar for Tuesday, February 20th, grab a friend and come on out to the Spring Creek BBQ for more information.

A HAPPY AND SAFE NEW YEAR TO EVERYONE!!!

Carmen Smith

Hypothermia

By Jean Muncrief

We have all flipped our boats at some time in our paddling careers. But has this ever happened to you or someone you know after being in the water:

- Teeth start to chatter
- Shivering begins uncontrollably
- Speech begins to slur

If so, you have experienced or observed the initial stages of hypothermia. Hypothermia occurs when the body loses more heat than it generates. The body core temperature only has to drop about 3 degrees for hypothermia symptoms to begin. And it is very near the top of risks associated with paddling sports because of the potential for getting wet.

Other symptoms to identify hypothermia include:

- Apathy and fatigue
- Impaired judgment
- Glassy stare
- Numbness
- Loss of consciousness

A good way to remember symptoms is The **UMBLES**— fumbles, stumbles and mumbles

Hypothermia can occur not just in cold weather or in cold water. Charles states that if you add the outside air temperature and the water temperature and the sum is less than 120 F, then it is time for a wet suit because of the risk of hypothermia if you get wet.

It is important to know how our bodies lose heat to help us guard against hypothermia. The first is

Respiration – heat escapes when air is exhaled

Evaporation – Perspiration evaporates from the skin

The next three methods of heat loss are most important to paddlers:

Conduction - heat is lost by sitting on the ground, touching cold equipment including the bottom of your boat, being rained on or flipping and getting wet.

Radiation – Heat loss from uncovered skin especially the head, neck and hands where blood vessels do not constrict to conserve heat.

Convection – This is the loss of heat from body surfaces due to exposure to wind or cold water. The body continues to try to rewarm the air layer or “dead air-space” around it

Let's look at some tips to reduce your chances of developing hypothermia if you get wet while paddling. Remember that water colder than 70 F can quickly cause hypothermia.

Wear a life your life jacket. It provides some insulation plus allows you to conserve energy by keeping your head above water for you.

Dress in non-cotton fabrics that wick water away from the body such as wool, polypropylene, etc.

Eat foods rich in carbohydrates, proteins and fats. Snack often on the river!

Drink warm, non-alcoholic beverages.

Take occasional paddling breaks to walk around and get the blood flowing to the extremities

Carry dry clothes on the water and change into them if you get wet. Also take an extra layer to put on if you get cold.

Keep your head and neck covered in cool weather as more heat escapes through your head than anywhere else.

If you fall in a cold lake and are not rescued immediately, you can position your

body to minimize heat loss. The Heat escape lessening position or HELP is much like a fetal position with knees held to the chest or you can bring straight legs tightly together with arms to your sides and head back.

Also you can huddle with your tandem partner to keep warm (another good reason to paddle tandem) by facing each other and getting close.

Okay, what if you on a paddling trip and recognize that one of your paddling partners is developing hypothermia, what should you do?

Move the person out of the cold. If possible, get them to a warm place or at least out of the wind as best you can.

Remove wet clothing and warm the person by wrapping them in a dry blanket, sleeping bag or by putting dry clothing on the person. Be sure to cover their head.

You can share your body heat by stripping and getting in the sleeping bag or under the blanket with the victim for skin to skin contact.

Always insulate the victim's body from the cold ground.

If the person is alert, give them warm liquids to drink in small amounts that do not contain alcohol or caffeine.

Chemical hot packs or warm compresses may be used when first wrapped in a towel before applying to the neck, chest wall and groin.

Always be prepared to give CPR

If you have a hypothermia victim, treat the person gently and warm slowly. Rapid warming or rough treatment may be dangerous to heart rhythms and could cause cardiac arrest.

Okay, there you have the scoop on hypothermia.



The North Texas River Runners

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Future Meetings.

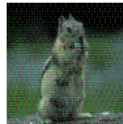
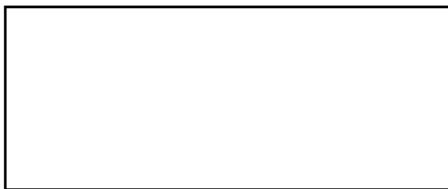
The last meeting of the year is this month. We hope to see you all there. 7-9 Pm @ Spring Creek BBQ in Bedford

January 16, 2007

March 20, 2007

February 20, 2007

April 17, 2007

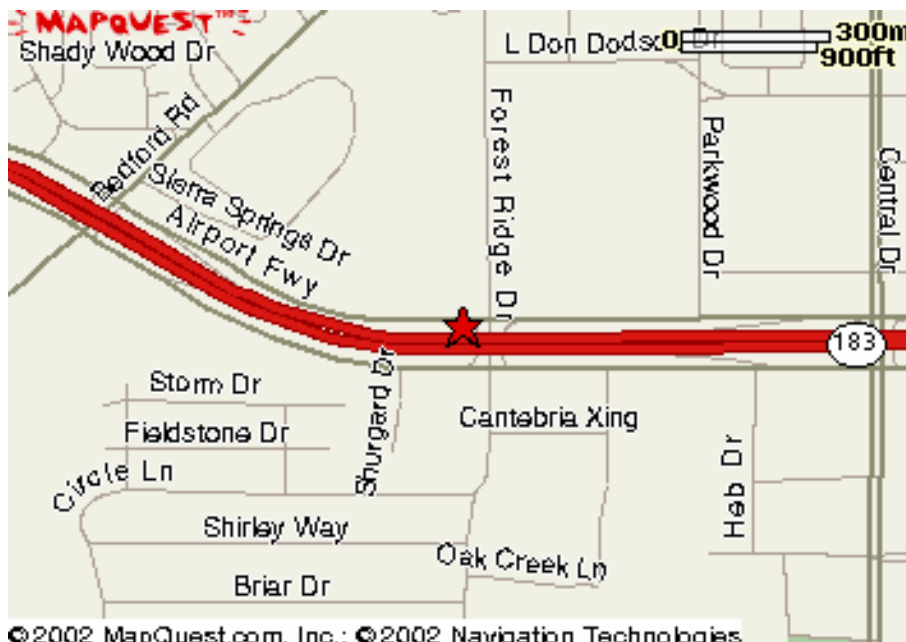


Home of the Prairie Dog Surfing Society

"If we're not in the hole, we're sitting right beside it."

If you would like to receive the Newsletter by email, please contact:

dpoling@gmail.com



Spring Creek Barbecue

1509 Airport Freeway
North-West Corner of Forest & 183

**Club meetings
are held on the
3rd Tuesday of
the month at
Spring Creek
Barbeque from
7:00—9:00 PM**

Next Meeting:

**January 16,
2007**

Tuesday