

February 2005

# North Texas River Runners



Commodore's Column  
By Curtis Boerner

Ahoy From the Helm,

What exciting times. It seems that the more that time passes, the more that paddling is being emphasized in North Texas. Last December, Barb Cutter was able to lure ACA Instructor Trainer Gordan Black to Texas to teach an instructor certification course. Several club members including Barb, Chris Gross, Steve Goff, and Ted Drake (aka Dr. Danger) participated in this event and began their trek as canoe instructors. Also, last weekend Olympic champion Davey Hern was in Fort Worth, thanks to Dave Holl, to give a few kayak and canoe clinics. Who would have ever thought that Fort Worth, Texas would be attracting such big names to town for the water and paddling. It is truly a great time to be a paddler in North Texas.

Speaking of being a paddler in North Texas, it is that time again to renew memberships in your club, the North Texas River Runners. Membership applications are available online and at the meetings. Invite a friend to join or remind a past member. Remember, on the NTRR ship, the more, the merrier.

See you at the meeting or on the river,  
Curtis

## TIME TO RENEW!

**It's that time of year to renew your NTRR membership. Don't miss out on all the fun— keep your membership active! See page 5 of the newsletter for the renewal form.**

## Did You Know?

A Yahoo Group has been established for member of NTRR. This online group allows club member to share photos, keep track of upcoming events, post messages and much more. To join go to [river-runnerssubscribe@yahoogroups.com](mailto:river-runnerssubscribe@yahoogroups.com). If you have any questions or need help getting signed up, contact Chris Gross at [cs144@aol.com](mailto:cs144@aol.com).

## February Program

The program for the January meeting will be a presentation by Adele Leavens, from Streams and Valleys. Adele has been actively involved in bringing whitewater to the Trinity River. She will update club members on the activities to bring more whitewater to the Fort Worth area and talk about the Trinity Park Project as well as the plans for the Gateway Park. Come to the meeting to show your support and enthusiasm for these projects!

## Inside this issue:

Dressing for Environment	2
For Sale Ad	
Kids Adventure Days	
Fabulous Friday Flips	3
Trail Mix Cookies Recipe	
Why Conserve Water?	4
Renewal Form for Membership Application	5
Meeting Map	6





## Fabulous Friday Night Flips

**Just like last year, indoor heated pool time to work on your roll and paddling strokes. New for this year, kayak rentals for those without a boat and private lessons from US Team Members and other skilled instructors. This event is appropriate for all skill levels, beginners to experts.**

**The Colony Aquatic Park Pool  
5580 North Colony Blvd.**

**Friday nights, November 5, 2004  
through April 9, 2005  
7:30 pm to 9:30 pm**

**Please visit our website for additional information  
[www.kayakinstruct.com](http://www.kayakinstruct.com)**

### TRAIL MIX COOKIES

(Betty Crocker) submitted by Jean Muncrief

Energizing trail mix is really easy to eat when it's baked inside cookies!

1 cup granulated sugar  
1 cup packed brown sugar  
1 cup peanut butter  
1 cup butter or margarine, softened  
½ cup shortening  
2 teaspoons vanilla  
2 eggs  
2 cups all purpose flour  
1 ½ cups quick cooking or old fashioned oats  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 cups plain M&M's candies (I like M&M's semi sweet mini baking bits)  
1 cup peanuts or your favorite nut  
¾ cup raisins or dried fruit pieces

1. Heat oven to 375F. Beat sugars, peanut butter, butter, shortening, vanilla and eggs in a large bowl with electric mixer on medium speed until creamy or mix with a spoon. Stir in flour, oats, baking powder and baking soda thoroughly. Stir in candies, nuts and raisins or fruits.
2. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet; flatten slightly with fork.
3. Bake 9 to 10 minutes or until light brown. Cool 1 minute; remove from cookie sheet to wire rack.

Tips: I like to refrigerate the dough before baking. The dough also freezes well – just freeze rounded tablespoonfuls separately in a freezer bag and take what you want out of freezer and bake before you go paddling. (Baking time is slightly longer with frozen dough).

1 serving: Calories 140; Total Fat 7 g; Sodium 65 mg; Total Carbohydrate 16 g (Dietary Fiber 1 g); Protein 3 g.

# Why Conserve Water?

By Jean Muncrief

I stood on the bank of Fossil Creek looking up and down the small stream as it slowly flowed past my feet. Absent mindedly, I picked up a rock and tossed it in. The subsequent “Kurr-Plunk” caused two small coots to skitter rapidly from their hiding place in the reeds and a great blue heron to take flight announcing his disgust of my intrusion. I could see water beetles and water striders as well as small schools of minnows darting quickly away from the noise of the rock. It is amazing the numbers of wildlife, insects and plants that depend on this small stream located in the middle of my housing addition. I leaned against a tree to think about what was on my mind. So what if I took a shower this morning and used the estimated 42 gallons of water? So what if my toilet has a slow leak? Why should it matter? Isn't water a renewable resource, isn't it replenished when it rains? Why should I conserve water anyway?

Time to do some research as I think we paddlers may have a larger stake in streams and rivers than the majority of people. We want to maintain the ability to paddle down these water ways and enjoy the scenery, the thrill of the rapids and, oh that it might happen, to turn over in clean water.

Let's look at a few Texas water facts:

Texas has 191,000 miles of streams and rivers including 3,700 named streams and 15 rivers. These ecosystems provide water that flows into 212 major reservoirs and into seven major estuaries along the Texas coast where salt water and fresh water mix to form a unique habitat.

Approximately 281 major and historical springs have been identified as existing in Texas at some time. Of the four very largest, only two remain: Comal near New Braunfels and San Marcus. All together, 63 of our major springs have failed by 1973 and there is an estimate that number has doubled since then. None of these springs stopped flowing due to natural causes.

In 2001, for the first time in recorded history, the Rio Grande stopped flowing without reaching the Gulf of Mexico. Because of the demand for water, three major reservoirs have been created on the Rio Grande and numerous others on its tributaries. A sad fate for the “great river” that once supported river boat traffic up stream as far as Laredo in the 1800s and my bi annual paddling trip from Cottonwood camp grounds to Rio Grand Village in Big Bend National Park.

Yes, there does seem to be a lot of water in Texas but it looks like the stability of water flows is slowly decreasing due to human demand. Based on my research I have determined three initial reasons to answer the question “Why conserve water?”.

First, if we all use less water, then:

Less ground water would be pumped which would allow under ground water holding areas such as aquifers to replenish more quickly and keep up with human demand. During dry periods, many streams and rivers would cease to flow without contributions of springs and seeps which may dry up if too much ground water is pumped.

Second, if we all use less water, then:

If less water is removed from reservoirs and rivers for our use which keeps rivers and streams flowing at levels to maintain water quality and the support of fish, wildlife and plants in and along our water ways – plus supporting our favorite sport, paddling.

Third, if we all use less water, then:

Continued freshwater flows to the coast can be sustained at levels needed to maintain acceptable salinity levels in estuaries and supply nutrients to support marine life dependent on the unique environment of estuaries (like one of my favorite foods, shrimp). One of the main food sources for Whooping Cranes at the Aransas National Wildlife Refuge is the Blue Crab which is dependent on healthy estuaries for growth and numbers.

I think I have just scratched the surface on answering the question “Why conserve water?”. But hopefully it has given us something to ponder.

So next time you are out paddling and enjoying the water's edge, the cleanliness of the river, the thrill of a rapid or just dreaming about a shrimp dinner, give some thought to conserving water in your personal life. It can make a difference for us, our paddling sport, our families in the future and the rivers and streams and all they support.

## NORTH TEXAS RIVER RUNNERS MEMBERSHIP APPLICATION

NAME \_\_\_\_\_  
 ADDRESS (Street) \_\_\_\_\_  
 (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 PHONE: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 E-MAIL \_\_\_\_\_ ~ OK to publish in club roster? Yes( )NO( )

### PLEASE FILL IN THE APPROPRIATE BLANKS:

NEW MEMBER \_\_\_\_\_ RENEWAL \_\_\_\_\_ ADDRESS CHANGE - Yes( )NO( )  
 I WOULD LIKE TO RECEIVE NEWSLETTER ON-LINE - Yes( )NO( )  
 I'D LIKE TO BE NOTIFIED OF CLINICS & EVENTS BY E-MAIL - Yes( )NO( )  
 RENEWAL DATE: \_\_\_\_\_ DATE PAID: \_\_\_\_\_ DUES ENCLOSED(\$15.00) \_\_\_\_\_

I, \_\_\_\_\_, desiring to join my fellow paddlers in the NORTH TEXAS RIVER RUNNERS, do hereby declare that I fully understand and accept the following facts of life on the river:

- ◆ Canoeing, kayaking and rafting, particularly on whitewater rivers, exposes participants to various safety hazards.
- ◆ No one but myself is responsible for my safety when I choose to challenge my capabilities by running a particular river or a particular rapid.
- ◆ I expect to assist my fellow paddlers to the best of my own personal skill and ability if they appear to need such assistance, but only so long as I can do so without significant danger to myself. I further understand that this does not imply any LEGAL duty for me to do so, nor for anyone else to render such assistance to me.

Now, therefore, intending to be legally bound, I HEREBY WAIVE, FOR MYSELF AND FOR ANYONE ELSE CLAIMING THROUGH ME, MY RIGHT TO SUE THE NORTH TEXAS RIVER RUNNERS, ITS OFFICERS, TRIP COORDINATORS OR LEADERS, OR ANY OF MY FELLOW PADDLERS, FOR ANY INJURIES TO MY PERSON OR MY EQUIPMENT WHICH MAY OCCUR DURING, IN PREPARATION FOR, OR IN TRANSIT TO A NORTH TEXAS RIVER RUNNERS OUTING. THIS WAIVER APPLIES TO ANY NEGLIGENT ACT OR OMISSION, AND TO ANY INTENTIONAL ACT INTENDED TO PROMOTE MY SAFETY OR WELL BEING.

This waiver is given in the interest of permitting the North Texas river Runners to exist and to serve the paddling community, and to enable myself and my fellow paddlers to feel free to donate their services to improve the sport and to help in training those less skilled than ourselves without fear of liability.

**MY WAIVER IS GIVEN IN EXCHANGE FOR SIMILAR WAIVERS TO BE GRANTED ON MY BEHALF BY OTHER MEMBERS OF THE NORTH TEXAS RIVER RUNNERS.**

Signed: \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_, 2005.

*Please mail completed application by February 15, 2005 to:*

*NTRR PO Box 1284 Bedford, TX 76095-1284*

**Meetings held 7 to 9 pm the last Tuesday of each month at Spring Creek BBQ ~ Bedford, TX**



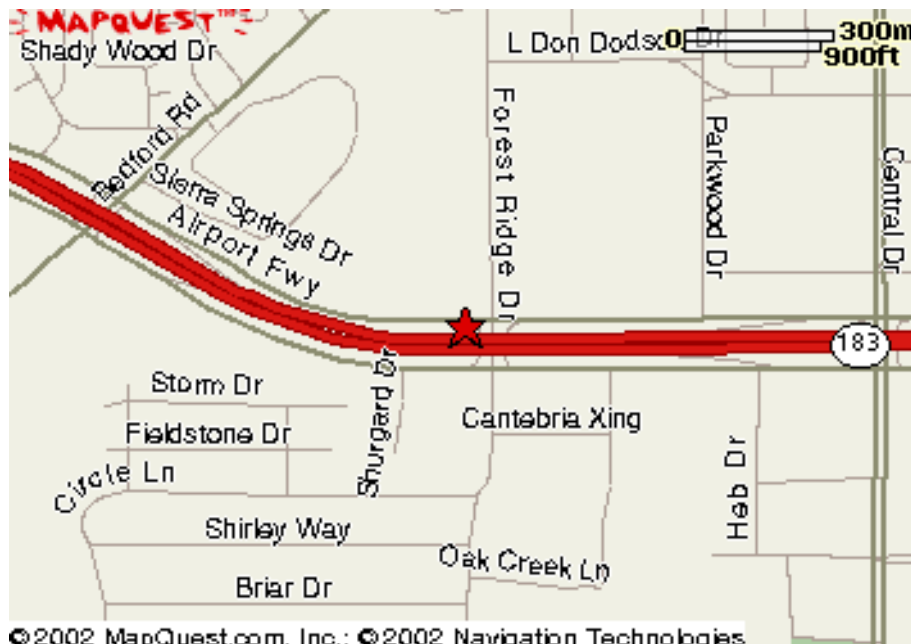
**The North Texas River Runners**  
P.O. Box 1284  
Bedford, TX 76095-1284



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: [gigixL13@msn.com](mailto:gigixL13@msn.com)**



Club meetings  
are held on the  
last Tuesday of  
the month at  
Spring Creek  
Barbecue from  
7:00–9:00 PM  
Next Meeting:  
February 22nd

**Spring Creek Barbecue**  
1509 Airport Freeway  
North-West Corner of Forest & 183  
817-545-0184