

June 2006

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North Texas River Runners



Commodore's Column
By Curtis Boerner

Ahoy from the Helm,

NTRR had a big month this past May. As many of you know, we were invited to participate in Grapevine's Main Street Days. For the three day event NTRR had a booth directly in the middle of Main Street. Our purpose at the event was to inform the public about our club and what we do. We talked and met with thousands of people, handed out several hundred flyers that gave information about the club, and had around 200 people sign up to receive a free newsletter. This is possibly the largest promotion/membership rally our club has ever had in its twenty-year history. Thanks to all who donated their time to work the booth and talk to the public. You all did a great job!

Now, however, is the critical time when our whole club membership can step up to the helm and help keep our ship sailing straight. We may have a few new faces at the next several meetings from this Main Street Days event. Your mission, if you choose to accept it, is not to be bashful but to step forward and greet these new guests. Strike up a conversation with them and let them know they are welcome at NTRR.

While we are on the subject of stepping up to the helm, do not forget that August is election time for the club. All officer positions are elected at this time. Again, do not be bashful: consider being an officer.

See you at the meeting,
Curtis

Upcoming Activities

June 17th 11:00- 5:00. Drill day, roll practice and picnic at Laurie's house on the lake. Bring the family for paddling fun, games and food.

For more information on any activities, contact Laurie at queenbee@uwmail.com

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For some time I would be irritated by his occasional weeklong embraces of bruising and cuts, and he would be irritated by my comments about “oars” and “rowing” and how cool kayaks must be. Eventually I realized though, that my husband’s enjoyment and passion for this sport did not wane. Besides that, I had gotten to know some of these “paddlers” and they were great people. I liked them, AND I liked the idea that when my husband was far from me, taking risks, he was with them (I still thought they were all crazy). Finally, I bartered. I’d take Tandem Canoeing, in return for an unnamed, but REALLY GREAT favor.

At the end of the semester of Tandem Canoeing I am pleased to have learned several things. Although this group of people is crazy, their love of paddling is not. Paddling has all of the components of the fun of my youth: learning, physical exertion, laughing and talking with friends, and meeting specific challenges (or swimming). It will not supercede the joy I find in laughing with my kids as they make faces or new discoveries, but it is a fun that we all need in our lives from time to time. It forces your mind to relax and focus on one thing at a time, a discipline many of us “desperate housewives” lack. The Paddler’s Song may never lead me like the Pied Piper out to the Ocoee, but I will enjoy going out with these crazy Paddler People whenever I can to work on my stern draw, reverse J, reverse sweeping low brace, and stationary pry. I am so sincerely thankful for the patient, helpful words of the instructors, the real life images of my husband showing off a little in “his domain”, and most of all for this fun that my husband was so insistent on sharing with me. I look forward to years of taking the baby steps we will need to towards family paddling fun on some of the tamer local whitewater, but don’t tell anyone.

Upcoming Clinic: ACA Swift Water Rescue Class

One-day and Two-day Classes offered in July

For kayakers, canoeist and general river enthusiasts

- **July 15 Essentials of River Rescue** 8:30 AM – 5:30 PM

\$85 for club members/\$105 for non members

This all day class teaches recognition and avoidance of common river hazards, execution of self rescue techniques and simple rescues of paddlers in distress. Fundamental techniques for dealing with hazards that carry greater risks for both victim and rescuer, such as entrapments and pins, are also taught.

- **July 15 – 16 Swift Water Rescue** 8:30 AM Saturday through 4:30 PM Sunday

\$140 for club members/\$165 for non members

This two-day course helps you develop and practice key self-rescue skills, focus on fast, low-risk strategies for early management of river accidents and develop and practice more advanced rope-based and in-water skills. Overnight camping accommodations included. Meal sharing arrangements will be made.

These American Canoe Association classes are hosted by Cutter Aquatics and will be taught by an expert certified SWIFT WATER RESCUE guest instructor. You may sign up for the one day class or stay for two days for a more intensive and in-depth training.

To register contact Barb Cutter 817-354-6853 or barb@cutteraquatics.com

Six people minimum are required for this weekend event. Please register now to help us guarantee the class.

Upcoming Clinic: Moving Water Edge Control

Cost: \$75.00

This four-hour program has been developed for kayakers who wish to isolate and understand all techniques used to avoid capsizing in moving water. Curriculum includes: Outfitting your boat for control, bracing for control, control with the pry and reading water features.

The difference between paddling on flat-water and moving water is comparable to loading your boat on top of a vehicle on a calm day versus a very windy day. Have you noticed boaters who make paddling look effortless in difficult water? They use the power of the water along with edge control to make it look easy. During this class you will master the techniques used by the best boaters in the sport.

This class will apply to both flat-water and whitewater boats, kayaks and canoes. Class fee include use of boat and gear. Students are welcome to bring and use their equipment, a sprayskirt is recommended. Students will find Eskimo-roll is helpful but not mandatory. This class is recommended before our basic 3-day whitewater program.

The class is offered in cooperation with Streams and Valleys; participation in this program helps support Streams and Valleys programs. Class will be held at the Ft. Worth Trinity River Whitewater Park; instruction by Steve Isenburg, former US Team member.

To register for a clinic go to www.kayakinstruct.com/kayak_41.pdf to print & complete form, send a check for full payment to: Adelaide Leavens, Streams and Valleys, Inc., P.O. Box 101373, Fort Worth, TX. 76185 for additional information call 817-926-0006 or e-mail streamsvalleys@charter.net

Come to June's Meeting and hear about the Cardboard

That's right Cardboard Boats. In May some of the members of the NTRR entered the River Legacy Cardboard Regatta, after spending many months building their boats. Come and hear about the boat building process and then about the race it's self.

Here are the meeting dates for the rest of the year! Be sure to mark your calendars as there are a couple of exceptions noted by an asterisk (*). Meetings will continue to be held at Spring Creek BBQ from 7pm - 9pm.

*June 27, Tuesday
July 18, Tuesday
August 15, Tuesday
September 19, Tuesday
October 17, Tuesday
November 21, Tuesday

San Marcos: TCC NE Trip Report April 20-23, 2006

By Derrell Little

As usual, we had a class meeting to plan the trip without the knowledge of where we might be going due to the lack of water. Charles, our instructor, made a choice for us based upon his contacts and weather reports as to where we would have our first experience for this, his final class. Charles I hope you enjoy retirement as much as I have.

We encountered some hail on the way down to San Marcos and the vehicles incurred some minor damage. We were very lucky; when we pulled into camp, one of the early arrivals had already established camp and had their camper trailer set up for the night. There were hailstones on the ground when we arrived and had already melted quite a bit. The hail was about a 1-1/2" x 1" (My Estimate). The hail as it originally fell, had spikes on the pellets. The campground owner had put some in his freezer and he showed some to Charles who told us about what he had seen. We set up our tents and had a good night's rest, although there was a significant rainstorm during the first night. It was my first experience to be rained on that hard for what seemed like an eternity, but it didn't bother me too much as I went to sleep while it was raining.

Diana was my first instructor. Thanks!!! Diana, you and all the others in your instructional class who offered me help when I asked for it. All of the students played around in the currents, swift water, eddys, ferrys,

For the evening's entertainment, Al had shot a lot of footage during the day and played it back for us while Charles gave suggestions for individuals. There were also presentations by members of the class. There were also a lot of remarks about aiming high or low in the eddy, which I didn't understand. Guess I need to read my book again as I indicated in class for the new students in the class who are preparing for the final.

My first day on the river was in a rather large solo canoe, a Mohawk and it was very heavy. Charles indicated it was a good starting point for a beginning solo paddler. The second day was different as Jean; one of the more experienced paddlers got sick and couldn't paddle. Charles let me use her canoe, a Geneses and it worked out well for me.

The next day was on the Como River, the shortest river, but it had been channeled to provide some very swift currents. It all began on something called, "The Chute". We entered the chute in our canoes and it spit us out at the end at a pretty good clip.

Before we went down stream for more canoe drills, we formed a human chain. The human chain is a group of people who line up, one behind the other standing close to the down stream current. Each person uses their hands to grab the shoulder straps of the person in front of them and then on signal everyone lifts their feet up and extend the legs under and up around the horizontal body in front of them. The human chain is floating and the down stream current dumps you into a large pool of churning water. Now its time to regroup and setup another chain to repeat the fun with screams, whistles and yelps!! The largest chain in our group was about ten canoeists. Give it a shot the next time you are on the Como.

There were some volunteers for the fire department from some city training for water rescue. I hope to do this when I finish the canoe and scuba classes at TCC NE Campus.

There was another experience waiting for me down stream. I was headed for the falls but the canoe got turned around and I went down backwards. I knew I had made some mistake and I knew I wasn't going to correct for it so I made the best of it I could. Going down backwards wasn't bad; I

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actually enjoyed the experience.

Lunch was at the site where we began our first Como experience.

At the end of the Como, there was the normal process of getting the canoes out of the water, loading the canoes and gear on the trailers for the trip back home on the Charles Express Run to Fort Worth and TCC, the home base.

I want to thank all that helped me gain more experience in the canoe. I won't mention names because I might leave someone out, but I did my best to thank each of you. Sometimes we all make mistakes, especially if you are in a very big hurry and I had one pointed out to me. The lady said to me, "Derrell is the Women's restroom cleaner?" I had seen a sign "Men" (without arrows) and found the facilities I needed and used them. It was not an intentional choice! I forgot to check the men's facility for cleanliness.

BROWN RECLUSE SPIDER

By Ronnie Ash

This evening, let's pay a visit to Mother Nature's own little 8 legged bioterrorist, the Brown Recluse Spider. The brown recluse belongs to a group of spiders commonly known as Fiddleback or Violin spiders because of a violin shaped marking on its cephalothorax, which is to say, its head and shoulders.

The base of the violin is on its head, and the neck of the fiddle points towards his abdomen. The uniformly colored abdomen appears velvety because it's covered by fine hairs. It is always one color, which varies from cream to dark brown. The long, thin, brown legs are also covered with fine hairs and never have spines. Neither the body nor the legs ever have stripes, bands, or patterns, other than its characteristic violin.

The adult brown recluse has a leg span about the size of a quarter. The final identifying clincher is the fact that it has 6 eyes in 3 pairs of 2, unlike most spiders which have 8 eyes. If it's in my house and it looks anything like a brown recluse I'm going to smash it first and count the eyes later.

The brown recluse won't be found in the bushes where we meet so many arachnids along our river banks. It prefers a more secluded and undisturbed dwelling place, and thrives in human altered environments. Outdoors they might be found under logs, loose stones, or in stacks of lumber. Indoors they seek attics, crawl spaces, closets and ductwork. They may lurk in storage boxes, shoes, clothing, folded linens, or behind furniture.

Here's a frightening fact – they love clutter. Now if you've ever been to my house, you know that semi-organized clutter is the main theme of my interior decoration scheme, my own personal feng shue, you might say. Between my numerous outbuildings and pervasive clutter, I seem to have created an ideal brown recluse refuge. (Maybe I could qualify for some sort of wildlife management area property tax exemption?)

I have a friend who was bitten by a brown recluse, which resulted in a large and shudderingly ugly lesion. He insists that the brown recluse is insanely aggressive, that it will leap out from hiding and bite you without provocation. Unlike myself, this fellow has been known to exaggerate!

Fortunately, my research suggests that it is, in fact, anything but aggressive. Normally, it bites only when crushed, handled, or disturbed. Typical bites occur when a person rolls over onto one while in bed, or touches one while cleaning a storage area or putting on seldom used clothes.

The bite of a brown recluse can result in a deep and painful wound that takes weeks or even months to heal. It depends upon the amount of venom injected and the sensitivity of the individual. If you are bitten, apply an ice pack to reduce swelling and pain,

collect the spider if at all possible, and seek medical attention. Many different agents can result in a necrotic wound similar to a brown recluse bite. Even a smashed and mangled spider specimen can assist the physician in determining proper treatment.

You've probably seen horrifying pictures of gangrenous suppurating volcanic spider bite lesions. It's enough to make a sensitive individual slightly ill and somewhat neurotic. Happily though, 90% of brown recluse bites are less spectacular. Many cause no more than a small red mark that heals without undue drama, and most heal without "severe" scarring.

Nonetheless, a few defensive measures would not be amiss.

- Shake out clothing and shoes before getting dressed

- Inspect bedding and towels before use

- Wear gloves when handling firewood, lumber, and rocks. (be sure to shake out the gloves before poking your hands in them!)

- Tape the edges of cardboard storage boxes to prevent entrance of spiders

- Use sealed plastic bags to store loose items

- Remove trash, old boxes, old clothing, wood piles, rock piles and such from your environment

- Eliminate clutter in closets, attics, garages, and outbuildings (or, as in my case, the living room!)

 - Dust and vacuum thoroughly (Now this list is becoming personally offensive to me!)

- Don't stack wood against the house

- Use sticky traps or glueboards to capture the buggers

- Use a rolled up newspaper or other artifact to kill individual spiders (using a fist, thumb or bare foot is inviting a bite)

Now I hope that this information will better enable you to function effectively in our diverse and fascinating world. Somehow, it seems only to have made me more paranoid!

Be careful out there – it's a perilous path we walk!

New Friends in England

By Diana Boerner

I recently received an email from someone in England asking permission to use some of our NTRR articles in his canoe club newsletter (Marlow Canoe Club), and in exchange, we are welcome to reprint some of their articles (credit being given on both sides, of course). I received a copy of their newsletter this month, and Jean & Lois' omlette recipe made the cut! I will be posting some of the Marlow articles in future newsletters and will bring a copy of this month's newsletter to the meeting for any interested. In the meantime, check out their website at www.marlowcanoecub.org.uk and see what is happening in canoes and kayaks across the pond.

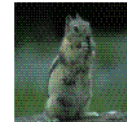
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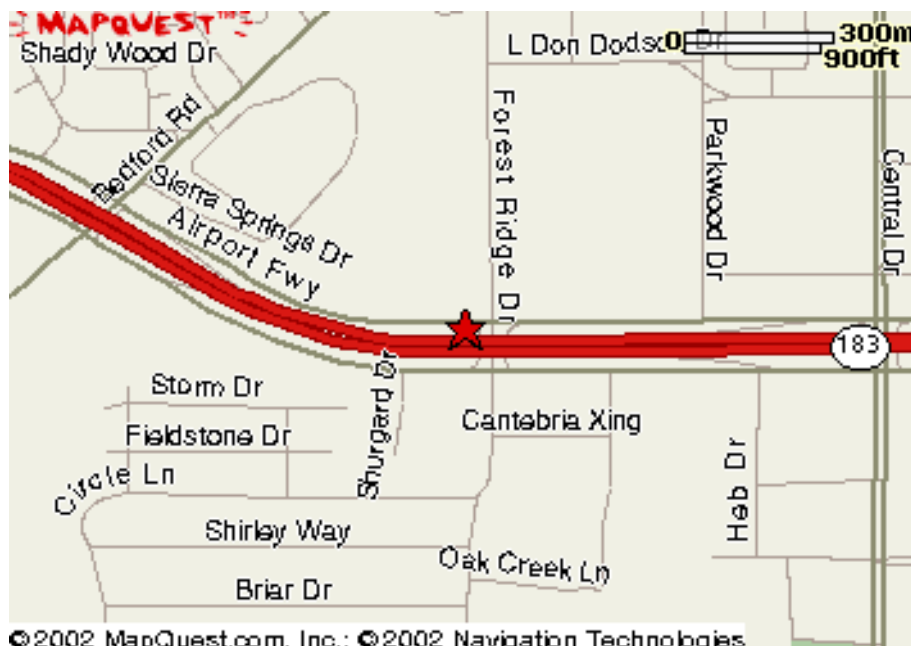
The North Texas River Runners
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Home of the Prairie Dog Surfing Society
“If we’re not in the hole, we’re sitting right beside it.”



**If you would like to receive the Newsletter by email, please
contact: cdboerner@sbcglobal.net**



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

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

Next Meeting:
June 27th,
Tuesday

*This month's
meeting is an
exception