

North Texas River Runners



Commodore's Column By Curtis Boerner

Ahoy from the Helm,

Well, I had to take time away from the helm this month for a wedding. Yes Suhr, marriage can be a good thing. Yes Suhr, indeed. (Inside joke, a fellow paddler and NTRR member said he might be getting married soon).

Now the ship sails on with many new adventures and activities for the future. This month's program is going to be one that we have long awaited (after a bit of re-scheduling). Adelaide from Streams and Valleys will be

at our meeting to tell us more about whitewater structures on the Trinity and other plans for the River. Also, be selecting that favorite camp gadget to share with other NTRR members at a future meeting. This but only two of many activities planned for the club membership. Please join us at the meetings for details on other activities and to share your individual adventures. We would love to see you.

See you at the meeting
and on the river,
Curtis Boerner

Christopher Pearce Cranch, *A Spring Growl*

If there comes a little thaw,
Still the air is chill and raw,
Here and there a patch of snow,
Dirtier than the ground below,
Dribbles down a marshy flood;

Ankle-deep you
stick in mud
In the meadows
while you sing,

"This is Spring."



Journals of the Lewis and Clark Expedition Online

[QuickTime,RealPlayer]
<http://lewisandclarkjournals.unl.edu/index.html>
Submitted by Ted Drake

The experiences of Meriwether Lewis, William Clark, and their companions as they moved through the American West continue to fascinate almost 200 years after they were recorded during their three-year expedition. A number of scholars have marveled at the experiences of these individuals including the legendary historian Bernard De Voto and also the late Stephen Ambrose. This remarkable website produced at the University of Nebraska was begun in 2003 and currently contains several thousands pages of the explorers' journals as edited by Professor Gary E. Moulton. The project is sponsored by a host of organizations, including the Center for Great Plains Studies, the National Endowment for the Humanities, and the University of Nebraska Press. Along with searching, browsing, and reading the journals, visitors must be sure to take a look at the superb extra features offered here, including several nice essays such as "Lewis and Clark as Plains Ethnographers" and "Lewis and Clark on the Great Plains: A Natural History".

| Inside this issue: | |
|-----------------------------------|---|
| Be Safe in the Sun | 2 |
| What Can We Do To Conserve Water? | 3 |
| The Wedding of the Year | 4 |
| NTRR Recipe of the Month | 5 |
| Meeting Map | 6 |

How to Be Safe in the Sun

By Chris Gross, Safety Officer

Soon we will be abandoning our winter garb of long pants, and fleece tops, for our summer wear of shorts, sleeveless shirts, and bathing suits, exposing the white skin we have cultivated over the winter months. While this brings joy to most of us, it can also be painful if we don't take the necessary precautions to protect our lily-white flesh from the sun. Below are some tips for being safe in the sun.

- Keep sun exposure to a minimum, especially between 10:00 AM and 3:00 PM, when the sun's rays are most intense.
- Beware that clouds won't protect you from the sun; since up to 80% of the sun's harmful rays can penetrate haze, light clouds, and fog.
- Wear appropriate clothing during prolonged periods in the sun, including a hat, long-sleeved shirt and pants.
- Wear UV-protected sunglasses.
- Apply a sunscreen with a Sun Protection Factor (SPF) of at least 15 to sun-exposed areas of the skin.
- Apply sunscreen about 30 minutes before sun exposure when the body is cool and dry so it will bind better to the skin. Wear waterproof or water-resistant sunscreens if you plan to be in the water. Waterproof sunscreens last for 1 and 1/2 hours and water-resistant sunscreens for about 30-40 minutes. They should be re-applied to dry skin allowing a bonding period of 20 minutes before re-entering the water.

Not only can over exposure to the sun cause painful sunburn, but can also cause cataracts, accelerated aging, wrinkling and skin cancer, and compromise our immune system.

Enjoy your time in the sun, but remember to apply sunscreen early and often.

| NTRR Officer Contact Information | |
|--|---|
| COMMODORE Curtis Boerner | Home: 817-468-8832 Email: curtis.boerner@att.net |
| VICE- COMMODORE Kenn Wardle | Home: 817-468-8832 E-mail: kenn_wardle@yahoo.com |
| SECRETARY Beth Barber | Home: 817-246-7612 |
| TREASURER Cathy Curtis Cade | Home: 817-283-0895 Email: big2cat@comcast.net |
| SAFETY Chris Gross | Home: 817-512-4395 Email: Cs144@aol.com |
| ENVIRONMENTAL Jean Muncrief | Email: hjm@hasletwireless.net |
| ACTIVITIES Margaret Thompson | Email: whitewatersolo@iglide.net |
| WEBMASTER Ted Drake | Home: 817-795-3406 Email: Tdrake410@yahoo.com. |
| NEWSLETTER Diana McCown | Home: 972-434-1854 Email: gjgixl13@msn.com |

★★★★★★★★★★★★★★★★★★★★★

★ Been on a river trip? ★

★ Have paddling gear ★

★ to sell? ★

★ Want to publicize a ★

★ club activity? ★

★ Got a good camping ★

★ recipe? ★

★ NTRR needs your ★

★ input to make a ★

★ great newsletter! ★

★ Please email infor- ★

★ mation to ★

★ GigixL13@msn.com ★

★ by the 10th of the ★

★ month ★

★★★★★★★★★★★★★★★★★★★★★

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-runners-subscribe@yahoogroups.com. If you have any questions or need help getting signed up, contact Chris Gross at cs144@aol.com

What Can We Do To Conserve Water?

By Jean Muncrief, Environmental Officer

Okay, are your eyes rolling and are you saying some nearly inaudible words that sound like “Borrrring, I’ve heard this before?”

But really, how many of us have taken saving water seriously? It’s a renewable resource, right? About 75% of the earth’s surface is covered with water, right? What’s the problem?

The problem is only 1% of all the water on earth is available as fresh that people can use. The rest is salt water or is fresh water frozen in polar ice caps or glaciers. Couple this with a population that is growing exponentially and the world’s demand for water becomes greater than it can be recycled naturally. One of the knee jerk reactions to this issue is building more reservoirs to capture water which means we would have to say good bye to another river.

So, how can one person make a difference in water conservation? It is estimated that the average American uses about 90 gallons of water per day in the winter and 120 gallons per day in the summer. Yes, we can make a difference by **Reducing, Repairing and Retrofitting!**

Reducing means making large differences in water savings by making small changes. This doesn’t mean showers where you barely get wet. When you shower it takes 6 to 10 gallons a minute. Shortening your shower by even a couple of minutes can save thousands of gallons of water a year! I must admit I have an exception to this rule. After several days on a river, a long hot shower is therapeutic for those tired, sore muscles plus it takes a while to scrub off the river and camping residue and your unique body aroma.

Brushing your teeth, washing your hands and washing your face takes 10 to 20 gallons per person per day.

Try turning off the water while brushing or washing and turn it back on to rinse.

Here is a simple one. Keep a container of water in the refrigerator rather than running tap water until it is cool.

My personal favorite was using the dishwasher instead of hand washing dishes! Make sure you have a full load! Dishwashers use about 25 gallons per load and washing dishes uses about 20 gallons each time.

Repairing can save more water than you would expect! Take for instance, it is estimated that one in four toilets leak and waste about 750 gallons per month! I tried checking my toilets at home for leaks using this method. Place a drop or two of food coloring in your toilet tank and wait about 15 minutes. If the color appears in the bowl, you have a leak! (Note: Make sure you flush out the coloring as it can stain the bowl.)

Page 2 How Can We Conserve Water?

Look for leaky faucets and replace washers as needed. A faucet leaking at the rate of one drop per second amounts to 2700 gallons per year!

Have you ever checked your water meter to see if you have leaks in your home? It is estimated that 14% of all the water paid for by an average household is not even used, it goes down the drain! Try turning off all the water in the house and outside and read the number on the water meter. Go shopping at your favorite paddling store, a movie, out to lunch or just hang out for two hours with out using any water and then read the water meter again. If the number has increased, you have a leak somewhere. Time to go in search of it or call in the professionals!

Retrofitting saves the most water and money if you are on a city meter. It means adapting or replacing older, less efficient appliances or attachments. Ultra low flush toilets use about 1.6 gallons per flush as compared to a regular toilet at 5 gallons per flush. Replacing this appliance can save around 27,000 gallons per year! If you have a regular toilet, you can try putting a plastic bottle in the tank to displace water. Place about an inch of sand in the bottle then fill it with water and tightly cap it. Make sure it does not interfere with the mechanisms and Ta Da, you have reduced your water usage!

You can also use low flow showerheads that use less than 3 gallon per minute with the same water pressure as a standard head that uses 6 to 10 gallons per minute. Also try faucet aerator attachments to reduce water usage.

I have only touched the surface of all the things we can personally do in our homes to conserve water. By making minor changes to our habits and in our homes, we can make big steps toward water conservation. The amount of water on earth has not changed since the earth was created. What we have now is all we will ever have. Think about what you can do to personally conserve water when you can.

Remember: Saving Water Now:

- Ensures water for future generations
- Helps buffer against future droughts
- Preserves our environment through a balanced ecosystem
- Keeps our rivers running and enhances our paddling sports



Congratulations to our very own, **Diana McCown** and **Curtis Boerner** who entered into the bonds on holy matrimony (they tied the knot) on March 5th. Those of us who have known Diana and Curtis for many years and have seen their close friendship transform into love, were so happy when this day finally arrived. We had almost given up hope!

Diana and Curtis, I know I speak for everyone in our club when I say, we love you and wish you both the very best for a long, happy life together.

Look at those glowing faces!



Curtis with his customized ball and chain carrier...and I don't mean Diana!

The beautiful cakes were provided by Laura Thornton...and we thought her greatest talent was her voice!



Paddle arch of honor



Carrying the flowers already? Watch out Curtis, next will be the purse.



Pictures provided by Weldon Sanders. Thank you!



NTRR Cookbook Brazos River Chili



2 lbs. Ground chuck
2 Tbl. Oil
1 large onion
1 clove garlic
1 tsp. Oregano
1/2 tsp. Cumin

1 Tbl. Chili powder
3 large tomatoes, diced
2 Tbl. tomato paste
1 c. hot water or beef stock
Salt to taste

Heat the oil over medium heat and add meat, onion and garlic. Cook til lightly browned. Add everything but the salt. Bring to a boil, then lower the heat and simmer 1 hour. Season with salt and serve.

Makes 4-5 servings.

Double all the ingredients to serve 10 people.

Submitted by Marianne Armstrong

If you have a recipe you'd like to share with the club, please e-mail it to gigixL13@msn.com

Outdoor Adventure Kids Days—Volunteers Needed

On April 9 and 10 Grapevine Parks and Rec, TPW and several other towns will along with Kayak Instruction, Inc. will again hold the Outdoor Kids Adventure Days at Meadowmere Park. We need a lot of volunteer paddlers to help fit PFDs, man safety boats and help keep the kids entering and exiting the kayaks. There will be a Saturday dinner for the volunteers. This is a good way to help introduce a lot of kids to the sport and is a rewarding experience. On April 30 and May 1, Kayak Instruction will be hosting several paddling events at Mayfest on the Trinity River Whitewater Course. In addition, we plan on renting recreational kayaks to the public. Last year 100% of the rental proceeds were donated to nonprofits; 20% to Streams and Valleys, 30% to Mayfest and in the year of the Olympics 50% to the USACK for the US Olympic Team's trip to Athens. This year we plan on do-

nating 100% of the rental proceeds to: 20% Streams and Valley, 30% Mayfest and 50% to a North Texas paddling nonprofit (maybe a sprint racing program on Whiterock Lake). We need many volunteers to help fit PFDs and help with the safety boats. These are a couple of volunteer programs that do a great deal of good for a number of worthy groups. These programs need your help to succeed. Please contact Dave Holl to sign up 972 412 7691. As a result of last weekend's successful Davey Hearn program, we were able to purchase equipment to set up pool slalom courses at both the Downtown Fort Worth YMCA and also the Colony Aquatic Park.

Please Help Keep Our Local Rivers Clean. Join the fun for the:

2nd Annual Brazos River Clean-up
Saturday April 2, 2005
9 AM - 3 PM
Glen Rose, TX

Free canoes are being provided by local outfitters so you do not even have to bring your own boat. Just come to paddle, enjoy beautiful spring weather, and help pull trash and old tires out of the river. A free BBQ lunch is provided at Tres Rios Campground at the end of the event. Just come down for the day or stay all night. Tres Rios will provide free tent camping accommodations on Friday and Saturday nights to any clean-up participants. Invite your friends, we will teach any newcomers how to paddle. This is a great family excursion, too. Please contact Barb Cutter 817-354-6853 or barb@cutteraquatics.com. We need to know how many canoes to reserve. Barbara Cutter www.CutterAquatics.com Providing Quality Kayaking and Canoeing Instruction American Red Cross Authorized Provider ACA & USCA Certified Instruction P.O. Box 776 Colleyville, TX 76034 Phone 817-354-6853 Fax 817-354-6163



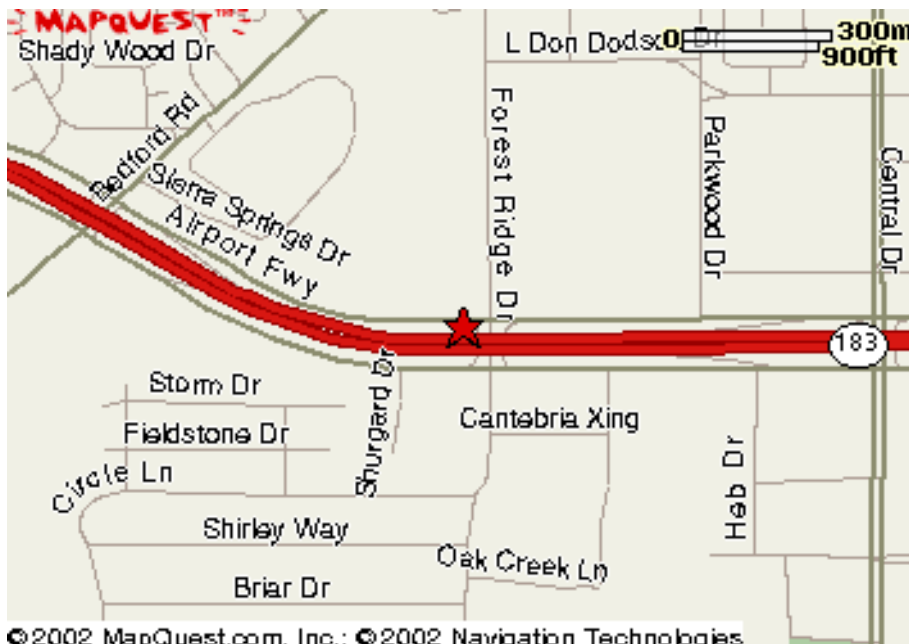
The North Texas River Runners
P.O. Box 1284
Bedford, TX 76095-1284



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**



Club meetings
are held on the
last Tuesday of
the month at
Spring Creek
Barbecue from
7:00—9:00 PM

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