

March 2006

North Texas River Runners



Commodore's Column
By Curtis Boerner

Ahoy from the Helm,

I hope a few of you were able to get out and enjoy a little bit of the recent rain. I myself was able to jump on the Trinity waves for a short period of time. What Fun!

Many of you have remembered our recent change in meeting nights and made the last meeting. Kudos' to those who attended. The club appreciates your attendance. Remember, the more the merrier! This will be especially true at this next meeting for the "Swap" program. The more that participate the better the program.

Speaking of participation, do not forget the activities that our club officer Laurie Patterson has planned. Check out the club calendar for more information and ideas.

See you at the meeting,
Curtis

March Program Trading Treasures

March meeting will be **Swap Night**. Bring anything you would like to swap, paddling and camping gear, boats, books, videos, information about favorite paddling destinations, recipes, etc. This is a good time to do your spring cleaning and get rid of those unwanted items. Anything goes, use your imagination (no spouse swapping please). One person's junk is another person's treasure.

Inside this issue:

BzzzzZZZZzzz Ouch!	2
Rio Vista Dam...	4
Upcoming Activities	5
Mayfest	6
Texas Kayak Builders Bash	6

(Continued from page 2)

Now, say we followed all these recommendations and we still get stung. What should we do?

Well, relax, according to the Merck Manual, the average person can safely tolerate 10 stings for each pound of body weight. So if you take your body weight and multiply it by 10, all of us could (supposedly) withstand more than 1,000 stings. Well, I don't know about you, but I would have croaked from hysteria long before I got to 1,000.

If you are stung by a wasp, the insect can remove the stinger and sting you again and again and again. However, if you are stung by a bee, they basically commit hari cari. A bee's stinger is barbed and typically left in your skin, so when a bee goes to leave after stinging you, its stinger and venom sac along with part of its little innards are pulled out. I suppose that could be of some consolation to the person stung.

We have all heard that the best way to remove a bee stinger is to scrape it out with something like a credit card. However, new research indicates that when stung by a bee, the stinger should be removed as quickly as possible without concern for removal method. No difference was noted in the welt size of a sting based on whether it was scraped out with a credit card or pulled out with thumb and forefinger at the same time interval. What was noted in this study was that the longer the stinger was in, the larger the welt. So bottom line, don't waste time looking for a credit card or blunt knife to remove a stinger, just get it out – Quick!

If we are stung, we generally experience pain, itching, irritation, redness and swelling at the sting site. So what should we do?

First, wash the area with soap and water to help prevent infection. Second, apply a cold or ice pack to reduce swelling for a few minutes. Third, apply a paste of baking soda and water and leave it on for 15 to 20 minutes. Oral antihistamines are also very beneficial – be sure to read the labels. Ibuprofen along with topical steroids such as Cortaid and local anesthetics like solarcaine can reduce pain.

With the majority of people, insect stings are just painful and basically very unpleasant. But for some these stings are life threatening. If you are allergic to insect stings, make sure your paddling partners are aware and that you carry your medications with you. Persons allergic to insect stings can die in less than 30 minutes if stung.

All of us should seek immediate medical attention if stung in the mouth or nose or on the neck as swelling may block airways.

We paddlers run the risk of encountering a lot of safety hazards in our sport. Being prepared both with equipment and knowledge is a good investment in our safety in the great outdoors.

Now that we have the knowledge about stinging insects and stings, let's make sure our First Aid kits have the equipment to treat them.

Rio Vista Dam to be Turned into Rio Vista Rapids

By Tom Goynes

It all started when the hundred-year-old dam at Rio Vista Park in San Marcos began failing this past fall. The city of San Marcos hired an engineer from Austin to come and estimate how much it was going to cost to repair it. His estimate was kinda confusing (it talked about various cost overruns and so forth) but the city officials all seemed to think that the repair job was going to cost about one million dollars.

But it was the nature of the repair that caused me the most concern. I was told that the plan was to add approximately eight feet of ledge (the current apron or ledge is about four feet wide) to the downstream side of the dam. That would have meant that the resulting ledge would be about 12 feet wide. I couldn't see how any canoe, kayak, or even tube could run that kind of dam without "busting" something.

I did some surfing on the net and, with the help of Ben Kvanli of the Olympic Outdoor Center in San Marcos, we were able to get in touch with an engineer in Colorado named Scott Shipley who has designed a number of whitewater parks throughout the country. Scott e-mailed me a PowerPoint presentation of some of the past work he and his partner Gary Lacy have done.

I was able to get an appointment to show the presentation to the city manager and some folks from the parks and rec department the day before the city council was going to consider the dam repair project. These city officials liked the presentation so much that they asked me to show it at the city council

meeting.

After that meeting, the ball was rolling. One of our members in Austin, Ed Travis was able to create a composite "picture" of what an artificial rapid would look like in place of the dam. That picture probably did more to sell the concept of a rapid replacement for the dam than anything else we did. It even made it onto the front page of the local paper.

The next week Scott Shipley himself addressed the city council. He is one impressive guy. And his pictures of other artificial parks around the country show how natural and beautiful these things can be. Then when he said he could build it for less than \$400,000 the deal was done.

I'm sure that this is the start of something very big for Texas. Once towns like Luling and Gonzales see the recreational potential of their now dangerous, ugly dams, they will obviously want what San Marcos has. Towns like Del Rio will be able to turn unattractive creeks like San Felipe into whitewater parks that will draw millions of tourists.

The work on Rio Vista is scheduled to begin in March and be finished by Memorial Day Weekend. The city plans to set up a web cam so folks can watch the rapid as it is being built. Be sure to see our website at www.txrivers.org for the link to that web cam.

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.

March 21, Tuesday

April 18, Tuesday

May 16, Tuesday

*June 27, Tuesday

July 18, Tuesday

August 15, Tuesday

September 19, Tuesday

October 17, Tuesday

November 21, Tuesday

Mayfest

Here are some of the boating-related activities that will be going on at Mayfest, May 4th-7th. Mark your calendars to attend!

Ben Kvanli and his wife Michelle are planning to visit Mayfest. Ben will conduct a two day (Sat and Sun) ACA instructor development workshop and exam.

Julie Cannariato's Girl Scout Troop 456 will present two kids kayak programs each day (Sat and Sun). These programs will be conducted up on land by our tent and end with the kids trying out kayaks on the river.

Two other Girl Scout Troops are planning to attend and earn kayak badges during Saturday or Sunday.

For more information, contact Dave Holl: www.kayakinstruct.com.

2006 Texas Kayak Builders Bash April 29th

A gathering of Texas builders of canoes, kayaks and other small boats. All kayakers, canoers and others interested in boat-building are invited to a day of fun centered around home-built kayaks and canoes. This is a great opportunity to learn about and discuss building small boats.

DATE: Saturday, April 29, 2006

WHERE: Huntsville State Park in Huntsville, Texas (60 miles north of Houston).

The agenda includes:

- * Canoe, kayak and small boat display, 10am - 4pm (bring your boats!)
- * Roll, rescue and paddling skills demonstrations
- * Fish fry

The public is invited, and builders are encouraged to bring their boats for display. Some boats will be available to try on the lake. The event is free, but the park has an entrance fee. Onsite camping is available at the park (make reservations soon!), and there are many local motels.

For more information: <http://www.outdoorplace.org/bash/>

Kurt Maurer, 713-858-1704 or NGC704@verizon.net

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

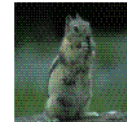
Meetings held 7 to 9 pm the last Tuesday of each month at Spring Creek BBQ ~ Bedford, TX



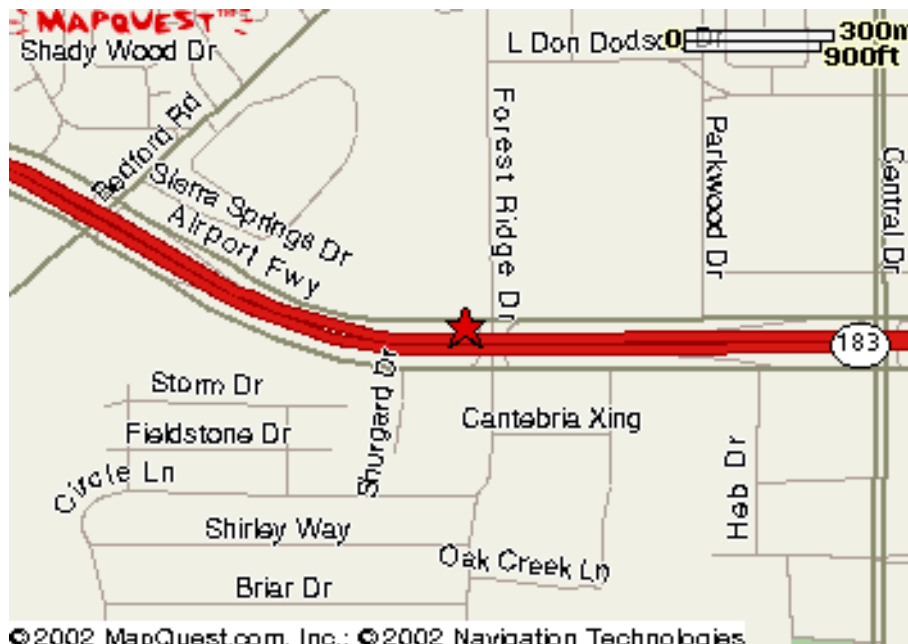
The North Texas River Runners
P.O. Box 1284
Bedford, TX 76095-1284



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: cdboerner@sbcglobal.net**



Club meetings
are held on the
3rd Tuesday of
the month at
Spring Creek
Barbecue from
7:00–9:00 PM
Next Meeting:
March 21st,
Tuesday

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