



The Prairie Dog Companion: Newsletter of the North Texas River Runners

Commodore's Column

by Allen Harrison

Those of you that were at the February meeting will remember that we discussed a few club business matters which I promised to outline and place in the newsletter. Those of you who were not at the meeting may have some interest about what may happen to your money and your club.

Donation of Club Funds:

For this year, a \$500 ceiling on total club donations to deserving organizations was proposed and adopted by the club membership. A limit of \$150 per organization has been imposed to help manage our limited club finances. To receive the donation the organization must be willing to present a program at one of our monthly meetings. All proposed donations must be approved by a

majority of the club membership present at the monthly meeting at which the donation is proposed. Donations of \$150 each were approved by the club at the February meeting for Red River Racing, Texas River Protection and Friends of the Ft. Worth Nature Center.

New Club Meeting Location:

Our present meeting location does not present the best environment to hold an effective meeting. It is noisy and lacks adequate presentation utilities. True, it is free, but as our attendance has declined, the revenue our club provides to the host has also declined and they have a greater inclination to seat non-club members in the meeting area. We believe that we have spotted an ideal replacement meeting place that will be more

conducive to holding more effective meetings. Jean Muncrief is in charge of pursuing this alternative and should be reporting to us in March.

A number of other folks have proposed holding some monthly club meetings at selected area lakes. This proposal has been well received. Our first effort at a lake meeting will likely be in April or May. Expect a report at the March meeting.

Recovering Club Library of Videos and Books:

The club-purchased library of videos and books has disappeared and is believed to be in the hands of one of our inactive club members. Diana Boerner seems to know who has possession of the items and has been asked to make contact

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Membership Renewals

For most of the club members, this is the time when your yearly renewal is due! A form is provided on the last page of the newsletter. Just fill it out and mail it to the address provided (or bring it to the club meeting).

Joe Jacobi Gold Medal Paddling Clinic by Barb Cutter

A splashing success! On Wednesday February 13 Cutter Aquatics hosted a pool paddling clinic with guest instructor, **Joe Jacobi**. Joe became *America's first ever Olympic Gold Medalist* in Whitewater Slalom at the 1992 Olympic Games in Barcelona, Spain and competed again as a U.S. Olympian 12 years later in Athens, Greece. Today, as one of the

industry's top ambassadors for paddlesports, he instructs and speaks at numerous events around the world. This summer he will serve as the Canoe and Kayak color analyst for NBC at the 2008 Olympics in China. Tarrant County College North-east campus graciously sponsored the venue, which gave all of the students from this semester's continuing education kayaking class a chance to par-

ticipate. Three students new to kayaking joined in and many experienced paddlers signed up to perfect their skills. The clinic focused on basic paddling techniques and related them to cutting-edge concepts used by international champions. Well executed fundamentals are universal and can be applied to any kind of paddling. We promised that these

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Commodore's Column (Con't)

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and request the return of all items. Expect a report in March.

Updating the Club Web Page and Communications System:

This topic generated healthy discussion at the meeting. In general, we agreed that the system needs to be modernized. It seems that lots of folks are willing to help, but no assignments have been made.

It is expected that those club members without email capability may soon be left out of the loop. The cost of printing and mailing is prohibitive and is likely to soon be discontinued. Please get your electronic address to the club secretary soon.

Frequency of Meetings and Newsletters:

At the earlier officer meeting this topic generated some intense discussion. Strong feelings were also expressed at the general club meeting in February. Support for quarterly meetings and publications has been expressed. Support for bi-monthly meetings and publications was heard. Genuine concern was vocalized that less than monthly meetings might jeopardize the future of the club.

Being the club newsletter editor seems to put the office holder into a very difficult position. All too often, the person that holds that position never returns to the club after the term expires. I have never done the job, but it must be pretty hard. Would less than monthly newsletters lessen the stress and generate more a more useful publication?

All the topics listed above are important to the continuance and future activities of the club. You probably have opinions that you want to have heard. The best way to make certain that is accomplished is to "paddle with a purpose" and get your boat down to the next meeting in March. There is a great presentation scheduled and you will have the opportunity to let your club officers know what you expect from your club. See you there!



TCC Open Practice

TCC NE has opened pool time for all paddlers interested in some warm water practice who are current students or CE members of Barbara Cutter's kayak or Curtis Boerner's canoe classes.

Tues 10-11am

Wed 2-3

Thur 2-3

and Sat 10am-Noon

Bring your ID and a copy of your class schedule, and a clean boat. See you there!

Beef Noodle Casserole

Submitted by Lois Michie

- 1 lb. ground beef
- 1 med. onion, chopped
- 1 med. green pepper, chopped
- 1 clove garlic, chopped
- 1 pkg. egg noodles, cooked as directed on package
- 1 can mushroom soup
- 1 can whole kernel corn
- 1 cup sharp cheese, grated or chopped

Brown ground beef. Add onion, green pepper and garlic. Cook noodles until tender and drain. Add all ingredients, except cheese. Sprinkle cheese on top and bake 30 to 40 minutes at 350 degrees.

Upcoming Club Programs

April presentation: Charles Smith, an anthology of southeastern white-water

May meeting: special outdoor program. same week and time, meet at Lake Arlington, Laurie will email the info, and look for it in the newsletter, etc. POTLUCK! & Bring your boat/equipment

Activities

March 27- 30 Grab your canoe/ kayak and tent. We are heading east to the Big Thicket area, where we plan to canoe - camp on the Angelina River. Our trip will begin Thursday morning March 27th and will run until Sunday. We plan to set up camp at Ebenezer Park. We will put in the river at Hwy 63 and paddle about 8 miles, then camp on the river that night. Saturday morning we paddle the remaining 3 miles and take out at Bevilport. There should be time to hike and explore that day too. Sunday we will head back to the metroplex.

If you are interested please contact Laurie Patterson by **March 14th**, so she can reserve camp sites.

Here is great description of a trip on the Angelina <http://www.paddling.net/places/showReport.html?1946>

April 5- 6 Springsfest in San Marcos perfect opportunity to demo boats, take a variety of classes from beginner to advanced, both kayak and canoe.

April 17-20 Lighthouse trail trip lead by Ronnie will be memorable adventure

Texas Parks and Wildlife web page states "The trails meander through an extensive black mangrove estuary, into sloughs and back lakes near the historic 1857 Lydia Ann Lighthouse on North Harbor Island. Paddlers can glide through mangroves and seagrass flats that provide outstanding bird watching and fishing for red drum, spotted seatrout and flounder in the maze of tidal channels and flats. The Lighthouse Lakes trails are unique among coastal paddling trails in that kayakers (because of the strong, prevailing southeasterly winds, canoes are not recommended). " Reserve your spot on this wonderful trips by **April 7th**.

There are many up coming river cleans that need our help.

Brazos **April 5th**

Hidalgo Falls **April 12-13**

For details go to the Texas Rivers Protection Agency Web page

<http://www.txrivers.org/calendar.html>

One Fabulous Thing I Learned from the Joe Jacobi Clinic

By Lorraine McPhee

It was a thrill to hold an Olympic gold medal in my hand. Joe Jacobi and his partner earned it powering a C-2 to a first-place finish in the 1992 Barcelona Olympic Games. He told our clinic attendees that he estimates 35,000 people have held his medal and that fact makes Joe very happy because he attributes his win to the combined effort of many, not just his own individual merits.

Joe's individual merit as a teacher came across clearly though, as he taught us. As we sat in our kayaks grouped around him in the TCC pool Feb 13th, he said: "feel your left butt cheek". He meant of course, feel our left butt cheeks as they connected with the seat of our boat. He instructed us to put pressure on our left cheek, and as we did so, we each experienced a slight edge, he called it Left Station One or L-1. We repeated it on the right side for Right Station 1 or R-1. We practiced going to L-1 or R-1 at his command.

For more edge than L-1 or R-1, we were then instructed to not only put pressure on our butt cheek, but to also couple it with the lifting of the opposite knee. This put us a little more on edge, and he called it Left/Right Station Two, or L-2 or R-2. Joe told us that 90% of all the paddling edge we would ever need or use will be stations 1 & 2. There was one more level: the slightly more dramatic edge of L-3

and R-3.

Station Left 3 or Right 3 builds on the pressure of the butt cheek and the knee pressure, by adding a crunch up the side of your body in the waist area on the same side as your butt pressure. So: butt pressure, knee pressure, and side crunched equals Level 3. This edge was a bit more difficult to maintain, but not much! Each level felt natural and easy to do. What a revelation! We were given a simple outstanding tool for precise edge practice and terminology. Joe told us to practice every level all the time to ingrain this fundamental skill into muscle memory to be

called upon when needed for slalom, whitewater, racing, throwing some ends down, or whatever you do with your boat! With dedication, everyone can master edge control this way easily, and precisely. Joe and Ben Kvanli taught many fantastic skills that night; this is just one powerful thing I learned.

Joe was a fabulous teacher, and the clinic was worth its weight in "gold". A big thanks to Barbara Cutter and Larry Lewis, and TCC-NE for putting it on.

Do you know any aspiring kayak instructors? Know anyone who wants a better understanding of paddling technique? Please help spread the word for Kent Ford's upcoming ACA Whitewater Kayak Instructor Training & Certification. If space is available, two days at one of these courses qualifies as an Instructor Update.

MOAB DATES: April 2 – 6, 2008 (Starts 7 pm Wednesday April 2th)

CONTACT: Canyon Voyages Adventure Co. Kayak School

211 N. Main St., Moab, Utah 84532

(800) 733-6007 info@canyonvoyages.com

DURANGO DATES: April 30 – May 4, 2008 (starting 7 PM Wednesday April 30)

CONTACT: Four Corners Riversports Kayak School

970-259-3893 drew@riversports.com

River Clean-Up

by Larry Lewis

Roger Ballou and I looked at the river Tammy Chin is proposing that we clean-up. This is a wetlands area of the Mountain Creek upstream of Mountain Creek Lake. The area is under a bridge on Hwy 1382. There is abundant wildlife and water fowl in the area even though it is filthy with trash. The clean-up is a difficult, long term project but I believe it to be worthwhile.

Access to the river is difficult but I believe we can take boats down a ramp of the bridge. One of the first projects is to explore the area for better access and determine the extent of the trash. I also believe that a very large amount of trash can be lifted on to the bridge with ropes and nets. I will work on ways to accomplish that prior to any clean-up. There are also areas with easy access that Lorraine could have her church group work on.

Tammy took photos of the area and plans to bring a power point presentation to the next meeting. I would support this project and work to make it a success.



Fabulous Friday Night Flips

Just like last year, indoor heated pool time to work on your roll and paddling strokes. Bring your paddle skirt and PFD and demo the entire line of Jackson Kayaks. This event is appropriate for all skill levels, beginners to experts.

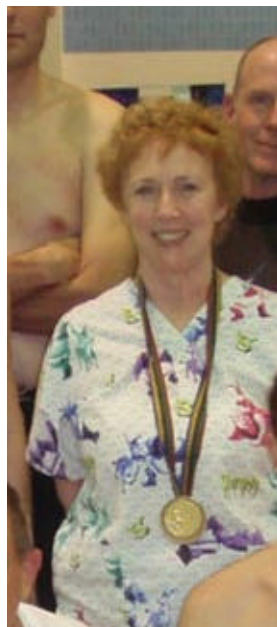
**The Colony Aquatic Park Pool
5580 North Colony Blvd.**

**Friday nights, beginning
October 19, 2007
through April 18, 2008
7:30 pm to 9:30 pm**

Costs – \$5.00 pool rental, free kayak use, \$5.00 PFD – skirt – paddle rental

**Please visit our website for additional information
www.kayakinstruct.com**

Jacobi (Con't)

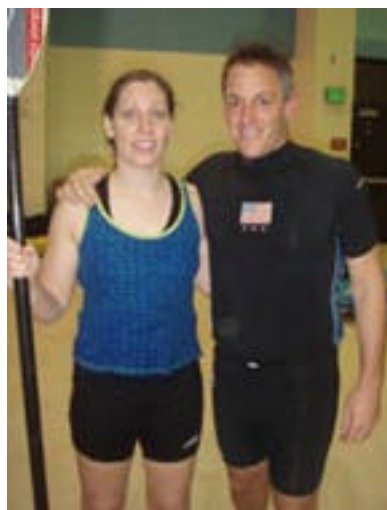


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 two hours would change our participants' approach to paddling. Lorraine M. reported sweet success. *(See her report in this issue, too.)*

An additional Olympian, Ben Kvanli, of Dallas and San Marcos, TX joined Joe for this clinic. Ben competed in the 1996 Olympic Games in whitewater slalom and is also a serious contender for an Olympic position in slalom tandem canoe for the 2008 Olympic Games. Following this clinic Ben returned to San Marcos to host the 2008 Olympic Whitewater Team Trials Qualifier Event at Rio Vista Park on Sunday, February 17.

Joe was a wonderful ambassador. After the teaching clinic he got

out his gold medal and spoke passionately about the Olympic experience. What a thrill for each student to hold an Olympic Gold Medal and talk face to face with a man who was the best in the world in his sport. Joe and Ben gave an expert demonstration of Olympic level paddling and posed for pictures with every interested student.



As luck would have it, we received some nice attendance by local media. Eric, a sports reporter from the Star-Telegram conducted a Q&A with Joe and the sports reporter from The Collegian attended the entire event with an enthusiastic photographer. The most fun media participation was Brian Curtis, the 4 PM News anchorman and reporter from KXAS the local NBC affiliate. Brian is also an Olympic coverage reporter who will be in China

this summer. Brian and his cameraman arrived early and stayed late. They filmed everything and interviewed Joe, Ben Kvanli and Sandra M., one of the students. We got Brian into a boat for some first time kayaking instruction – that's on film too! The NBC coverage will air in a special presentation 100 days before the 2008 Summer Olympic Games.

It was a fun night. We had a whole pool full of kayakers – 14 boats in the pool at one time – on-deck spectators and impressive media attention. Club members in attendance were Susan Blair, Barb Cutter, Matt Fritz, Chris Gross, Larry Lewis, Clyde Mahler, Lorraine McPhee, and Laurie Patterson. It will be a lifelong memory for all of us.

Please Don't Throw Me in That Mangrove Maze (Without a Proper Map!)

In consideration of our upcoming NTRR Lighthouse Lakes Canoe Trails trip, and knowing that certain (well adjusted!) personality types would rather stroll through the mall wearing nothing but flip-flops and a sequined Speedo than leave home without the appropriate cartographic accessories, I just wanted to pass along the information that the best paddling map I've found for the area is a wade fishing and kayak fishing map produced by the Hook-N-Line Map Company. You can check it out at: www.hooknline.com

It's map number F130, the Rockport Area map which covers Rockport, Aransas Pass, Port Aransas, Lighthouse Lakes, and South Corpus Christi Bay. It will provide you with a canvas upon which you can plot no end of adventures....Ronnie

**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.

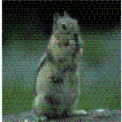
Now, therefore, intending to be legally bound, I HEREBY WAIVE, FOR MYSELF AND FOR ANYONE ELSE CLAIMING THROUGH ME, MY RIGHT TO SUE THE NORTH TEXAS RIVER RUNNERS, ITS OFFICERS, TRIP COORDINATORS OR LEADERS, OR ANY OF MY FELLOW PADDLERS, FOR ANY INJURIES TO MY PERSON OR MY EQUIPMENT WHICH MAY OCCUR DURING, 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 _____, 2008.

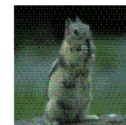
Please mail completed application by February 15, 2008 to:
NTRR PO Box 1284 Bedford, TX 76095-1284
Meetings held 7 to 9 pm the last Tuesday of each month at Spring Creek BBQ ~ Bedford, TX



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

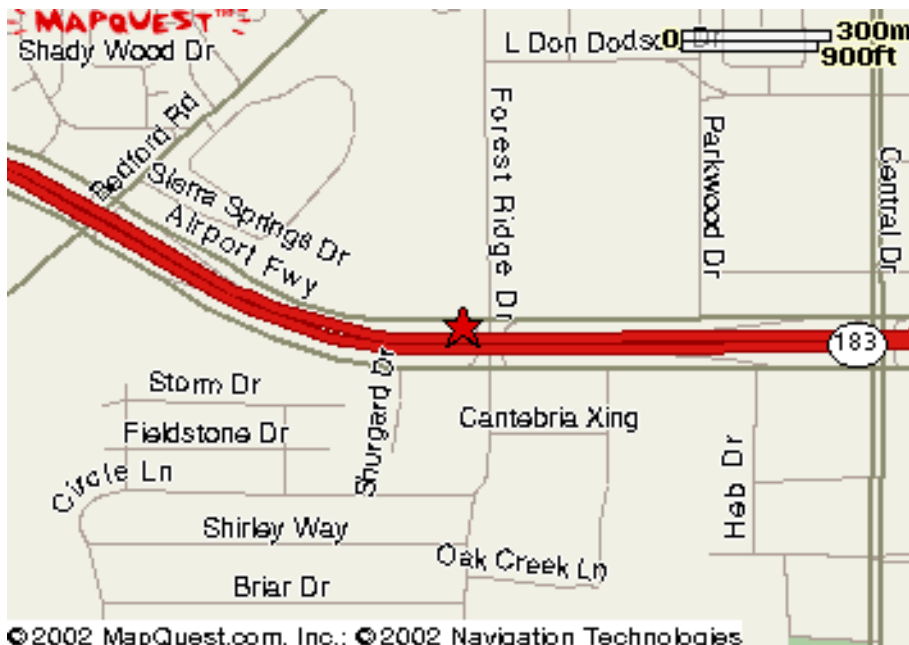


Home of the Prairie Dog Surfing Society
"If we're not in the hole, we're sitting right beside it."



We're on the web!
www.river-runners.org

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



Club meetings are held on the third Tuesday of the month at Spring Creek Barbeque from 7:00—9:00 PM
Next Meeting: March 18th

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