

May 2005

North Texas River Runners



Commodore's Column
By Curtis Boerner

Ahoy from the Helm,

It seems the warm days of summer have arrived. Too bad they did not bring more rain. Hopefully the month of June will hold more promise. I know we would all like to see the Trinity full enough to do a little after work surf or two.

Speaking of being full. Would it not also be nice to see your paddling friends at a filled-to-capacity NTRR meeting. Unfortunately, our attendance has fallen a little in the past few months. Please be aware that this is your club and it is what you make it. NTRR needs and wants your smiling input to make us a unique club. Kenn Wardle had done an excellent job scheduling some unique programs for the future and there is rumor of midnight floats on the Brazos in July and August by our activity chair Margaret. Please let an officer know what we can do to make your club a better experience for you and your friends. Our Emails are listed on the inside of this newsletter or on the web at www.river-runners.org. Remember, the more the merrier.

See you at the meeting,
Curtis

May Program Ready, Set, Go!

Barb Cutter will be teaching us how to prepare for a race at the May program. Everyone with a competitive edge should benefit from this program. Paddlers not interested in competing should learn some helpful tips that can be transferred to general trip preparation.

Come on out and learn something new or refine your current knowledge!

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May 30, 2005 / Lewisville, TX

This course is being offered for instructors, outfitters, recreation program managers, trip leaders, and recreational paddlers who have a desire to learn basic techniques of self-rescue with an emphasis on proactive prevention.

The goals of this course are:

- To comprehend that prevention is the key to safe river trips.
- To understand how to avoid potentially dangerous situations.
- To develop the skills to effectively manage minor river incidents.
- To develop the in-water skills necessary for effective defensive and aggressive swimming.
- To learn to concentrate on the safest, simplest, and quickest methods to effect rescue.
- To be able to properly assist paddlers from shore with a throw bag and coiled rope.
- To understand how to safely recover equipment (i.e., paddles and boats) from moving water.

This is a certificate course open to all who are interested in self-rescue techniques as well as proactive prevention. You do not have to be a certified canoe or kayak instructor to participate. All participants will receive a participation card signed by Gordon Black.

Course Details:

Course Instructor: Gordon Black

Monday, May 30, 2005 Lake Lewisville Environmental Learning Area 8:30 am – 4:00 pm

Registration Fee: \$100

For further information contact:

Julie Basham (214) 923-7806 or juliebasham@kayakpower.com

Mike Swope (214) 669-1663 or mikeswope@kayakpower.com

Recipe of the Month **Submitted by Chris Gross** **Roll or Drown Squares**

Preheat oven to 300° F.

Ingredients:

- 4 cups oatmeal
- 3 cups whole wheat flour
- 1 cup instant dry milk
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1 cup canola oil
- 1 cup chopped walnuts
- 1 cup chopped dates
- 1 cup honey
- 1 cup molasses
- 1/2 cup water

In a large bowl, add and mix the ingredients in the order listed. Press the thick batter into a lightly greased 13" x 9" pan. Bake for 1 hour at 300° F. Reduce heat to 200° F., slightly ajar the oven door, and bake for an additional 3 hours for the purpose of drying. Before cooling, cut into 2" x 2" squares (makes approximately 20). Allow to cool for several hours before storing in freezer grade plastic zip bags.

Charlie's Angels:
Episode: Finding the River Song
By Laurie Patterson

When Bosley (Ronnie) called us all together we weren't quite sure what Charlie had in mind for us. As we gathered together in the classroom, we hear that familiar voice, "Good morning Angels". We replied back in chorus "Good morning Charlie".

Angels, I have a real adventure for you. I need you to find out where the River Song comes from. Your adventure will start out on the Saline River in Arkansas. You will need to carry supplies to last a couple of days. The angels (Barb, Vada, Carmen, and Laurie), began making plans.

The morning after our arrival Bosley took us down to the river bed. At first it was pretty peaceful and quiet, then water began flowing into the river from the dam. The song was loud and the river took on an entirely different shape. The water began swirling and tumbling over and around rocks and trees. The excitement of our new adventure hit us all. We got in our boats and began getting a feel for the river.

Once we were comfortable we began our search. It was obvious that the song started behind the dam and now it was calling us down river. It felt like a game, we would eddy over to river right, only to find out the song had already left. Then it would call us over to river left. We tried to enter the eddies high, and quick in hopes of finding the river song, but we were always too late. We tried to sneak up by back ferrying into the eddy and still it tricked us.

We thought that maybe if we got out of our canoes and scouted the river we would find it, but it just kept calling us into the river. Vada decided to check out a big hole. She charged into the hole and battled the river in a side surf challenge. The water engulfed her boat and pushed her a side, as if to say if you want to play here you better be ready for a big ride.

After we took a little break we got back in the boats and continued down the river. The current would try to challenge us, forcing us to jet ferry across, still we were too late.

I noticed the other angels were laughing and smiling as they ferried, and eddied down the river, until we reached a bridge with water rushing over it. Once again we scouted the river and decided this was a good place to take out. We loaded up the canoes and went back to the camp site.

Later that evening we all discussed the adventures of the day. Everyone was talking about the sound of the River Song and the excitement it brought us. We pondered, does the river song ever end, or once you hear it does it capture you for life? When we informed Charlie of our theory he agreed, once you have heard the song it becomes a part of you.

Upcoming Clinics

May 27, 28 & 29, 2005 Coppell/Lewisville, TX

This course is being offered for scout leaders, outfitters, recreation program managers, trip leaders, and recreational paddlers who are seeking instructor certification in the river kayak discipline or want to refine their paddling techniques.

This is an instructor certification course. To be awarded certification, you must demonstrate the following:

- ❑ Paddling skills that effectively model proper technique
- ❑ Proficiency in Interpersonal Skills as listed in the "Interpersonal Skills for ACA Instructors"
- ❑ Effective teaching ability, on land as well as on the water
- ❑ 100% competency in safety awareness, proactive prevention and rescue ability.

Course Details:

<u>Course Instructors:</u>	<u>Gordon Black (ITE), Julie Basham, Mike Swope</u>		
Friday May 27 th	Classroom	Coppell, TX	5:30 pm – 9:30 pm
Saturday May 28 th	Classroom	TBA	9:00 am – 5:00 pm
	On the Water	TBA	
Sunday May 29 th	On the Water	LLERA – Lake Lewisville	9:00 am – 5:00 pm.

Note: Due to water conditions / levels, the learning site may change. If so, you will be notified via the contact information you include on the registration forms.

Registration Fee: \$225.00

(Space is limited and pre-registration is required.)

For further information contact:

Julie Basham (214) 923-7806 or juliebasham@kayakpower.com

Mike Swope (214) 669-1663 or mikeswope@kayakpower.com

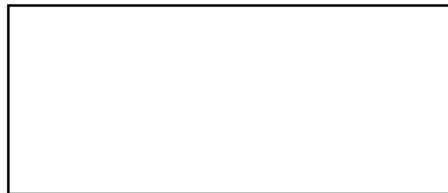
This program is sponsored by:

- **The ACA Red River Division**
- **American Canoe Association**
- **KAYAKPOWER.COM**
- **Lake Lewisville Environmental Learning Area**





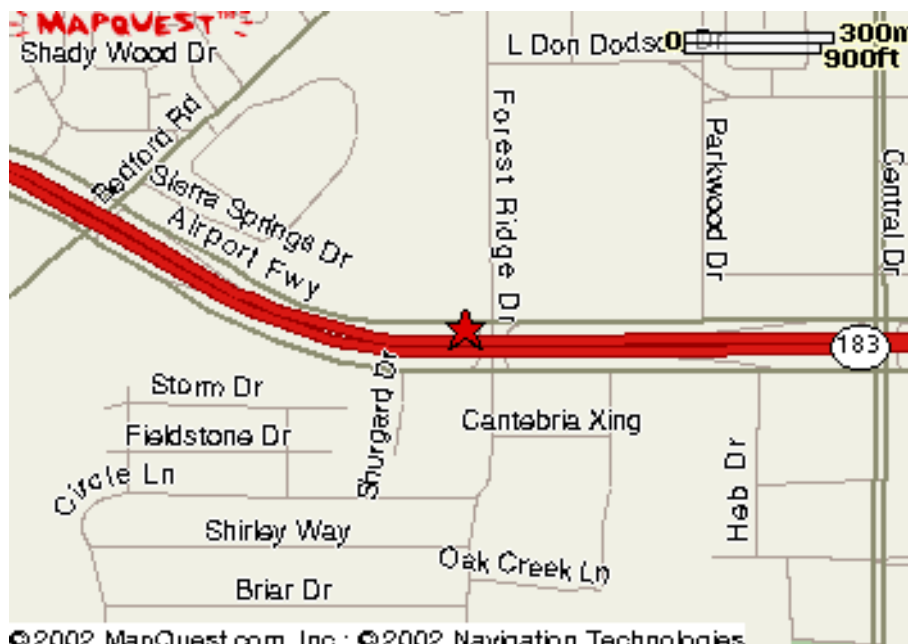
The North Texas River Runners
P.O. Box 1284
Bedford, TX 76095-1284



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
Next Meeting:
May 31st

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