



# North Texas River Runners

Commodore's Column  
By Curtis Boerner

Ahoy from the Helm,

A few weeks ago, the officers met in quarters to discuss the club and the upcoming year. Many things were discussed and many issues debated. Thanks to those individuals who were able to attend.

One of the topics discussed was how to increase NTRR membership and meeting attendance. Solutions included:

Make NTRR a club for all types of paddling (flat water, racing, family and whitewater)

Take a survey of member interest to better meet the needs of members  
Efforts will be made to meet these two goals.

Please note though, when you are not able to attend a meeting, your presence is missed. The meetings are far more livelier and entertaining when there are lots of smiling friendly faces present, especially yours! So if you have not been able to attend in a while, I would invite you to come again soon. If you know of someone who has not been to NTRR in a while, give him or her a call and an invite. As the old saying goes, "The more, the merrier!"

See you at the Meeting,  
Curtis

**This is YOUR Club!**

**BE ACTIVE**

**BE INVOLVED**

**BE HEARD**

**Remember!**

There will be no club meeting *or newsletter* for the month of December!

Instead, we will have a club holiday party (see inside Page 2 for details).

## November Program

The program for the November 30 meeting will be a presentation by Patsy Gomez. She will be discussing how to prepare your child / grandchild / niece / nephew / etc. for an exciting life of canoeing / kayaking. The program will also answer questions, such as when to start introducing children to different levels of water experiences and things to keep in mind to keep you and your child safe on the water.

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## Fabulous Friday Night Flips

**Just like last year, indoor heated pool time to work on your roll and paddling strokes. New for this year, kayak rentals for those without a boat and private lessons from US Team Members and other skilled instructors. This event is appropriate for all skill levels, beginners to experts.**

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

**Friday nights, beginning November 5, 2004  
through April 9, 2005  
7:30 pm to 9:30 pm**

**Please visit our website for additional information  
[www.kayakinstruct.com](http://www.kayakinstruct.com)**



### **Recipe of the Month: Jean's Skillet Breakfast**

**Submitted By Jean Muncrief**

1 bag of Simply Potatoes-Shredded Southwest Hash browns (find in the refrigerated section)

8 to 12 eggs (depends on number of people served)

½ cup water or less

Cooking oil

1 ½ cup shredded cheese or so (I like Mexican Blend or Pepper Jack for added kick)

Garnish (all or none)

- chopped green onions
- Cilantro, chopped
- Chopped, seeded tomatoes
- Crispy crumbled bacon
- (sometimes I use Pico de Gallo instead of the first three garnishes)

Put enough cooking oil in a 10 inch or larger skillet to cover the bottom. Add the hash browns and pour a little oil and top of them. Cook (stirring frequently to get lots of crispy brown potatoes) until done. Beat eggs with water. Next add the egg mixture to the skillet and mix well. Cook until eggs are done but still slightly moist on top. Remove from heat. Sprinkle cheese over top and cover for a few minutes with a lid or heavy foil to melt the cheese. Before serving, sprinkle garnish on top. Serves 6 to 10 depending on appetites and number of eggs used.

**ENJOY!**

Note: Serve with bacon strips or sausage and English muffins or biscuits, etc. Or it can be served in flour tortillas or pita pockets with salsa. Sometimes I chop up left over lunch meat such as ham or smoked turkey and add to the egg mixture.

# CANOEING!

(NOT JUST DO IT YOURSELF STUFF)

## “ON WHITEWATER”

By Derrell W. Little

Pick up stuff to read, maybe you will be very lucky like me! I was at the South Campus Tarrant County College in the gym and picked up a piece of blue paper. It gave me information about a canoeing class at Northeast Tarrant County College. I have always dreamed of canoeing and have enjoyed the do it yourself stuff on flat water, such as below Lake Whitney on the Brazos and the Buffalo River in Arkansas when there was no white water, just a slow moving stream and no dragging of the canoe. I'm not selling the Buffalo short, but the day I was there, it was calm with high cliffs to observe and enjoy the quietness of nature.

After enrollment in the class, I learned about a swim test and then I learned it was not in my swim trunks. I survived and passed the test with shoes, fully dressed in a long sleeve shirt and regular long leg pants. Fortunately I was in good physical shape due to my running (3miles at 6mph) which I had just started in the last year.

In addition to the classroom instruction, commercially videotapes were available from the instructor to view at home. There were classroom and pool classes with canoes that prepared us for more classes on the river. Planning for the trips was stressed. We had to work out time schedules, plan meals including potable water, obtain appropriate clothing and of sufficient quantity for the duration of the trip. We had to plan for the unexpected, for example, prolonged undesirable weather.

The first trip prior to the river trips was to Lake Grapevine. It was a very windy day and we retreated to a cove to practice steering a canoe to where we would like it to go and to practice the turns into an eddy. I had an unplanned event; I turned the canoe over with my tandem partner and me.

We have had two trips leaving on a Thursday and returning on a Sunday. A canoe trip requires a lot of teamwork by all members of the group.

For example:

1. Obtaining emergency contact phone numbers and names for each person on the trip.
2. The class was divided into food groups where they planned their own menu, purchased the food and pre-prepared it partially at home and cooked on the gas grills in camp.
3. Plan for sufficient ice chests and ice to keep food fresh.
4. Loading of personal gear (clothing, bedding, food, medications, special diets, personal items such as soap, etc.).
5. Loading of canoes, life jackets, paddles, helmets, and bailers.
6. Loading of camping gear.
7. Strapping the canoes to secure them to the trailer.
8. Loading and unloading of gear for the day's trip is a continuous process (on the upstream and downstream sides of the river run).
9. Prepare equipment for drying and storing.
10. Gathering of your personal gear to take home.

A successful learning trip requires expert leadership with skills in planning, swimming, canoeing, emergency rescues for overturned canoes and its occupants, and the ability to recruit well trained and capable instructors for the beginning students. Northeast Tarrant County College is outstanding in this area.

A trip to the Sabine River in Southwest Arkansas requires individuals with a truck, trailers and cars to volunteer to drive their vehicle and ferry the class and equipment to the site of the canoe adventure.

*(Continued on page 5)*

## ACA Flatwater Instructor Course

Thank you for patiently awaiting the details of the ACA Canoeing Instructor certification program that I have organized for the second weekend in December. I hope you reserved Friday, Saturday and Sunday, the 10 – 12<sup>th</sup>, because this course IS going to happen.

We have the privilege of welcoming Gordon Black, the Director of Safety Education and Instruction for the American Canoe Association, to conduct our Canoeing Instructor certification program. His responsibilities include developing and implementing safety education, and instruction programs designed to introduce, inform, and train paddlers of all skill levels in all aspects and areas of canoeing and other paddle sports for our national organization. He is a renowned paddler and a highly sought-after instructor trainer.

The preliminary plan is to begin the course on Friday evening, December 10<sup>th</sup>, for classroom discussions. On Saturday the 11<sup>th</sup> we will work on flat water on Eagle Mountain Lake. We will be hosted by Girl Scouts – Circle T Council, Inc. at Camp Timberlake in Azle. Sunday the 12<sup>th</sup> we need to find some nearby moving water. We are open to your suggestions.

We have planned that this 3-day course will include the Instructor Development Workshop (IDW) and the Instructor Certification Exam (ICE) to certify successful participants in Introduction to Canoeing and River Canoeing Essentials. The cost of this course is usually \$200 – 300. We are only asking \$120 per person but we need 12 people to enroll. We have made arrangements to use the Girl Scout Council canoes, or you are welcome bring your own. We also have paddles and PFD's. Please send your class payment as soon as possible to Cutter Aquatics, P.O. Box 776, Colleyville, TX 76034. I will collect the money and pay the bills, but be assured this is completely volunteer on my part. I am serving as a volunteer Girl Scout Trainer and representative of ACA programming.

Contact Barb at [barb@cutteraquatics.com](mailto:barb@cutteraquatics.com) if you have any questions or need more information.

*(Continued from page 4)*

These individuals deserve a big round of applause and a personal thank you from each in the group.

A very important part of the learning experience is the filming of the canoes coming downstream to the volunteer cameraman, Ted Drake who was also an assistant instructor. The film was shown after supper each night with several rewinds to observe with Charles Smith, the class instructor offering corrections for the strokes and technique. The film also showed the amazing accomplishments of some of the canoeist.

Some parts of the river offered good learning experiences and provided more team effort. We found some areas that were particularly suitable to eddies and surfing. Therefore, to take advantage of the experiences, we had to carry the canoes to the beginning of the area for another run down the selected part.

Charles picked a large wave for me and to surf, my first experience surfing and my first experience to know for sure that one can survive when the canoe turns over. It went over because of my lack of experience with the high brace and I had asked Charles for the experience of going over in the hole.

One instructor, Ted Drake gave me a valuable lesson, be on guard for the unexpected such that your canoe does not roll over. Never quit trying to keep the canoe afloat until your totally upside down and then you have learned something else, you don't yet know how to do a roll up.

A major danger we observed on the river was the culverts passing water under the bridge. A tree limb about half way through could block the culvert and if you fall in on the upstream side, you're trapped. You cannot swim against the strong current and you can't get by the limb. Say your prayers if you aren't already dead.

A skill I observed on the road was the ability of the drivers to keep us all together and staying in touch via phones to ensure we were all safe and not stranded without help. Through out the class, the safety of all was stressed. Charles Smith told us, "The most dangerous part of the trips would be our time on the road!" The way some people drive causing vehicle damage and injured or dead victims proves him to be right.

I want to give a special thanks to Charles and his assistants for making this trip possible for me.



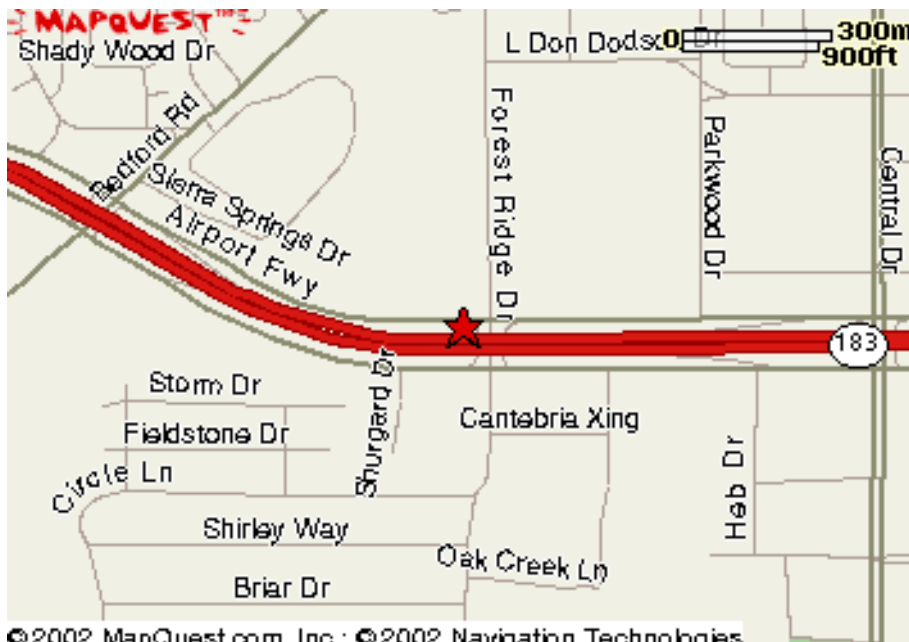
**The North Texas River Runners**  
P.O. Box 1284  
Bedford, TX 76095-1284



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](mailto: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:  
Nov. 30th

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