

October 2004

Visit us on the web at: [www.river-runners.org](http://www.river-runners.org)

# North Texas River Runners



## Commodore's Column

By Curtis Boerner

Ahoy from the helm. Our ship is now floating on to new adventures with the new crew manning their respective stations. It was great to see many of you at the Arkansas Saline River releases the first two weekends in October. All I am sure had fun.

For those of you who are familiar with this river, much work has been accomplished by the Corp of Engineers and by Volunteers of the Arkansas Canoe Club to clean out the river and create new eddies and waves. It is quiet a different run now with fewer strainers, more eddies, and two large waves/holes for surfing and kayak rodeo moves. It just goes to show what a little effort from a few people can do.

With inspiration from the Arkansas Club, I hope that NTRR's members can be similar in spirit. No, I do not mean let us go change the course of the Trinity. Rather, just the spirit of getting involved. Please remember that this is your club and that the officers need your help. If you have an idea for a program or an activity, please speak up and let an officer know. You may even feel comfortable leading an activity and that would be awesome. We all learn from each other so your ideas and suggestions are always appreciated. See you on the river (and at the meeting),  
Curtis

## October Program

The program for this month will be a slide presentation of a trip taken down the Desolation and Gray Canyons of the Green River. This was an six day, permit trip, so the presentation will cover both logistical information as well as entertaining and scenic photos. Don't miss out!

Also- there will be a special safety talk/ show(?) that you won't want to miss!

## Get Published!

**Recipes, Trip Photos, book reviews, trip reports, safety reports... All these make the newsletter fun to read!**

**Entertain your fellow paddlers by submitting these items to [gigixl13@msn.com](mailto:gigixl13@msn.com) By the 10th of each month.**

**Ntrr needs you! It takes a village to produce a newsletter!**

## Inside this issue:

Cartecay River Trip	2
Safety Essay Contest	
Fabulous Friday Flips	3
Recipe of the Month	
TCC Class Trip Report	4
ACA Flatwater Course	5
Safety Corner	
Meeting Map	6





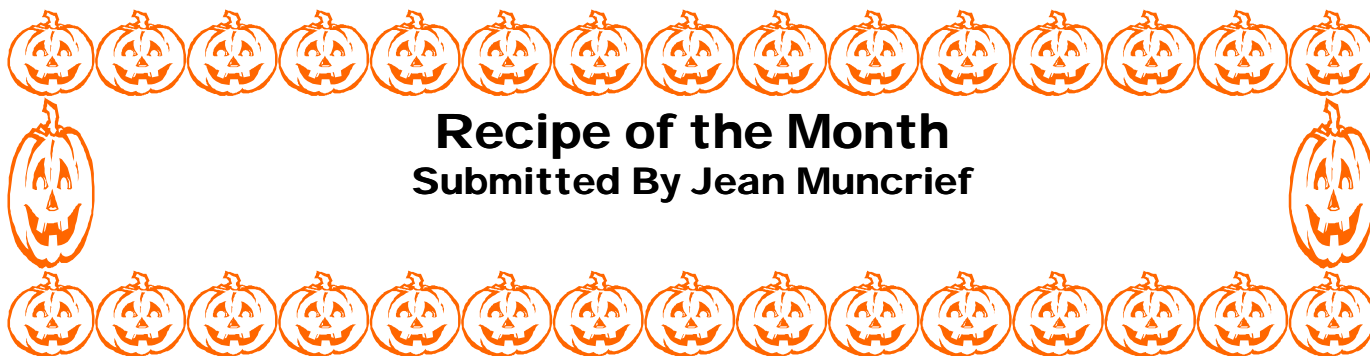
## Fabulous Friday Night Flips

**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 Submitted By Jean Muncrief**

#### **CAULIFLOWER AND PINE NUT SALAD**

1 medium to large head of Cauliflower  
2 small bunches green onions, sliced  
½ cup pine nuts (can use sliced almonds)  
½ cup shredded **OR** 1/3 cup grated parmesan cheese  
1 tsp garlic powder  
2 Tbsp fresh thyme minced **OR** 1 ½ to 2 tsp dried thyme  
1 ½ Tbsp butter  
Salt and pepper to taste  
1 bottle Cardini's Parmesan Dressing **OR** your favorite\*

Wash and cut cauliflower into ½ inch chunks. Place in large mixing bowl. Melt butter in a sauté pan and add pine nuts. Cook until golden colored, approximately 3 – 5 minutes stirring frequently. Remove and drain on paper towel. Pour dressing over cauliflower, sprinkle with garlic powder, thyme, salt and pepper to taste, green onions and shredded Parmesan. Toss until well coated. Place in serving bowl and chill thoroughly. Sprinkle with pine nuts before serving. Serves 6 – 8.

\*I used Kraft Special Selection Caesar Vinaigrette with Parmesan



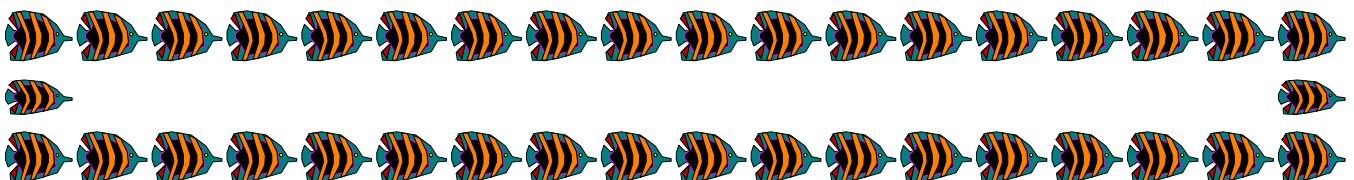
## TCC Class Trip Report Cheyenne Frye

October 1, 2004, the first day of my solo adventure, I was still petrified of being in the boat by myself. I had had my boat all summer and could not stop thinking about what would happen if I were to drown, had I made a mistake in buying my own boat? Was this really the sport for me?

All of the solo paddlers were told to go ahead and get in their boats. Mine felt like it was the squirreliest boat out there, and sure enough, it was! We started doing drill after drill and my boat and I became "one". My fear had almost gone away, until I heard that familiar sound of what I thought was the biggest rapid I had ever heard. Everyone got out of their boats to go check out what was to come. When we got to the hole it was not as bad as I had pictured it being. Yet I still did not want to flip out of my boat and swim that rapid. Although, my boat had a different plan for me. When we got to the hole, my boat hit the eject button which sent me flying into the eddy by myself. "Sweet Chine" went on to run the rapid alone, without me. I knew I had to go back up and try it again - and I wanted to - I wasn't going to let that rapid get the best of me. It took awhile, but never the less, I got back in that boat and paddled through, staying dry. By the end of that day most of my fears were gone, I trusted myself and my instructor, knowing that I would never be put in a situation that I could not handle.

It was not until the next trip that I got the nerve up to "play" in the rapids. In the back of my head I knew that even if I turned over I would come back up. After everyone was set up to help rescue me in case I fell out of my boat, I paddled my way into the big hole. Lasting maybe another four seconds, something grabbed me and took me under. Holding my breath and waiting to re-surface, I finally did. Man that was a blast, I couldn't wait to do it again. Not getting many chances to play in the hole, or staying in it very long, I still had the time of my life.

As long as I have good weather, paddling will always be available to me. Thinking back on my previous thoughts, I now know this sport was made for me.



## ACA Flatwater Instructor Course

Would you like to earn your American Canoe Association Instructor Certification in Canoeing River Essentials? This certification provides you with the experience and the necessary ACA sponsorship to conduct canoeing classes on our flat water lakes and water ways as well as rivers with less than Class II rapids. It is a good first step if you aspire to become a white water instructor.

I am working with our local ACA representative and the national office to invite a world class paddler and Instructor Trainer to conduct a first class program right in our own back yard. We will provide our trainer with room and board and local transportation. The number of participants in the program will divide the costs of the trainer's fee and transportation expenses. A common price for this type of training is about \$300. We hope it can be under \$100 per person. The more people who can commit to the course the lower the price will be.

We have selected Friday, Saturday and Sunday, December 10, 11 and 12 for the Instructor Development Workshop and the Instructor Certification Exam. Please set aside these dates and try to make arrangements to be available all three days. Of course the dates are subject to the availability of our guest instructor, but we should be able to confirm by the first weekend of November. I'll ask you for some money at that time. The course will be conducted in a classroom setting and on a lake and on some moving water all in the greater Fort Worth area. If the weather is inclement we will be inside when we can and will dress appropriately for the outside activities. Go on-line to [www.acanet.org](http://www.acanet.org) to view the content of canoe courses and the required skills.

Please send an e-mail to Barb Cutter [barb@cutteraquatics.com](mailto:barb@cutteraquatics.com) or call 817-354-6853 to express your interest or request more information.



### SAFETY CORNER BY CHRIS GROSS

#### BASIC PADDLING SAFETY

*"Safety is a personal issue. Each of us must decide what level of risk we are willing to accept, what compromises we are willing to make, and what dangers we want to guard against."*

*"I see concern for safety not a response to fear, but as a way to maximize freedom within the level of risk one chooses to accept"*

**Matt Broze - Sea Kayaker Deep Trouble**

#### Basic Safe Paddling Practice

- Always wear a properly fitted PFD (lifejacket) while on the water.
- Never go boating while under the influence of alcohol.
- Do not stand up in a canoe or kayak, and avoid weight shifts that may cause capsize.
- Avoid weather or water conditions beyond your skill level.
- Be able to effectively steer and propel your boat.
- Never float or paddle over a low-head (submerged) dam, fallen tree or other in-stream obstruction.
- Dress appropriate to weather conditions (including air and water temperature).
- Do not paddle alone.
- Inform others (friends, family, resource manager) of your trip plan.
- Carry a supply of food and water adequate for your trip length.
- Learn about your route in advance, especially potential hazards.
- Never overload the boat with more weight or persons than it is designed to safely accommodate.
- Plan for emergencies.



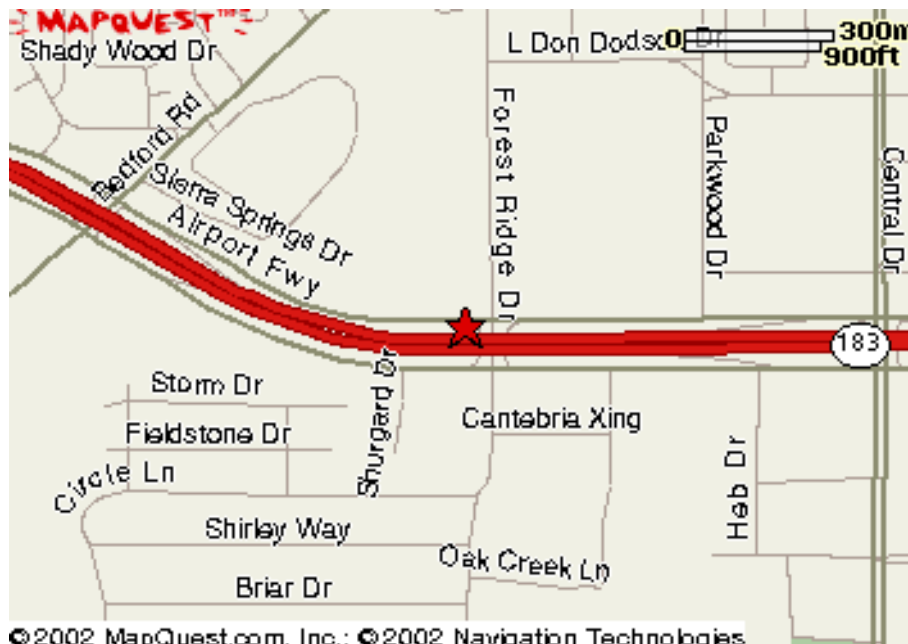
**The North Texas River Runners**  
P.O. Box 1284  
Bedford, TX 76095-1284



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: [gigix113@msn.com](mailto:gigix113@msn.com)**



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

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