

# The DDRC Current News

Newsletter of the Dallas Downriver Club—Visit our website at [www.down-river.org](http://www.down-river.org)

January 2001



## Special points of interest:

- The Deadline for next month's newsletter is January 31. Contact Susan Harkins at 972-470-0195 or via email at: [shark@ethos.net](mailto:shark@ethos.net). Please send articles, upcoming trips, boating tips and information.
- DDRC board meetings are held every second Thursday. All members are welcome to attend to learn more about club business. Contact club President Betty Scott at 214-363-2480 or [awscott@tenet.edu](mailto:awscott@tenet.edu) for time and location.



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## Happy New Year!

Susan Harkins—Newsletter Editor

### January means officer elections

As you all may know, the January meeting is where we usually vote for officers for the upcoming year (2001).

As far as I know, the following people have been nominated:

President: Alan Tittle  
 Vice President: Jeff Wilson, David Nevers  
 Secretary: Marilyn Scholl  
 Treasurer: Chris Cockrell  
 Newsletter Editor: Susan Harkins

Hopefully I haven't missed any nominations. If I have, please forgive me, and bring the names up at the meeting. Oh, but don't nominate chad, if you know what I mean.

### It's also time for dues

The other thing that we do in January is collect dues. Please, please, please bring your dues (\$20) to the January meeting if you have not already mailed them to Chris Cockrell c/o Dallas Down River Club, Inc., P.O. Box 820246, Dallas, Texas 75382. Remember, dues are a very important part of our operating budget so don't forget. If we don't get dues, you won't get a newsletter!!!! ■

## Saturday Night Kayak Polo

Got the winter blues?

Movies too crowded and restaurants packed on Saturday night? How about having some fun paddling your Kayak in a heated environment with PLENTY of water?!!

If you are interested, David Lamb and co. will be having kayak polo at the The Colony Aquatic Park on Saturday nights through



April. Time is 7:30 PM.

*There is a \$5 pool charge.*

You are invited to paddle or watch! The Colony Aquatic Park is located at 5151 North Colony Blvd, The Colony, Tx.— Mapsco 554-G

If you bring a whitewater boat for play, please heavily pad the bow and stern. We recommend helmets with face masks (the face masks could be paddling masks or hickey masks.

For more information, email David Lamb at: [thelambs@flash.net](mailto:thelambs@flash.net) or call 972-931-3068.

If you want more information about Kayak Polo, you can surf to: [www.kayakpolo.com/uspc](http://www.kayakpolo.com/uspc).

Come help us field an adult team for the polo nationals in Sacramento in April!!!! 🚣

# January is time to apply for river permits....

For all of you who like to go on raft trips.... Most of the really great rivers require permits and most of the ranger offices will be accepting applications between Dec. 1 and Jan 31. Please submit your own application for at least one or more of the following:

Middle Fork Salmon—Middle to late June  
 Selway—Middle to Late June  
 Main Fork Salmon—Middle to late June  
 Yampa—Late June to early July,  
 Rio Chama—One of the weekend releases in late July and August  
 San Juan—Mid October, Rogue—August

You can find information about private permit applications for all of the above at Rich's river permits page:  
[www.down-river.com/rgrayson/permits.html](http://www.down-river.com/rgrayson/permits.html)



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 RMT, ND(c)

**214-341-1132**  
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[iverson@nstar.net](mailto:iverson@nstar.net)

**Next Meeting:**  
 Thursday, January 18th, 2001.  
 Enchilada's Restaurant, 6526 E.  
 Northwest Hwy

See you there!

## Information on Roll Classes and clinics

### Keith Smith's Wednesday Night Roll Clinic

Keith Smith wanted us to know that the Wednesday night roll clinics in Grapevine end at daylight savings time (so they run from April to October). Please make a note of this in your calendars.

### Friday Night Swimming Pool Eskimo Roll Classes in The Colony For Kayaks and Canoes

Also, Arnie Blatt wanted to let us know that the Friday night Roll Classes at the Colony Aquatic Park Mapsco 554-G will commence on January 27, 2001 and run through February, March (with a break on the 16th) and conclude, fittingly, on Friday the 13th in April. The Colony will continue to assess

the very modest \$3 per person for an evening of pool use.

Last year we had 19 boats in the water on that last evening... what a sight! I hope that we can find some additional paddlers to help new people learn the paddlesport techniques and to support the DDRC in this annual event that is in its 12th plus year. Arnie has headed up this event for the past 6 or 7 years and could use some help since work conflict sometimes make it very difficult to make every single session. Please contact Arnie via email:

[Arnold.Blatt@RIAG.com](mailto:Arnold.Blatt@RIAG.com) for more information or to help him with this effort. ☺



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We're shredding our way to the 21st century!

## What to do if your boat is MISSING!

Richard Webster sent some information regarding an International Stolen and Lost Item register available on the Internet at [www.ItsBeenStolen.com](http://www.ItsBeenStolen.com)

There are currently 150 stolen Kayaks and Canoes listed. The service is free, all you need to do is access the Internet.

The idea is that you can list anything that is identifiable that has been lost or stolen (for example, you can also list your lost or stolen camera gear as well).

When you buy second-hand goods you can first check the register and see if the item is stolen. If it is, rather than buying stolen goods, you can advise the rightful



owner of the location of his or her property.

In addition to paddling groups like DDRC, Richard is also trying to contact Paddling equipment shops to let them know that they can register items and also search the database. Please let other clubs and local shops know about this. The more the word gets out, it will make it more difficult for people to sell stolen gear.

If you want to get a copy of his original email to send to your paddling friends, send email to him at:

[Richardw@ItsBeenStolen.com](mailto:Richardw@ItsBeenStolen.com)

and he will send the info to you so that you can send it to all of your paddling friends.

## Thank You

Many thanks to Don Hughes who opened his home to us for a wonderful Holiday Event! We all had a great time; what a beautiful home and gracious hosts!  
Thanks Don!

# Shoulder Rolls for Paddlers

*Alan Tittle—Vice President*

**DIRECTIONS**—Perform this workout daily, after your normal exercise program. Choose a pair of dumbbells with the lowest weight possible (i.e. 2 or 2.5 lbs.), **BUT A GREAT WARMUP WITHOUT WEIGHTS.**

dumbbells are to be held at all times

weight used may increase only when the total workout can be performed for three continuous days

Work with weights slowly.

Raise to a two-count and lower to a four -count

an alternative rhythm is to raise to a two-count, hold for a two-count, then lower to a two-count

arms should work bilaterally (together), although to delay fatigue you may alternate arm motions

There is no fixed number of repetitions to be performed for each exercise. Make sure that you spend at least 30 seconds on each of the 18 exercises. Move from one exercise to the next without pausing to rest. If you cannot perform a certain exercise, move onto the next one without stopping. Work continuously for 9 minutes. If you cannot complete the workout, reduce the amount of weight used.

## EXERCISES

1. **STRAIGHT SHRUGS:** Pinch shoulders to ears, hold, then release
2. **LATERAL RAISES:** With palms down, raise hands out towards side to shoulder level  
  
FRONT RAISES: With palms down, raise hands to shoulder level in front of torso
3. **FORWARD SHRUG ROLLS:** Pinch shoulders together then roll toward the top and forward  
  
DIAGONAL RAISES: With thumbs up, raise each hand to the level of the opposite shoulder
4. **BACKWARDS SHRUG ROLLS:** Pinch shoulders forward then roll towards the top and back
5. **LATERAL ROTATION RAISES:** Same motion as the lateral raise, but begin with thumbs down and end motion with thumbs pointing up
6. **CROSS CHEST RAISE:** With elbows bent. Touch each thumb to the opposite shoulder
7. **INTERNAL / EXTERNAL ROTATION:** Keep elbows pinned to the side and arms bent 90 degrees; swing hand parallel to the floor to right, then to left
8. **HORIZONTAL STANDING FLYS:** Begin with arms at shoulder level out to each side, palms down; bring hands together laterally in front of chest. Return to start
9. **ROTATING HORIZONTAL STANDING FLYS:** Same as above but rotate palms down to palms up as hands meet
10. **ROTATING HORIZONTAL STANDING FLYS:** Same as above but rotate palms up to palms down as hands meet
11. **SIDE PULL UPS:** Start with hands by hips and thumbs pointing toward body; raise hands laterally to shoulder level and return to start
12. **SIDE PULL UPS AND PRESS;** Same as exercise 13, but finish by pressing the hands over the head
13. **BENT OVER ROLLS:** Bend 90 degrees at the waist with upper body parallel to the floor and arms hanging down; bring dumbbells to chest
14. **STANDING OVERHEAD LATERAL PRESSES:** Begin with dumbbells touching in front of legs; swing up to the side until they meet over your head
15. **TRICEPS PRESS:** Pin elbow against ear with arm bent 90 degrees; straighten arm over your head
16. **BICEPS CURL:** Keep elbows tight to the side and raise hands to shoulders

These exercises were suggested by Dr. Bill Herring of Boone, NC. Handed out on request at Nantahala Outdoor Center Spring 1999.

### January Schedule of Events

- **Every Friday Night**—Eskimo Roll Classes for Kayaks and Canoes, Beginning Jan 27 through April 13th @ 7 PM in The Colony. Contact Arnie Blatt: W) 972.250.7158 H) 972.416.9194
- **Every Saturday Night**—**Kayak Polo** At 7:30 in The Colony, through April 28th. Contact David Lamb: thelambs@flash.net
- **Sat-Sun 20th-21st** — Alamo City Rivermen 2001 Freeze Trip contact Gib Hafernick at 210.822.8901 or email: Gibguy@compuserve.com
- **Jan 25th—April 12**, Wilderness First Responder Courses at Dallas REI \$125 deposit , Contact Jamie Butler at: 214.887.1822 website: www.wildmed.com

# February 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Roll Class	3 Kayak Polo
4	5	6	7	8	9 Roll Class	10 Kayak Polo Jr. Camp
11	12	13	14	15	16 Roll Class	17 Kayak Polo
18	19	20	21	22	23 Roll Class	24 Kayak Polo
25	26	27	28			

### February Schedule of Events

- **Every Friday Night**—Eskimo Roll Classes for Kayaks and Canoes, Beginning Jan 27 - April 13th @ 7 PM in The Colony. Contact Arnie Blatt: W) 972.250.7158 / H) 972.416.9194
- **Every Saturday Night**—**Kayak Polo** At 7:30 in The Colony, through April 28th. Contact David Lamb: thelambs@flash.net
- **Feb 10-11 Sat and Sun**—**Kayak Polo Junior Camp**, The Colony Aquatic Center. Participant must be USACK members.



As a participant in any DDRC activity, an individual assumes the responsibility of evaluating all inherent risks before participating and assumes any risk of death or injury inherent in the sport. The participant waives claims that may arise against the club, its officers, members, servants, agents and/or trip coordinators, for death or injury to person or property, including claims of vicarious liability and claims arising from civil recklessness or any degree of negligence. Not waived are claims against an individual who causes injury intentionally or with criminal recklessness and claims among driver, owner and passengers of a motor vehicle for injuries.



# Environmental News...

## Boat Registration

From Tom Goynes: "Today [12/7] I attended a meeting called by Andy Sansom, Executive Director of the Texas Parks and Wildlife Department. The purpose was to let various heads of constituent groups know what the priorities of the department would be this coming legislative session. All of the usual issues regarding increased revenue were discussed, in fact, I was the first to support the raising of the cap on the Sporting Goods Tax and I am confident that we will see legislation introduced to accomplish that.

I think we will also see a major bond issue for TPW with the payment of the bonds taken out of the general revenue. The purposes of the bonds would be for such things as capital improvements to the parks system, the purchase of water rights for in-stream uses, and other conservation issues. Andy even mentioned more access for recreation on our rivers.

All in all, there was a consensus that the department needs broad-based funding (sounds like something we've been saying for a long time).

The good news is that the registration of canoes was never mentioned, even though the presentation was fairly thorough. I suppose the issue may still come up, but it will be even more of a surprise now if it does. Take this opportunity to send your State Senator and Representative...a note that you favor broad based funding for the Texas Parks and Wildlife and not the registration of canoes."

*The good news is that the registration of canoes was never mentioned, even though the presentation was fairly thorough.*

## Senate Bill 1

From Ken Lock: Cindy Loeffler, TPWD Water Resources Program Leader, gave a very informative update on the progress of the 16 Regional Water Planning Groups (RWPG) activities and plan proposals. A list of the RWPGs public hearing dates was distributed. After the plans are turned into the TWBD, TPWD will have two months to review and comment. Cindy also mentioned that a committee known as Future of Groundwater in Texas has put out its final report and that it is up for public comment until October 15th. The significance of the final report is that it upholds the "Rule of Capture" of groundwater. This means that property owners could pump the water under their private property and would allow a means for marketing of the groundwater.

The creation of Groundwater Districts can be designated by the legislature. This is interesting because it could have a negative impact on stream inflow rates (springfed) by dropping the water table.

## Texas Rivers Center

Larry McKinney, Sr. Director of Aquatic Resources, announced that an agreement has been signed with Southwest Texas University (SWT) for the construction of the Texas Rivers Center. An official signing event is planning for October 30 at Aquarena. \$3.5 million will fund Phase I which will see the restoration of the Aquarena site to a more natural state and transform the hotel into office space to house TPWD and SWT staff and some

class rooms for outreach and education programs. Architects will complete the design for the entire project by Spring 2001 and Phase I construction will hopefully begin by the Summer of 2001. Phase I is estimated to be completed in two years. Phase II will cost between \$9—\$11 million and TPWD is now in the process of raising funds to complete the second phase. SWT will operate the Texas Rivers Center after it is build and TPWD is providing the capital to build the center.

... an agreement has been signed with Southwest Texas University (SWT) for the construction of the Texas Rivers Center in cooperation with TPWD

## River Guide Update on the Web

Ron Smith, TPWD River Guide developer reported that the flows application is now on the River Guide providing real-time river flows, updated as provided by USGS every 32 minutes. Ron announced he is working on adding river morphology terms and a glossary to the Guide. He is still working on problems with providing viewing access information via the River Guide. He said there should be two news releases coming out about the River Guide. The Texas River Guide is at:

<http://www.tpwd.state.tx.us/texaswater/rivers/index.htm>



## DDRC Newsletter Add Rates

Type of Ad	Per Insertion	Annually
Business Cards (member)	5.00	50.00
Business Cards (non-members)	7.50	75.00
1/4 Page display	20.00	200.00
1/3 Page display	30.00	300.00
1/2 Page display	35.00	350.00
Full Page display	50.00	500.00

To advertise, contact Susan Harkins at 972-470-0195 to discuss artwork format. Are ads are payable by check to DDRC, ATTN: Newsletter Ad. P.O. Box 820246, Dallas, TX. 75382

Are you concerned about the boat registration issue, permanent fees on public lands for any and all types of recreation or other issues affecting the paddling community?

**Make our system work for you. Your legislators need your opinion. Learn more in coming meetings. Find your senators and representatives at** [www.vote-smart.org/index.html](http://www.vote-smart.org/index.html)

Please, Please, Please....

If you have a computer with an internet connection, and the Adobe Acrobat Reader (you can download it free) - Please consider getting the newsletter via email. This saves money from the treasury and trees from the environment. You can also get the newsletter in color, if you have a color printer.

## DDRC Officers & Committees

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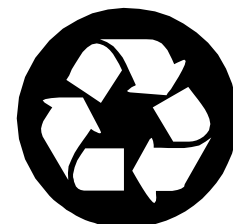
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

### Canoe Training:

John Pullman  
214-824-0213  
padlstandg@aol.com

### Kayak Training:

Available



		635 (LBJ)	
	MEADOW ROAD	GREENVILLE	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>DALLAS DOWNRIVER CLUB OCTOBER MEETING</b>  <hr/>           Thur. 18th, 7:00 PM            Enchilada's Restaurant            6526 E. Northwest Hwy.         </div>
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## DALLAS DOWNRIVER CLUB

P.O. Box 820246  
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*The Official Newsletter of the Dallas  
Downriver Club*

*We're on the web  
[www.down-river.org](http://www.down-river.org)*

## Dues are Due!

Contact Marvin Dietel to change your personal information on the roster, or Susan Harkins receive this newsletter via email AND IN COLOR!

Save paper—  
Let us email the  
newsletter to you!

