

The DDRC Current News

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The Official Newsletter of the Dallas Downriver Club

January 1999

Friends in Low Places

by Yolanda Deatherage

We celebrated Christmas with our families but that evening, Charles Edwards, Richard Steppe, Jack, and I left for a week long trip to the Lower Canyons. We arrived in Marathon around 5:00 a.m. and were able to take a couple of winks, literally, before waking up to meet the remainder of our group. We met Mary Zaborowski, Paul Woodcock, and Mark Andrus from the Houston Canoe Club. Traveling with them were Kim Elphick and Dan Benoit from Manitoba, Canada. Kim and Dan are outfitters in Canada and met Mary and Paul from their visit to Canada. After some breakfast, we loaded our gear onto Mary's trailer and began our trek to the put in at La Linda. We actually put on the river about 12:30 Saturday afternoon in

about 2.4 ft. We were traveling with four canoes, three tandems and one solo, and one raft. Wanna guess who was in the raft? The first two days were basically flatwater that was tedious in the raft, but Jack was a real trooper! The second day we traded with Richard and Charles for awhile to allow lurching without stopping. We ran up on a rapid, yet to be named, although, I am sure has been christened by many. Charles and Jack ran that on the raft while canoes portaged. We met three Park Rangers one morning when they paddled to our campsite. They were doing what they call "personal contact" with the people on the river. They were friendly and informative about the new

regs. They did ask about our firepan, our toilet, and firewood. They accepted our answers and did not check our toilet but our firepan was visible. Before leaving, they did thank us for doing it right. Charles and Jack ran Hot Springs, but we lined the canoes. That was a new experience for me and certainly takes some organization. We were able to



Hot Springs Rapid, Rio Grande River
Lower Canyons, Texas

relax that night in the Hot Springs located at the campsite. The water was probably around ninety degrees. That's about all I remember. Oh, yeah, there were some other campers at the same site who told us as they were leaving that they were fined \$100 for not having a toilet. There were 31 persons in his group and we heard them cutting down trees the night before...so they probably got off easy. Everyone ran Rodeo Rapids and fared well. Everyone portaged (pronounced poor-taj by Kim and Dan and I rather favor it myself) Madison except the raft which was dragged off after getting stuck on a rock. Around the third day, Richard was noticeably

more relaxed. We teased him about hanging out with Charlie and getting a bit too relaxed, but after seeing them run the rapids you know they KNOW when to play and when to work. Kim and Dan took a swim when a turn on the river pushed them against some cane. Dan got a nasty cut from it, but both took it in stride stating it was like a late summer

day in Canada. All I know is that I had my polypro, splash pants and fleece on and if I had fallen in the river that would not have been my answer. I helped Jack paddle the flatwater but he always did the rapids. We got pretty good at changing positions as soon as I could hear the rapids. He was a very courteous partner, always letting me know if he thought he might run into something, allowing me to find cover in the front of the raft. He actually did great handling the raft especially since I wasn't much help. We ran the remainder of the rapids without mishap.

The mornings were nippy, around 28, warming up in the afternoons and then cooling back down in the evenings. Jack cooked up some good meals on the trip

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1998

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President's Column

by Jack Deatherage

I would like to take this opportunity to give our club a nice firm pat on the back. 1998 has been pretty good to us with a lot of exposure around town and the State and most of it was positive. We have also had more than our share of luck with some of the close calls that some of our members have experienced. May 1999 be even better.

Get Connected on the Internet

DDRC's website is provided by Inturnet, inc., a local ISP based in Richardson. In addition to providing our club with FREE web space, inturnet also offers access to DDRC members at a 10% discount off the regular monthly rate of \$19.95 per month for unlimited, 24 hours per day access.

To top it off, DDRC receives a 10% bonus for each member signing up, so it's a double win-win for you and the club. If you want your own web pages, inturnet provides 10MB FREE space, enough space to create about 900 pages (more or less)! You will also receive an e-mail address so you can communicate easier.

Call Tod E. Weber at (972)783-0066 for an account and be sure to tell him you are a DDRC member so both you and the club get the bonuses, or contact Rich Grayson.

Ran into a couple of National Park Rangers over the holidays, on the Rio Grande and they had heard good things about us and sincerely thanked us for "doing it right".

The National Park Service is making their presence known on the whole Rio Grande River with 3-5 on the river most of the time. They will be strictly enforcing all Park rules and handing out hefty fines for violations. The sad facts are that a lot of their rules should be common sense for all campers and river runners, but that is not the case.

I was given a little booklet "Leave No Trace, Outdoor Skills and Ethics for Western River Corridors", it has some excellent information on why things are changing in the Parks and along the rivers. One of the big items contained is always carry a toilet. If you are doing a small group trip in kayaks or solo canoes than the group is going to have to find a way to make room for a sturdy container to carry out human waste. This is required on most all of the permitted rivers. Failure to do so can bring large fines and a permanent ban from all Federal Lands. Another principal they stress is "Pack it in, Pack it out, leave no trace of your visit. Remove all trash, scraps of food, everything is packed out. Also another biggy, Don't cut down trees! We ran into one large group that had numerous violations but I think this is the one that brought the rath of the Rangers down on them. If it's dead and in the flood plain it generally ok to burn, provided you have a fire pan. If it's still attached to a tree leave it there. If you do not have a fire pan do not build a ground fire, etc, etc. The rules are going to change fast at your favorite rivers. Stay informed and know what's around the corner. I shall get off of my soap box now.

Newsletter: The DDRC newsletter, Current News, is a monthly publication distributed to club members and affiliated paddling organizations nationwide. The deadline for submissions is the 1st Thursday of each month. Information may be submitted via e-mail, at schleter@dallas.net, or fax/phone to Steve Schleter, at (972) 329-0729. Articles about and of direct interest to DDRC members will receive first priority, paid advertising will be given second priority, and other materials will be included on a space-available basis. Unless otherwise specified, all information about river trips will be added to the DDRC Internet website trip calendar.

Change of Address: Please contact Chris Cockrell, Treasurer, if you need to report a change of mailing address. If you fail to get a newsletter, it will be because we do not have a current address or your membership has expired. Chris will be happy to correct wrong addresses, and take your dues if you are in arrears.

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The Environment Section

by David Lamb

The following people worked cleanup this month:

Jack Deatherage
David Lamb
Rachel Lamb
Alan Lamb

We worked on:

White Rock Lake Sunset Bay
Denton Creek
Elm Fork Trinity
Bachman Lake

A total of 123 bags of trash were picked up. In particular, 80 bags were picked up on Denton Creek at a huge trash strainer behind a very large fallen tree about a mile upstream from the Elm Fork. On December 28th, I was working cleanup in the middle of the log jam behind the fallen tree near dusk. A bobcat crossed over Denton Creek using the downed tree as a bridge. It was going towards the gun club property. The bobcat was 3-4 feet long and 40-50 pounds, gray with brown highlights, a very round face and about a 4 inch dark tail. The bobcat was about 20 feet in front of me. It stopped for a while just to watch what I was doing.

Sunset Bay at White Rock Lake needs a lot of attention. Where it needs work the most is actually on the peninsulas around the creeks coming in to the bay. When the water was up in November and the wind was blowing from the

south, those wooded areas were covered with styrofoam and bottles. Now that the water is down, the litter is spread out over the ground. It is pretty slow going and there is a lot of it to be picked up. At least it is a warmer cleanup than cleaning up from the boats. One still needs a boat to get to these areas.

Next White Rock Lake Cleanup - February 13, 1999

January Cleanup - January 1, 2, 9, 1999



Kayak & Canoe Roll Clinic Fridays starting January 22, 1999.

It's in an indoor heated pool!

Dates: Jan 22 through April 9 (closed March 5, 12, 19 for repairs)

Where: The Colony Aquatic Center in The Colony, TX.

Take Plano Pkwy. to Hwy. 121, then north on Paige Rd. to North Colony Blvd. Go east (right) about 3 blocks, look for Aquatic Center near fire station on north side of road. Mapsco 554-G

Cost: \$3 per person per evening
 Contact Arnie Blatt for more details:
 W)972/250-7158; H)972/416-9194

WANT ADS

Looking for used Penobscot-type ABS canoe. Contact Fred or Marilyn Zickrick at 903-465-5937 or fredz@texoma.net.

Pyranha Mountain 300 kayak with airbags and sprayskirt (med.) FC \$325; Paddle 206cm \$50; PFD (sm.) \$20; Helmet (med.) \$10.
 Keith (940)566-4869

To Buy: a Canoe 16 to 169 length and 55- 60 weight
 e-mail: dalaniz@swbell.net
 Jesse and Dorina Thomas

Group Buy of ICF K-1s and Downriver K-1s

Start saving your change, mowing lawns, throwing papers, babysitting.

I am ordering a container of ICF K-1s and ICF Downriver K-1 racing boats in March, 1999.

ICF K-1 \$370 + \$100 shipping
 Downriver K-1 \$450 + \$100 shipping

ICF K-1s are available in high volume stable, medium volume unstable and high volume very unstable hulls.

ICF K-1s have your choice of pedals or T-bar, over or under stern rudder.

ICF K-1 layup - Polyester/Glass/Nylon

DR K-1 layup - Polyester/Vinylester

Other hulls and layups are available at additional cost

Let me know if you are interested.

David Lamb (972)931-3068
dlamb@adventureteam.com

The container costs \$2350 to ship here. I am covering any extra cost in shipping that these prices do not pay.

Thanks

DDRC Annual Membership

\$20.00/year - Individual or Family
\$200.00 - Lifetime Membership
 Due January, 1998

Send to:

DDRC

P.O. Box 820246
Dallas, Texas 75382

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which sufficed in both warming us up and filling us up. Dan and Paul always made sure they gathered plenty of wood to ensure a nice evening fire. We gathered around the campfire in the evenings until we retired which was usually around 9:00. I think we did stay up late a few nights. On New Year's Eve we celebrated with champagne, courtesy of Mary, Paul, and Charles. I was determined to stay up until midnight, but I finally crashed at 10:00. Richard stayed up and I did hear his good will wishes at midnight. We didn't see much wildlife on this trip, other than cattle, sheep, and one jackrabbit. The scenery is beautiful, though, and it is certainly peaceful as you travel down the river. There would be hours where Jack and I would only hear the rhythmic music of the oars as they glided through the water...and an occasional creek from the clamp on the oar. Although not new to camping, I still consider myself fairly new to the river scene but as I experience more trips (with the help of Charlie and Jack), and have the opportunity to meet more people I look forward to gaining more experience. One thing I always find after a trip is how much I enjoyed meeting people I did not know or had only known by name. Not only do we get to enjoy some wonderful areas, view some beautiful sites, and experience new things, we have the opportunity to get to know someone we may not have gotten to know otherwise. We had a good trip and I enjoyed the Lower Canyons.

Charlie, I think I might be beginning to trust you !

The DDRC Safety Committee has scheduled a CPR/First Aid class with the American Red Cross. The class is broken up into two evenings, March 2 from 6:00pm - 10:00pm and March 4 from 6:00pm to 9:00pm. The classes will be located in downtown Dallas, across from the Crescent Hotel. To register, please contact Ken Lock at:
214-823-5263

THE SAFETY SECTION

The intent of this monthly article will be to communicate basic information that can be used to help prevent accidents or at least minimize injury, involving paddling sports. The information will come from a number of sources such as the Whitewater Rescue Manual, the Outdoor Action Program of Princeton University, the ACA and American Whitewater.

'Tis the season for hypothermia. Although you can get varying degrees of hypothermia at any time of the year, the combination of cool air and water make us especially susceptible. The human body functions only within a narrow temperature range. Hypothermia is when the body cools below acceptable levels. Like windchill, the effects of cold water increase when the current is fast, drawing heat from the body 25 times faster than air.

The best way to prevent hypothermia is to insulate your body with appropriate clothing. The first goal is to protect the torso or "core" of the body. Wetsuits and drysuits work effectively. Wetsuits are more comfortable over a wide range of temperatures. Wetsuits are neoprene, worn tight and any water that does enter is heated by the body. Thin layers of polypropylene or pile can be worn beneath a wetsuit for additional warmth. For additional protection a spray jacket, drytop or rainpants can be worn over.

Drytops, drypants, and drysuits are loose fitting with tight rubber gaskets at the neck, wrists, and ankles to keep water from entering. Body temperature is regulated by adding or removing layers of polypropylene or pile insulation.

If a helmet alone is not warm enough, a pile or neoprene liner can be worn quite effectively underneath. Neoprene booties are warmer than sandals or tennis, but an additional layer of capilene and/or wool socks is almost guaranteed to keep the cold out. Neoprene gloves, mittens or pogies should be worn to keep the hands from going numb.

Even with all this protection people can still get hypothermia. It starts with muscle tension, goose bumps and shivering. Action should be taken at this point to reheat the body. Start by eating some calories like a Powerbar, drinking water is also a good way to stave off mild hypothermia and then there's always strenuous activity. Avoid alcohol and caffeine. If shivering is uncontrollable, remove wet clothing immediately and replace with dry, warm garments. Heat packs should be applied under arms, around the head and neck, and in the crotch area if possible.

If left untreated the body temperature will fall below 95F. Shivering diminishes, confusion sets in, and reasoning becomes clouded. A person may deny there is a problem. External heat is always necessary for recovery, because they will not rewarm spontaneously. Energy should not be wasted trying physical activity to generate heat. A person can be placed in a sleeping bag then sandwiched between two people, but this method seldom works except in mild hypothermia cases. A person should be placed in a small space with as many people as possible to heat it up quickly. An overturned raft works great, but a small tent can work too. The person may require professional medical assistance.

Severe hypothermia occurs when the body's temperature is below 90F. Severely impaired mental abilities that appear like intoxication or even unconsciousness will occur. A person requires quick, professional medical assistance.

If you have further questions about what's necessary to prevent or treat hypothermia, talk to people who are familiar with cold weather paddling or feel free to ask one of DDRC's SWR Instructors.

Dates have been set for the 1999 winter clinics and races on the lower Guadalupe river in New Braunfels. At this time the clinics are kayak, but if enough C-1 and OC-1 paddlers contact Mark Poindexter he can arrange a teaching weekend.

The clinics are top instruction for anyone wanting to learn precision paddling technique. The races and polo games are lots of fun and open to everyone. Participating can drastically improve your paddling skills.

STROKE DRILL CLINIC

Dec. 12-13

Jan. 9-10

PRECISION RIVER RUNNING

CLINIC (with gates)

Jan. 16-17

Jan. 30-31

Feb. 13-14

SLALOM RACES & KAYAK POLO

Jan. 23-24

Feb. 6-7

Feb. 20-21

Contact Mark thru Carolyn
Allbritton's email address
JakeA@compuserve.com .



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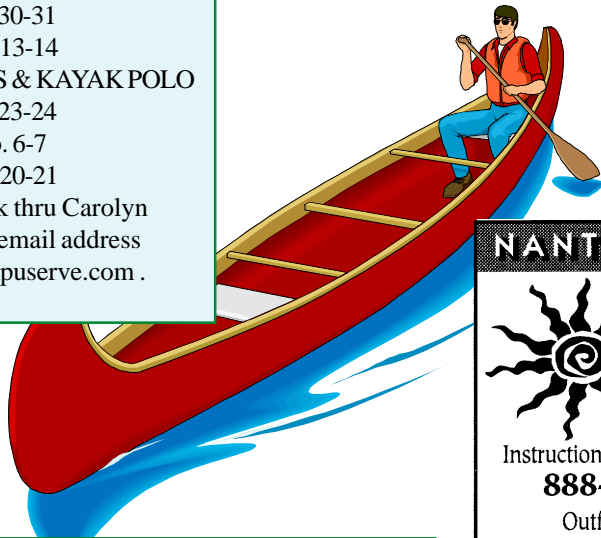
"Quality that lingers"

Don Greene (Whitewater Experience) is again sponsoring two EXCELLENT first aid classes this year, taught by the professionals at Wilderness Medical Associates. To be an official Texas paddler, you have to be certified in at least one of these:

- 1) Wilderness First Aid - 16 hour course on Feb 27 and Feb 28
- 2) Wilderness Advanced First Aid - 36 hour course on Feb 20 through Feb 23

I'm not sure, but I think both of these will be taught by Jamie Butler, a walking (and paddling) encyclopedia of backcountry medicine. These are the best outdoor-oriented first aid courses anywhere and worth every penny of the enrollment fee, honest! Please note that CPR is a prerequisite for these classes.

For further info, contact Don Greene at 713.774.1028.



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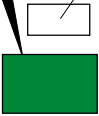


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**DALLAS DOWNRIVER CLUB
JANUARY MEETING**

Thur. 21th, 7:00 PM
Enchilada's Restaurant
6526 E. Northwest Hwy.