

www.houstoncanoecub.org Hotline number 713-467-8857
March 2001 Vol.2

Race for the River Bottoms!

by Wendee Holtcamp

Bummed about no Buffalo Bayou Regatta this year? Interested in forest preservation? Can't resist a challenge? Register for the 2nd annual East Fork/ West Fork Challenge Canoe Marathon! The *le mans* style canoe race leaves at 4am **Sunday, March 11** from Lake Houston State Park and travel 16 miles down Peach Creek and the east and west fork of the San Jacinto River, ending near Forest Cove Marina in Kingwood. This unique night-time race down the San Jacinto River will help raise awareness of east Texas' (and Houston's) disappearing bottomland hardwood forests and their value to fish, wildlife, and humankind. And it's going to be a jammin' good time!

If night-time paddling isn't your *forte*', camp at the park and enjoy the Saturday festivities.

Funds raised through sponsorship will benefit the San Jacinto Conservation Coalition (SJCC) and their efforts to protect the Texas bottomland hardwood forests. By 1980, Texas had already lost over 65% of its bottomland forests, according to Texas Parks & Wildlife Department, who produced a video entitled Forests of the River Bottom. Yet the river bottoms are one of Texas' most valuable habitat types because they filter out water pollutants, buffer against floods, and protect the estuaries downstream near Galveston Bay. They also provide irreplaceable habitat for wildlife, including bald eagles, wood storks, roseate spoonbills, night herons, osprey, alligators, deer, flying squirrels, river otter, raccoons, and more.

SJCC will use funds from the race to create a canoe and kayak trail to encourage more people to experience the joy of paddling along the river, as well as for forest preservation and environmental education. SJCC founder and President Wendee Holtcamp is an environmental journalist who writes for magazines such as National Wildlife, Sierra, Audubon, Texas Parks & Wildlife, Hooked on the Outdoors, and others. She also teaches Biology at Kingwood College.



SJCC's mission is "to improve citizens' quality of life by protecting and preserving the natural resources of the San Jacinto watershed, and by proactively promoting

responsible, planned growth.

Although members of the Texas Canoe Racing Association will be racing to win, paddlers of all stripes are encouraged to enter – categories include recreational kayak and canoe, women's solo, Master's (over 50), and others.

For more information or a registration form, go to <http://www.greendzn.com/challenge.htm> or call Mike Stinson at 281-358-8830 or stinsonmike@hotmail.com. To reserve a campsite or lodge room at Lake Houston State Park, contact Stinson who has reserved campsites and lodge rooms for the event.

SJCC is an affiliate of the GulfCoast Institute, a non-profit organization dedicated to smart growth in the Houston Gulf Coast region. For more information about SJCC or race sponsorship contact VP Nancy Simpson at 281-324-6431 or simpson722@aol.com

Houston Canoe Club Officers for 2001

Commodore Jim Null 713-664-1083
medislide@earthlink.net

Vice Commodore Fraser Baker 713-796-0946
fraser@pobox.com

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Newsletter Deadlines

Submissions to the Newsletter are encouraged. The preferred method is a Word document. Pictures in jpeg or gif. Submit articles, sales items, pictures by general meeting OR by the 15th of the month.

Electronic submissions:
Donna.grimes@mindspring.com

Snail Mail:
Donna Grimes
4838 Kingfisher
Houston, TX 77035

Change of Address

Contact HCC Recorder, Marilyn Peery

Rendezvous May be Alive and Well!

Every year about this time, there is the question – will HCC have another Rendezvous this fall? This question has especially been dominant the last couple years – Last year after Lillian Tigard resign the chair position, no one immediately stepped forward and many of us thought Rendezvous would not take place in the fall of 2000. However, Kevin Casement stepped up and we had a wonderful Rendezvous, thanks to him.

Again this year, since Kevin decided to chair it, the question loomed. But, the current Commodore Jim Null has decided to resign as commodore in order to become the chair for the 2001 Rendezvous. In the March meeting, we will need to vote on three different board positions because of this change.

1st – Fraser Baker has resigned as Vice Commodore and will run as Commodore
2nd – Lillian Tigard will run for Vice Commodore
3rd – Since Cheryl Cleary's decision to serve as fleet captain came after the elections in November, she will need to be officially voted in.

Welcome to New Members

Alexis G Latner 6812 Academy # 618
Houston, Tx 77025 713-661-2381
latner@rice.edu
heard about HCC at REI outdoor fair last year

Jaime Gonzalez 829 24th St.
Houston, TX 77008 713-862-8414
JGONZAL@neosoft.com
heard about us thru a friend (probably me--Jaime works at the arboretum)

John Schuhsler 1500 Witte Rd. #51 Houston, TX 77080 713-464-4680 schuhsler@peoplepc.com
Susan Eda told him about us

Jack and Theresa Rhodes 2530 Ave. D
Katy, TX 77493 281-391-2671 RickRho@EV1.net
heard about us from the internet

Martin Rudge and Gwen Walker 12626
Barryknoll Houston, TX 77024-4003 713-647-8795

Malynda Richardson 1220 Nashua
Houston, TX 77008
MALYNDAR@MFBLHOU.COM ??? couldn't read this very well 713-864-9665
no comment re how she heard about us

Who be These People?

Fraser Baker –

Vice Commodore, soon to be Commodore

1. Where were you born and raised?

Born in Trail, British Columbia Canada. Traveled to Toronto, Ontario when I was 1, and was raised there. Left Toronto in 1962 to go to Queen's University in Kingston, also in Ontario. Came to the US, actually Beverly Hills CA in 1978 where I worked for two years at The Institute for Cancer and Blood Research. Then worked at the Loma Linda Medical Center for a year, where I made sort of a breakthrough, at least sufficient to secure private funding to develop a chemosensitivity test at the MD Anderson Cancer Center.

2. Are you married, have children (how long, how old, etc)

Not married. Been married twice, and have one son from the first marriage. He is 33 and is a Computer Scientist working for the Royal Bank in Canada

3. Where educated and degree? Educated at Queen's University at Kingston, Ontario, Canada where I was awarded a Ph.D..

4. Previous occupations? how long?

Been a scientist all my life, using cell culture techniques to determine how the production of white blood cells is regulated, and since 1981 developing methods to optimize cancer treatment also using cell culture techniques

5. Present occupation - how long?

In 1989, I established my own Medical Laboratory near the Texas Medical Center. NuOncologyLabs acquired my lab in 1998. This lab continues to perform specialized tests for cancer patients to direct and optimize their therapy.

6. Other places lived, how long in

Houston.

Been in Houston since 1981. California before that from 1979. Kingston, Ontario, Canada from 1962 while going to school. In Toronto from 1942.

7. How did you become involved with HCC?

Sharon Anderson introduced me to the HCC.

8. What is your favorite type and place to paddle?

Right now, I prefer moving water. Flat water is OK. Would like to get into some class 2 and 3 white



water. San Marcos is probably my favorite place to paddle right now.

9. Do you have any other hobbies or outside activities?

I enjoy photography, computer development (right now I am preparing a server in my apartment to host my web site), wood working (built a lot of my own furniture and some pieces for the lab) and electronics.

10. Any other comments?

Paddling has been my first real social extracurricular activity and has saved my life.



Don't forget March 3rd
San Marcos River Cleanup
Call Ann Derby

281-491-3973
Maderb@aol.com

Paddling Hints and Ideas

By Mark Andrus

1. Shop towels on a roll work better for taking on an expedition trip than paper towels for the kitchen. The shop towels last longer and do not fall apart when wet. Paper towels had always taken up a large amount of space which has to be kept dry. The last roll cost me about \$1.78 at Wal Mart.
2. Someone told me that mineral spirits is the best way to remove old duct tape residue. The mineral spirits cost about \$3 a gallon at Wal Mart.
3. Epoxy resin, hardener, and fiberglass cloth is good to have for boat repairs. I fixed a crack in
- 4.

my kevlar sea kayak by putting fiberglass cloth on the inside and outside and epoxying it in. I have also used epoxy resin to attach grunge pads to my canoe -it took about one pint of epoxy for that. The main secret to fiberglassing is to read the instructions on the package. West Systems also has a book about fiberglass repair. Sources of marine epoxy resin include West Marine and Boat US. One project

I have seen in the Expedition Canoeing book is using PVC pipe to have a way of running the end loops of a canoe near the waterline. The PVC pipe is fiberglassed into the inside of the canoe, so there is no open hole in the canoe. I have not tried this yet, but I will do it pretty soon to get a good lining bridle system

The bulletin Board - Things for sale!

I am selling my fiberglass **Betsie Bay Manitou**. This is a hard chined, Greenland style boat with an ocean cockpit. The boat is 18' long with a 22" beam. I am selling the boat for \$1450 US, including a compass that mounts on the front hatch. The boat is in very good condition. The boat is in Austin, TX. More pictures and info at <http://www.io.com/~jjoy/> Mark White gajaq@swbell.net

16' Mohawk Blazer, New web seats, fast & quite. Used for week long trips on the Rio Grande, Blackwater Rivers of Florida and local day trips on Texas waterways. \$250 call Mike at 281-356-9017 home 281-423-7674 work mftalk2me@aol.com

I have been paddling for the past 5 years. I am selling a 1 yr. old **Necky Looksha IV** I am including the Werner composite paddle, spray skirt and rescue gear. The price for the whole package is \$1200. The boat is "granite" color. Mike McDonell work phone number is 713.960.8989 and Home is 713.629.7921.

THULE - Factory VW THULE roof rack. This rack came off a 1996 VW Jetta Trek. Two bars, locks, instructions, big mouth bike mount. Only used several times. Fits any 1995 - 1998 VW Golf or Jetta. \$175 Call Tracy at 832-741-9047.

17' Mad River Sundance, fiberglass, light colored wood trim, dark green, sliding bow seat, sailing thwart + mast step, garage kept, clean/good condition, D rings, cane seats, stern foot rests, great paddling tandem, \$ 700.00 contact Rudy Rivers at (281)495-9742 or rudydrivers@aol.com

17 foot Mad River Sun Dance, good shape and auto racks (clips for gutter or non gutter) \$400. Call Wanda at 830 238 4564, Hunt Texas 78024

Like new. Tuf-weave **Wenonah Sundowner**, ivory in color, tractor seats with adjustable seat in bow, with slip covers and 2 paddles for sale. \$ 900.00 Call Gib Nunez in Silsbee, Tx at 409 385-6468

Need storage space for your canoe or kayak? Marilyn Kircus has space she wants to share. Room for 3 to 5 canoes or kayaks on the west side of town. Contact Marilyn Kircus for more details. mkircus@academicplanet.com or 713-782-0178 evenings.



Crocodile Tearswill be shed if you haven't paid your HCC dues...because this will be you last newsletter issue

New Park Opens On Lake Charlotte

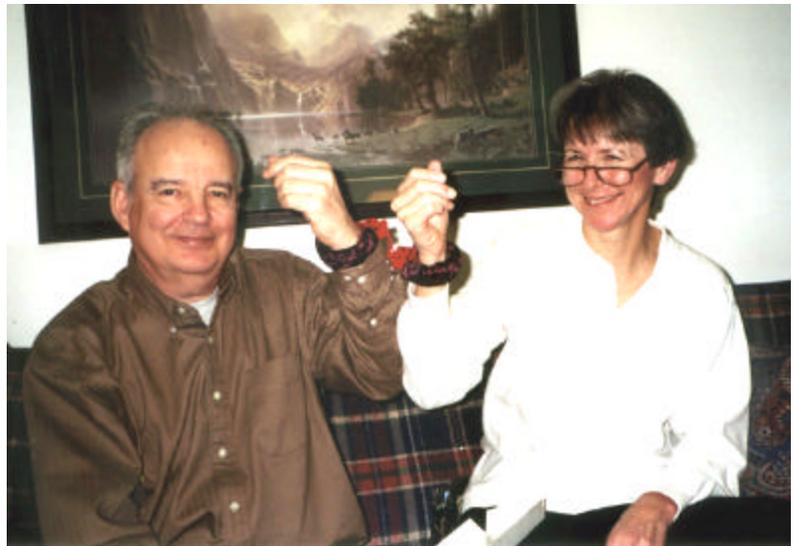
by John Bartos

Cedar Hill Park has opened on the northeast side of Lake Charlotte. It was built by the Corps of Engineers, and is run by Chambers County. The park was dedicated on December 7, 2000. To get there, take exit 810 (about 30 miles east of Houston) off of I-10, go north 2.9 miles on 563 and turn west on Lake Charlotte Road. Go 1.1 miles and the entrance to the park is on the left. There are no signs at the present time.

There is a nice put-in for hand carried boats, trails and day use facilities. Currently there are no signs at the park regarding rules and some folks have been camping in areas that are not appropriate. The county assures us that this will be straightened out. The launch gives good access to Mac Bayou to the northwest and the Mud Lake to the south. On two recent trips, the water on the lake was at 11.4 and 9.0 feet on the gage. You can access this online at http://tx.water.usgs.gov/nwis-bin/uv/?site_id=08067118. We were able to paddle through the cypress trees all over the area between Charlotte, Miller and Mud Lakes. We saw lots of wildlife including a bald eagle. If you go out there, have a good map and/or go with someone who can guide you. Find topographic maps online at <http://www.topozone.com/findresults.asp?place=Lake+Charlotte&statefips=48&placesearch=Search>. Also be aware that Lake Charlotte is a big lake with a lot of fetch. As such in a strong wind, the waves can be challenging. This area is one of our favorite places to paddle year round. Now you have an alternate put-in.

Anne Stafford and John Olden Get Hitched

Two long time HCC members and former officers, John Olden and Anne Stafford, were married in Dallas on February 17 at Craig Olden's lovely home. They met in the Club, and have traveled and paddled together as friends for several years. Last summer on a canoe trip to Wyoming their friendship grew into love. Both John and Anne were born in the Midwest and moved to Texas with their families as teenagers. Playing outdoors is something they've both enjoyed since childhood. Anne liked to swim in the summer and be outside year 'round for the six years her family lived near Denver. John went camping with his family and learned to canoe in the Boy Scouts. When Anne wanted to take a Boundary Waters canoe trip in 1987, she took her first canoe lesson. The Red Cross instructors



introduced her to the Houston area canoe clubs. John learned about HCC at the Boat Show in 1992.

In spite of the popular wisdom about marriage and tandem paddling, they're looking forward to both.



Spotlight Cruises -

Back in 1995, Skip Donahue, as fleet captain, began a monthly paddle that was "spotlighted" as a trip geared for new paddlers as well as long time members. The trip would be a local paddle with emphasis on the history, the joy of paddling, and camaraderie of fellow paddlers. The success of these paddles was felt by everyone. So, in 2001 the officers would like to again have a monthly "Spotlight Cruise". Everyone is invited, especially those new to our club. This month's trip will be lead by Bob Arthur on Saturday, March 10th on Buffalo Bayou. So Mark your Calendars and Join us. Also, as editor, I will try and have a spotlighted article about the selected area, this time it is Buffalo Bayou from Terry Hershey Park to Wilcrest.

Terry Hershey Park

By Louis Aulbach

This is the first in a series of articles about Buffalo Bayou excerpted from a forthcoming book by Louis Aulbach and Linda Gorski entitled "Buffalo Bayou: An Echo of Houston's Wilderness Beginnings." The book will be a hiking, biking and paddling guide to Buffalo Bayou from its origin in Fort Bend County to the Turning Basin, the beginning of the Ship Channel. This book highlights much of the historical development of the City of Houston from its pine forest bayou environment to its urban landscape.

The city of Houston learned of the power of flooding from Buffalo Bayou when the waters from the swollen bayou submerged much of the town in 1879. In May, 1929, a flood roared down the bayou and millions of dollars of damage was done to the city. The great flood of 1935 inundated many of the stores on Main Street.

So, in 1936, the city awakened to the need for some sort of systematic flood control. The U. S. Army Corps of Engineers was consulted and the flood control program that included Barker and Addicks Reservoirs was approved in 1940.

The launch site on Memorial Mews is located on the spillway channel from Addicks Reservoir along the former course of South Mayde Creek. Within 100 yards, the channel joins Buffalo Bayou in a section that was channelized as a part of the flood control program that was completed in 1946. Below Barker Dam, the bayou was straightened from Highway 6 to Wilcrest Road.



Buffalo Bayou at about 900 cfs (high water) near Memorial Mews. This channelized section of the Bayou has a unnaturally narrow stream bed with overhanging trees, fallen limbs, limited eddy pullouts, and other hazards.

Harris County has developed the channelized beltway into Terry Hershey Park from designs proposed in 1987 by county landscape architect Mike Cunningham. The hike and bike trails extends seven miles from Highway 6 to Wilcrest, with future extensions as far as Beltway 8.

A paved hike and bike path on the north side of the bayou is heavily used by walkers, joggers and recreational bike riders. Serious mountain bikers test their skills on the rugged dirt paths, known as the Ant Hills, that wind along the south side of Buffalo Bayou from Eldridge Road to Wilcrest.

Post-WWII residential development in the area west of Houston has led to the construction



of three road bridges in the four mile stretch from Memorial Mews to Wilcrest. The first bridge, encountered shortly after entering Buffalo Bayou is Eldridge Road. Eldridge

Water from spillway dropping into Buffalo Bayou Channel at Highway 6. Watch out for the dangerous boat-ripping rebar on north side of Bayou at the base of the concrete spillway!

Road has been extended from Sugar Land within the past 15 years. The road was named for William T. Eldridge who was the first manager of the Imperial Sugar Company. Mr. Eldridge, who died in 1932, built the company town with 435 homes for the workers, stores and the farms in Sugar Land.

Prior to the channelization of the bayou, the Houston Museum of Natural Science sponsored an archeological survey of the bayou. Although a well-known, and often plundered, site near Highway 6, known as the Habermacher Mound site, was excavated, the survey downstream identified an archeological site on the south side of the bayou about 200 feet east of the old Dairy-Ashford Road. A second site was located about 1500 feet downstream on the north side of the bayou. All of these sites have been destroyed by the flood control project.

The Dairy-Ashford Road bridge is the next bridge encountered. The old road connected the rail stops of Ashford on the Houston & Texas Central Railroad in northwest Harris County and Dairy on the San Antonio & Arkansas Pass Railroad, located between Jeanetta and Clodine in western Harris County. The community of Dairy, or Dairy Station, was first settled by a Mr. Reynolds in 1861 who owned 1,250 acres of land near the headwaters of Brays Bayou. County surveyors, in 1894, named the community Dairy, but when the application

was made for a post office, the name was changed to Alief in honor of the first postmistress Alief Ozella Magee.

About a mile below the Dairy-Ashford bridge is the property of the Lakeside Country Club along the south side of the bayou. Designed by architect Ron Pritchard and built in 1952, the Lakeside Country Club is a private 18-hole golf club located at 100 Wilcrest Dr.

The Wilcrest Road bridge signals the end of this section of the bayou. Immediately below the bridge is a landing / launch site on the north side of the bayou. Steps coming down the steep bank provide access to the bikeway trail.

John Wiggins Bayou Trip

by Marilyn Kircus

Sunday, Feb. 4, Natalie Wiest and I, paddling my tandem canoe with 2 children in it paddled with Ron Nunnally in a sea kayak. We also used double blades to be able to get in as long a trip as possible. The day was beautiful and much warmer than we had anticipated. The air was soft and spring like.

We met at 10:00 A.M. at the intersection of the Cove Exit and Highway 10. There is a curb on the east traveling side so we went on to the turn around at the Trinity River and came back to the west side and pulled off the road. Sometimes one can drive to down under the bridge but a big truck had driven on it while it was muddy and cut deep tracks. And it was still soft so we just parked at the top of the hill and carried our boats down.

We decided to paddle up John Wiggins bayou so had to first paddle south on Old River and then paddle back under the bridge going north on Lost River. After we crossed the bridge, we paddled north east about 2 miles where we saw the mouth of the entrance to Lost River Lake. Another 1 1/3 mile got us to the turn to the right to John Wiggins Bayou. We had traveled mostly through marshy grasslands with a few trees. Now we started to see more and more cypress trees. Soon we came to a big marsh where we saw hundreds of white ibis and could hear snow geese sitting out of sight in the marsh. We enjoyed views of ospreys, herons, roseate spoonbills, red tailed hawk and other birds. As we progressed up the bayou, we came to areas where there were a lot of trees along the bayou and then marshes behind the trees. We even paddled through narrow passages bordered on both sides by tall marsh grasses. Sometimes the bayou would narrow and seem to be in a swamp. We often had to do a lot of maneuvering to get our long, straight boats around tight curves. But we came out of a swampy area into a marsh with clumps of marsh grass and spider lilies everywhere and set up a huge flock of pintails - maybe 200

or so. These were followed by smaller flocks of pintails and a few mallards. There were also a lot of snowy egrets, great egrets, and great blue herons as well as cormorants in this area.

We curved through this area and got back in a more swampy area and stopped for lunch. The area had just been flooded and the ground was still very muddy. So we just remained in our boats for lunch and enjoyed watching flocks of ducks and cormorants flying overhead while songbirds chipped at us or scolded from the trees.

We had not reached the end of the Bayou but were now in an area that made me long for my solo canoe. The bayou was twisting out of sight through cypress and other hardwoods and seducing me to go on. But we had other commitments and had to start back. We had been fighting a pretty strong current so we made the first part of the trip back in really good time. But as the bayou got wider we started getting wind. It was shifting from southeast to south to southwest to west and getting stronger all the time. By the time we were back in Lost River, we were paddling straight into the wind and then it shifted to a quartering wind that caused both our boats to weathercock and take extra work to hold on to a course.

We saw what proved to be a cut through to Old River, just north of the bridge and took that passage home. I check out the mileage on the topo map and figured we had done between 13 and 14 miles. One of the problems with the topo maps is that there is always more water than is shown so I'm not exactly sure how far up the bayou we got. I suspect we were about 1 mile or less from the end of it when we stopped.

We all thought that the Bayou was very beautiful in it's winter garb. But it will be really gorgeous in another few weeks, maybe the 3rd or 4th weekend in February. The most beautiful and wild part is the last 2 miles or so of the bayou but all the trip was enjoyable. The part we did was doable in any kind of boat. Possibly the last part will give problems in low water because there are a lot of cypress

stumps just under the water. The boats that will be able to go in the furthest will be solo canoes and little touring kayaks. We did the paddling in about 4.5 hours, with lots of stopping and looking as we went in. Canoes should allow about 6-7 hours for the trip and should be strong paddlers because in the spring and summer, they will have to paddle back into the south wind for 3 miles or so. I tend to like to paddle big open places fast and easy so often use doubleblades, in my canoe for these areas and then switch to my bent shaft for slower, quieter paddling.

There were a couple of shell middens on Lost River and we saw a little island, just inside the entrance to Lost River Lake that had a large shell area. These would make good stopping points. I think the upper end would also have places to land when the water is down more but perhaps there would also not be enough water to go as far up the bayou as we did. However this area held some of the largest numbers of birds we had ever seen. It was definitely a life record for numbers of pintails - probably 500 to 1000 and white ibis - several thousand. There will be a lot of birds there in spring, some just migrants and some breeding there. We saw some large nests

Great opportunity for Instruction from Karen Knight

For those of you who need an introduction, Karen Knight is the current solo Woman Freestyle Canoe Champion. She is an ACA certified Freestyle Solo and Tandem Canoe Instructor Trainer & Sea Kayak teaches throughout the United States, Norway, Netherlands, Belgium, England, Scotland, Denmark and Japan. Take advantage of this opportunity to learn from the best.

Karen Knight will be conducting a **Sea Kayak Clinic** on the Gulf Coast of Texas on the weekend of **March 17 & 18, 2001**. The cost for this clinic will be \$150. There will be a limit of 10 students. She will have an assistant helping her with this clinic. There will be one day on the bay working on strokes, rescue skills, etc. On Sunday the students will go out into the surf.

I am still working on a Clinic Description & Registration form, so if you are interested please email me at cbtigard@msn.com and I will send the registration form and the full clinic descriptions this weekend. These clinics will fill fast so let me know if you are interested as soon as possible
.Lillian Tigard, Clinic coordinator

so herons or hawks may also breed along the bayou. It looked like prime alligator habitat but we saw none. So take a day, lunch, lots of water and sunscreen and go enjoy a trip less than an hour from Houston

**You don't have to be in tears!
You can still renew your**



**membership and
not miss any
more exciting
issues of the
newsletter –
There's an
application on the
webpage**

www.houstoncanoecub.org

La Louisiane FreeStyle Canoe Symposium

What : A seminar in quietwater canoeing with nationally ranked instructors, solo and tandem canoe; A regional Competition in FreeStyle Canoe; Good Fellowship

When : **March 23-25, 2001**

Where : Fountainbleau Group Camp, Mandeville, LA. Facilities: Private site with pond and dining hall; Four air conditioned dorms with hot showers, Excellent meals including Cajun cuisine at reasonable cost.

Schedule : Friday evening - registration, supper, class assignments

Sat. - classes, competition paddling, fais dodo (Cajun cuisine, music jam, and campfire; bring a musical instrument)

Sun. - classes, lunch, head home

TO RECEIVE REGISTRATION

FORMS CONTACT JOHN STEIB : 25125

Bickham Rd. Jackson, LA 70748 or (225)

654-5224 e-mail j-steib@worldnet.att.net

HCC Trips

3/03 San Marcos River Cleanup HCC will help with the 90 mile annual cleaning of this river. HCC also has the best section! Barbeque and free camping will be provided for volunteers. Contact person is Ann Derby (281) 491-3973 or MADerb@aol.com . Sunday there will be a TRPA meeting.

* MARCH SPOTLIGHT CRUISE:

3/10 - Buffalo Bayou from Hershey Park to Wilcrest - Bob Arthur 713-895-7278 boba100@aol.com

3/11 The East Fork/West Fork Challenge

More details at www.greendzn.com/challenge.htm Canoe Marathon & River Bottom Festival -- San Jacinto Conservation Coalition is putting on a canoe marathon fund-raiser! The 2nd annual East Fork/West Fork Challenge will help raise awareness of our region's disappearing bottomland hardwood forests, and raise funds to create a canoe & kayak trail. The unique night-time race starts on Sun. Mar 11 at 4am from Lake Houston State Park, and travels 16 miles down the San Jacinto River.

3/10-18 Buffalo River, Arkansas. 80 miles. Steele Creek to Gilbert. Contact: Mary Zabrowski (713) 957-0614, (713) 480-3600 or maryzabo@flash.net

3/14 HCC General Meeting 7:00 PM Red Cross Building, 2700 SW Frwy west of Kirby. Bob Foote and Karen Knight – Hyperthermia – Recognition and Prevention

3/23-25 La Louisiana Freestyle

Symposium - a weekend of good paddling for beginning to advanced freestyle canoe paddlers. Mandeville, Louisiana. For more details, contact John Bartos at 713-957-3809 or jbartos@ix.netcom.com or host John Steib at jsteib@worldnet.att.net

3/31 Armand Bayou Cleanup, this event has been going on for at least 15 years and the HCC has a prime role in helping to keep our beautiful urban wilderness clean. For more info contact Mary Carter marcar1@pdq.net or John Bartos 713-957-3809 or jbartos@ix.netcom.com

4/6-8 Caddo Lake flatwater trip for sea-kayaks or canoes. Contact Marilyn Kirkus, (713) 782-0178 or mkirkus@academicplanet.com . It is suggested that participants reserve themselves a campsite at Caddo Lake State Park or at Pine Needle Lodge, (903) 665-8824 or even at one of many B&B's in the Jefferson area for fri and sat eve.

4/21 Free New members Training Session – Lillian Tiggard will help instruct a one day clinic on paddling strokes on Oyster Creek (281) 494-7977 cbtigard@msn.com

**** SPOTLIGHT CRUISE – 2/22 Oyster Creek** from Highway 6 to Tigard's house –Chet Tigard (281) 494-7977 cbtigard@msn.com

April 13 - 15 on Frio River - providing there is enough water. If the water drops, we'll still have an Easter trip somewhere in the hill country. Bill & Donna Grimes 713-728-1645 donna.grimes@mindspring.com

WATER

- a. 75% of Americans are chronically dehydrated. (Likely applies to half world pop.)
- b. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- c. Even MILD dehydration will slow down one's metabolism as much as 3%.
- d. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- e. Lack of water, the #1 trigger of daytime fatigue.
- f. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- g. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- h. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking enough water every

Houston Canoe Club General Meeting

February 14, 2001

The meeting was called to order by Commodore, Jim Null at 7:08 p.m. Officers present included Fraser Baker, Vice Commodore, Marilyn Peery, Recorder, Candy Donahue, Purser, Donna Grimes, Newsletter Editor, Cheryl Cleary, Fleet Captain and Governors Mary Carter and Mark Andrus.

Minutes were read and the treasurer's report given. Candy clarified the checks presented last month from the Rendezvous committee explaining that the amounts stated were for the purpose of closing the books from one year to the next. In reality, the deposit sent to the state park for this year's campsites and a small sum for possible unpaid Rendezvous 2000 expenses was deducted from these checks.

Jim Null resigned as Commodore in order to become chairman of the 2001 Rendezvous. Fraser Baker was nominated for the position of Commodore and Lillian Tigard was nominated for Vice Commodore. Cheryl Cleary was nominated for Fleet captain since she has not yet been formally elected. Voting will take place at the March meeting. Jim Null announced that he will be working on the by-laws over the next few months to bring them up-to-date with our current needs.

Donna Grimes announced the formation of a new members committee, comprised of Donna Grimes, chairperson; Tracy Caldwell and Dana Enos who are in charge of the new member's table; Jim Berry who will send letters of welcome and packets; and Martha Williams, who will compile and order new member supplies. General members will help with the monthly table.

A motion was made by Mark Andrus and seconded by Susan Eda that we donate from Rendezvous profits \$1,000 each to the Texas River Protection Agency, the Galveston Bay Foundation and the Red River Division of the ACA. The motion carried.

A motion was made by Mark Andrus and seconded by Candy Donahue to donate \$3500 to TRPA for the purpose of purchasing land at Hidalgo Falls. The motion carried 29 to 10. Ken Barnard announced that he will collect individual donations to this project.

Lillian Tigard announced that there will be new member paddles held every one or two months at her home on Oyster Creek. Equipment will be provided. Dates will be announced.

The meeting was adjourned

Respectfully submitted, Marilyn Peery, Recorder

Diversion of Water from the Guadalupe River:

The Texas River Protection Assn. and the Guadalupe River Assn. have both intervened in pending permits before the TRNCC to divert water from the Guadalupe River above Canyon Reservoir. There are now three such permits that notice has been given. All three have purchased water from GBRA as stored Canyon Lake water to be diverted upstream from the Lake. Two are actually in Kerr County. The largest is a golf course which wants to use the water to irrigate the course located in Comal County at the Hwy 281 Bridge on the Guadalupe. The other two likewise are for irrigating. The concern is that this type of activity will strip the upper Guadalupe of flow during the normal or low flow period. There is an extreme potential for many more applications with much larger diversion rates. There is likewise a large amount of information that this activity also jeopardizes the Trinity Aquifer that is the current main source of water in Western Comal County. In that the inflow into Canyon Lake dictates the releases out of the Lake it also impacts the flow downstream of Canyon Lake. The Golf Course application which is known as Southerland Properties is scheduled for hearing on February 21st, at 10 AM at the Comal County Courthouse, 150 N. Seguin Street, Suite 301, New Braunfels. This will be the 1st attempt by both of these entities to stop this activity.

This type of legal action can cost a considerable sum of money. An estimate would be around \$30,000 just for the administrative hearing before the TRNCC. A show of large public support is also needed to stop such an application. I urge anyone who has an interest in maintaining naturalized normal flow to aid this cause. You can do so by simply joining one of the entities above and supporting it financially. Also attending the meetings and showing support.

If you are not a member of the Texas River Protection Assn. you can join by sending \$10 dues to TEXAS RIVERS PROTECTION ASSOCIATION
TOM GOYNES, PRESIDENT
P.O. BOX 219 MARTINDALE, TX 78655
goynes@centurytel.net

Houston Canoe Club
P.O. Box 925516
Houston, TX 77292-5516

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