



Yes, the editor will be unavailable for doing a separate September newsletter; thus, this will be a two month edition. Look for a Waterline for October.....the editor

HCC Kid's Paddle 2002 by Patsy Gomez (adult)

The Kid's Paddle on June 22nd, was without a doubt the best time you could ever spend with your kids! Donna and Bill Grimes did a terrific job of organizing a wet and wonderful time for all the families that participated. Once again Devin, my 10 year old, and I were assigned to "Team A" led by Chet & Lillian Tigard. Need I say more? The fun was inevitable from that moment on

If you've paddled with Chet & Lillian you know that she doesn't just accept "Team A" for a name. We brainstormed on the bank until we created an appropriate name. This year we were the "**Absolutely Awesome Alligators**" in competition with the Grimes' Team of "**Bill's Bodacious Bunch**".

In another clever move someone suggested that we attach adjectives in front of our names to help each other remember them. The Absolutely Awesome Alligators proved to be a creative bunch. With names like Little Lillian, Catatonic Chet, Makeshift Mark, Bountiful Bonnie, Cannot Cameron, Excellent Elizabeth, Jalopy John, Lively Lola, Devil Dash, Nice Nia, Jamming James, Will the Pill, Mischievous Marie, Terrible Travis, Terrific Thomas, Lizard Lips Lois, Photo Fraser, Jolly Janice and Daring Devin we began our river trip behind our fearless leader Kevin, who paddled a canoe named "Ladybug". No one dared question



Donna helps "launch" body surfers as others line up for the fun

his masculinity because he was THAT FEARLESS!

Lillian urged the older kids to quit thinking like adults. "Remember what it was like when.... then act that way". Well, you know, no one had a hard time with that assignment. Who could?! Two of the biggest kids were Little Lillian and Jamming James. If you started to forget, why you just looked for those two and you got a quick reminder.

Little Margo Tarrant (Donna Grimes' youngest granddaughter – also a feisty redhead) was the self appointed Chief of Dry Spot Prevention. One of her



Patsy Gomez catches body surfer, Sheila Tarrant

trip Lillian said we were each allowed three whole seconds of “attitude time”. No one used any of it.

The day ended with a great hamburger and hotdog cookout at Pecan Park. Donna and Bill proved to be great cooks. I am not ashamed to admit that I pigged out, because I think everyone else did too. It could not be helped. Everything was delicious!

That night I went to bed with the realization, that given a river, boats and a bunch of paddlers, world peace could be achieved. I’ll let you know what President Bush says in response to my letter. He may call on ya’ll to run an HCC 2002 WORLD LEADERS’ PADDLE.

Positively Patsy (Gómez)(age - about 6 in dog years – it makes me sound younger)

HCC Kid’s Paddle 2002
 By Daring Devin (DeTar)
 Age 10 years

We were in Team A. You always have to make up nicknames. The nickname for Team A was the Absolutely Awesome Alligators. One of the coolest guys in our team was Jamming James. It is a lot of fun. You get to camp right next to the river. You can go swimming or play on the rope swing. When you are paddling you have twenty times the normal fun. Be sure to bring something to get people wet like a water gun or a bailer. There is a rope swing. You get to go body surfing. The best thing to do at Cotton Seed is don’t hit the rocks! Don’t be scared because once you do it, it becomes easy. You’re probably going to have the most fun in water fights. It was my favorite thing to do. When you’re done paddling there is a cookout with hamburgers and hotdogs. It’s lots of fun for everyone.

main duties was to inspect every adult for dry spots on your PFD, hair, clothes, face, etc. etc. etc. and immediately see to it that the dry spot disappear. Occasionally she solicited others to assist with the task of soaking an adult from head to toe, but most of the time she handled the duty herself. She was so dedicated, in fact, that she always checked twice and splashed one last time just in case. That is how seriously she took her duties.

I personally proved to be a most difficult subject. It seems every time she saw me, I was either completely dry or at least had some dry spots that called for immediate annihilation. You cannot imagine how grateful I felt at each unexpected and breathtaking splash!

All of us kids had a terrific time paddling, body surfing, swinging off the ropes and falling into the water like Tarzan and Jane. Some of us even beat our chests and did the Tarzan yell. Amazingly we did not cause a stampede of elephants through the city of San Marcos and down to the river bank – our Tarzan yell was that good!

Everyone negotiated Cotton Seed Rapid without a glitch. In fact, during this whole trip everyone paddled their respective crafts without incident. At the beginning of the

Lillian paddles a youngster thru Cotton Seed as James and Kevin watch



Second storm victim found in Barton Creek

Off-duty firefighter was kayaking

By Ralph K.M. Haurwitz and Claire Osborn
AMERICAN-STATESMAN STAFF

Thursday, July 4, 2002

A second body was recovered Wednesday night from Barton Creek as floodwaters receded after a storm dumped more than a foot of rain on parts of Central and South Texas.

Rob Horne's body was found about 5 p.m. near Sculpture Falls, about 1 1/2 miles upstream from where the creek flows under MoPac Boulevard (Loop 1). He was an Austin firefighter who had gone kayaking in the flood-swollen creek while he was off-duty, authorities said.

"This just emphasizes how dangerous these waters are," said Lt. Palmer Buck of the Austin Fire Department. "People are wanting to try their skills out, and they're being overwhelmed."

The storm, which started Saturday, has left lakes full and aquifers replenished but also has flooded hundreds of homes, mainly in the San Antonio area.

Gov. Rick Perry issued a disaster declaration Wednesday for 29 counties, including Travis and Williamson, after inspecting damaged sections of San Antonio by helicopter. He said he would ask President Bush for a federal disaster declaration.

"It is important we move as quickly as possible to secure all emergency assistance available to help Texans whose homes and businesses have been damaged," Perry said.

The statewide death toll reached four with the discovery of the kayaker's body.

About 4:45 p.m., officials said, people in the area of the Barton Creek Greenbelt began calling 911 on cell phones to say a man appeared to be in distress in the heavy current and was being swept downstream near Loop 360.

Firefighters were dispatched to search, and a StarFlight helicopter spotted the body about 5 p.m.

Horne, a 14 1/2-year veteran of the Fire Department, was wearing a life jacket and a helmet, officials said. Special Operations Chief Greg Nye said the body was found on an embankment, but authorities didn't know if Horne was alive when he reached it. It was so slick he could not have gotten out of the water, Nye said.

He said conditions in the creek reminded him of the Memorial Day 1981 food, when 13 people died in raging waters.

As crews were attempting to recover the body, two other kayakers became trapped in a whirlpool in

the same area, Buck said. They were able to get to the creek bank, and rescuers led them to the nearest road.

Firefighters from Horne's company acted as pallbearers bringing the body up from the creek.

The flood's first drowning in Barton Creek came Sunday, when 18-year-old Gregory Loera of Austin fell in the creek and was swept away. On Tuesday, one man died in Bandera County and another in Uvalde County, both in flood-related incidents.

The Hill Country, which is prone to flash flooding, also had several close calls, details of which emerged Wednesday. Rescuers using ropes plucked seven people from trees and rocks south of Luckenbach in Gillespie County after their mobile home was swept away Tuesday.

And just outside Johnson City, Nancy Holder reached her mobile home on Tuesday as Deer Creek rose. She waded inside and told her four children to grab their clothes, but within 10 minutes the water had risen another 2 feet and was bubbling up through the vents in the floor. The family was rescued by local volunteers and professionals from Austin.

"We needed rain, but we didn't need this kind of rain," Holder said Wednesday as she tried to salvage furniture and clothes.

Howard Barnett was undertaking a different kind of salvage operation. The owner of the Zilker Park canoe and kayak rental concession along Barton Creek was trying to track down some of the 55 canoes and two kayaks swept away Tuesday night. A few boats were wrapped around bridge pilings on Town Lake.

"We anticipated the creek rising," Barnett said. "The building's just a goner. We pulled the boats up fairly high on the bank. We just didn't move them high enough."

The rain also caused about 800,000 gallons of wastewater to overflow from the City of Austin's sewer system in Zilker Park, but officials said it was greatly diluted and was not expected to affect public or private water supplies.

In another flood-related spill, about 100,000 gallons of wastewater overflowed into Little Walnut Creek near Marywood Circle in Northeast Austin. The Austin Water and Wastewater Utility warned people to keep children and pets from playing near Walnut and

Little Walnut creeks in the area, which includes Dottie Jordan Park.

The worst of the storm is over.

The National Weather Service canceled a flash flood watch for most of the region, including the Austin area, Wednesday afternoon. However, a watch for Hays, Comal and Bexar counties remained in force until early this morning. The Austin area is expected to see temperatures in the upper 80s to low 90s today, with partly cloudy skies and just a 20 percent chance of rain.

Continued runoff into the Colorado River was expected to push Lake Travis to its full elevation of 681 feet above mean sea level by today. Forecasters said

the Colorado would rise considerably downstream but still remain well below flood stage.

Underground water levels, which had been declining before the storm, have been restored, said Brian Hunt, a hydrogeologist with the Barton Springs-Edwards Aquifer Conservation District.

But the drought isn't quite history. Rainfall recorded at Austin-Bergstrom International Airport is still more than 5 inches below normal for the year, and Camp Mabry is nearly 3 inches below normal.

Staff writers Janet Jacobs and Bob Banta contributed to this article.

Items for Sale:

Perception Whiplash It's yellow, with custom padded cockpit, and in mint shape. I'm running out of storage room..... I'm asking \$550 obo for it. I figure that's a fair price given the current prices of new boats and since it's in super great condition. Still looks new.... My number is 281-435-3988 John Pierce

.....
Wavesport Z WW kayak less than 15 river days on it. Price - \$500, obo –Contact Detlef Hallermann Phone - 713 528 3347 email: draathaar@hotmail.com

The following items are listed by Lee located in Austin. 512-306-8058 or email: Txpaddler@aol.com

- 1. Wenonah "Whitewater II"** <http://www.wenonah.com/canoes/> It's an 18' 6" tandem. Below the waterline, it's a USCA cruiser but it has higher freeboard and a modestly flared bow. The Kevlar hull has a keelson and spring loaded stanchions for running over stuff. Well used with some (ugly) patches that wouldn't be so obvious except I used West System Epoxy, West System hardener turn reddish with age and I used an old batch. It would be a good Safari boat for a team that wanted USCA cruiser speed in a more forgiving boat. It also has a lot of carrying capacity for fast tripping. A very versatile boat. Price is \$425 firm
- 2. Spencer Eagle 19' 4" C-1** \$1,500 OBO. Kevlar and carbon fiber construction, decked bow, ruddered. Designed for Texas Water Safari racing. Very good condition, garaged. Extermely fast but tippy, works best with kayak paddle.
- 3. Flatwater racing K2 kayak.** Used by the 1996 Russian team at the Atlanta Olympics. Extremely fast but tippy. A deep water boat. Carbon fiber construction. For the right person(s) it's a good deal at \$1,200 OBO. Comparable new boat would run around \$3K.
- 4. Epic Excalibur** length-lock adjustable carbon wing in as-new condition. \$350 OBO (cost \$455 + shipping new).

Wanting To Buy: something along the lines of an Old Town Twin Otter , e.g. an open top tandem kayak to take small children out in until they can handle their own boat. Something in FG or KV would be preferred over plastic. Bottom feeding, low cost desired.

Txpaddler@aol.com

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Change of Address

Contact HCC Recorder, Marilyn Peery

Monthly Meetings:

Second Wednesday of every month at the
American Red Cross Building
at 7 PM

Address: 2700 Southwest Freeway

Jamie Peck

1223 Modiste Spring Branch, TX 77055
713-465-0912 jpeck@amanoline.com
heard from REI and Mary Z

Welcome New HCC Members!

Tiffani and Matt Ayers

2017 W 14th St Houston, TX 77008
713-426-1630 tiffaniayers@yahoo.com
heard of HCC from the internet

Nancy K. Bell

60 Bradford Circle Sugar Land, TX
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again heard from the internet

Michael L. and Maxene Grove

5643 Indigo Houston, TX 77096
713-981-5557
m.grove@netzero.com
Internet was the source for joiningg HCC

Sean Harrigan

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Beth Kennedy

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REI gave her the HCC information

Anna and Loren King

2810 Bright Trail Sugar Land, TX 77479
281-265-4155
aking4321@aol.com
neighborhood newspaper

Mark and Bonnie Kubacki

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281-292-2924
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BBR (Buffalo Bayou Regatta????)

Richard Kummins

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heard from a Friend

Kelly Patton

507 W Polk #2 Houston, TX 77019
713-521-7639 kellypatton@earthlink.net

Who Be These People?

James Wood

—joined last year and has been active in hill country paddles and as an HCC speaker

1. Where were you born and raised?

I grew up in West Palm Beach, Florida and spent as much time in, on or under the water as humanly possible. We had a tree fort and a rope swing and the beach was only 5 miles away.

After a tremendous long term campaign my parents finally gave in and allowed me to buy my first kayak with money I saved from selling plants, refrigerator magnets and mowing lawns. The Dancer that I still paddle was purchased a few years later. She has been all over South Florida and Nova Scotia, Canada, Eh.

2. Are you married, have children ?

Divorced, no kids but I'm basically a 30 year old kid. I really like kids but must admit one of the things I like is being able to give them back to their parents. :-P

3. Where educated and degree?

I actually do have a serious side and this is it. I wanted to work with animals since I was 4 and wanted to be a marine biologist since high school. I did everything I could to obtain this including graduating with highest honors, Phi Beta Kappa and full scholarships to graduate school. Students should go for what they want, whatever it is, but realize it doesn't just happen, you have to make it happen.

I went to high school in South Florida. Then to University of Florida, which I thought was cold, for a degree in Zoology. During this time I was a Smithsonian Intern and a NSF University of Hawaii intern. Someone somewhere had some fun with me and the next thing I know I'm trying to keep warm in Nova Scotia, Canada working on a PhD on deep-sea octopuses.

4. Previous occupations? how long?

Student; it seems like I have been in school most of my life. . . Wait, I have been in school most of my life!

5. Present occupation – In a nut shell I'm "the octopus guy". I am a marine biologist and CephBase (www.cephbase.utmb.edu) project manager at the National Research Center for Cephalopods at UTMB.



James Wood makes his entry to Steward Falls on the Medina

6. Other places lived, how long in Houston. South Florida; Gainesville, Florida; Nova Scotia, Canada; on a sailboat next to Galveston, Texas (so I don't actually sleep on TX soil)

7. How did you become involved with HCC?

I was attracted by the numerous adventurous single 24- 30 year old women. . . :-P
Actually I found the web page shortly after I moved to "Galvatraz".

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

In south Florida the only white water we had was the ocean and I still greatly enjoy playing in the surf. I also like class 1 to 3 rapids, anywhere with clear cool spring water on a hot day, and beautiful twists and turns under a tree canopy.

9. Do you have any other hobbies or outside activities? SCUBA diving, snorkeling, surfing, photography, sailing, web site design, gardening, aquariums, strategy games, soccer, traveling, the joys of long distance relationships, River Snot Barbie, practical jokes, answering lists of dumb questions, dumping water on Donna.

Water Quality and Recreational Use of Buffalo Bayou

by
Louis F. Aulbach and Linda Gorski

Springs have fed Buffalo Bayou since the earliest times. The City itself was built on a huge artesian reservoir and spring seeps in the bayou banks were common before the



Spring seeps can be found near the Woodway Drive bridge.

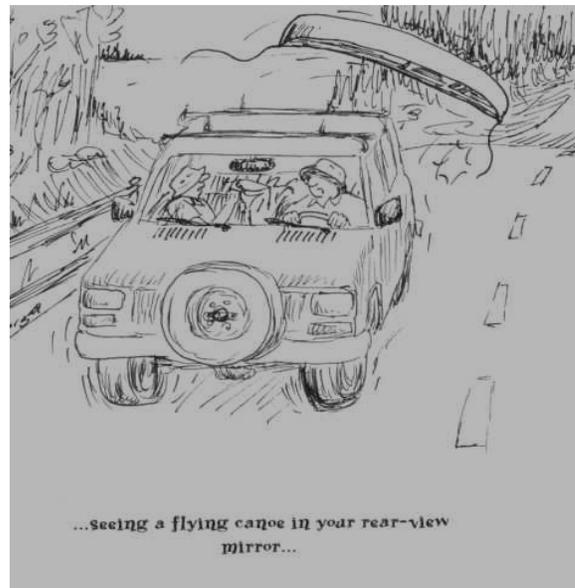
advent of artesian wells which depleted the water table in the downtown area. Upstream of the West Loop, the bayou cuts through an area near Chimney Rock (where Spring Creek comes in) that still has many spring seeps.

As early as 1841, there was concern about pollution of the bayou by sawmills. The bayou was the source of the city's drinking water until the 1880's and the use of bayou water for the water supply was constantly an issue. There was some concern about the 'fresh' water from upstream being polluted by the water from the wharf areas, so a dam was built above Preston Ave in 1878 in order to create a pool from which the water company could pump water for the city system. Trash dumping upstream, however, made even that water questionable until the water company converted to artesian wells in 1886.

Since there were no scientific tests of water quality in the bayou in the mid-1800's, we can only surmise the quality level of the bayou by its use. Although Buffalo Bayou does not meet the standards for skin contact recreation these days, in the period about 1870, the bayou was commonly used for recreation and swimming. Even in the downtown area, there were popular swimming holes at the foot of Austin Street and at the end of Gable St (the Russia Swimming Hole, as it was known) where the McKee Street bridge is today. The Araunal Swimming Hole was located farther downstream in the bend in the bayou.

During the 1920's, and even later, there were swimming holes near Waugh Drive and Shepherd Drive (above Shepherd's Dam). Memorial Park also had popular swimming areas.

Environmental science classes at Kinkaid's Backyard conduct monthly tests of Buffalo Bayou's water quality index. The bayou usually scores a 'good'. That is a far cry from the early 1980's when the Memorial Villages wastewater plant adjacent to Kinkaid School made the Texas Water Commission's Worst in the State List for pollution. But, I do not think we are ready to declare the bayou a swimming resource yet.



Summer Safety –(Courtesy of Transmissions, Houston

Lighting and Power Company, Houston Texas –reprinted by permission)

Sweat – Your Natural Cooling System



Deodorant manufacturers would have us believe that perspiration is the bane of polite society and is to be avoided at any cost. But as any active person can tell you, “working up a sweat” is a natural by-product of physically activity. If you’re active and you sweat, chances are your cooling system is doing its job; if you don’t sweat, it’s time to watch out.

Sweat and Body Heat - At rest, a person’s normal body temperature is about 98.6° F or 37° C. When you engage in muscular activity, your body temperature rises (as much as 3° F during intense activity). Sweat, which is a combination of water, salt, and trace elements of iron, helps cool your body and prevents you from becoming overheated. When your body temperature rises, small blood vessels in your skin widen and draw from pores in your skin. As the sweat evaporates, it draws heat away from the surface blood vessels. The cooler blood then recirculates through the body, lowering internal body temperatures.

Dehydration: Needless to say, if you fail to replace the water you lose by sweating, you run the risk of becoming dehydrated, which means to become “dried out”. Dehydration due to water loss during activity can have a significant effect on the body’s performance. The body’s energy production takes place in a fluid environment, so the blood, muscles, and organs all need water balance to work effectively. When water is drawn away from the working muscles, blood volume is decreased and the heart must pump harder to supply the same amount of energy.



Water Replacement Water is better than any other fluid for keeping you adequately hydrated. The best way to avoid de-hydration is to drink plenty of water, especially during long-term activity. Thirst alone may not be the best measure of your body’s fluid needs. You may quench your thirst and still not fully replace your fluid loss. Generally speaking, drinking two 8-ounce glasses of water two hours before work or exercise and one 8-ounce glass of water a half-hour before can keep you adequately hydrated. During extended activity, or if working or exercising in extreme heat, it’s wise to drink at least three ounces of water every 20 minutes or so.



Some heat-induced illnesses include **heat cramps** which are painful muscle spasms caused by salt depletion; **heat exhaustion**, which is a state of collapse caused by an insufficient blood supply to the brain and is indicated by fatigue, fainting,, headaches, nausea, weakness and moist, flushed skin; and the most serious, **heat stroke**. The latter is a medical emergency and can result in brain

damage or death. Get the victim out of the heat and seek immediate medical assistance if any of the following symptoms occurs: hot, dry, flushed skin; confusion, disorientation, or convulsions. Remember – as long as you’re “working up a sweat” you’re probably doing fine if you keep drinking water to offset your loss of fluids. It’s when you’re not sweating that you may not be doing it right..

Houston Canoe Club Trips and Events:

8/3-4/02 Weekend on the Neches - Come watch or participate in the Neches River Race on Saturday and enjoy a leisure paddle on the Neches River on Sunday. Everyone is invited to stay (for free) the night at the M and B Canoe/Kayak Rentals and Campground in Slocum Texas. Contact Mary Z. at 713-884-1925, coachz66@hotmail.com or maryzabo@yahoo.com for all the details.

8/14/02 HCC Monthly Meeting - 7 PM Wednesday - Red Cross Bldg. 2700 SW Frwy just west of Kirby. Speaker will be John E. deBessonet, R.L.A., Parks Planner for the Harris County, about plans for Rio Vista, a park off San Jacinto River where plans are to develop canoe launching in the park.

8/17/02 Instructional Paddle - Colorado River near Wharton, pending conditions. ACA, ARC certified instructors will teach introduction to moving water for both kayaks and canoes. Students will learn how to turn their boats, to stabilize their craft, and to execute an eddy turn. A charge will be applied: \$15 if you have a boat, or \$25 if you need a boat. Contact Fraser for more details - 713-202-2503 or fraser@pobox.com

8/31 - 9/2/02 Sabine River Trip - Come paddle the Sabine River on this annual Labor Day weekend trip with several area clubs and hosted by the Big Thicket Voyagers. Contact Mary Z. at 713-884-1925, coachz66@hotmail.com or maryzabo@yahoo.com for all the details.

9/11/02 HCC Monthly Meeting - 7 PM Wednesday - Red Cross Bldg. 2700 SW Frwy just west of Kirby. **GARAGE SALE!!** Bring your camping/paddling gear for a general swap or sale meeting. Good time to empty your closets and garage of unused gear and replace it with new, old stuff!

Roll Sessions *Come and practice kayak and canoe rolls, braces and wet exits. Roll sessions are held at 7 p.m. on the 2nd and 4th Mondays of each month at the Westside YMCA pool in Houston located on the Katy Freeway (I-10) at 1006 Voss Road. On the 4th Monday, an instructor is available to teach. For insurance purposes, the YMCA requires all participants to wear a helmet. Fees are \$10 for members of the Bayou City Whitewater Club and Houston Canoe Club and \$15 for non-ACA members.*

For Trips or info contact Fleet Captain Randall Nord at rfnord@ondeo-nes.com



What sets a canoeing expedition apart is that it purifies you more rapidly and inescapably than any other travel. Travel a thousand miles by train and you a brute; pedal five hundred on a bicycle and you remain basically a bourgeois; paddle a hundred in a canoe and you are already a child of nature

Pierre Elliot Trudeau

Poison Ivy – Look out!

By Skip Donovan

What is poison ivy anyway? What causes all this damn itching? (Good time to start doing research, heh?) Almost every time we take a break on a river bank and the boys do their upstream thing and the gals do their downstream thing, someone will ask, “Is that poison ivy?” or “What does poison ivy look like?” So..... here are the results of my research.

If you're like most people allergic to poison ivy and poison oak (the most common allergies in the country), you may not even know you've picked it up until the next day when you are scratching like crazy at the telltale red rash. The persistent itch and the ugly rash are caused by the toxin urushiol oil, which is the bad guy in both poison ivy and oak. Urushiol oil is one of the most potent external toxins known to man.

Some people are extremely sensitive and others are not. Some people can literally roll in it and not get a reaction....but immunities do change and a sensitivity to Ol' Mr. Poison Ivy can develop at any time. If you've been messing around in a poison ivy patch (or sitting in it like Mary Kay and I did), you'll know in short order whether you're immune or not.

As bad as the rash looks, it's the itch that really gets you. Here's what you can do:

Try to **avoid poison ivy in the first place** by steering clear of it. Learn to identify it. Usually the plants have clusters of three shiny leaves. “Leaves in three, let it be.” Varieties vary in different regions of the country. In the winter, there are often no leaves at all, but the urushiol is still lurking in the roots and on the stems. *(note from editor: in the winter avoid plants with hairy, rooted limbs...that's what poison ivy has and helps identify it when the leaves are gone).*

After being exposed, you must **douse yourself immediately with water**. Water inactivates urushiol. Use the river or a



stream or even your water bottle, if you are too far from another source.

The best possible treatment is alcohol followed by water. Washing exposed skin in **rubbing alcohol** at day's end takes the urushiol oil out of your skin. Don't keep dabbing alcohol on your skin every time you hit the river bank because alcohol removes protective skin oils and you can pick up the poison ivy more easily around the next bend. Wait until you reach the takeout.

Don't use a washcloth; it just picks up the urushiol oil and spreads it around. And don't forget to **wash everything** that might have come into contact with the poisonous plant. Your clothes, your day pack, and even your dog. Don't forget your dog and cat can bring it home on their coats after a romp in the woods. I heard of one poor guy who drove home after a run-in with Ol' Mr. Poison Ivy and kept picking it up for weeks from his steering wheel!



Typical poison ivy has clusters of three irregular leaves

According to the local pharmacist, relief can be found in several patent medicines available right over the counter. The most familiar of these is good old

calamine lotion. This time-honored poison ivy treatment produces a cooling effect and takes away the itching sensation. Others are Hydrocortisone 1%, Rhuli (either gel or cream), Ivarest, and Benadryl (cream or spray).

Oral antihistamines such as Benadryl and Chlor-Trimeton are helpful for some people. We've found a commercial product on the market that gives excellent results even after the rash begins. It's called **Tecnu**. It's really quite new; but it's quickly becoming a staple for all paddlers and hikers to areas where poison ivy lurks.

If you're stuck out on a river without any of these wonderful products, you can still get some relief. Something that Mary Kay tried was very helpful. She put a cotton cloth or bandana soaked in cool water over the rash. As the breeze blew over it, the cooling effect of the water evaporating worked much the same way as calamine lotion.....especially on the river.



Red face, itching, and misery from encounters with poison ivy

Whose Life is it, Anyway by Slim Ray (copied from January 1994 HCC newsletter)

Yours, or course. Why do I ask? Because some people seem to think it's someone else's, at least to judge by how they act. Consider this scenario; a couple of swimmers floating downstream, doing nothing, looking expectantly at the banks, waiting to be rescued. We've all seen it. Today we live in the "911 society," where the helicopter and the rescue squad are only a few minutes away. Sometimes, at least, rescuing you can be difficult, dangerous and expensive. Someone may even die doing it. What are your responsibilities as a paddler, both for yourself and others?

First, stay out of trouble. Accidents can happen to anyone, but you owe it to the rest of us to try to minimize the possibilities. On the river, this means matching your skill level to the rivers. There are people who say they paddled the Upper Gauley when they really mean that they swam it. Do your homework and don't jump blindly on a run because someone told you it was "only Class IV". Scout when you need to, and sometimes even if you don't.

Avoid flooded rivers. Screen your paddling compainoins. Use common sense. Minimize the risk where you can.

Second, learn self rescue, so that if you get into trouble you can get yourself out. Self-rescue can be very simple, like having a strong roll, or it might involve knowing how to swim over a strainer. Knowledge – and practice – makes everyone's life easier. Learn to rescue your gear as well.

Third, learn to rescue others, within your capabilities. Do I really need to do this? After all, won't Chris or Mark do it? And I never paddle anything hard. Maybe.. You could be the only one there. You can help if hands are scarce. The more you know, the more useful you'll be. Practice your rescue techniques: swimming (swallow your pride, hair boaters, you will need this skill sometime!) throw bags, and knots. Accidents happen, even on easy rivers. Take a rescue course sometime.

Now let's consider some priorities in a typical accident scenario.

First (and always): **SAVE YOURSELF**. If you are the one in danger, use every means available to rescue yourself. If you are a rescuer, your safety comes first. You won't benefit anyone if you get killed or seriously injured. That only adds to the tragedy. If you are not in danger, don't put yourself in harm's way unless absolutely necessary. Second, consider the safety of your fellow rescuers. Back them up and try to keep them out of trouble, too. Finally – if possible and without unreasonably endangering yourself or others,- save the victim, He's last. Sorry, but that's how it's got to be. Your first goal in any accident is to not make things any worse than they already are by creating more victims.

Whew! Sounds like a lot, doesn't it? It's not really, if you just remember that it's your life....and your responsibility

(This article first appeared in Messing About, the Western Carolina Paddler's newsletter. Reprinted by permission)

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What's in the newsletter?

- Pg.1 & 2 –“Kid’s Paddle Reports from Patsy Gomez & Devin DeTar
- Pg.3 – Kayaker Death on Barton Creek
- Pg. 4 – items for Sale
- Pg. 5 – Officers
New Members
- Pg. 6 – HCC member Bio – James Wood
- Pg. 7 – Water Quality on Buffalo Bayou (Louis Aulbach & Linda Gorski)
- Pg. 8 – Summer Safety and “Sweat”
- Pg. 9 – Trips and Activities
- Pg. 10- Poison Ivy
- Pg. 11- Self Rescue

Speaker for August 14th

John E. DeBessonet – Parks Planner for the Harris County. Parks program with emphasis on future plans for canoe launching

Meeting on September 11th Swap Shop – or clean out the garage! Bring paddling and camping gear to sell or trade