

GBRA RiverRun

A publication of the **GUADALUPE-BLANCO RIVER AUTHORITY** Summer 2007



*Recreation
on the river*

GBRA Fleet Gets Hybrids



Water Legislation Signed



Canyon Plant Gets Awards

From the GM

Recreation and RIPs?

Earlier this year, the National Oceanic Atmospheric Administration's National Weather Service was predicting drought conditions for much of Texas. But as fate would have it, the state has experienced a surplus of precipitation. Now, right in the middle of the summer, most of the Guadalupe River Basin has received more rain than it can easily absorb. Working closely with the Corps of Engineers, Guadalupe-Blanco River Authority employees are managing the Guadalupe River flow in an effort to minimize flooding, ensure safety for water recreation, and protect the economies of communities within the basin that depend to some extent on river flow.



I would encourage our constituents read the status report on Senate Bill 3 (an omnibus water bill that passed during the 80th Legislative Session) and the resulting Recovery Implementation Program that is in progress. This RIP process is in the beginning stages with steering committee appointments being completed in the coming weeks. The stakeholders involved in the RIP will convene monthly. The next meeting is scheduled for 10 a.m. Thursday, Sept. 6, at the San Antonio Water System (2800 U.S. Highway 281 North). The leadership in this effort will be very important to the future of the Guadalupe River Basin and the stakeholders are anxious to see a qualified, impartial person to direct the RIP as the process goes forward.

The article on water recreation and water safety is especially important with the unusually heavy rainfall experienced in the Central Texas region over the past few months. When it comes to water recreation on rivers and lakes, safety must always be the first priority. When enjoying the natural water bodies, boaters, rafters, or other water craft enthusiasts must take responsibility for themselves, their families, and friends.

Readers also might enjoy learning about what the Guadalupe-Blanco River Trust has accomplished and how to take advantage of opportunities to place open land in a land trust to preserve natural resources in the Guadalupe-Blanco Watershed for the future. In addition, see how the GBRA-run San Marcos Water Treatment Plant was selected by the Texas Commission for Environmental Quality to train state inspectors. Or, read about the two awards GBRA received related to the design of its Western Canyon Treatment Plant.

On another note, in an effort to improve GBRA's communication with all of its constituents, the publication formerly known as Water Resources has been redesigned and renamed the GBRA River Run. Not only has the design changed, but so has the content. We hope this new magazine-style publication better serves our constituents.

W. E. "Bill" West, Jr.
General Manager

Guadalupe-Blanco River Authority

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GBRA River Run

Summer 2007

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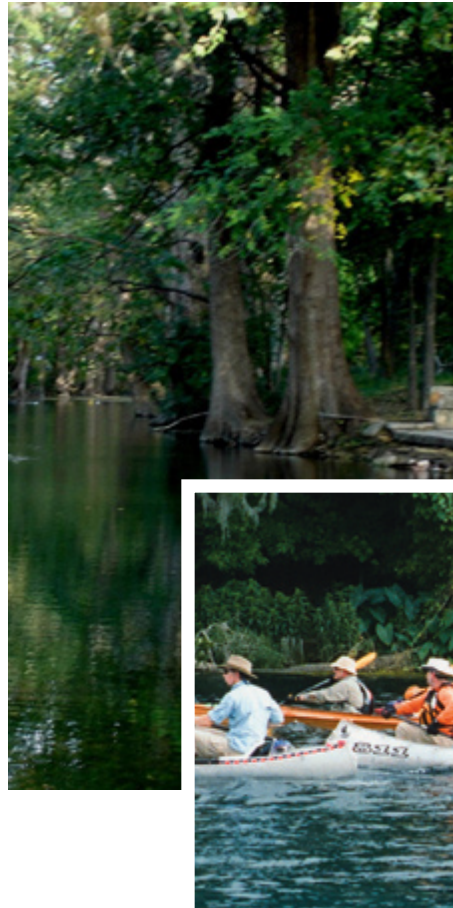


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Front and back cover photos by LaMarriol Smith

FIELD & OFFICE

Veteran Water Resource and Utility Manager Fred Blumberg Retires from GBRA

Photo by LaMarriol Smith



Deputy General Manager and Chief Operations Officer Fred M. Blumberg retired from GBRA after 33 years of service with the organization.

Blumberg will join Malcolm Pirnie, an environmental engineering and science consulting firm as the company's state water resources leader.

GBRA Goes Green with Fuel Saving Vehicles

While GBRA's mission is to protect, conserve and reclaim water resources, the river authority has also joined other utility companies in promoting the use of eco friendly, alternative fuel vehicles.

This year GBRA replaced two traditional fleet vehicles with two alternative fuel vehicles; a hybrid electric vehicle (HEV) Ford Escape and a flex fuel Chevrolet Tahoe.

"Although the hybrid still uses unleaded gasoline just like a standard vehicle,

"GBRA is an outstanding organization, and I am extremely proud of its accomplishments over the last 33 years," Blumberg said, adding, "I am also proud of the small part that I played in GBRA's achievements during that period." William E. "Bill" West, Jr., general manager said, "Fred's contributions over the years to GBRA are immeasurable. He not only has greatly contributed to GBRA but has also served as a mentor for many people."

Blumberg also noted, "While it is with very mixed emotions that I announce my retirement from GBRA, it does not diminish the excitement I have about the challenges that lie ahead at this new stage of my career."

Clint Walker of Malcolm Pirnie said, "We are excited about Fred's decision to join Malcolm Pirnie and lead our efforts in making a positive impact on water resources in the State of Texas."

During Blumberg's career with GBRA, he managed the sale of stored water, the application and permitting processes for GBRA's water rights, the operation of a

dozen wastewater plants, the operation and maintenance of a half dozen water treatment plants and seven hydroelectric dams, and he led the operations, engineering and construction management departments.

Blumberg, who earned his bachelor of science degree in 1969 and his master of agriculture degree in 1975, both from Texas A&M University, also served as the GBRA's safety director, negotiated water supply and operating contracts, and was involved in a variety of major projects. These projects included the Coletto Creek Reservoir and Park; two expansions to the Victoria Regional Wastewater Reclamation System; an expansion of the Port Lavaca Water Treatment Plant; construction of the Lockhart FM 20 Wastewater Reclamation Plant; the Western Canyon Water Supply Project; the Interstate 35 Water Supply Project; the Luling-Lockhart Water Supply Project; major amendments to GBRA's Canyon Reservoir and lower Guadalupe water rights; and GBRA's operational recovery efforts after the 1998 flood.

the manufacturer claims that it will get five miles per gallon more in the city than it does on the highway," said Jeff McKee, Assistant Division Manager for Hydro/Rural Utilities department.

GBRA board of director, Jack Gary, helped research the concept of alternative fuel options. "We started looking at alternative fueled vehicles approximately two years ago, and discovered the hybrid vehicles deliver higher mileage than traditional vehicles and flex fuel car will saves GBRA money per gallon," said Gary. According to McKee, GBRA has also replaced its large sedan fleet vehicle with a midsize compact vehicle to cut fuel costs.

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Photo by Connie Rothe



Jeff McKee stands between GBRA's hybrid and flexfuel vehicles.

Construction Design of Western Canyon Garners National Awards

A 2006 Excellence in Construction Award was presented to GBRA and Flintco Contractors from the Central Texas Chapter of the Associated Builders (ABC) for the construction of GBRA's Western Canyon Water Treatment Plant facility.

The Associated Builders and Contractors' Excellence in Construction Awards recognizes outstanding members and promotes the outstanding projects built by ABC members on both a local and a national level.

ABC also presented GBRA and Cajun Contractors with an award for the construction of the water treatment plant's intake structure and pump station.

Gary Asbury, manager of project engineering at GBRA, traveled to Washington D.C. to receive this award-one of only 40 awards given nationally.

"We acquired a good working relationship with both Flintco and Cajun Contractors from the beginning of the plant's construction, and I'm sure both of these reputable contractors are as proud as we are at this moment. The success of this project was the result of an effective team's cooperative effort between the contractors (Flintco and Cajun Constructors), the engineer (HDR, Inc.) and the owner (GBRA)" said Asbury.

The Western Canyon Regional Water Treatment Plant is a membrane micro-filtration plant that can initially treat 10 million gallons per day (mgd) of water. Customers from the water plant are located in Comal and Kendall Counties, as well as the San Antonio Water System (SAWS). Other customers include the City of Boerne, Fair Oaks Ranch, Cordillera Ranch and Bulverde, Johnson Ranch and Tapatio Springs Resort/ Kendall Utility Company.

TCEQ Taps San Marcos Plant for State Inspector Training

The San Marcos Water Treatment Plant was the site chosen by Texas Commission on Environmental Quality (TCEQ) for an environmental training this spring.

The plant, owned by the City of San Marcos and operated by the Guadalupe-Blanco River Authority (GBRA), provided a unique opportunity for training approximately 70 new and seasoned state inspectors.

"The City of San Marcos is proud to have the TCEQ recognize the quality of our water plant in this way," said City Manager Dan O'Leary. "We appreciate the contribution this training program makes to ensuring public health."

TCEQ inspectors reviewed plant design and plant records for compliance with state and federal drinking water standards, toured

the treatment plant and learned what to evaluate when performing routine annual plant inspections. This training helped the investigators inspect other water treatment plants throughout the state.

The San Marcos Water Treatment Plant is "one of the few in the state that has both internal and external sludge recirculation capability on its clarifier," explained Jack Schulze of the TCEQ's technical review and oversight team, adding that, "We have an opportunity to explain how both technologies work and how they can be used to complement one another."

Darel Ball, GBRA division manager for Hays/Caldwell, said, "The San Marcos plant was selected because of its proximity to Austin, and more importantly, for having a reputation as a well-run facility."

Photo by LaMarriol Smith



Welsch Making a Difference

Two different organizations recently recognized David Welsch, a 34-year employee of GBRA, with awards for community service.

In May, United Way of Comal County honored Welsch for the second consecutive year with its Volunteer of the Year Award. Welsch has volunteered with the organization for the past five years. Working through New Braunfels Volunteer Organizations Active in Disaster, Welsch spearheaded efforts related to the hurricanes Katrina and Rita disasters.

"I think community service is a responsibility each of us has," Welsch explained. "I'm always embarrassed because I do things like this because I enjoy it, not for recognition."

Welsch earned the honor of the Chairman's Award from the Greater New Braunfels Chamber of Commerce. Chamber board chairman Susan Grazin presented Welsch the award at a ceremony in June.

GBRA Employees Receive NIMS Training

Photo by Connie Rolthe



requires that state and local governments adopt the NIMS as a pre-condition to the receipt of certain federal grants, contracts and activities related to the management and preparedness for certain disaster and hazard situations.

Also, the Mutual Aid Agreement for Water/Wastewater Providers that GBRA entered into with the Texas Water/Wastewater Agency Response Network (TxWarn) calls for damaged utilities and assisting utilities under the agreement to be organized and function under the NIMS. To comply with these requirements, the GBRA Board of Directors passed a resolution adopting the National Incident Management System (NIMS) as the standard for incident management by the GBRA.

Employees of GBRA operations and General divisions are receiving training as part of the NIMS implementation process including the FEMA IS-700 NIMS program and the Incident Command System (ICS)-100 program. All personnel with a direct role in emergency preparedness, incident management or response must complete the IS-700 course. The IS-700 course explains the NIMS components, concepts and principles.

All federal and state personnel at the entry level, first line supervisor level, middle management level and command and general staff level must complete the ICS-100 level training. The ICS-100 course covers the purpose, features, functions and responsibilities under an Incident Command System. Both courses require passing of a test that can be completed online.

At the time of printing, over half of GBRA employees received the NIMS training.

President Bush issued a directive to the U.S. Dept. of Homeland Security, in cooperation with representatives of federal, state, and local government, to develop a National Incident Management System (NIMS) to provide a consistent approach to the effective management of situations involving natural disasters, man-made disasters or terrorism.

Governor Rick Perry issued an executive order declaring NIMS as the State standard for incident management. The executive order also

Landscaping Improves Seguin Office Courtyard

Using primarily native and drought-tolerant plants, the Guadalupe-Blanco River Authority's Seguin office courtyard was transformed into a scenic, landscaped faux river channel with the help of J & J Landscaping and Maintenance of Seguin.

The courtyard project, led by Cricket Dietert in the General Division, took about two weeks to complete. The goal was to design an area that would look like a spring bubbling up and traveling down a river channel heading to the drainage areas. When it rains, the design gives a realistic impression of water running down the river channel. This landscaped area also will be used as a means of educating visitors and students about different water-saving plant varieties and Xeriscaping.

Budget permitting, a second phase of the landscaping project may commence after September. 



Photo by LaMarriol Smith

LEGISLATION

Courtesy Photo



by Todd Votteler

Legislature Passes and Governor Signs Major Water Legislation

Environmental legislation was a hallmark of the 80th Session of the Texas Legislature. Legislators passed every environmental bill that was sent to a conference committee. As a result, more than 30 environmental bills were sent to Gov. Rick Perry's desk during the final chaotic days of the session.

Four major water issues were addressed during the 80th Session, including environmental flows, conservation, water supply reservoirs, and the Edwards Aquifer. House Bill (HB) 3, environmental flows, and HB-4, water conservation, both by Rep. Robert Puente, chairman of the House Natural Resources Committee, were linked to the passage of Senate Bill (SB) 3 through an amendment by Sen. Kip Averitt, chairman of the Senate Natural Resources Committee.

Omnibus Water Bill

SB-3 by Sen. Averitt addressed environmental flows (see HB-3), water conservation (see HB-4), designation of streams with unique ecological value, and water supply reservoirs, including landowner protections. SB-3 also included the Edwards Aquifer Authority legislation and created and amended some water districts and municipal utility districts. The reservoir

portion of the bill was a contentious issue, making this bill one of the most hotly contested of the session. Potential reservoir sites will receive some measure of protection from the State.

Environmental Flows and Water Conservation

Since 2000, a number of water rights applications have been filed with the Texas Commission on Environmental Quality (TCEQ) to appropriate water for environmental purposes. Environmental flows include instream flows in rivers and fresh water inflows to bays and estuaries. In light of these applications, and subsequent actions by the TCEQ, the Legislature and the courts, Texas is addressing the issue of how best to protect environmental flows within the state.

SB-1639 during the 78th Regular Session in 2003 created a two-year study period and an Environmental Flows Study Commission to look into the research available regarding environmental flows. During that process, an informal agreement was reached between the members of the study commission. The agreement was negotiated by GBRA general manager Bill West and others. During the 79th Legislative Session, the Legislature considered but did not pass the negotiated

agreement that was reflected in the SB-1639 Study Commission's report.

After the 79th Legislature was unable to pass environmental flows legislation, Gov. Perry issued an Executive Order in 2005 creating the Environmental Flows Advisory Committee to work out the disagreements that contributed to the legislation's defeat in the 79th Legislature.

During the 80th Session the environmental flows issue was finally addressed through legislation that creates a stakeholder process to recommend required flows for each basin. The legislation establishes processes and advisory groups to ensure environmental flow protections for any new or increased water rights.

In depth, the environmental flows legislation:

- ◆ Establishes a nine-member environmental flows advisory group;
- ◆ Requires the advisory group to address ways that the ecological soundness of those systems will be ensured in the water rights administration, enforcement, and water allocation processes, and methods to encourage persons voluntarily to convert reasonable amounts of existing water rights to use for environmental flow protection temporarily or permanently;
- ◆ Establishes a Texas Environmental Flows Science Advisory Committee to serve as an objective scientific body to advise and make recommendations to the advisory group on issues relating to the science of environmental flow protection. The Science Committee will develop recommendations to help provide overall direction, coordination, and consistency relating to environmental flow methodologies and programs;
- ◆ Directs a stakeholder group established for each river basin to develop an environmental flow regime recommendation which shall define the geographical extent of each river basin and bay system in this state for the sole purpose of developing environmental flow regime recommendations;
- ◆ Restricts the TCEQ from issuing a new permit for instream flows dedicated to environmental needs or bay and estuary inflows. The TCEQ may approve an application to amend an existing permit or certificate of adjudication to change the use to or add a use

for instream flows dedicated to environmental needs or bay and estuary inflows;

- ◆ Authorizes the TCEQ to adopt appropriate environmental flow standards for each river basin and bay system in this state that are adequate to support a sound ecological environment. The TCEQ will also establish an amount of unappropriated water, if available, to be set aside to satisfy the environmental flow standards to the maximum extent reasonable when considering human water needs;
- ◆ Directs that State water that is set aside by the commission to meet the needs for freshwater inflows to affected bays and estuaries and instream uses may be made available temporarily for other essential beneficial uses if the TCEQ finds that an emergency exists that cannot practically be resolved in another way.

With regard to water conservation, HB-4 by Rep. Puente made a number of changes to the Texas Water Code:

- ◆ Encourages water conservation through voluntary land stewardship;
- ◆ Creates a 23-person water advisory council to monitor and report on the state's water conservation;
- ◆ Requires certain retail public utilities to adopt water conservation plans and submit annual reports to the Texas Water Development Board (TWDB);
- ◆ Authorizes TWDB to issue loans for water conservation;
- ◆ Requires TWDB to create a statewide water conservation education program if the Legislature appropriates the funds; and
- ◆ Requires new state buildings to use rainwater harvesting for nonpotable and landscape watering.

Edwards Aquifer Authority (EAA)

The most significant Edwards Aquifer legislation since 1993 was passed and signed into law by Gov. Perry in June. Senate Bill 3, Article 12 was the vehicle for lifting the Edwards Aquifer pumping cap to 572,000 acre feet per year (acft/yr) from the 400,000 acft/yr limit that was required by January 1, 2008.

In 1993, the Legislature set a pumping cap on the Edwards Aquifer while at the same time guaranteeing minimum amounts of water

to landowners and utilities based on historic usage. The EAA was supposed to reduce pumping of the aquifer to 400,000 acft/yr by 2008, but the EAA issued pumping permits for 549,000 acft/yr.

Recovery Implementation Program (RIP)

One of the key elements of the EAA legislation is the requirement that the EAA, with assistance of Texas A&M University (TAMU), shall develop a Recovery Implementation Program (RIP) through a facilitated, consensus-based process that involves input from U.S. Fish and Wildlife Service (USFWS), other appropriate federal agencies, and all interested stakeholders. A RIP is a voluntary, multi-stakeholder initiative that is intended to balance water use and development with the recovery of federally listed species. Due to the diversity of issues and level of conflict often associated with water issues, such as minimum spring flows for the protection of the endangered species, RIPs must take a long-term, interdisciplinary approach that incorporates policy formation, scientific research, habitat restoration, education, and other activities as defined by the participants. The implementation time frame for existing programs ranges from 15 to 50 years, and may be extended, if necessary.



Formation of a RIP requires that the stakeholders participating in the program develop a comprehensive document that outlines the program goals, activities, timelines, measurements of success, and roles of the participants. Development of the program document can take six months to several years; however, once the program document is finalized, stakeholders who are interested in participating in program implementation sign a cooperative agreement to implement the activities outlined in the program document. Participation in the program is open to all stakeholders, including those who may not have participated in the development of the program document. In addition, stakeholders who participated in the development of the program document may elect to not participate in program implementation. The EAA, TCEQ, TPWD, TDA, TWDB, and other stakeholders shall jointly prepare a Recovery Implementation Program document.

Membership on the 21-member initial Steering Committee:

- ◆ EAA;
- ◆ TCEQ;
- ◆ TPWD;
- ◆ TDA;
- ◆ TWDB;
- ◆ San Antonio Water System;
- ◆ GBRA;
- ◆ San Antonio River Authority;
- ◆ South Central Texas Water Advisory Committee;
- ◆ Bexar County;
- ◆ CPS Energy;
- ◆ Bexar Metropolitan Water District or its successor;
- ◆ Groundwater permit holder for a retail public utility west of Bexar County (appointed by EAA);
- ◆ Groundwater permit holder for an industrial user (appointed by EAA);
- ◆ Surface water permit holder for an industrial user (appointed by TCEQ);
- ◆ Surface water permit holder for a municipal user (appointed by TCEQ);
- ◆ A retail public utility whose service area includes the Comal or San Marcos springs;

- ◆ Groundwater permit holder for an irrigation user (appointed by TDA);
- ◆ Agricultural producer from the Edwards Aquifer region (appointed by TDA);
- ◆ Environmental interest from the Texas Living Waters Project; and
- ◆ Recreational interest in the Guadalupe River basin (appointed by TPWD).


The Steering Committee may vote to add members to the committee, change the makeup of the committee, or dissolve the committee. The Steering Committee shall work with TAMU to establish a regular meeting schedule and publish that schedule to encourage public participation.

Key dates of the legislation include:

- ◆ TAMU shall assist in the creation of the Steering Committee by no later than Sept. 30, 2007;
- ◆ a Recovery Implementation Program leader hired by Oct. 31, 2007;
- ◆ Steering Committee appoints an Edwards Aquifer Area Expert Science Subcommittee by Dec. 31, 2007;
- ◆ The Edwards Aquifer Area Expert Science Subcommittee shall (1) analyze species requirements for spring flow and aquifer levels as a function of recharge and withdrawal levels, (2) evaluate designating a separate San Marcos Pool, (3) evaluate the necessity to maintain minimum springflows, (4) evaluate whether adjustments to flow triggers for San Marcos Springs should be made, (5) develop recommendations for withdrawal reductions for critical period management in a collaborative process designed to achieve consensus, and (6) submit the recommendations to the Steering Committee and all other stakeholders involved in the Recovery Implementation Program by Dec. 31, 2008.
- ◆ EAA, TCEQ, TPWD, TWDB, and USFWS shall approve and execute the Recovery Implementation Program document by Sept. 30, 2012.
- ◆ The EAA will provide a written report to the governor, lieutenant governor, and the speaker describing the actions taken in response to each recommendation of the program document and reasons any recommendations were not implemented. The Agreement shall take effect Dec. 31, 2012.

In depth the EAA legislation provides:

- ◆ The cap on permitted withdrawals is increased from 450,000 acft/yr (scheduled to decrease to 400,000 in January of 2008) to 572,000;
- ◆ The requirements for EAA and Guadalupe River permit holders to pay for aquifer permit reductions are repealed;
- ◆ Rather than leaving it to the EAA to decide the amount and timing of pumping reductions in critical periods, the statute sets out pumping reduction criteria that the EAA must enforce, although these restrictions would allow Comal Springs to go dry for up to three years during a repeat of the drought of record;
- ◆ Sets up a process by which the EAA will develop a long-term program with all stakeholders for protection of spring flow – a “recovery implementation program;” the program to be finalized by Dec. 31, 2012;
- ◆ The EAA and other stakeholders, including state agencies, shall provide money as necessary to finance the Steering Committee and its subcommittees;
- ◆ Texas A&M will facilitate development of the RIP through a steering committee;
- ◆ The University of Texas and Texas State University will assist a science committee in making recommendations for the RIP;
- ◆ The EAA will provide annual status reports to the state legislature on the status of developing the RIP;
- ◆ Allows irrigation use to continue in order to permit the user to complete the irrigation of a crop in progress;
- ◆ The EAA is given more authority to finance and build recharge facilities, but not facilities to recirculate water at Comal and San Marcos springs; and
- ◆ The EAA Board is given the final say over whether the recommendations coming out of the RIP are implemented.

The next Edwards Aquifer Recovery Implementation Program meeting will be at 10 a.m. Thursday, Sept. 6 at San Antonio Water System headquarters. 

Recreation:

Guadalupe and Blanco Getaways

by Tammy Beutnagel

Are you looking for a fun day trip in or around the Guadalupe and Blanco Rivers? Here are some park and recreation spot getaways that are great for fishing, camping, swimming, and hiking:

BIKE THE TRAILS OF COLETO CREEK

Coletto Creek Park and Reservoir is a 190-acre park located midway between Victoria and Goliad, and opened year round to the public. Coletto Park offers unique recreation experiences to visitors that include viewing various wildlife and migratory birds and biking a two mile biking trail, called “Cottonmouth Run.”

“Cottonmouth Run is designed with relatively flat terrain and technical components to challenge even the most skilled mountain bikers, but also offers an easier route suitable for the beginner,” said Wilfred Korth, Coletto Creek chief ranger “Future plans include development of a total of seven miles of biking trail in the park,” said Korth.

Coletto Creek has multi-use campsites, camping cabins, swimming, boating, picnic area, group use pavilions, volleyball courts, playgrounds, hiking trail, and a lighted fishing pier for that perfect catch. Many fishing and hunting tournaments are also a favorite sport at Coletto. Contact the park office for more details.

Coletto Creek reservoir was created in 1981 as a joint project between Coletto Creek Power and GBRA that serves as a cooling pond for the coal fired power plant.

For more information visit the park’s website at www.colettocreekpark.com or call 361-575-6366.

Directions: Coletto Creek Park is located off Highway 59 between Victoria and Goliad. Look for “Coletto Creek Reservoir and Park” sign.

CATCH THE ONE THAT DIDN’T GET AWAY!

Lake Wood Recreation Area, is a 488-acre GBRA park nestled between Gonzales and Seguin and home of great fishing. Fish the lake or lighted spillway to catch your limit of channel, yellow and blue catfish, drum, crappie, largemouth bass, and bluegill.

Open year round, the park also offers recreational vehicle and tent camping, a children’s playground, volleyball, barbecue grills, and boating.

Visitors can enjoy a variety of boating activities using a central dock facility or the public boat ramp at Cost, Texas to launch boats and

cruise on the lake or up the river. Other water recreation includes water skiing, jet-skiing, canoeing, kayaking or power boating around the lake. Take a challenging 13 mile journey down river to historical Gonzales.

Upcoming events at Lake Wood include a KIDFISH fishing tournament and the Gonzales Come-And-Take-It canoe race.

“The KIDFISH Foundation will stock 500 pounds of channel catfish on Sept. 22 for the annual Kidfish event. This event is free to children ages 2-16. Kidfish provides prizes for categories such as the longest and shortest fish caught. Bait, tackle and loaner rods will also be available,” said Mark Henneke, Lake Wood assistant chief ranger. For registration information or to volunteer at the event, contact KIDFISH toll-free at 877-733-5646, or contact the GBRA Lake Wood recreation area at 830-672-2779.

The annual Gonzales Come-And-Take-It canoe race will be held this year on Oct. 6 at the park. The race is just one part of the Gonzales Come-And-Take-It festivities that celebrate the firing of the first shot of the Texas revolution on Oct. 2, 1835, which took place near Gonzales.

For more information about any of these events, visit the park’s website at: www.gbra.org/Recreation/LakeWood/Default.aspx

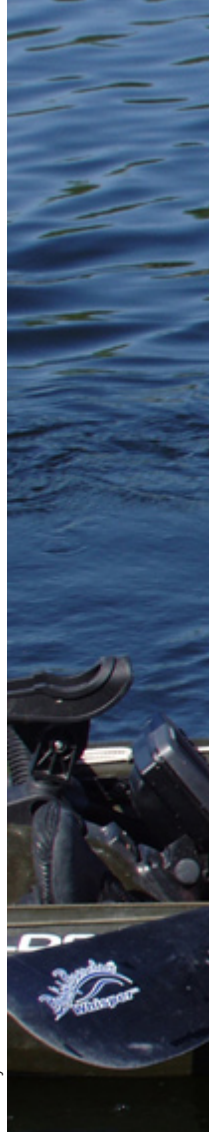
Directions: Lake Wood is located near Gonzales, off U.S. Highway 90A at the end of FM 2091 South.

DIVE INTO THE BLUE HOLE

Looking for a great swimming spot for the entire family? Why not visit one of the top 10 swimming spots in Texas—the Blue Hole in Wimberley?

First discovered in the 1800s to serve as power to the town’s grist mill, this pristine spring-fed river became a popular swimming spot for locals villagers and visitors alike. Sitting in the middle of 126 acres in the heart of the Wimberley Valley, the Blue Hole is surrounded by bald cypress, live oak and eastern sycamore trees. Also serving as home to a delicate ecosystem, it supports many species of birds, reptiles, insects, amphibians and mammals.

Photo by Janet Thome





Privately owned land until 2005, the Village of Wimberley has now purchased the land to protect it from future land development. Plans to restore it into an eco friendly park are also underway. A master plan has been drawn for nature trails and an outdoor amphitheatre/classroom as well as hiking and biking trails, sports facilities, camp sites and pavilions.

Families can enjoy the swimming hole throughout the summer months, but no lifeguard services are provided.

For additional information, contact the City Administrator's office at 512-847-0025 or visit www.friendsofbluehole.org/html/a_texas_treasure.html for more information.

Directions: Wimberley is 14 miles West of San Marcos on Ranch Road 12; 14 miles South of Dripping Springs. Blue Hole Park is just east of the downtown square on Blue Hole Lane, off Old Kyle Road near the junction of FM 3237.

PADDLE THE RIVER- INLAND STYLE

Canoe and kayak enthusiasts in the GBRA watershed now have access to the first inland paddling trail in Texas. The Luling Zedler Mill Paddling Trail starts at the new city park outside Luling on U.S. Highway 90 and covers six miles of the scenic San Marcos River, and

ends at the historic Zedler's Mill site. The trail opened in 2006 as part of the annual Zedler's Mill Classic river race.

According to Melissa Parker, river conservation coordinator at the Texas Parks and Wildlife Department (TPWD), "The driving force behind this model public-private partnership was a growing interest in canoeing and kayaking. Working together, the TPWD, GBRA and the City of Luling have created a safe, well-mapped route with convenient access and parking. The Luling Zedler Mill Paddling Trail also could be the first of many on Texas' extensive inland waterways."

The San Marcos Springs contribute as much as 134,000 gallons of water per minute during peak flows, allowing the river to remain navigable for canoeists and kayakers wanting to complete a 2 to 4 hour trip. A picturesque trail along the river is enhanced by old hardwood bottomland forest and a variety of wildlife including herons, songbirds and other species.

"One of our goals is to educate people about rivers and what better way to educate them than to actually get them on the river," said Randy Worden, executive manager of business development and resource management for GBRA.

Getaways, cont.

The City of Luling maintains the put-in and take-out locations along the trail, and parking is free. Signs and interpretive materials are provided by TPWD along the paddling trail. Canoe and kayak rentals and shuttle services are available.

Tommie Rhoad, GBRA economic development manager, tells all that plans are also underway to restore and develop the historic Zedler's Mill, built in 1874. Plans include an open-air pavilion, stage, and boat dock on the river. A nine-hole golf course, clubhouse and public pool already are in place at a city park within walking distance of the mill. Spotted by movie crews, the Zedler's Mill has become a desired location for video and film. Several movies and music videos have already been shot at the mill.

For more information on the paddling trail contact the Luling Chamber of Commerce at 830-875-3214 or visit the TPWD website at www.tpwd.state.tx.us/fishboat/boat/paddlingtrails.

Directions: The start for this paddling trail is located just Southeast of where Highway 90 crosses the San Marcos River, approximately five miles west of Luling. It ends at the historic Zedler Mill off Laurel Avenue, which is located within the Luling City limits or visit:

www.tpwd.state.tx.us/fishboat/boat/paddlingtrails/inland/luling/#getthere for more information.

CAMP OUT AT CANYON LAKE

Located at the beginning of the Texas Hill Country, the town of Canyon Lake is known as the "Water Recreation Capitol of Texas" by the Canyon Chamber of Commerce and also is home to Canyon Dam Reservoir—a prime spot for recreation and camping.

Originally built by the U.S. Army Corps of Engineers in 1964 for flood control and water conservation purposes, Canyon Dam Reservoir is a camper's dream. Four camping parks, Potter's Creek Park, Canyon Park, Cranes Mill Park and North Park surround the giant 8,230-acre reservoir and 80 miles of shoreline.

Potter's Creek Park is located on the Northwest side of Canyon Lake off of Potter's Creek Road at Hwy 484 (Fischer Road) junction. This park

contains 114 RV campsites with seven screened shelters also available for campers, 10 designated tent camping sites and five larger family sites.


Canyon Park is located on the North shore of Canyon Lake near Hancock. A boat ramp, 150 campsites, two overnight shelters and one-day use shelter for large groups, prove this park as an ideal camping spot. Canyon Park is located closest to Canyon Lake Marina and Papa Docks Restaurant.

Cranes Mill Park is located on the Southwest shore of Canyon Lake off of FM 2673, just past the village of Startzville. This park also offers a marina, boat ramp, fishing dock, and 46 campsites with tables and cookers only.

North Park, located off FM 306 near the dam, is the smallest park with 19 campsites. This is also a popular spot for scuba diving.

For camping information or reservations visit www.recreation.gov or call 1-877-444-6777.

Stay a little longer in the town of Canyon Lake and enjoy a river excursion, float the Guadalupe River or take a sunset cruise. Nature walks, bird watching, hike and bike trails, restaurants and shopping are also easy to find in this town. More Canyon Lake finds include discovering dinosaur tracks at the Heritage Museum of Texas Hill Country, or enjoy an outdoor concert at the Whitewater on the Horseshoe music amphitheatre featuring most any music venue. Contact the Canyon Chamber of Commerce for more information at www.canyonlakechamber.com or call 1-800-528-2104.

Directions: The town of Canyon Lake is 15 miles northwest from New Braunfels on FM 306. 

Guadalupe River guide to release levels

This is a guide line using CFS (cubic feet per second) for amounts of water being released from Canyon Lake Reservoir into the Lower Guadalupe River

100-500 CFS
Recreational water level

500-800 CFS
Challenging recreation water level

800-1,200 CFS
Strenuous recreation water level

1,200-3,000 CFS
Extreme caution for recreation
Experienced boaters only
NO TUBING

Above 3,000 CFS
Dangerous
Guided rafts only

Source: Canyon Lake Chamber of Commerce



Blue Hole at Wimberley, TX



Courtesy Photo



Courtesy Photo



Courtesy Photo

Whether swimming, boating, camping, bird-watching, or hiking, safety should be a commitment in every activity. For great safety tips on water and boating recreation, visit the U.S. Army Corps of Engineers National Water Safety Program website at:

<http://watersafety.usace.army.mil/safetytips.htm>

Safari

World's Toughest Boat Race

The Texas Water Safari, 260 miles of non-stop canoeing through an awesome, but treacherous river, while passing scenic towns and parks, attracts rowers and paddlers from Texas to as far away as the United Kingdom and Belize.

This phenomenal race started at the San Marcos River's Aquarena Center and continued through Gonzales, Cuero, Tivoli and Seadrift. Racers also paddled through Luling's Zedler Mill Dam, Palmetto State Park and Victoria City Park. But, this list of scenic spots is not for the amateur boater. The race is called the "World's Toughest Boat Race" for a reason.

Strong physical ability and stamina are only part of the prerequisite to race. Racers must be prepared for sunburn, chafing, dehydration, hypothermia, and hallucinations. Fire ants, snakes and alligators have been known to make appearances as well. Rapids, log jams and dams as high as 300 feet add to the challenge.

The Beginning

The Texas Water Safari actually began as a conversation between two friends – Bill "Big Willie" George and the late Frank Brown.

"It was 1962, and Frank asked me if I knew of anyone ever paddling a boat from Aquarena Springs to the coast, and the rest is history," George said.

Brown and George ventured out in their motorless V-bottom boat, the "Miss Buchaneer," from San Marcos to Corpus Christi. These two friends, in their forties at the time, paddled for 20 days and slept when possible to complete the trip. Packing only coffee grounds, salt and pepper, and corn meal, fishing poles and a shot gun, they ate what they could kill.

The adventure gave Brown and George the idea that others should have the same experience. "Nobody could ever pay me enough for that memory," said George, now 83. By 1963, the two friends had set up the inaugural race with 58 entries. Two teams finished the race.

Seasoned Racers

During the early races of the 60s and 70s, such intense time restrictions as today's race were not in place, but other rigid rules applied. In 1963, no coaching or help was allowed and the only drinking water was river water.

In 1970, Charlie Davis

entered the race with friends Maurice and James "Jitter" Chambers. With a 95-pound aluminum canoe, their team was one of only 37. Although they trained for two months, as first-time racers, they had no idea what to expect. "There were 85 portages to overcome, including bridges, dams, brush piles and log jams," Davis said.

The first night the team tackled the Gonzales Dam, known for its 30-foot drop, followed by rapids at Victoria State Park. The second night proved to be just as challenging near the Salt Water Barrier at Tivoli. "With 28-mile winds, two-foot white caps and plenty of rain, we pulled out on the ship canal levy and spent the rest of the night there," Davis explained.

On the last leg of the race, the Davis team reached Sea Drift on a Tuesday, but could not continue onto Port O'Connor until escorted through the ship channel by the U.S. Coast Guard for safety reasons. The escort arrived on Thursday.

The Davis team finished eighth with a time of 72 hours and 10 minutes. Bob Mitchell and John Evans claimed first place that year with a winning time of 48 hours and 35 seconds.

2007 Results

This year, 12 different boat classes brought 95 teams to the race. Sixty-five teams finished. No craft could have motors or sails. The first place unlimited winning team included Pete Binion, Wade Binion, Amado Cruz, West Hansen, Armin Lopez and Richard Steppe. A new first place solo record – 36 hours, three minutes – was set by Carter Johnson.


For more information, visit the Texas Water Safari website at: www.texaswatersafari.org or mail texaswatersafari@yahoo.com 



Photo by LaMarriol Smith

Trust Supports Canal Work at Whitmire Unit

by Todd Votteler

Construction of a canal to provide a reliable source of fresh water to the Myrtle Foester-Whitmire Unit of the Aransas National Wildlife Refuge commenced in June. The project is a joint effort between the Guadalupe-Blanco River Trust (Trust), the Guadalupe-Blanco River Authority (GBRA), and the U.S. Fish and Wildlife Service (USFWS).

The Myrtle Foester-Whitmire Unit is located in Calhoun County at the end of the GBRA's canal system near the historic site of the Port of Indianola, which was destroyed by hurricanes in 1875 and 1886. Once the new canal is complete, it will replace the aging Bolling Canal, which was built in the early 1950s as the source of water for the Whitmire Unit. It includes 750 acres of impoundments that require flooding at critical times for wintering and breeding waterfowl dependent on this wetland habitat.

The Whitmire Unit has been identified as one of the most important wetland habitats on the Texas Coast. It also is one of the most important waterfowl areas in North America. Nearly every waterfowl species using the Central Flyway benefits from this high value wintering habitat. Threatened and endangered species found on the Whitmire Unit include, whooping crane, peregrine falcon, piping plover, wood stork, and the brown pelican. Other birds of management concern that use the Whitmire Unit include the reddish egret, roseate spoonbill, and osprey. Other important marsh and water bird species are also found there.

The project increases the value of the Whitmire Unit during droughts by providing a supplemental source of water when other natural wetlands are affected by reduced rainfall.


The new canal system will allow the Refuge to enhance and restore existing wetlands and create new ones. Providing fresh water to selected impoundments at critical times will increase feeding, nesting, resting and breeding sites for both species of management concern and common waterfowl species.

"I am extremely pleased with the progress of this canal project this year, and the confidence that the granting agencies and partners have shown in it as well. This canal will give the Refuge the ability to create new wetland units and provide more habitats for wintering waterfowl and resident mottled ducks," said Peter Keller, wildlife refuge specialist at the Aransas National Wildlife Refuge Complex.

Recent rainfall slowed progress on the project. "Have you ever tried building a water conveyance system through a swamp?" asked Bruce Hicks, GBRA project manager for the construction of the canal. "Since June 28, Calhoun County and the Whitmire Unit restoration project received about 26 inches of rain. The actual construction of the project started on June 11 and ceased June 29 because of flooding conditions," he explained, adding, "Should favorable weather continue,

final cross-sectioning and restoration will continue through August."

"Grants totaling \$213,000 from the National Fish and Wildlife Foundation and ConocoPhillips comprise the final elements that were needed to allow us to complete the new canal," said Bill West, GBRA general manager.

"Matching funds, in-kind services, and other support has been provided by Alcoa, TetraTech, Friends of Aransas and Matagorda Island National Wildlife Refuges, Natural Resources Conservation Service, Formosa, USFWS, the Guadalupe-Blanco River Authority and the Guadalupe-Blanco River Trust," said Todd Votteler, executive director of the Trust. 



Where *are they now?*

James “Jim” Arnst

by LaMarriol Smith

After almost 40 years working with the Guadalupe-Blanco River Authority, Jim Arnst hung up his hat to tend to his 42 acres and enjoy his 12 grandchildren. As Arnst describes it, “The big things revolve around our grandchildren.”

At home, Arnst and his wife Tea have enjoyed the live-in presence of their grandson Kolby Arnst for the past few years. Kolby has excelled athletically in a number of sports, but has a particular penchant for baseball. Kolby has played the positions of outfielder and pitcher, and apparently is “pretty good with the bat too.”

Arnst said Kolby earned a baseball scholarship to Houston Baptist University, and recently traveled to Houston to complete his enrollment and registration paperwork.

But, there is no “empty nest” to get used to, Arnst explained, because their daughter’s 2-year-old son Aidan soon would be roaming their house while his mother teaches at a local school.

Arnst, now 78, and Tea, 72, also get around for a little traveling every now and then. In July, the Arnsts spent a week on the northern shore of Lake Pontchartrain near New Orleans, La. Arnst also continues to serve as secretary-treasurer for the Green Valley Special Utility District in Marion. In connection with that, he spent the early part of July attending the Texas Rural Water Association’s conference in Galveston.

Started GBRA: 1964
Retired GBRA: 2004
Residence: Marion, TX

Jim Arnst can be reached by email at jarnst@aol.com, or by phone at (830) 914-2129.

Photo by Tammy Beutnagel



Jim Arnst mows a stretch of his 42 acres.

Staff Collected Awards During Summer

Publication Awards

Two professional organizations recognized the design of the 2006 GBRA Annual Report for excellence awards. Connie Rothe, GBRA board relations, designed the publication.

The Print Media Competition cited the publication for an “Award of Excellence” in its 13th Annual Communicator Awards, while Graphic Design, USA, cited the publication as a winner in its 2007 American Inhouse Design Awards. In the latter case, the 2006 GBRA Annual Report was one of 40 selected from 4,000 entries.

Parade Awards

A group of volunteer employees known as the Guadalupe-Blanco River Authority Ambassador Team earned awards throughout GBRA’s 10-county statutory district by participating in local community parade events.

The Ambassadors participating in this summer’s events included the late Kathy Bouler, team captain; Cricket Dietert, Tammy Beutnagel, Yolanda Pierce, and Brian Lyssy. These dedicated volunteers outfitted a GBRA fleet truck with river-themed décor, claiming the following parade awards:

Yoakum Tom Tom Festival Grand Parade
(June 2, 2007)

1st Place Out-of-Town Miscellaneous

Lockhart Chisholm Trail Roundup Grand
Parade (June 9, 2007)

1st Place

Luling Watermelon Thump Parade
(June 23, 2007)

1st Place Out-of-Town Commercial

GBRA Training & Licenses

Gerald Hicks from the Buda Wastewater Treatment Plant received his "A" Wastewater License

Wallis Gudgeff from the Western Canyon Water Treatment Plant received his "C" Surface Water License

Hunter Duncan from Western Canyon Water Treatment Plant received his "D" Water Operator License and attended the Technology Based Training Basic Water Works Operation

Timothy Hill from Western Canyon Water Treatment Plant attended the Texas Water Utilities Association Wastewater Treatment Class

Brian Lyssy from Water Quality Lab attended a Texas Water Utilities Association Surface Water Production I Class

John Turner from Western Canyon Water Treatment Plant attended the Texas Rural Water Association Chlorination System and Chemical Handling

Juan Vasquez from Western Canyon Water Treatment Plant attended the Texas Rural Water Association Chlorination System and Chemical Handling

This information was compiled by GBRA Human Resources Department.

In Memoriam:

Kathy Boulter 1957 - 2007

G BRA employee Kathleen (Kathy) Anne Boulter died peacefully at her home in Marion, Texas, on July 9, 2007 at the age of 50.

Boulter became employed at GBRA in 2004 where she served as administrative assistant to Debbie Magin, Director of Water Quality Services and Tommie Streeter-Rhoad, Economic Development Manager.

"Her job duties were as diverse as the divisions of GBRA she served," said Magin. "She helped coordinate events such as the Texas Water Safari, maintained communications with the Guadalupe River Basin Clean Rivers Program steering committee members, facilitated the general office safety meetings and, assisted the laboratory field staff with water quality sample collection when needed." Kathy also served as ambassador for GBRA's county parade events.

Boulter spent her free time watching her two sons in rodeo activities, enjoyed camping and spending time with her friends and family.

Boulter served on the board of directors for the Guadalupe Valley Pecan Classic Steer and

Heifer Show and on the local chapter of Ducks Unlimited.

Boulter is survived by her father, Alfred Boulter; her sons, Cody and Tyson; her sister, Janet and husband Carrol Fries; and brother Rodney and his wife Ellen.

A scholarship fund has been established at Clarendon College on behalf of Cody and Tyson, where they will attend classes this fall. A tax deductible contribution may be sent to: GBRA 933 East Court St., Seguin, Texas 78155 or Clarendon College Attn: Business Office, c/o Cody and Tyson Boulter, P.O. Box 968, Clarendon, TX 79226. Checks should be payable to Clarendon College.

A Memorial contribution may also be made to the Kathy Boulter Memorial Scholarship Fund for Guadalupe Valley Pecan Classic Steer and Heifer Show, c/o Holly Garza, Treasurer, P.O. Box 732, Marion, Texas, 78124.



Kathy Boulter

Photo by Tammy Beutnagel

JOBS @ GBRA

The following position is available with GBRA:

Title: Executive Manager of Water Resources and Utility Operations
Grade: Executive
Site: Seguin, TX

The Executive Manager for Water Resources and Utility Operations is the corporate leader for relationships, operations, and engineering for GBRA's water resources division. This executive position is charged with general oversight of all operations and responsibility for planning and directing the Authority's engineering and construction activities. The position requires a thorough knowledge of water utilities operations, facility design and engineering, project management, water supply, flood management, and safety. The executive manager is authorized to fulfill the responsibilities and duties of the General Manager as assigned by the General Manager. This position is a

member of the Authority's Executive Team.

To Apply: Send résumé and cover letter to Attn.: Sheila Jennings, Ray Associates, Inc., 1304 Guadalupe, Austin, TX 78701, or email sjennings@rayassociates.com.

To apply for other GBRA positions, prospective applicants may:

1. Download the GBRA employment application (<http://www.gbra.org/Documents/HR/GBRAEmploymentApplication.pdf>) and fax with resume to 830-379-9923; or
2. Mail application and resume to: Attn: Human Resources, 933 E. Court, Seguin TX 78155; or
3. Email resume to hr@gbra.org; or
4. Stop by GBRA at 933 E. Court, Monday through Friday between 8 a.m. and 4 p.m. to drop off or complete an application.

employee anniversaries

GBRA recognizes the following employees for their dedication of service. (These employees started with GBRA between the months of June and August.)

June	July	August
06/25/73 - David Welsch, Water Resources 34 yrs	07/06/76 - Debbie Magin, Water Resources - 31 yrs	08/18/75 - Richard Maxwell, Hydro - 32 yrs
06/01/76 - David Weaver, Victoria WWTP - 31 yrs	07/10/78 - Joel Heideke, Rural Utilities - 29 yrs	08/25/75 - Christy Dietert, General Division - 32 yrs
06/27/77 - Jeff McKee, Hydro Division - 30 yrs	07/02/82 - David Kenda, Hydro Division - 25 yrs	08/31/81 - Charles Durst, Hydro Division - 26 yrs
06/24/80 - Cornelio Molina, Hydro Division - 27 yrs	07/02/84 - Allen Ognoskie, Hydro Division - 23 yrs	08/07/89 - Scott Kolbe, Canyon Hydro - 18 yrs
06/01/83 - Carl Korth, Coletto Reservoir - 24 yrs	07/17/92 - Ross Chapman, Victoria WWTP - 15 yrs	08/15/90 - Angel Castillo, Lockhart WWTP - 17 yrs
06/10/86 - Sam Salas, Luling WTP - 21 yrs	07/05/02 - Carlton Hoefling, Victoria WWTP - 5 yrs	08/05/91 - John Urban, Coletto Reservoir - 16 yrs
06/27/86 - Kenny Rothe, Hydro Division - 21 yrs	07/28/03 - Lee Gudgell, Water Resources - 4 yrs	08/25/92 - Cliff Prout, Victoria WWTP - 15 yrs
06/07/99 - Tammy Beutnagel, General Division - 8 yrs	07/01/05 - Rachele Cuellar, Water Resources - 2 yrs	08/29/94 - Felix Cortinas, Luling WTP - 13 yrs
06/01/00 - Todd Votteler, General Division - 7 yrs	07/05/06 - Timothy Hill, Western Canyon WTP - 1 yr	08/11/95 - Billy Imhoff, General Division - 12 yrs
06/21/01 - Janet Thome, General - 6 yrs	07/05/07 - Clarissa Castellanos, Water Resources - new hire	08/05/02 - Josephine Longoria, Water Resources - 5 yrs
06/02/03 - Tommie Rhoad, Water Resources - 4 yrs	07/20/07 - DeAnna Baker, Water Resources - new hire	08/05/02 - Allen Martin, San Marcos WTP - 5 yrs
06/23/03 - Teresa VanBooven, Water Resources - 4 yrs		08/05/02 - Larry Shahan, San Marcos WTP - 5 yrs
06/21/04 - Joe Long, San Marcos WTP- 3 yrs		08/01/03 - Patricia Ramirez, General Division - 4 yrs
06/30/04 - Daphne Harder, General Division - 3 yrs		08/26/05 - Todd Hoff, Port Lavaca WTP - 2 yrs 
06/15/07 - Matthew Williams, Coletto Recreation - new hire		
06/20/07 - Christopher Albrecht, Coletto Recreation - new hire		

Accidental Deaths On the Rise

Accidental deaths in the United States are rising at an alarming rate, more than 20 percent over a 10-year period, reaching 113,000 deaths in 2005, according to the latest data available. For people between 1 and 41 years of age, accidents are the leading cause of death in the nation. While accidents continue to be the 5th leading cause of death overall, exceeded only by heart disease, cancer, stroke and chronic lower respiratory diseases, accidental deaths are increasing at a greater rate than that of any of the top four causes of death.

“Accidental death in America is a silent epidemic. With one person dying from an accident every five minutes, unintentional injury is one of the most serious public health issues facing the country,” said NSC President and CEO Alan McMillan. “Trauma from accidents follows only heart disease and cancer in national medical expenditures.

According to data released today by the NSC to mark National Safety Month, motor vehicle crashes continue to be the leading cause of injury-related death in the country. Driver behaviors including speeding, distractions and impairment, as well as not wearing seatbelts, contribute significantly to motor vehicle injuries and fatalities.

Poisoning – particularly from overdoses of over-the-counter, prescription and illicit drugs – is now the fastest-rising cause of accidental death with a 5 percent increase last year alone.

For more information, visit the National Safety Council website:
http://www.nsc.org/news/injury_data.htm

Protection from the Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. There are no safe UV rays or safe suntans.

Beware

Sun exposure at any age can cause skin cancer. People who burn easily, spend a lot of time outdoors, or have any of the physical features listed below should be especially careful in the sun:

- * Numerous, irregular or large moles
- * Freckles
- * Fair skin
- * Blond, red, or light brown hair

Warning Signs

It is important to examine the body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of a month to one to two years.

Skin cancers often take the following forms:

- * Pale, wax-like, pearly nodules
- * Red, scaly, sharply outline patches
- * Sores that don't heal
- * Small, mole-like growths – melanoma,

the most serious type of skin cancer

Anyone who finds such unusual skin changes should see a health care professional immediately.

Blocking UV Rays

* **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: If one can see his or her hand through a single layer of clothing and a light source, the garment offers little protection.

* **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Blocking both UVA and UVB rays guards against skin cancer. Please follow application directions on the product bottle.

* **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose and scalp.

* **Wear UV-absorbent shades.** Sunglasses do not have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.

* **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. A shadow test can demonstrate intensity. When standing outside, a shadow that is shorter than one's own stature is indicative that the sun's rays are the day's strongest.

This article was reprinted with permission of The Wellness Councils of America, taken from its publication, *The Well Workplace Healthletter*, July 2007 (vol. 9, no. 5).



Did You Know

Drowning claims the lives of more than 3,000 people every year. Although all age groups are represented, children four years old and younger have the highest death rate (26 percent) due to drowning. – *National Safety Council (NSC.ORG)*

Mark Your Calendar

Sept. 3, 2007

Labor Day Holiday
GBRA Offices closed

Sept. 6, 2007 10 a.m.

Recovery Implementation Program Meeting
SAWS Headquarters, San Antonio, TX

Sept. 19, 2007 10 a.m.

GBRA Board Meeting
River Annex Bldg.

Oct. 6, 2007 10 a.m.

Come & Take It Canoe Race
Lake Wood Park, Gonzales, TX

Oct. 6, 2007 11 a.m.

Pecan Fest
Nolte Island, Seguin, TX

Oct. 10-12

TWCA Fall Meeting
Crowne Plaza Riverwalk, San Antonio, TX

Oct. 17, 2007 10 a.m.

GBRA Board Meeting
River Annex Bldg.

Oct. 20, 2007 8 a.m.

Missions Tour de Goliad (bike race)
Downtown, Goliad, TX

Nov. 7-9, 2007

NWRA Annual Conference
Hyatt Regency, Albuquerque, NM

Nov. 14, 2007 10 a.m.

GBRA Board Meeting
River Annex Bldg.

Nov. 22-23, 2007

Thanksgiving Holidays
GBRA Offices closed

Gen/GRR/Smr2007/Cap-4000

Photo by LaMarriol Smith



WWW.GBRA.ORG



Guadalupe-Blanco River Authority
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Seguin, Texas 78155

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