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The Oregon Whitewater Association brings private boaters together for the enjoyment of whitewater boating. Our vision is to promote whitewater safety and training for all of our membership in an effort to provide safety awareness and confidence when executing river rescue skills. OWA is the community of choice where fun and river adventures thrive and where people and rivers connect.



Boating With Kids Submitted by Celeste Brody

(This article has been adapted from the original where it first appeared in the NWRA newsletter in 1998. With a new generation of boaters coming along, Celeste finds these guidelines still appropriate. Your experiences and stories about boating with kids are invited.)

When my son, Conor, was born I knew my boating trips would take a different form, at least until he was of an age where we could safely take him along. We made many adaptations: the summer of his first year we took day trips down the American River in California and camped at the half-way point, exchanging baby sitters and boats each day. We kept the kids busy playing in the extra raft which served as a pool and sandbox. Fortunately, he loved camping, so it was easy to keep him busy for the next few years. He was content to chip away at a log for hours with a dull hatchet. Later, like most kids, he took happily to skipping stones and building sand forts with the army shovel. By the time he graduated to class IV rivers in wet, spring conditions, he was the one who inevitably got the happy camper award for his positive attitude.

I measured each new boating season by the amount of responsibility he could take for himself. Simple matters like dressing appropriately eventually gave way to his ability to load the raft and teach his companion the basic ropes of river

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May Club Meeting

Flying Pie Pizza 7804 SE Stark Street Portland, OR 97215

Wednesday. May 8, 2019 from 6:00-9:00 PM

Speaker: Jerry Fish

Topic: Geology of the Grand Canyon (see page 2 for details).

Contact Information



Your OWA Officers and Volunteers

Scott Ogren, President president@oregonwhitewater.org

Mark Lewis, Vice President - Events VicePresident-Events@oregonwhitewater.org

Christine Broniak. Vice President -Newsletter VicePresident-Newsletter@oregonwhitewater.org

Dennis Schultz, Secretary secretary@oregonwhitewater.org

John Lemke, Treasurer treasurer@oregonwhitewater.org

Shakya Baldwin, Membership Director membership@oregonwhitewater.org

Paul Diaz, Technology Director techdirector@oregonwhitewater.org

Matt Saucy, Training Director safety@oregonwhitewater.org

Cheryl Ford, Trip Editor tripeditor@oregonwhitewater.org

Cary Solberg, Advertising Editor advertisingeditor@oregonwhitewater.org

Jennifer Ogren, Newsletter Editor newslettereditor@oregonwhitewater.org

May Meeting Speaker

Topic: Geology of the Grand Canyon

Speaker: Jerry Fish

Description:

Jerry Fish will talk about the Geology of the Grand Canyon. He is a geologist by education and practiced oil, gas and mineral law during his career. He accompanied Mark Lewis on their February trip down the canyon. He will also talk about what causes some of the world's great falls to form. One of which is Victoria Falls on the Zambezi River, Mark will then show some video of his one day trip down the river below the falls.

OWA list server address:

H20Addicts@OregonWhitewater.org

OWA web site address:

http://www.OregonWhitewater.org

Do you have something you would like to submit to the OWA newsletter? The tale of your latest rafting adventure? The recipe of the best dish you've ever cooked on the river?

Contact Christine Broniak VicePresident-Newsletter@oregonwhitewater.org

To show our appreciate and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for a \$150 gift certificate to one of the OWA sponsors. Every member who submits written material that gets published in the newsletter will automatically be entered into the drawing.



President's Corner

Safety, Safety, Safety! And the Upper Clackamas Festival! by Scott Ogren

The River Safety Training class was a major success! We had 36 participants who learned about ropes, knots, throw bagging, Zdrags, how to swim rapids and so much more! I really enjoyed seeing all of the excitement and energy everyone brought to the class. If you have never taken the RST class, I highly recommend it to you. If it's been a few years since you have taken it, I recommend taking it every two to three years as a refresher – if you don't use the skills, you will lose them.

We are at the time of year where we often ask ourselves, do I wear my drysuit or not? The air temperature can be warm while the water is cold. One tip I learned a few years ago is if the sum of the air and water temperatures is below 100 degrees, you should wear a dry suit and thermal protection under. If the sum of air and water temperatures is above 120 degrees, thermal protection likely isn't an issue and dress as you wish. If the sum is between 100 and 120 degrees, that's the grey area where you can make a choice about wearing a dry suit or not. The water temperature in most local rivers is between 40 and 55 degrees for most of the year. Many of the river gauges we all look at to see what the flow is also give the water temperature, so you can plan ahead for what your thermal protection will be.

Are you headed to the Upper Clackamas Whitewater Festival? If you have never been, it's a great way to spend an afternoon or even the whole weekend. Many of the boat and equipment manufacturers have booths there and it's a great place to talk with them about their equipment and even demo a boat or two.

It's time for the monthly plug for the OWA first aid kit and AED and remind you to schedule yourself to take them on your next river trip. As a club, OWA has an extensive Wilderness First Aid kit and an AED that goes on all club trips and is available for club members to take on private trips as well. I encourage you all to take both with you on your next private trip. You can check them out by sending an email to firstaid@oregonwhitewater.org. As a club, we have invested in this potentially life saving equipment and it's put to best use out on your trips, not sitting in a garage at home.

Busy Spring

Spring is always the busiest time of year for OWA. We have several fundraising events, the River Safety Training, Boater 101, and a lot of river trips to go on! The annual safety auction is happening right now, so get your bids in now! And remember, bid early and bid often! Also, the annual zip lining and bungee jumping event will happen in the fall. Look for the date to be announced either sometime this summer or in early fall. We are looking at a potential date of early October, so keep that in the back of your mind for a good fall activity and a great way to raise money for OWA. We are also looking at a late September or early October weekend for the WFA class.

May OWA Meeting

The next meeting will be at our normal meeting place, Flying Pie Pizza in Portland in May, Please plan to come out and join us for pizza, a great speaker and share your stories of your summer river trips! Have a great summer!

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www.oregonwhitewater.org/ dues.html

Boating With Kids







Boating with Kids: Continued from page 1

safely and camp life. Finally, he could propel a raft down the river on his own energy and choose a campsite for its "play" qualities: was this a frisbee golf site or a touch football site? Despite my pleasure in the development which was taking place under my eyes, boating with kids requires special energy and unnerving focus. He was a cautious child by nature and it was obvious early on that he would allow no one to talk him into going beyond his comfort zone, which meant that we walked around many a class IV rapid in places where it would have been easier to boat. No manner of calm demeanor or skillful boating on my part would change his mind. I still follow the one rule I had set out early on: If the child isn't ready, I am not going to force him.

This article is dedicated to parents and families who want to share the wonders of rivers and wilderness with their children in a manner which respects each child's temperament and abilities but allows the adults to enjoy the trip as well.

When do you start boating with children?

The answer, of course, depends on you, and your child: do you have the equipment and expertise to handle children in boats safely? What you have for a boat and who works with you to support your child or children is important. I don't advise boating with children under the age of three—their attention spans are short, and they get antsy in confined spaces. Childrens' ages, as I discuss below, are simply guidelines. Your child's comfort and skills determine what she's ready for and when.

Here are a few quidelines we have followed:

- 1. *Use a ratio of one adult to each child.* We have found that for every child below 5, we put one child to one extra adult/passenger in a boat, and after six years of age—depending on their independence—we put one adult to two children. This means that there is always another adult than the boatman to assist the child. This allows the boatman to handle any boating situation without reaching or grabbing for chil-
- 2. Choose the river carefully. Start children on the rivers you know best so that they don't pick up undue concern on your part. Ideal Class 1 or 2 rivers to begin on: The John Day from Service Creek, Grand Ronde, Upper Deschutes from Warm Springs to Trout Creek, the North Santiam below Mill City, and the Lower Clackamas from McIver.
- By 5 years: Move up to extended day trips down Class II-IV rivers in summer conditions, and class III in spring conditions. Walk a class IV rapid if necessary. With proper equipment, The Roque River, Main Salmon River, Sandy River, and Deschutes River below Trout Creek are appropriate.
- By 8-10 years, your child can be given more independence. If possible, practice swimming rapids, like Elevator Rapids on the Deschutes. At around 10 years of age, children like to paddle, if they are inclined. We introduce kids to the IK on sections of the Rogue around that age.
- 3. Have the best gear and clothing you can afford: If you don't have the proper rainwear, polypropylene, life vest and helmet, your child is not ready for more advanced rivers or spring river conditions. Children can go into hypothermia more quickly than adults because of their low

Boating With Kids



Boating with Kids: Continued from page 5

low body mass. Also, they may be less active if they are passengers. The best rule of thumb I have found is: if YOU need the gear so does your child. Summer conditions are more forgiving, but I found that we need the following on even short weekend trips to the Deschutes in the summer:

- · Life jackets: These must fit properly and follow the weight specifications. All boating sources carry children's sizes but look for exchanges and swap meets.
- Helmets: Children can become flying missiles even more quickly than adults. Children should wear helmets during all class IV rapids, and even class III.
- Rain gear: the best I have found is Columbia and it is easy to find seconds at the outlet store in Portland. A jacket and pants are necessities, as they act as wind protection too.
- Polypropylene-type underwear: This is the best insulator and investment for your child. Tops and bottoms can be worn under shorty wet suits, or under rain gear to keep the child warm and dry. REI carries children's sizes. Thrift stores are also good sources.
- Wetsuits/drysuits: This is optional, of course, depending on the boating conditions and weather, but if there is any possibility that the child might take a swim in cold conditions or cold days—use them. When kids are warm, they tend to forget their discomforts. When they are cold, they become simply ornery. Even in June on the Rogue, we have had wet, cold weather and the wetsuit provides additional warmth and padding, not to mention that kids love to "go creekin" in them! Active Water Sports in Beaverton and Oregon City sells used shorty-type wetsuits quite reasonably. They will trade-in for larger sizes when your child grows.
- Booties: This is the best investment I've made for kids in colder rivers. Even slightly large booties are better than none. Wool or poly socks are second best. Remember: kids tend not to look where their feet are going. Sandals are great but be prepared for lots of bruised feet.
- 4. Pack more snacks than you think you'll need. Children need to eat more frequently than adults because they don't store the fat. Rule of thumb: feed them when they are hungry, don't wait! Pack lots of high energy snacks in baggies and keep them in the most accessible place in the boat. I have found most kids like string cheese, granola bars, high energy bars, trail mix, apples and jerky. Also, remember to keep the soft drinks under control. Kids want to substitute pop for water and in hot weather they will dehydrate faster than an adult. Every kid should be responsible for their own water bottle.
- 5. Give them a task to be responsible for. Whatever the age, the child can have something to do that contributes to the group efforts. Children who can read can learn to handle the river maps quite easily, or even the GPS, and they like to know where they are going and how long it will take to get there! Have them plan the camp activities: the evening games such as Frisbee golf, cards, magic tricks, or river Olympics are standard fare with children.
- 6. Handling other people's kids: Rivers and camping are rather "tight" human spaces—we brush up against one another in unique ways. I have learned that kids on a river trip require special sensitivity to the needs of other adults—especially those without children. You know how much supervision your kid's needs; I know that aspects of my child's behavior which do not bother me because I live with her and understand the "phase" she is going through—are not always welcome to other adults who do not share our history. So my rule of thumb is: If my child's behavior concerns another adult, it is time to reign in her in. At the beginning of a trip, I let adults know what my expectations are for my kids' behavior and ask their support on behalf of their safety. That way, when adults are bothered by something my child has done that doesn't bother me, they will inquire about it—or take responsibility to say something to my kid directly.

That's it! Create the memories of a lifetime with your kids. And pay it forward to the grandkids!

Tax Relief Float



Trip Report for the 2019 Tax Relief Float

In which our heroes emerge victorious in a struggle for survival against the raging white water of the swollen Deschutes River "What could possibly go wrong?"

Submitted by Bill Goss

The day dawned dark and dreary on April 20th in the greater Portland metroplex. It was the day before Easter, and the day had long been scheduled for the OWA Tax Relief Float on the Deschutes River from Harpham Flats to Sandy Beach. Would anybody actually show up to go rafting in the middle of one of the holiest holiday weekends? Would bunnies who randomly distribute chicken eggs distract everyone from attending the most glorious trip on the club calendar? Would the fact that the river was swollen to twice its normal volume deter even the most intrepid boaters from experiencing the thrill of a lifetime? Time would tell.

Turns out only three people showed up. One was an old guy in a cataraft, we'll call Bruce, but his river name is "Bones." Another was a relatively young guy in an IK we'll call Joe. His river name is "Joe." And of course, this reporter sporting a cataraft.

The shuttle crew departed Harpham at 10:00 exactly to preposition a rig and scout the three big rapids that would be encountered that day. The first, Wapinitia, appeared straightforward, starting with a drop and a turbulent run out that seemed longer than usual. The second, Boxcar, seemed somewhat washed out, but it still had that tricky little turn at the beginning. The third, Oak Springs, was so intimidating that it struck terror into the pits of the scout's stomachs. There were three channels. On the right was a pour over drop ending in a vast recirculating hole. Anyone who fell in would certainly be lost for all eternity. On the left was a more narrow channel that appeared to be the least treacherous, but because of the general flow of the river at the entrance of the rapid, in which a great volume of flow swept from left to right, attempting that channel would result in being pushed to the right, possibly crashing onto the big basalt rock that separates the channels. Total annihilation. The middle channel was just plain gnarly, requiring some mid-rapid maneuvering, but the best option. All resulted in a run out into a roiling sea of whirlpools. Could we do it? We would need all our boating skills and a whole lot of luck.

After conducting detailed discussions of the rapids and reviewing safety issues our band of brothers departed the put in, half an hour behind schedule.

Very quickly Wapinitia came into view, and it was time to see what this crew was made of. The plan in the case of all three big rapids was to find the exact spot to enter, then just keep pointing the boat downriver. What could possibly go wrong? All went well. So well in fact that Joe decided to go for a swim right in the middle of the raging whitewater. Not what this ancient reporter would have done, but who really understands the youth of today? The old guys pulled Joe out of the water and with the IK lashed to a cataraft and Joe safely aboard it was decided that perhaps he would enjoy experiencing Boxcar from a grownup's big boat.

Now comes Boxcar. Each boat negotiated the torrential currents perfectly as planned. After the run out, Joe returned to his IK and the group prepared for the long slog to the next adventure.

With this pleasant break in the action this reporter attempted to steer his thoughts away from the terror that lay ahead: Oak Springs. Were his skills and powers, both mental and physical up to the task? Trying to think of something else, he observed a burned down hulk of a cabin on the cliff on river left and was reminded of the destruction of Notre Dame, during Easter week. Sad. Maybe the French could raise reconstruction funds by selling little pieces of the rubble, etc. from the conflagration. (Oak Springs. Dammit) What's with the date 4/20 anyway? It seems to be a big deal with the potheads. The day was warm and sunny, the hills were brown, but covered with a soft blanket of green that would soon turn brown, and the wildflowers added a nice yellow trim to the scenery. The sky was crystal clear blue, with patches of pure white cumulus clouds. We felt sorry for the rest of the world for having missed out on possibly the most fantastic boating day ever.

Tax Relief Float



Tax Relief Float: Continued from page 6

After only an hour on the river, our heroes passed under the bridge at Maupin. You know that concrete tie up at the city park? It was a couple of feet under water. They could have stopped for provisions, but even though they were completely out of Fireball, they pressed on. Next was lunch. Blue Hole proved to be a good spot to stop, refuel, and review the plan for Oak Springs. Wait. Wasn't there a metal dock thingy at Blue Hole? It's gone now. Anyway, with courage undaunted, the motley crew departed Blue Hole, with hearts racing and palms sweating, as Oak Springs was next. Joe was feeling a little lethargic after his luncheon, so he decided to take it easy for a while and hitched a ride on one of the catarafts.

Before long the fish hatchery appeared on the left, and it was show time! As planned the approach was to start left, let the river sweep the boat into the center channel and just miss the hole next to the treacherous rock on the left side. Guess what? It worked! Piece of cake! Brilliant! Genius! What a day!

With Oak Springs vanguished, the crew could relax and enjoy the rest of the day. White River and the Elevators were kind of washed out, and the so the end came fast. In what seemed like just a blink of the eye, Sandy Beach came into view, river right, and it was over.

Epilogue

After securing all the gear for the road, our heroes decided to check out Sherar's Falls, just for fun. It too was washed out, but still really scary. But there was a line that maybe, just maybe, could be run. The boys were still coming down from their adrenaline rush, the gear was still ready to go. Did they do it? That's a story for another day.



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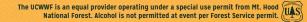
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ADVENTURE

SATURDAY

- Free Boat Demos
- Beer Garden
- Barbeque
- Music By Balance Trick

Recipe of the



INGREDIENTS

1.5 lb hot Italian sausage with out casings

2 large onions chopped

5 or more cloves garlic minced

2 large jars (about 26 oz) tomato sauce

1 6 oz can tomato paste (helps thicken things up)

1 lb penne or rotini pasta

0.5 lb diced smoked gouda or mozzarella

cheese 2 cups

grated parmesan cheese

6 oz = basil pesto

2 6 oz bags baby spinach leave



Baked Pasta with Spicy Tomato and Sausage

Submitted by Irv Wiswall

My strong preference for river food (other than being delicious) is that can be prepared ahead of time and heated up on the river. If it can be frozen, so much the better! And if it's an all in one dish, we have a serious winner in my book. Here is one of my favorites meeting all three criteria (it's got starch, protein, green veg. What else do you need?) adapted from Seriously Simple by Diane Worthington:

DIRECTIONS (serves about 7)

Start pasta cooking - your goal is somewhat more al dente pasta than you usually prefer because you are going to bake later. Also preheat oven to 375 degrees.

In a large deep frying pan or dutch oven cook sausage, breaking up with spoon, for about 5 minutes or until pinkness is gone. Add onion and sauté until softened. Add garlic and cook for another minute or 2. Add tomato sauce and paste and simmer for 10 minutes or so. Stir in pesto and any salt and pepper you may prefer. If it's not spicy enough, add red pepper flakes, anise seed, basil, oregano, etc.

Put your extra al dente pasta in a large bowl and add everything except 1 cup parmesan cheese. Stir to combine.

Put the pasta/sauce mixture into a greased 9 x 13 inch baking dish. If this is for a home meal, sprinkle a half cup of parmesan cheese on top and serve the remaining half cup at the table.

Bake at 375 degrees for one hour. When done, let cool and transfer to the container you'll use to take to the river. Freeze if desired.

On the river transfer to a large deep frying pan or dutch oven and reheat. If it's thawed, it will take about 15-20 minutes. Serve with the remaining cup of parmesan cheese.



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UPCOMING OWA TRIPS						
	TRIP	DATES	TRIP LEADER	CONTACT INFO		
	2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134		
	2019 Rogue Lodge Trip, Class	May 17th-20th, 2019	Van McKay	vanm1@aol.com 360-737-3148		
	2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		www.upperclackamasfestival.org		
	2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	zanng@msn.com, 503-757-4659		
	2019 McKenzie River Week- end Trip, Class II/III	June 20-23, 2019	Brenda Bunce	brenda.bunce@gmail.com		
	2019 Tieton, Class III+	Sept 13-15, 2019	David Elliott	dce@dcell.com		
	2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	sawdusty9@yahoo.com, 971-241-5396		

For additional details on upcoming trips or to view past OWA trips go to http://oregonwhitewater.org/calendar/trip-calendar





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Martin and Megan Orlik in Oak Springs. Photo by Don Smith

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