

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.



In This Issue

<i>River Safety Training</i>	1
<i>OWA Contact Info</i>	2
<i>Newsletter Submissions</i>	2
<i>Clackamas Clean Up</i>	2
<i>President's Corner</i>	3
<i>River Safety</i>	6
<i>Water Weed Watch</i>	7
<i>Recipe of the Month</i>	8
<i>Meeting Speaker</i>	9
<i>Knot of the Month</i>	11
<i>OWA Trip Calendar</i>	13

River Safety Training Weekend

Submitted by Mike Bay

As I thought about writing this article, my quandary was where to start. There was a LOT to like about this weekend.

The most appropriate place to start: gratitude. To the organizers and coordinators, the teachers, the teaching assistants, and everyone who made it happen – too many to list here, but you know who you are. To all of you, heartfelt thanks, from all the participants, including me, a first timer. You obviously put a lot of time and care into planning this event, and I know you didn't do it to get rich!

I was a newbie to any kind of concentrated river safety training. Rafting for 15 years now, I'd felt increasingly compelled to learn more about things like rescues and boat pins.

Continued on page 4

May Club Meeting

Flying Pie Pizza
 7804 SE Stark Street
 Portland, OR 97215

**Wednesday,
 May 9, 2018
 from 6:00-9:00 PM**

Speaker: Alex Stauch will speak about invasive weeds and creatures (see page 9 for bio)

Contact Information



Your OWA Officers and Volunteers

Scott Ogren, President
president@oregonwhitewater.org

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

Nichole Marino, Vice President - Newsletter
VicePresident-Newsletter@oregonwhitewater.org

Tom Lofton, Secretary
secretary@oregonwhitewater.org

John Lemke, Treasurer
treasurer@oregonwhitewater.org

Shakya Baldwin, Membership Director
membership@oregonwhitewater.org

Ben Corrado, Technology Director
techdirector@oregonwhitewater.org

Bill Warncke, 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

OWA list server address:
H2OAddicts@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 Nichole Marino
VicePresidentNewsletter@oregonwhitewater.org

To show our appreciation 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.

SAVE THE DATE Down the River Clean Up on the Clackamas is September 9th!

We Love Clean Rivers, in partnership with the Clackamas River Basin Council, is hosting the 16th Annual Down the River Clean Up on the Clackamas River on Sunday, September 9th, 2018!

If you have ever fallen in love with this or any river, we invite you to join us for this spectacular day where 300+ river-lovers jump in their rafts, kayaks, and drift boats, uniting to scour the 20+ miles of river from Milo McIver Park to Clackamette Park where the Clackamas empties into the Willamette. The day will wrap up with a free BBQ for all volunteers!

We hope you'll plan on joining us on September 9th! Mark your calendars - registration opens in July. More information at welovecleanrivers.org.

Safety, Safety, Safety! Oh, and an AED Story. *by Scott Ogren*

One of the things that we as a club do is put a large priority on safety and safety training. Nobody ever plans to be in an accident, but we should all be ready to act in case of an emergency. And as luck would have it, one of our club members was in the right place at the right time with the right equipment and training.

Dan Hudson will tell more of the story later when he gets back from his Grand Canyon trip, but here are the highlights of what happened. He was driving on his way to the Grand Canyon when the vehicle in front of him drove off the road and came to a stop against a fence. Dan and his traveling companion pulled over to see what went wrong and realized the driver had a heart attack while he was driving! Dan had packed an AED at the last minute, so that was connected to the heart attack victim and after a few chest compressions the AED advised to shock and after receiving the shock the guy woke up! Of course, there is a lot more to this story and I'll let Dan give the details of how he saved the guy's life when he gets home, but the important moral of the story is you never know when you will be called into help in an emergency! Be trained and be ready, you could end up saving someone's life one day.

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 with Dan's story maybe you will be inspired 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 fund raising 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! Because we had so much going on, the annual zip lining and bungee jumping event got lost in the shuffle a bit and we are rescheduling it for 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.

MAY MEETING

The next meeting will be at our normal meeting place, Flying Pie Pizza in Portland in September. 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!

**Are you current on your dues?
Pay online with PayPal!**

**[www.oregonwhitewater.org/
dues.html](http://www.oregonwhitewater.org/dues.html)**



Continued from page 1

How to describe the weekend? I can't count the number of things I learned. For example...

...how to tie Figure 8 and Prusik and River knots (believe me, I was clueless)

...a vector pull exponentially increases the strength of a straight-on pull

...walking through rushing water is very tough, but there's stability in numbers

...how to set a shore anchor and a z-drag pulling system

...introducing a rope into the river is sometimes necessary but always ups the danger level

...swimming in swift water is exhilarating and exhausting

...unlockable carabiners, which I've had all over my boats, can be a significant river hazard

...climbing onto a flipped boat is critical, isn't easy, and must be practiced

...throwing a rope is easier on land than in two feet of water rushing over rolling rocks

...and on and on, so much good stuff

Continued on page 5



Continued from page 4

The morning portions were taught on land, but in the afternoons our classroom was the water. We swam. We threw. We caught. We crawled up on rafts – or tried. We succeeded. We failed. We learned, learned, learned. It was great!

I walked away from the weekend more aware, more confident, and more humble. As I heard one of the teaching assistants say after we'd been practicing some skills on land, like throwing a rescue rope: "When you start trying to do these things in the river, you get real humble real fast." So true.

If you haven't been to one of these, go. Very fun, very valuable. You'll walk away better equipped to deal with safety situations on the river.

Throw Bags: Best Friend and Evil Serpent

Submitted by Julie Munger



As boaters, we all know what a throw bag is, and have a variety of abilities in actually being able to throw the rope. As new boaters, we are asked to purchase a throw bag, along with our PFD and Helmet, perhaps not ever realizing the potential dangers of that new tool that we are putting into, or attaching to our boats.

In reality, this new tool should be treated with the same respect as any weapon that someone may carry with them. Used improperly, it can wrap around arms, feet or necks, and entrap someone mid-current or inside a boat. If it washes away, it may also lay in wait under the water, or floating, to snag someone else on their way by. As a Swiftwater Rescue Instructor for 25 years, I know personally of over 10 people who been entrapped in OTHER people's throwbags. who when throwing them had the best of intentions. We all know where the path of "good intentions" can lead us...

Here are some basic MUSTS for throw bag safety:

- Make it your goal to NEVER have to throw the rope, but at the same time be EXCELLENT at throwing your rope.
- Practice in the current with both ends of the bag, coil tosses, and bag tosses, and then hope you NEVER have to throw the rope.
- You must know how far you can and CAN NOT throw so that you make good choices. Be good at it. It is an important basic skill. More importantly, KNOW YOUR LIMITS.
- Do not EVER rely on a throw bag for downstream safety as your only option. Boats need to be positioned on eddy lines to retrieve swimmers, and swimmers need to know how to SELF RESCUE. Your best rescue options are always trying to get TWO HANDS on the victim. A rope should be one of your LAST options.
- Take good care of your throw bag. Stuff it properly, and when storing your rope in, or on a boat, keep ALL THE ROPE INSIDE THE BAG. It is magic, but the end of the rope will always be available INSIDE the bag if the rope is stuffed properly. DO NOT let rope, or a loop, trail out of the bag. Keep the toggle securely closed, and attach the rope to a place in your boat where it will not be easily agitated by current. If a raft, do not attach the rope to the bow, or stern, as these will be far under water if the boat flips.
- Your throw bag, and any rope or strap on your boat needs to be paid attention to at all time.

Remember, as Mike Mather says, "A rope in the water is an EVIL SERPENT looking to do nothing but harm". Ropes swim upstream, wrap around arms, feet, heads, paddles. Do not allow any rope, or any part of your rigging on your boat, to in any way create a tangle hazard. Have a reason for EVERY rope you put onto your boat, and be sure bowlines are stowed properly, and that your boat could survive a giant washing machine with everything staying in its place.

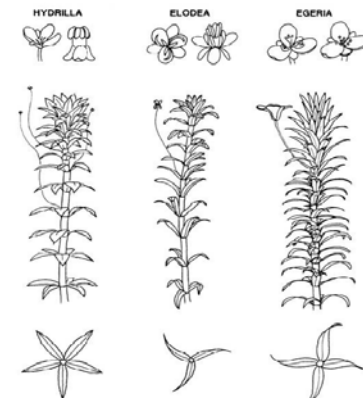
We carry throw bags for those times where we can't physically access someone. If, like me, at sometime in your paddling career you are exhausted, and floating towards another rapid, there will be no better feeling than looking to shore, and seeing your buddy, who is scouting, grab his/her rope, and land it in your lap.

The purpose of these monthly articles is to provide recreational boaters, budding naturalists, and the educated citizen with the knowledge to identify and report exotic weeds that impact aquatic ecosystems. By highlighting the impacts of aquatic invaders, it is hoped that proactive measures will be taken to minimize the introduction and spread of plants that affect our recreational waterways. Discussions of each of the plants/organisms highlighted in these articles should expand beyond these pages. Feel free to contact Alex Stauch for more info: Stau9723@gmail.com

Water Weed Profile: Brazilian Elodea, Waterweed *Egeria densa*



Pic 1: Brazilian Elodea infestation within a pond in Illinois (University of Illinois 2009)



Pic 2: Comparison of hydrilla, Canadian Elodea (*Elodea*), and Brazilian Elodea (U of FL 1990)

Where did the species come from?: The indigenous range of Brazilian Elodea includes Southeastern Brazil, Uruguay, and Argentina. As of today, Brazilian elodea has naturalized all continents (minus Antarctica), nearly every state of the U.S., and all counties in Oregon west of the Cascades.

How did it get here?: Brazilian elodea is a very popular aquarium plant and great oxygenator for garden ponds. Therefore the aquarium and aquatic garden trades act as the major vector in spreading the plant long distances and establishing unconnected populations. Once present in a watershed, Brazilian elodea can fragment and drift downstream, able to spread over 100 acres per year in favorable conditions.

Why should we care? Well why wouldn't we?! The physical characteristics of Brazilian elodea to grow rapidly and reach high densities, negatively affects native species and results in various changes to the ecosystem. Furthermore, the presence of Brazilian elodea impacts recreational activities, can impede the function of hydroelectric dams, and has been linked to entanglement-related drownings.

How do we identify this plant? In western Oregon, there can be numerous look-a-likes. Canadian elodea (*Elodea canadensis*) which is very common in Oregon and hydrilla (*Hydrilla verticillata*) not yet observed in the state have similar growth habits and leaf arrangements. Brazilian elodea can be differentiated from other species by four leaves which are arranged around the stem in a pattern called a "whorl" (Figure 1). Brazilian elodea is "dioecious", meaning there are both male and female plants. No female plants are known to be present in Oregon. This results in flowers that do not possess stigmas or pistils and do not form fruiting bodies. The white, three petaled flowers can be observed emerging from under the water surface in early summer. Here's a thought... if plants are only males, and in theory there are no seeds in the state of Oregon... how does Brazilian elodea reproduce?...

What do we do? A common theme in these articles will be clean your boats and don't dump your aquariums!!! Although Brazilian elodea is present throughout western Oregon, it's important to remember that there are numerous watersheds, sub-watersheds, individual water bodies, and great habitats that do not yet contain this plant. By being educated to minimize spread and detect infestations early on, we are able to help preserve the waters of Oregon for recreation and habitat for years to come.

If you believe you've found a population, please report the weed to local experts. Unless you are an experienced naturalist, don't attempt to remove the target plants. By acting on your own, you could remove the wrong plant or spread the plant by improperly pulling it and creating fragments that can establish downstream. Report findings to the Oregon Invasive Species Hotline: <https://oregoninvasiveshotline.org/>. By doing so, the distribution of this plant in Oregon can be properly recorded, and managers can act to treat the species.

Recipe of the Month



INGREDIENTS

- 2 lbs Elk stew meat (Substitute deer or beef as desired)
- 2 tbsp Oil (Olive oil or Avocado Oil works best)
- 2 tbsp Minced Garlic
- 1 Large Yellow Onion, cut up
- 2 Large Carrots, sliced
- 1 Stalk Celery, sliced
- 8 oz White Mushrooms, quartered
- 8 oz Shitaki Mushrooms, cut up
- 28 oz Can Whole Peeled Potatoes
- 1 to 1 1/2 lbs Red Potatoes, quartered
- 28 oz Beef Broth (Use Tomato can to measure)
- 1 tsp Garlic Salt
- 1 tbsp Black Pepper
- 1 tsp Whole Thyme Leaves

Dutch Oven Elk Stew

Submitted by Scott Ogren

DIRECTIONS

Heat Dutch Oven using 7 to 9 coals on the bottom and 16 to 18 coals on top of the oven and add oil and garlic.
Add meat to warm oven and brown well.
Add Onion as meat is browning and glaze onion with meat. Add more oil if necessary to glaze onion.
Add remaining ingredients and mix well.
Cook on low simmer for 2 to 3 hours stirring every 30 minutes. Rotate entire oven 90 degrees clockwise and lid 45 degrees counterclockwise when stirring.
Stew is done when meat is tender and vegetables are soft.

2018 May Club Meeting

Alex Staunch, Mosaic Ecology Manager, will educate us on the issues associated with invasive weeds and creatures. OWA members seem to always be outdoors doing something. This is a wonderful opportunity to get educated on all things invasive and how we can tribute to the problem or the solution.

Topic: Invasive Weeds and Creatures

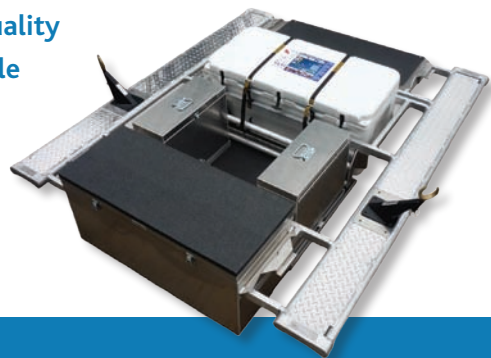
Speaker: Alex Staunch, Mosaic Ecology Manager



29342 Highway 34
Corvallis, OR 97333
541.757.7567

World Leader in Whitewater Products

- Custom aluminum frames to fit you
- All American made quality
- 43 years of dependable delivery and integrity
- Conscious green manufacturing
- Large inventory now in stock





CENTRAL IDAHO RIVER SHUTTLES

Shuttling the Salmon River: Middle Fork, South Fork, Lower Gorge, and the Main. Also Hells Canyon and the Selway River.

(208)507-1830 pat@centralidahorivershuttles.com
www.centralidahorivershuttles.com



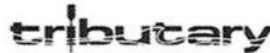
***10% OWA Member Discount on Whitewater Gear & Accessories**



9:00 - 6:00 Monday thru Saturday
Friday 'til 8:00pm

Whitewater Specialists

— Sales & Service —



324 SE Grand
Portland, Oregon 97214
503-234-7538
www.andyandbax.com

"Not for Children or the Faint of Heart"

ZiplineX 503-520-0303
"The Experience"

Eight Zip Lines
Eight Aerial Bridges



www.bungee.com
at the intersection of NE Healy Rd.
and NE Belvins Rd., Amboy, WA 98601

BUNGEE jumping

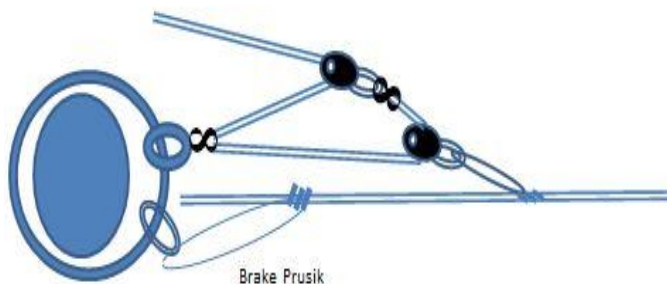


Pig Rig 4:1

- 4:1 Mechanical advantage
- Requires a 2nd rope
- Advantage over Z-Drag in that you get 4:1 with the same gear as a 3:1 with the Z-Drag

Minimal Requirements

- 1 15' of 1" tubular webbing
- 2 Pulleys
- 2 Locking Carabineers (min) 4 illustrated
- 2 Prusik Loops
- Haul line
- 2nd line (throw bag)
- Can use a no-knot in lieu of the brake prusik



Knots Needed: Figure 8 on a bight, Prusik, Double Fisherman's

Steve K 2012

NEXT ADVENTURE
Portland's Alternative Outdoor Store

Come visit our:

PADDLE SPORTS CENTER

704 SE. Washington St. | 503.233.0706
Portland, Or. 97214 | kayaks@nextadventure.net

10% OFF EVERYDAY FOR OWA MEMBERS
(EXCLUDES KAYAKS)

MADCATR

MADCATR CREATIONS - CUSTOM FABRICATION

CUSTOM FABRICATED STAINLESS STEEL AND ALUMINUM
RAFTING & RIVER EQUIPMENT

Rowing Frames Dryboxes/Kitchen Boxes Fold Down Oar Towers Cargo Modules Specialized Gear

DAVID NISSEN

Designer - Fabricator - River Rat

madcatr.com
 madcatr@aol.com

Phone: 509.588.4082 (Home)
 509.947.1862 (Cell)
 PO Box 5013 Benton City, WA 99320



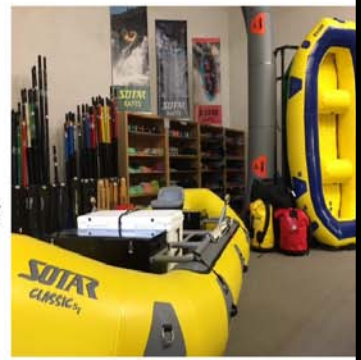
HANDCRAFTED IN THE
USA

Rafts, Cataracts & Kayaks

All SOTAR's are hand built in our Factory located in Southern Oregon.

SOTAR takes pride in handcrafting

State Of The Art Rafts
 one at a time.



SOTAR
 Custom Inflatables
 1-800-GO SOTAR - WWW.SOTAR.COM

Since 1980

Store & Showroom Hours

Open year-round 9 am-5 pm (Mon-Fri)
 Saturdays April 15th - September 15th
 9:00 am to 12:00 pm

SOTAR

724 Ort Lane / PO Box 649
 Merlin, OR 97532



Whitewater rafting down one of the most challenging rivers in North America?
 Your journey begins and ends at Scotty's!

Scotty's Hells Canyon Outdoor Supply and Shuttle Service

P.O. Box 149 • Highway 86 • Oxbow, OR 97840
1-800-785-3358

Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2018 Grande Ronde River, Class II/III	May 11-13, 2018	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2018 Annual Upper Clackamas Whitewater Festival	May 18-20, 2018		www.upperclackamasfestival.org
2018 Rogue River Lodge Trip, Class III/IV	May 18-21, 2018	Van McKay	vanm1@aol.com , 360-737-3148
2018 Upper N Umpqua NWRA/ OWA Trip, Class III/IV	June 1-3, 2018	Bill Goss	zangng@msn.com , 503-757-4659
2018 Women's Trip, Class II/III	June 8, 2018	Carol Beatty	TBD
2018 Grande Ronde, Class II/III	June 14-18, 2018	Dave Graf	dmgraf55@centurytel.net
2018 McKenzie River, Class II/III	June 14-17, 2018	Brenda Bunce	brenda.bunce@gmail.com ,
2018 Snake River, Class II-IV	Sept 15-17, 2018	Mike Moses	mtymo_@hotmail.com , 509-240-4220
2018 Tieton, Class III+	Sept 15-16, 2018	David Elliott	dce@dcell.com

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



DUSTY'S RIVER LOGISTICS

CUSTOM WHITEWATER ROWING FRAMES & ACCESSORIES

SPECIALIZING IN

SOTAR AIRE NRS
RAFT AND CATARAFT PACKAGES

WE ARE OREGON'S SOTAR DEALER
WITH MANY SOTAR BOATS OVER 20% OFF.

ADDITIONAL ITEMS ARE 10%-20% OFF:
EDDY OUT FRAMES AND DRY BOXES,
YETI, NRS & CANYON COOLERS, CATARACT
& SAWYER OARS, NRS GEAR AND APPAREL,
WHITEWATER DESIGNS GEAR, SOTAR GEAR

541-979-5646
DRLRIVERGYPSIES@GMAIL.COM
WWW.DRLRIVERGYPSIES.COM

OWA MEMBERS RECEIVE 10% OFF!



Top Quality River Gear Since 1979.



Cascade

RIVER GEAR

The River Specialists formerly known as Cascade Outfitters.

CascadeRiverGear.com | 800-223-7238
604 E. 45th St. Boise, ID 83714

Need Assistance?



Grand Canyon Outfitting

Let Ceiba handle
"The Whole Shabang!"

equipment - food
shuttles - logistics

RIVER EQUIPMENT RENTAL



www.ceibaadventures.com
1-800-217-1060

Join the OWA!

Don't you wish you were here? The Oregon Whitewater Association brings together experienced rafters and new friends for adventures like this!



Photo by Don Smith

OWA MEMBER DISCOUNTS

The following businesses provide generous discounts to our members!

Go to <http://oregonwhitewater.org/about/member-codes> for terms and conditions and on how to redeem codes.

 **AMERICAN
WHITewater**
\$10 Discount off AW membership

 **ANDY AND BAX** 10% Discount

 **eNRG
KAYAKING** 15% Discount
on everything
except boats

 **KEEN** 40% Discount
on unlimited
items per year

 **NEXT
ADVENTURE** 10% Discount
In Store
15% Discount
Online
Inform · Outfit · Excite | Est. 1997

SUNCLOUD
POLARIZED OPTICS
50% Discount for up to 2 pairs

 **outdoorplay** 15% Discount on non-sale items
Free shipping on orders over \$49