

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.



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Unusual Circumstances: Rogue Lodge Trip June 2017

*Submitted by Kahle Jennings,
 Centralia Washington*

"Kahle, have you ever been on a whitewater rafting trip?"

That is the question that started this all... the story of how a 66-year old introvert facing imminent retirement finds peace with himself among 19 people he didn't know on the Rogue River.

I've always been fairly comfortable in and around the water. I'm healthy, a pretty good swimmer and occasional scuba diver. I've body surfed, fished for halibut and salmon offshore in a small boat, and was on a 50-mile canoe trip as a pre-teen in Florida. But my only experience with whitewater has been fly fishing on small streams and recovering in the surf breaks after I repeatedly fell off of a surfboard when I tried to learn to surf. I just never got around to trying rafting. But I do know that water is unforgiving and can hurt you bad. On this trip I discovered just what I have been missing!

The question at the beginning of this was posed by Van McKay after a Friday night social dance in Centralia. Van, Denise and I take ballroom dancing lessons. I'm in the beginner class and they are my inspiration because they are in the intermediate class and they really know some moves! This is Unusual Circumstance #1 – an introvert taking up ballroom dancing! But being an introvert doesn't mean being anti-social, it just means that I need some time alone to recharge after being social.

Continued on page 4

September Club Meeting

Flying Pie Pizza

7804 SE Stark Street
 Portland, OR 97215

**Wednesday,
 September 13, 2017
 from 6:00-9:00 PM**

Dave Audet and Jim Collins will speak at the September meeting about their trip on the Salt River.

Bruce Ripley is going to speak about a trip he did as well.

Steve Oslund will also be there to talk more about the club's WFA kit.

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Do you have something you would like to submit to the OWA Newsletter?

Contact Michele Gila at
VicePresidentNewsletter@oregonwhitewater.org

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for \$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.



In Memoriam Greg Senior

12/20/1966 - 08/26/2017

With great sadness we share the news that on Saturday August 26th, Greg Senior made his final run on the NF Payette River.

From his daughter Hayden: "I want to thank everyone for the love they've already shown my family, and thank you in advance for the love to come. My dad is one of those people that you meet and you never forget, not just because of his height! He made everyone laugh and was there for you whenever you needed anything. He loved rafting and he wouldn't have wanted to go out any other way."

Please join family & friends for Greg Senior's Memorial Service: Friday September 8, 2017, 1-2PM, Athey Creek Christian Fellowship Ek Road, Wilsonville.

Afterward friends and family will gather at the Oregon Golf Club, 25700 SW Pete's Mountain Rd, West Linn OR.

Summer Trips, Eclipse, and Safety

by Scott Ogren

How was your summer? Did you get many river trips in? For me, I didn't get any long trips in, but I did manage to take several weekend 3 to 4 day trips this summer. I'm looking forward to seeing everyone again and hearing your stories of summer river trips! I always love listening to and sharing my river stories. Where did you see the eclipse from? Most of the Deschutes River between Warm Springs and Maupin was in the totality zone. I was on the river the weekend before then drove over to a location at about the same latitude as Davidson to see it. What an amazing thing to see! And I can tell you how surprised at how much light there was even at 99.9% of the sun blocked. The difference between 99.9% and 100% totality was everything and I wouldn't have believed it if I didn't see it for myself. I was shocked to see the difference.

As many of you know, OWA has an AED that goes on all club trips and is available for club members to take on private trips as well. We also now have an extensive Wilderness First Aid Kit that will go on all club trips and is available for members to take on their private trips. Steve Oslund will be presenting the contents and how it is organized at the September meeting.

The Wilderness First Aid class will be September 29 to October 1 at Dodge Park. Signups are now open on the website! Look for a link in the right sidebar under Upcoming Events. This is another highly recommended class and you leave that class with WFA and CPR certifications upon completion. I have used the skills I learned in this training on more than one occasion. You just never know when something will happen and these are handy skills to have.

We are catching up with technology! OWA has an Instagram account called oregonwhitewaterassociation. Follow that account and tag it with pictures from your river trips! If you're not sure how to do that, ask the closest teenager to you...that's my plan.

One last thing, if you have ever thought about serving on the OWA Board, please contact one of the board members. We will have some openings that will be voted on this fall and this could be your opportunity to step into a leadership role for the club!

WFA Class

As we gear back up for the OWA fall activities, one of the major training sessions is coming up soon. The Wilderness First Aid class will be held September 29 to October 1. This 2½ day training is one of the biggest benefits of being an OWA member and is open only to members with their dues current. If you aren't current on your dues and want to take the class, now's the time to renew! The class is taught by Lead Instructor Travis Reid of Oregon Rescue and is second to none. Travis brings energy and a teaching style to the class that is entertaining, insightful, and provides a fun learning environment that makes the essentials easy to remember. Signups are open NOW! Check the website for details.

SEPTEMBER MEETING

The next meeting will be at our normal meeting place, Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and reconnect with friends you maybe haven't seen all summer!

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

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

Rogue River Lodge Trip



Rogue River Lodge Trip: Continued from page 1

Van explained that they were part of a group that takes a traditional rafting trip each spring on the Rogue River in Oregon and this year they still had some openings for passengers on the May 19-22 trip - Unusual Circumstance #2.

Unusual Circumstance #3 – quickly saying “Yes.” I consider myself somewhat adventuresome, but three days on a river rafting trip with people I don’t know challenged the introvert in me. Van said I could ride with them on their raft for the first day. “That’s very generous” I thought, “But what about the second, third and fourth days?” The situation seemed just a little bit ambiguous so it took a bit of faith to jump in and say “Yes” calculating that this important detail would work itself out.

The drive down was long and uneventful with the mandatory stop for ice cream at Rice Hill. Galice Resort just west of Grant’s Pass was our gathering point. The staff were friendly, the food good and the bed was welcome. I don’t think you could find 19 finer people than those that were on this trip. As people arrived on Thursday evening and Friday morning I observed many hugs of welcome as you commonly see among old friends. Every one of them treated me as a welcome guest.

The next morning after obtaining our permits we met just below the Grave Creek Bridge at the upstream beginning of the wild-and-scenic section of the Rogue River. There were 7 OWA members, 4 WRRR members as well as family and friends. We filled the eight rafts and the single inflatable kayak with an extraordinary amount of “stuff.” As this was a lodge trip we didn’t need any camping supplies.

As we unloaded and set up the raft I had to quickly learn some new terminology. I already knew about “PFD” “dry bag” and the difference between an “oar” and a “paddle.” So far, so good I thought. “Self bailing raft”, “Cat-Raft” and “IK” however, were all new to me. I had a general sense that there were different “classes” of rapids and knew that they become more difficult as the numbers get higher, but I didn’t really know what the differences were. I learned about “flip ropes”, “throw ropes” and eventually what a “groover” was, why it is important and why it was named that! On the drive down I explained to Van and Denise that “If there is something you want me to do, tell me. Otherwise I am going to stay out of your way.” That understanding worked well throughout the trip, though I hope I learned to anticipate what was needed and didn’t always wait to be asked.

I have to spend a minute talking about the inspiration for this trip. Ric Buhr was a rafter and guide. I never met him but I heard someone say that along with his whitewater skills his people skills were what got him through life. It’s clear that Ric was loved dearly by many people. Ric died from breast cancer several years ago and since then the Ric Buhr Memorial Float was organized and has been sustained by his family at his request and in his memory. At the beginning of the trip, a welcome was given explaining the significance of this event and at Marial Lodge an emotional evening toast was made to him with Dead Guy Ale from Rogue Ales. I can tell from the stories that never meeting Ric is my loss.

The first thing you see looking downstream is the Grave Creek Riffle (class III). After introductions and a safety briefing by our group leader it was time to shove off! As we approached Grave Creek Riffle my first thought was “The name is ominous but this doesn’t lookso bad”, and it really wasn’t. But it was a good chance for Denise, my front row seatmate and rafting guide throughout the trip, to educate me on how we should link arms to keep each other steady and in the raft. This was a technique used repeatedly over the next several days with good results.

Continued on page 5



Rogue River Lodge Trip: Continued from page 4

We made it past the riffle and Grave Creek Falls (under water at the approximately 5,000 cfs flow we experienced). The first real test was the fish ladder at Class IV Rainie Falls. Everyone made it through, though there were some interesting unintentional variations on how to do it! We also experienced Tyee and Wildcat rapids that day. Black Bar Lodge was a welcome sight after several hours on the river. The staff was friendly and very accommodating.

On day two we made a mid-day lunch stop at Zane Grey's cabin, a special treat for me because my dad was an avid reader of his western stories. We also stopped to visit the Rogue River Ranch. Marial Lodge was quite an experience – the owners make it their personal business to ensure their guests' needs are met. It was obvious to me that this couple LOVES their life, as challenging and difficult as I am sure it is at times. They have been doing this for 30 some years and they give it everything they have.

Day three brought the double challenge of Mule Creek Canyon and Blossom Bar. Both were scouted before anyone attempted them. Our raft was near the end so I was able to observe several others make the Blossom Bar route and turn the textbook explanation of how to run them into a visual "playbook" inside my head. When it was our time to go it surprised me how quickly it all happened! Van did a great job and our raft made it through without incident just like the others.

Paradise Lodge is the largest of the three at which we stayed. This portion of the river is open to jet boats from downstream so their clientele is much more varied than I expected. I liked the sign at the top of the walkway from the river "There is no such things as strangers, just people we haven't met yet."

The highlight of the last day for me was "The General's Cabin" site and I would like to return and spend a few days to camp there overlooking the river. I only heard rumors of what may have been discussed by its generals during World War II, but I understand how the outstanding setting could lend itself to one's introspection free of distraction.

Finding peace: it was sometime during this final day on the river as I sat quietly alone enjoying the warm sun and the mesmerizing patterns on the water created by the surface eddies that I finally realized I didn't need to be afraid of retirement and that I was going to be "OK". This has been a struggle for me and I think of this happening when and where it did as the final "Unusual Circumstance." I can't imagine a better setting!

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Rogue River Lodge Trip: Continued from page 5

During our trip the weather was warm and beautiful – a very welcome break for those of us who live north in Washington. We had one of the wettest winters on record. It was almost too warm at times during this float trip but the water temperature was still too cold to voluntarily jump in – cold enough to illicit a gasp when you got doused!

I have saved some space to talk specifically about lunch. If I was feeding myself I would have made the trip on jerky, cheese, dried fruit and granola bars with maybe some instant oatmeal in the mornings. Since this was a “Lodge Trip” breakfast and dinners were provided at our overnight locations and sack lunches were provided for the next day. The first day I learned however that just “getting by on sack lunches” was not even a consideration and I learned just how much of the “stuff” we loaded onto our fleet of rafts existed solely for the purpose of supporting lunch on the river. I doubt as much thought and preparation went into feeding the Roman legions as was put into the mid-day meal on the Rogue! Out came the tables, and the food. No one, however, was allowed to touch anything until their hands were washed in the conveniently provided foot-powered hand-washing station. Everyone joined in for the set up and preparation; if anyone went hungry it was by choice. At one stop we even invited a group of four hard-shell kayakers from Germany to join us. Ric was with us at every stop and if I’m not mistaken the lunches were just another way of remembering his legacy.

As we neared the end of the trip on the last day, Van graciously asked me “Would you like to take a turn at the oars?” I don’t know if he really trusted me, it may be that he knew this far down the river I couldn’t get into too much trouble. As he swapped seats with me I felt honored and managed to not make a fool of myself or damage anything.

This is a Great River! The people in our group were wonderful, we had great weather and I am pretty much convinced I have a new hobby. Thank you Ric, family and friends for this experience! And as an inspiring side note, our group included three 75-year olds, one 79-year old and one 82-year old. All were very capable seasoned rowers – very impressive!

Note: This is an annual float the weekend before Memorial Day weekend. If you want to go on it, keep an eye on the trip calendar; for next year mark your calendar for the May 18th weekend.

I’ll leave you with one of my favorite quotes about the water: “Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats.” Wind in the Willows by Kenneth Grahame



McKenzie River, June 22 - 25 2017

Submitted by Mark Lewis

Approaching the camp at Horse Creek one immediately noticed that the air was filled with smoke. The Forest Service was conducting a controlled burn right next to the river. Later we saw their pumps for fire control along the banks as we floated by. For once the gods of wind were in our favor and they blew the smoke away from the river.

The next challenge the group faced was shuttling vehicles with road construction between the put in and take out. The vehicles, devoid of rafts, were eddied out on the highway waiting for the pilot car which turned a short shuttle into a lengthy wait.

Finally faced with actually getting on the river it was time for the big choice! What to wear? The decision ranged from tee shirts to dry suits and everything in between. The air was hot and the water cold and clear. All the choices had advantages and disadvantages. The run from Paradise to Cougar was over in a snap of the fingers with the river running around 3,000 CFS.

For all those people that could not take Thursday and Friday off you missed a great pot luck dinner Friday night. Note to self - save some vacation time for next year. Normally you would think the story ends as people turn in for the evening Friday night, but we had a special treat waiting for us starting around midnight. You would normally be lulled to sleep by the soft gurgling of Horse Creek, but there was a rave party going on that added a certain base beat to the sound of the creek. Those that remember ear plugs we grateful and those that forgot did not sleep as well.

Saturday we awoke to another perfect day with lots more rafters in camp. We started further up the river and ran down to Cougar. What a run, about 13.8 river miles of glorious water, blue sky and friends celebrating life and how lucky we are to have our health, rafts and a river to run. It only took 2 1/2 hours so you can do the math.

For some people the morning run just made them want more so off they went to the Ollalie campground put in which meant running fish ladder to get back to the morning launch site. It was strongly suggested that at the power lines you move left to run fish ladder even if it looked like it might be fun down river right. The suggestion was heeded and everyone had a clean run.

Back a camp let the cooking begin. Good smells started wafting through the trees as the chefs prepared a meal fit for a king. Apparently there is a strict rule that nobody can go home from a rafting trip without a few more ounces (pounds) secretly tucked away here or there.

Just when you thought the weekend was drawing to a close Sunday was ushered in with a great pancake feast facilitated by wildly dressed forest gnomes many of which serve on the OWA board. What better way to start the last day than in a food coma. A number of people made one more run to squeeze every drop of fun out of the weekend, alas the rest of the kids had to return to the world of emails, texts and the other obligations that come with a paycheck. As the group broke up the smiles were a little broader, the hugs a little longer and the memories a little deeper.



2.5 Day (20 hours) Wilderness First Aid September 29-October 1 Lead Instruction: Travis Reid, Oregon Rescue LLC Registration is open and we have a few spots remaining!

This is a fast paced, fun class based on scenarios and experiential learning. Its the perfect compliment to River Safety Training for the prepared boater and if you have not taken the class or its been a few years you should sign up to build your skills or keep them fresh.

Course Description: The Wilderness First Aid (WFA) course provides introductory medical skills to individuals working or playing in remote environments. Through a hands-on and scenario-based approach, this course offers the skills and confidence needed to make informed medical decisions when definitive care is hours away. The WFA includes short lectures, interactive labs, and realistic practice scenarios that help students master the central concepts of remote medicine and effectively respond to an emergency if necessary.

Please leave your dogs at home.

Age Limit: Please be at least age 16 to participate (no exceptions).

Follow the link below to sign up and be sure you pay using the PayPal link provided. Payment is due at the time you sign up.

<http://oregonwhitewater.org/calendar/club-events/20-hourwilderness-first-aid-september-30-october-2-2016-2>

Registration Fee: \$70 per person (Non-Refundable) This amount is highly subsidized by OWA.

Location: Dodge Park – Sandy Oregon

Time: Friday 5:00pm-7:30pm and Sat/Sun 8:00am–5:00pm

Attendance on Friday, September 29th is optional but encouraged.

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River Safety (part 2 of 3)

Submitted by Dan Hudson

In the last newsletter we discussed hand signals and whistles. This month we'll go over the Safety Plan/River Briefing.

We may just make the whole trip without anyone getting ejected out of a raft or without any of us talented boaters flipping our rafts. Just Maybe. But in case we do have a swimmer in our group, here are some basic concepts that will help us have a safe trip.

Gasp Reflex Issues: When you are suddenly immersed in cold water we all experience a gasp reflex response. The sudden immersion in cold water causes us to gasp for air, regardless of how much air we have in our lungs. The other part of this reflex is a reduced breath holding ability. The sudden gasp and lack of breath holding leads to flush drownings in whitewater situations. If ejected and suddenly immersed in cold water, your body wants to gasp for air. The result is you inhale water into your airway, which causes you to start coughing. Because you cannot hold your breath, you continue to cough and aspirate more water. If you are swimming in rapids, this will lead to drowning.

The way to defeat these reflex issues is simple. Prior to entering significant rapids, cup a handful or two of the cold river water from the river and splash it in your face. This exposes your face to cold and eliminates the following reflex action. There is no scientific data that definitively shows how long the effect is neutralized, so I would splash water in my face before any rapid of significance.

Hydration: Just a reminder to hydrate with water all day. The body uses or burns water to cool you down, but also uses water to generate heat. If you get cold, this may happen in the mornings, don't forget to drink water. I recommend consuming a minimum of 2 liters of water over the course of the day while on the river. With the heat you may need more.

Thermal Layering: We need to prepare for exposure to the cold water. Depending on your preference, this is achieved by wearing thermal layers and reducing the exposure to cold. A shorty wetsuit or Mystery skin top and bottom and wearing a splash top will help preserve heat to your body core in case of sudden exposure to cold water. A drysuit with thermal non-cotton layers worn underneath is also effective, though much more costly.

Ejections or flips: If you get ejected – the rule is:

Swim aggressively and positively to the nearest raft or shore!

Period. Don't forget to blow your whistle to get people's attention. I have seen several videos of trips on the Colorado where the other members on the same raft or in their group didn't know there was a swimmer in the water. The water in our regional rivers is still cold, or very cold. Cold water shock can cause life threatening debilitation conditions to your ability to protect yourself. That's why we preach swim aggressively. We also need to be able to keep cool, so watch each other for signs of Hyperthermia (overheating) as well (too long in a drysuit). If you are wearing your drysuit and are getting warm, take a plunge and cool off.

If you find yourself out of your raft, the safe or defensive swimming position is achieved by rolling onto your back in a floating position with your feet oriented downstream. DO NOT let your feet move away from the surface of the river. Once in this position look for the closest raft and then roll over and swim aggressive towards it. Generally you will be traveling at a different speed than the raft due to the physics of river currents, so you need to swim hard. If you are not able to reach a raft, swim aggressively towards a shore where you can safely land.

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Regardless how tempting it is or how tired you are, DO NOT put your feet down until you feel the bottom of the river with your hands and you stop your forward momentum with the current. Once your forward momentum is stopped it is safe to put your feet down and stand up. The only other time it is safe to let your feet down is in a calm eddy. Foot entrapments are a real hazard in bolder and rock rivers.

If you carry a strap or Etrier you can assist yourself into a raft. By having a strap, you can attach it to a D ring on the side of the raft from the water and create a step for yourself to assist in climbing back on a raft. You can also use a climber's Etrier. The one pictured here can be carried in a PFD pocket. You can do the same thing with a 9' strap hooked back on itself to make a loop. You also do not want to place yourself on the downstream side of the raft during re-entry. If you are on the downstream side of the raft and get trapped between the raft and a mid stream obstruction, you will be pinned and unable to extract yourself.

Under the raft: If you find yourself under the raft while moving downstream, roll over so you would be face up to the bottom of the raft. Once inverted, use a crawling technique with your hands and legs to push out from under the raft. Once you start in a specific direction- don't stop or change directions. You will get there – just keep crawling.

Next month we'll discuss flips & injuries. Stay tuned!



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INGREDIENTS

- 6 slices bacon
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 4 cups water
- 1 ½ cups stone-ground grits
- 1 cup cheddar cheese, shredded
- 3 Tbsp butter
- 1 pound shrimp, peeled, deveined, cooked
- 3 cloves garlic, minced
- ¾ cup green onions, sliced
- 4 wedges lemon
- 1 tsp salt
- 1 Tbsp Cajun seasoning



EmRo's Shrimp & Grits

Submitted by EmRo

DIRECTIONS

Serves approximately 4 hungry boaters

Fry bacon in skillet over medium heat until crispy. Remove bacon from pan. Dice into bacon bits once cooled. Drain the majority of the bacon grease, leaving a small amount in the pan.

Boil the water in a medium pot. Add salt and 1 Tbsp butter. Add grits to boiling water and cook until water is absorbed, around 20 minutes. Add cheese and remaining butter and cheese. Add the bell peppers to the skillet over medium heat. Cook about 5 minutes. Add mushrooms. Cook all vegetables until tender.

Add shrimp, garlic, Cajun seasoning. Cook a few more minutes until shrimp heated through.

Serve shrimp mixture over grits. Top with bacon, green onions, and lemon wedge.



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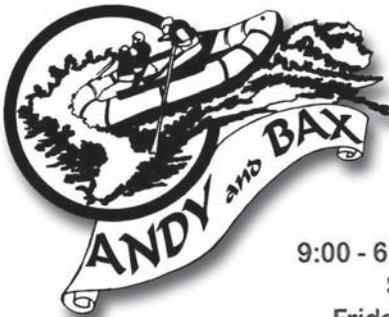
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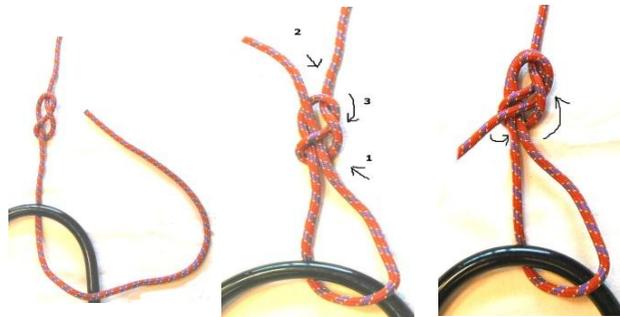
Figure 8 Follow Through

Overview

- It is a very strong knot & easy to tie
- Great for tying into a fixed anchor point, or around a frame or D-ring which you cannot pass a loop over/through

Use

- At the end of a rope as an anchor point, attach to a tree or raft frame or any other closed attach point
- To form a permanent loop



The key is to retrace the existing 8.

[Click for Step by step directions](#)

(Scroll to top of page)

[Click for a Video](#)

Steve K 2012



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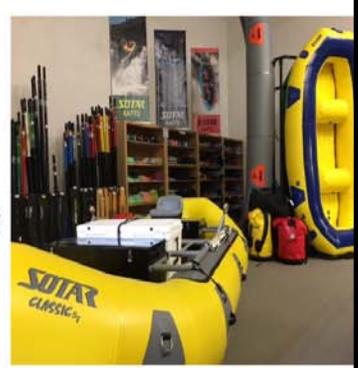
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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 -Tieton River, Class II/III	September 16-17, 2017	David Elliott	dce@dcell.com
2017 Fall Colors, North Santiam, Class II/III	October 8, 2017	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2017 Veteran's Day, Rogue, Class III/IV	November 10-12, 2017	Kevin Buck	buckriverman@gmail.com , 360-890-6776

PAST OWA RAFTING TRIPS

2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com ,
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 Upper N Umpqua	June 2, 2017	Bill Goss	zanng@msn.com , 503-757-4659
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org
2017 Rogue River Lodge Trip, Class III/IV	May 19-22, 2017	Van McKay	vanm1@yahoo.com , 360-737-3148
Boating 101 Skills Building, North Santiam	May 5-7, 2017	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2017 Grande Ronde River, Class II/III	May 5-7, 2017	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134

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



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