

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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2016 Tax Relief After Action Report Submitted by Bill Goss

It was a beautiful day on the Deschutes on the last day of April. The weather was sunny and warm, not a cloud in the sky. The river was running about 5000 CFS. Our intrepid OWA group (Bill & Mary, Doug & Coleen, Pete & Judy, Tom, and David with his paddle crew of 5) converged on Harpham Flat at precisely 0900, as planned. Boat rigging and chit chat ended at 1000 when the shuttle party departed, returning for the scheduled 1100 launch. There were two guys who showed up and said they were joining our group. After dragging them over to hear our inspired safety talk, and sign the waiver form, they announced that they would take care of their own shuttles and launch on their own. We never saw them again. Does that seem odd?

We scouted Oak Springs from the road. Most everybody agreed that the prudent line was left of the island. Except David. He announced that he was taking his paddle crew straight into the hole on the right side. Of course none of his crew was present to express an alternate course of action.

So we launched. Then we lunched, at the Oasis campground. Then we launched again, this time with visions of the possible carnage that awaited us at Oak Springs. The oar boaters quietly organized their throw bags and z-drags for the possibility of what could happen to David and his crew, taking the right side... In the event, everybody sailed through with no adventures to report. Even David nailed the hole and emerged intact, right side up, all paddlers wet, but still aboard. Whew!

Too soon thereafter, at 1430 (2:30pm) we arrived at Sandy Beach and it was over.

May/June Club Meeting:

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

**Wednesday,
May 11, 2016
from 6:00-9:00 PM**

**Topic: Don't Call It a
Recovery- The Biological
Renaissance at
Mount St. Helens**

**Speaker: Ray Yurkewycz,
Executive Director, Mt. St.
Helens Institute**

Contact Information



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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.

Summer must be on the way!

by Bruce Ripley

Last weekend was the annual club river safety training (RST) class. OWA organizes and hosts this training each year and we're fortunate to have some of the best instructors available in the west. It's really a unique opportunity for you to be involved and learn not from just a single instructor but multiple instructors over the course of a weekend. As we were wrapping up the training on Sunday evening I talked to many of the participants and each one had almost the same reaction to the class... "Wow, what a great weekend, I had so much fun". Now THAT is the kind of response that you want to hear when you are involved in the instruction because when people are having fun they are relaxed and learning! Thanks to everyone who was there for their time, their ideas, and most of all openness to teaching and learning from each other.

The RST class is sort of the segway into summer for the club. The spring trips are in full gear, people are starting to make plans for long trips over the summer, and everyone is excited. This year it almost seems like summer is early since many of us have been on the Grand Canyon and the temperatures down there lull you into thinking that it's already summer. Other than not having much vacation left I'm certainly looking forward to the warm weather and change in seasons.

I've talked to many new members over the last month or so and one of the primary draws that OWA offers is the chance to meet new people and make new friends. I would encourage you to reach out to some of these new members and invite some of them on your trips. If you are a new member, come to the meetings, go on the club trips, and participate in the classes or community events like the Upper Clackamas Whitewater Festival that is coming up in a couple weeks. Those are great ways to meet people and once you do you'll find that there's a lot of opportunity to participate in river trips year round.

One last thought from the safety class. Don't forget that all those skills you just learned, or learned years ago, are very perishable. The next time you have a minute, toss that throw bag, or set up that Z-drag or have a competition with the kids it's not only fun but will keep your skills fresh!

Auction Results?

We wrapped up our annual auction just after the last meeting and thanks to everyone's generous support and involvement it was once again very successful. We raised about \$3,500 which is almost exactly what we had budgeted. All that money is earmarked for the safety program and it's the heart of the fundraising program. In addition to the auction, Bungee.com is sponsoring a zipline/bungee jumping event in late May which is not only ridiculously fun for each of you but ALL the money raised will go to support the safety program. This is a unique opportunity for you to support the safety program and get a discount on the most exciting adrenaline activities available locally! It's also the second best way to see terminator rapid!

OWA May Meeting

The next meeting will be at Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and speaker. We are looking forward to seeing you there!

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www.oregonwhitewater.org/dues.html

Swiftwater Rescue Class



April 23 and 24 2016, Swiftwater Rescue

Submitted by Emilee Franke

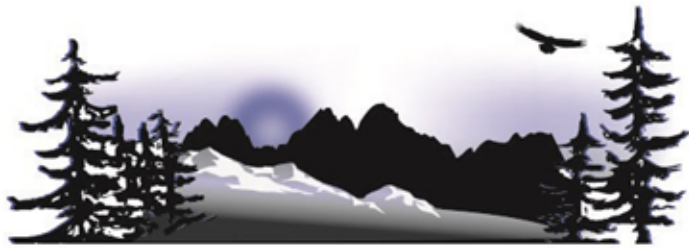
The gates to Dodge Park opened and we were off! Figure eights, follow throughs, butterflies, munters, clove hitches and everybody's favorite: the butterfly dragon! We practiced with different types of rope and tubular webbing, learned how to work together in rescue scenarios, swam a rapid, threw ropes at each other, got competitive (cheaters never prosper), and most importantly looked good doing it. At one point there were shallow water crossing teams upstream of foot entrapments, swimmers, and throw baggers. Saturday was a great introduction to the basics and a bit of hands on practice. The sun came out on Saturday for a bit as well! Sunday we worked in larger teams, set up slightly more complicated (but simple as possible) rescue scenarios, and as the lightening struck called it a day.

A big thank you to all our volunteers who kayaked around us, gave tips along the way, and never failed to make the learning experience fun. To our fearless leaders Sam, Dan and Travis: our future rescued friends thank you in advance! As an ex raft guide of ten years ago I appreciated the attention to detail and multiple stations for practicing our new (&renewed) skills. My husband put it best "my biggest fear was always that I wouldn't be able to save you if it wasn't me swimming." I think it's safe to say that Travis and his assistants made sure to dampen these fears.

A few bits from the weekend:

- Assess the situation, minimize the risks necessary, take action and communication with your team
- You can put a bear in a rescue harness if you have a tranq gun
- If you throw it, you must stuff it
- Look good, drink coffee, complete rescue - in that order
- Leaky drysuits are annoying
- Drinking water allows your body to regulate temperature, followed by the necessary evil that is peeing out of a cold wet drysuit
- Foot entrapments are real
- Tom is a great leader even when his drysuit is half full of water
- Climbing friends know their knots!, shout out to Justin
- Not all throw rope bags are created equal
- You can forget a lot in ten years
- Practice, practice practice!

I'm looking forwards to practicing with you all on the river soon!



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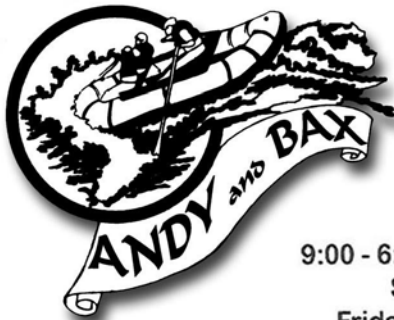
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~ SPLASH ~

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FRIDAY, MAY 20TH 4PM-8PM
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MORE INFO ONLINE AT NEXTADVENTURE.NET

Looking for Volunteers:

The volunteer shifts would be from 8-2 and 1-8, at Oaks Park. We will be handing out store credit to volunteers. Email Sarah Turner at marketing@nextadventure.net to sign up.



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Oregon Whitewater Board Report

Membership Status

Members	Paid Behind	Year					Current Total
		2016	2017	2018	2019	2099	
Total	64	187	41	13	2	7	250

Club Financial Status

Opening Balance	Current Balance	Budget Projection		
		Income	Expense	Net Change
\$18,000	\$18,000	\$21,000	(\$22,000)	\$17,000

* All values rounded to the nearest \$1,000

Current Financial Status (2013)

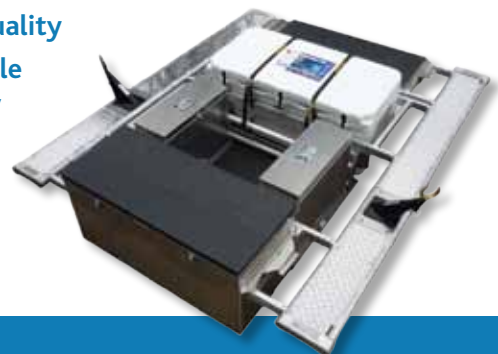
Amount	SubCategory	FY 2013		FY 2014		FY 2015		FY 2016	
		Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget
Member Dues		\$6,810	\$5,768	\$8,400	\$7,028	\$6,891	\$7,028	\$2,833	\$6,664
Advertising		\$1,600	\$1,800	\$1,600	\$1,700	\$1,760	\$1,600	\$1,400	\$1,800
River Trip		\$378	\$1,300	\$1,112	\$480	\$821	\$736	\$1,211	\$810
eCommerce		\$680		(\$273)		\$917		\$98	
Adjustment		(\$135)		(\$6)		(\$6)		\$0	
Charity		(\$150)	(\$500)	(\$150)	(\$500)		(\$500)		(\$400)
Fees		(\$140)	(\$219)	(\$971)	(\$1,055)	(\$1,120)	(\$1,055)	(\$1,090)	(\$1,055)
Miscellaneous		(\$267)	(\$800)	(\$578)	(\$1,100)	(\$1,737)	(\$1,100)	(\$411)	(\$2,950)
Safety Training		(\$1,484)	(\$1,965)	(\$367)	(\$2,190)	(\$395)	(\$2,522)	(\$2,469)	(\$808)
Newsletter		(\$1,664)	(\$1,600)	(\$1,993)	(\$1,600)	(\$1,500)	(\$1,600)	(\$1,458)	(\$1,600)
Meeting		(\$2,601)	(\$2,550)	(\$2,846)	(\$2,650)	(\$3,159)	(\$2,975)	(\$973)	(\$3,475)
Total		\$3,027	\$1,234	\$3,928	\$113	\$2,474	(\$388)	(\$859)	(\$1,014)



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INGREDIENTS

2 tsp olive oil
1 large onion, chopped
1+ Tbsp fresh ginger, minced
2+ cloves garlic, chopped
1 jalapeno, chopped (optional)
2 large Red Garnet yams, peeled and chopped into 1-inch pieces
3 medium carrots, chopped
2 c. vegetable broth
1x 14-oz can coconut milk
1 Tbsp curry powder
salt & pepper



CURRIED COCONUT YAM SOUP

Submitted by Traci Hildner

One variation on my very favorite creamy soup. Excellent for filling a lunchtime thermos and keeping one warm on the river.

DIRECTIONS

1. Heat oil in a soup pot over medium-high heat. Add onions and sauté until translucent.
2. Add ginger, garlic and jalapeño (if using). Sauté for 1 additional minute.
3. Add yams, carrots and vegetable broth - plus enough water to just cover vegetables in the pot. Simmer until carrots and yams are fork tender.
4. Remove soup from heat and allow to cool slightly. Purée vegetables with broth.
5. Return soup to the stove on medium-low heat and stir in one 14-oz. can coconut milk, curry powder, salt and pepper to taste

Boating Safety

Submitted by Dan Hudson

If I had realized last month my submission would have been published prior to the OWA Safety Class, I would have recommended everyone sign up for the program! It's the best deal in town, or anywhere else for that matter. For those of you who missed the opportunity to attend the 2016 Safety Class, there's always next year. Reserve your place for 2017!

With my preaching out of the way, let's get down to this safety message! We've covered personal safety items (PFDs) and what to carry in your PFD for safety, so now let's talk about some basic equipment you can carry on your individual raft for your personal safety and well being.

For most trips, someone is usually designated as a sweeper, or to carry a medical kit, have a Satellite phone, or even an AED, but what is usually not discussed is what to bring for yourself and your raft members in the way of medical gear, or what to carry individually for safety or rescue.

Of course, if you have prescription medications for allergies, an epi pen, high blood pressure, etc., you need to bring those prescriptions along. Don't forget - not all trips go as planned, and sometimes delays occur while on the river or while traveling home. Don't forget to plan for these exigencies and carry a couple of extra day's medication. Also, make sure the trip leader is aware you are taking a control type medication.

Other over-the-counter medications to carry include: Benadryl for itchy stings and reactions to insect bites, some form of laxative as well as Imodium for the opposite issues, some antacids, as well as some type of pain management medication (my favorite is Excedrin). Sunscreen is essential in the world of rafting, but so should you consider bringing some after-sun type of topical relief lotion. Having some eye drops to take care of over sun or wind exposure to the eyes is also a wise item to carry. Don't forget to have on board plenty of various sizes of wound care coverings, and a triple antibiotic ointment. I know plenty of people who carry the simple Neosporin, however it is only contains a single type of antibiotic medicine - look for the triple antibiotic type. A friend of mine hiking the Pacific Crest Trail ran afoul of the Neosporin -immune bacteria- and almost lost his leg from a simple scratch.

On your raft you should also carry additional safety gear for protection from the element and from accidental exposures. In early or late season trips, I recommend carrying some form of supplemental heat, such as the chemical heat packs (Various sizes), a decent thermal head protection item (read rain hat and thermal/fleece/wool beanie), and some of the single use emergency heat reflective blankets that sporting goods type stores carry. An amazing safety item we always overlook is simply this - water. Water is the elixir of life. Your body burns water to cool off, but it also burns water to generate heat within the confines of our body. Yes - water. Not liquor, whiskey, beer, etc. - water. Your body needs an amazing amount of water to sustain your daily functions. Make sure you carry water in close reach for everyone on the raft. If it's sunny - drink double what you think you are burning off to stay cool. If it is cold, drink just as much as when you are sweating profusely.

One simple piece of rescue equipment you can carry on your raft is a short section of webbing tied in a loop. If you get pinned, when attaching the rescue rope to your raft utilize the short piece of webbing as a 'fusible link' type attachment between your raft and the rope. If you need to cut away from a rescue once cleared from a pin, you can cut away from the system without cutting expensive rescue rope. On a final note, always bring a helmet, decent shoes, and a stout pair of gloves to assist, if needed, in a rescue. Never show up at a rescue scene without wearing a helmet. Even if you never plan on wearing a helmet on the section of river you are rafting, you need to be wearing head protection when participating in rescuing your friends, or other rafters in need of assistance. A decent pair of shoes are necessary equipment to be worn when working on shore. Sandals and bare feet don't work when trying to use brute force to pull a raft off a pin. Bare hands never work on rope - you will hurt yourself immensely if you put full effort into the pull. Paddling gloves can do double duty - but no gloves is a no-go. Don't be chased away from a rescue because you are unprepared. Rescue scenes are generally a manpower intensive event - and we need all hands on deck.....equipped hands.

So, in salutations - work on attending next year's rescue class, safely enjoy the upcoming season - and see you on the river.

Knot of the Month

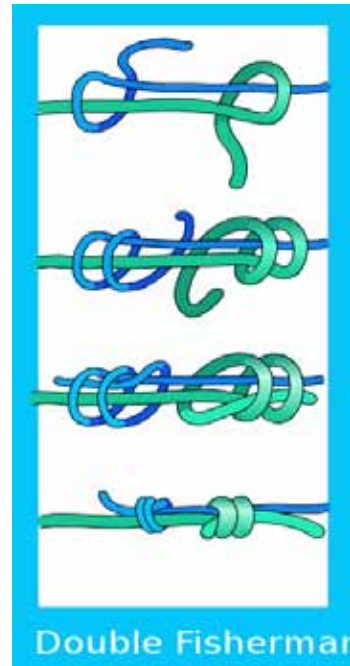
Knot of the Month – Double Fishermans

Overview

- Used to form high strength loops from cords
- Tied correctly you will see a double XX on one side and a smooth barrel on the other

Hints

- Tie the first half on your left side, then flip the knot over and tied the second half exactly the same way. In this way you can easily tie the knot correctly always complete the wraps in the same direction. The tails will come out on opposite sides.



[Click for Step by step directions](#)

[Click for a Video](#)

Steve K 2012

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First Aid Class

20 hour Wilderness First Aid
September 30-October 2, 2016



Lead Instruction: Sierra Rescue - [Rescue 3 West](#)

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

Lunch: Will NOT be provided. We will have drinks and snacks

Location: Dodge Park – Sandy Oregon

Time: Friday 5-7:30pm and Sat/Sun from 8:00 am – 5:00 pm
(Attendance on Friday September 18th for all or part of the day is optional.)

Camping: There may be camping available at Dodge Park but OWA has not secured sites. Feel free to contact Portland Parks & Rec. to reserve yourself a spot here: https://apm.activecommunities.com/portlandparks/Facility_Search

Age Limit: Please be at least age 10 to participate (no exceptions).

The Sierra Rescue Wilderness First Aid course is designed with the outdoor professional in mind. It focuses on developing skills for treating problems outside the “golden hour” of first response. It is based on the protocols set by the Wilderness Medical Society and instruction encourages the student’s ability to think through body systems in an effort to determine the best response to traumatic, environmental or medical situations. Classroom sessions are followed with hands on practice to integrate the information in a field setting. 100% attendance is required and a night scenario may be included. A comprehensive written exam is also administered. The course includes optional CPR certification that is OSHA approved through American CPR that can be purchased from Sierra Rescue for an additional fee of \$10.00pp.

Please contact Steve Oslund at safety@oregonwhitewater.org with questions.

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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



TRIP	DATES	TRIP LEADER	CONTACT INFO
2016 Rogue River Lodge Trip, Class III/IV	May 20-23, 2016	Van McKay	vanm1@aol.com, 360-737-3148
2016 Upper N Umpqua	June 3, 2016	Walt Bammann	wbamman@wizzards.net
2016 Women's Trip on the Lower Deschutes, Class II/III	June 17-19, 2016	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2016 Hell's Canyon, Class III/IV	September 17-19, 2016	Mike Moses	mtymo_@hotmail.com, 509-240-4220
2016 Fall Colors, North Santiam, Class II/III	October 1, 2016	Matt Saucy	sawdusty9@yahoo.com, 971-241-5396
2016 Veteran's Day, Rogue, Class III/IV	November 12-14, 2016	TBA	

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



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