

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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## Lower Owyhee River Canyon, 69 miles from Rome to Leslie Gulch

Submitted by Kevin Buck, with contributions  
from Jan Buskirk and Russ Pascoe

After 5 years of poor snowpack, in January it seemed the mountains sourcing the Owyhee River in remote SE Oregon might result in enough water for rafting come spring. I posted an invitation to the OWA membership to organize a trip for late April involving both the Middle section (3 Forks to Rome) and lower section (Rome to Leslie Gulch) and some 30 people responded.

As spring came and the snow began to melt, it was clear the Owyhee was set for a great water year. Flows came up in late February and stayed up 5000 cfs, sometimes spiking over 6000 until the middle of March, when it settled into a pattern close to its long term average. It was hard to imagine the Owyhee was flowing like the Deschutes after so many dry springs!

Several folks started opting for earlier trips because when there is water in the Owyhee, one should go or risk the water going out...but I waited, in part because I had timed the trip based on some friends being able to go. By the first of April the river was falling and concern set in that maybe we had waited too long.

### OWA Summer Picnic & Gear Swap:

*Eagle Fern Park  
(Area 1)*

27505 Eagle Fern Rd  
Eagle Creek, OR

**Sunday,  
August 14, 2016  
from 11 AM - 3 PM**

See page 17 for details.

# Contact Information



## Your OWA Officers and Volunteers

**Bruce Ripley, President**  
[president@oregonwhitewater.org](mailto:president@oregonwhitewater.org)  
503.522.7470

**Skip Currier, Vice President - Events**  
[VicePresident-Events@oregonwhitewater.org](mailto:VicePresident-Events@oregonwhitewater.org)  
360.901.0974

**Michele Gila, Vice President - Newsletter**  
[VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org)  
503.703.4174

**Tom Lofton, Secretary**  
[secretary@oregonwhitewater.org](mailto:secretary@oregonwhitewater.org)  
971.322.8918

**John Lemke, Treasurer**  
[treasurer@oregonwhitewater.org](mailto:treasurer@oregonwhitewater.org)  
503.572.7273

**Josh Hollander, Membership Director**  
[membership@oregonwhitewater.org](mailto:membership@oregonwhitewater.org)  
503.358.1752

**Stacey Strausberg, Technology Director**  
[techdirector@oregonwhitewater.org](mailto:techdirector@oregonwhitewater.org)  
360.574.8822

**Steve Oslund, Training Director**  
[safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org)  
503.709.7661

**Jim Collins, Tips Editor**  
[rivertips@oregonwhitewater.com](mailto:rivertips@oregonwhitewater.com)  
503.238.7646

**Cheryl Ford, Trip Editor**  
[tripeditor@oregonwhitewater.org](mailto:tripeditor@oregonwhitewater.org)  
503.794.8530

**Cary Solberg, Advertising Editor**  
[advertisingeditor@oregonwhitewater.org](mailto:advertisingeditor@oregonwhitewater.org)  
503.222.6718

**Jennifer Ogren, Newsletter Editor**  
[newslettereditor@oregonwhitewater.org](mailto:newslettereditor@oregonwhitewater.org)  
503.317.7162

**OWA list server address:**  
[H2OAddicts@OregonWhitewater.org](mailto:H2OAddicts@OregonWhitewater.org)

**OWA web site address:**  
<http://www.OregonWhitewater.org>

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

Contact Michele Gila at

[VicePresidentNewsletter@oregonwhitewater.org](mailto: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 Rafting is in full swing!

by Bruce Ripley

Well every year we come into summer and there are tons of trips being organized by club members. If you can't find a trip to get on this summer then I'd suggest coming to one of the meetings and catching up with some old, or possibly new friends and trying to build up some connections. I think I've heard of more trips looking for bodies this year than I have in quite a while. The Grand Canyon seems to be a very common destination as well. I know of no less than 6 trips that have launched with club members organizing or at least participating this year. One of the more interesting things that happened this summer was getting several calls from people looking to float the Selway after permit season. I did that a few years ago and we had the added "luxury" of having to launch upstream of paradise due to road construction so I have a unique perspective on that trip. Floating the Selway in season has its own issues and it demands a great deal of respect, but post season floats in low water are a completely different thing. This season the USFS closed the road to Paradise early to get a head start on some culvert replacement and that led to several trips needing to launch at Indian Creek Campground, or fly in to one of the airstrips. I will be curious how those trips turn out; the flow on Aug 1 was about 0.4 and quickly fell to 0.3 on the gauge. In case you are wondering, that is just a bit more than your bathtub holds!

One of the things the board has been trying to rally support for is a youth swiftwater safety day. The boards vision was to do that this summer but we couldn't get the details worked out. If you have ideas on the subject we'd love to hear your input, and even more we'd love to have your energy when we finally figure out what we'd like to do.

Don't miss the River Safety note by Dan Hudson! He details a rescue on the Deschutes that happened this summer. We advise all club members to refresh your skills every couple of years and that's why! If you do nothing else try to spread the word about the clubs safety classes and try to recruit new people into it, our end goal is to make the river a safer place for everyone!

### OWA Future

Well for some time members have been asking me about what the future of the club looks like. Since it has been a common question, I will try to address it here. This fall we are planning to replace the president, membership director, training director, and the tech director. That will be a tall order! While you may be concerned I can tell you that if you want to help with our transition we'd love to have you run for one of those positions or volunteer to help in many other ways! This will be an exciting time for the club and I am sure it will lead to many new thoughts and new ways for the club to express its creativity and grow in new ways. I will address this in depth this fall, until then you should know that we are trying to plan ahead!

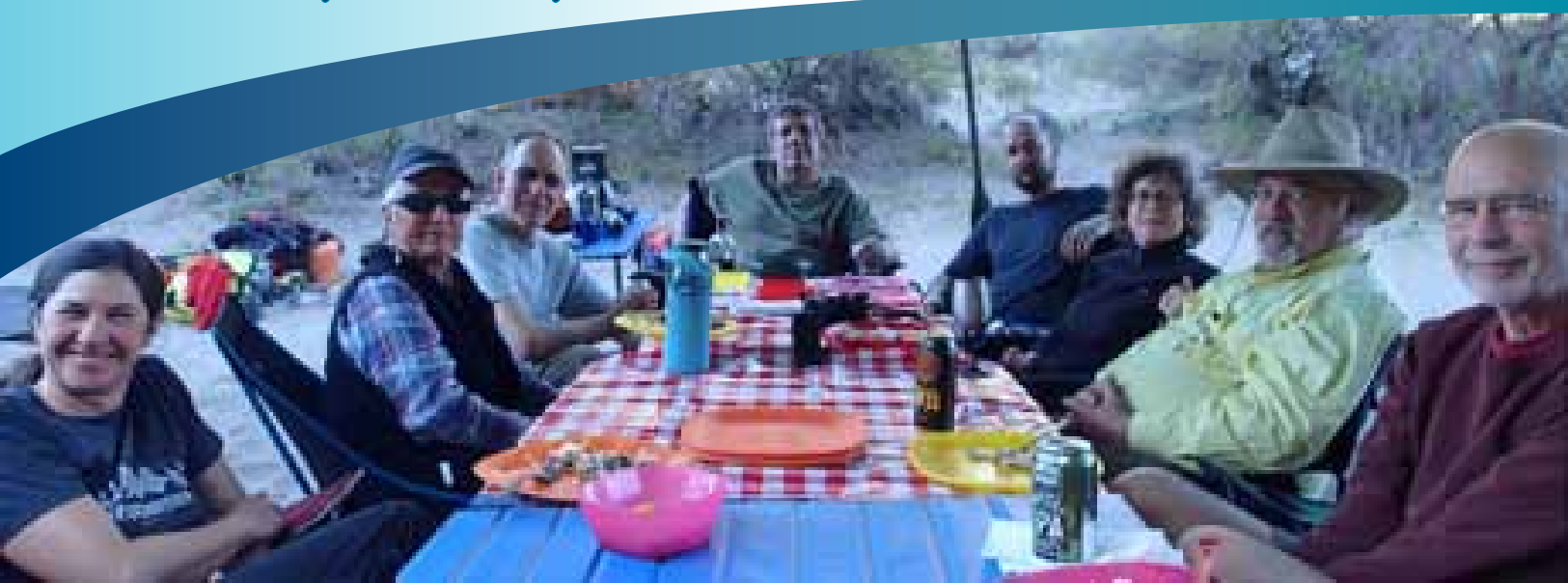
### OWA Picnic

*The next event is our annual summer picnic at Eagle Fern park in Estacada this coming Sunday from 11-3. We are looking forward to seeing you there!*

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# Lower Owyhee Trip Report



## **Lower Owyhee Trip Report: Continued from page 1**

I had already cancelled the idea of the Middle section and a week before our Sunday May 1 launch, things were looking grim. After having sufficient water for months, the flow fell to 1000 cfs, the minimum for rafts in several guide books, and then fell below 1000. I sent out an email informing the group “she looks down for the count this year, but I will continue to monitor.” On Tuesday, April 26, the flow increased slightly above 1000. I started checking the flow as often as I could. It kept rising and by the 29th it was over 2000! We were a go!

Our group had dwindled to 11 with most of us coming from the Portland area, including Russ Pascoe, Doug Martinson, Jan Buskirk, Ben Nieves, Chris Paine, John Lemke, Dianne Creager, Ginny Santorufo (Stevenson, WA), Eric Reiland (Challis, ID), Jim Good (Kirkland, WA) and myself (Olympia, WA).

Ben Nieves, professional photographer, and his wife Jan suggested we meet at the Crystal Crane Hot Springs Resort about 30 miles east of Burns Saturday night. Great call and I highly recommend it!

We all met at the Rome Station put-in Sunday morning with about 1700 cfs with a slight falling trend. We were all psyched up to finally be on the Owyhee!

Our party consisted of 3 rafts, 4 cats, and 2 kayaks. The first 6 miles is a meandering, braided river through agricultural land. Little activity from humans, but birds of many species obviously liked the oasis created in the high desert. An idea was hatched to keep a log of the many bird species we saw during our trip, and the final list included: Killdeer, Yellow headed Blackbird, Marsh Hawk, Turkey Vulture, Magpie, Ring Necked Duck, Chukar, Golden Eagle, Mallard, Red Tail Hawk, Common Golden Eye, Meadow Lark, Coot, Canada Geese, Cinnamon Teal, Redwing Blackbird, Avocet, Peregrine Falcon, Crow, Raven, Cliff Swallow, Rock Dove, Barn Swallow, American Robin, Great Horned Owl, Egret, Rock Pidgeon, Cowbird, White Faced Ibis, White Pelican, Great Blue Heron, Caspian Tern, Ruddy Duck, Bald Eagle, Western Grebe, Gray Fly Catcher, Common Merganser, Sandpiper, Incan Dove, Morning Dove, and Ring Neck Pheasant. For me, the most impressive were the Golden Eagles. I’m sure I saw more on this trip than anywhere else I’ve ever been.

After 6 miles, the river enters the first of several vertical walled canyons. After 2 miles, the canyon opened up and we rounded a corner and found a wonderful flat beach called “First Camp.” The put-in had involved inflating and rigging our boats at the launch, never a good thing, so it was good to get more carefully organized.

The night was very dark which meant for spectacular star gazing. In the middle of night, I awoke to headlamps moving around quickly in the area of the kitchen, near the boats. Surprising us all, the river had spiked significantly and was flooding the beach. We quickly moved everything up hill. We guessed perhaps another 1000 cfs had been added to the flow, and after the trip, it was confirmed the river had come up over 900 cfs that night, giving us a great flow of some 2,700 cfs.

**Continued on page 5**





## **Lower Owyhee Trip Report: Continued from page 4**

Day 2 involved floating about 10 miles to “Weeping Wall” camp. It was hard for me to believe, but the canyon seemed to just get prettier and more awe inspiring as we went along. We had some interesting rapids, namely “Sweetwater”, “Upset” and “Bulls Eye.” Our camp was on another pristine beach across the river from “Weeping Wall” which was a seam between lava flows where the water was flowing out of the cliff near the river. The cliff itself was several hundred feet high, making it an amazing backdrop. Russ Pascoe climbed up from camp to the rim and reported views all the way to the snow covered Steens Mountain far to the southwest.

Day 3 consisted of floating about 17 miles into the heart of the gorge called “Iron Point” where the vertical walls were 500 to maybe 1000 feet on both sides of the river. Again, the grandeur of the place just kept getting better, and we had 2 rapids we cautioned with a scout, “Whistling Bird” and “Montgomery.” Ben found out how “Rock Trap” rapids got its name by catching his cat on a lurking rock, but after doing the “raft dance,” they were freed from the trap. And unfortunately, Ginny fell while scouting “Whistling Bird” discovering after she got home that she had suffered broken ribs from the incident! Rye Grass Creek offered some wonderful hot springs river left and some great surf waves for the kayakers.

Camp 3 in the heart of the gorge was called “Cliff” otherwise known as “Bat Cave.” Chris Paine, our groover master for the trip, sighted the groover inside the cave, creating an interesting sitting! This was the only camp I pitched my tent. Not because of rain, but because looking up I could see rock overhangs several hundred feet up....and I didn’t want to look at it from my cot! Some of the explorers in our group found a slot canyon in the wall that appeared to offer a precarious climb to the rim given time and nerve.

*Continued on page 6*

# Lower Owyhee Trip Report



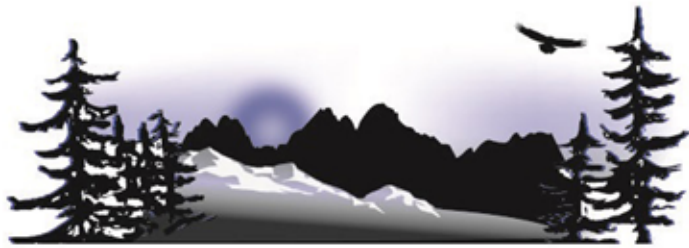
Day 4 involved 11 miles down to Upper Greeley camp. We had been warned about “Nuisance” rapids catching boats on the right, but like most of the rapids, the water level gave us more choices as to routes and we passed this rock-choked drop without incident. Upper Greeley offered fine hackberry trees for hanging hammocks and trails for hiking up and away from the river for expansive views. Greeley Hot Springs was too hot to get into!

As this was to be our last camp before take out, Ben, John, and Eric worked to rig Eric’s cat with his motor for the task of powering us across the upper portion of the Owyhee reservoir the next afternoon. The next morning we floated 6 miles down past historic Birch Creek Ranch and then another mile to the Birch Creek takeout, the first road we’d seen since leaving Rome 50 miles upstream. We continued on, as it’s another 19 miles to Leslie Gulch. A few miles above the flat water of the reservoir, we lashed the rafts and cats together with Eric’s cat in the back row center. It was quite a sight, but soon we were motoring across the lake in a light breeze, enjoying the sights, including white pelicans, and each other’s company.

By late afternoon, we arrived at the Leslie Gulch takeout and our first rain shower of the trip. We hurried the process and moved up to the campground nearby. We enjoyed a final dinner and then breakfast together, before heading home. The rock road was in good shape, but to emphasize the remoteness of the place, it was over 2 hours’ drive on rock before we encountered pavement south of Nyssa OR. We passed through Succor State Park on the way; well worth a return visit.

I’ve been rafting and exploring canyons for over 35 years and I’ve been fortunate to see and experience many amazing places. The Lower Owyhee canyon is an incredible, spectacular place. Hopefully others will be able to experience it too. As for me, I’m savoring the memories of the trip and thinking about the 3 Forks to Rome section to tack on next year!

You can see more photos of the trip by visiting: <http://www.oregonstreetstudios.com/nwhiker/Owyhee/>



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## Why You Should Sign Up For The WFA Class

*Submitted by Scott Ogren*

If you've taken the Wilderness First Aid Class in the past, then you may remember one of the biggest messages that is said over and over again is you are much more likely to get hurt on shore than on the river. Most injuries on a rafting trip happen in camp, and this is a story that backs that up and just exactly how fast your skills may be needed.

I was helping Tom Lofton take a group of Boy Scouts down the Deschutes river in late June. The trip started off well with a lot of talk of safety, river edict and what to do in case of an emergency. Everyone did exactly as they should after we shoved off from Trout Creek headed downstream. We found camp at Davidson, and if you have camped there then you might be aware of the great tree canopy at the first campsite as you round the corner and get into the large eddy that serves the multiple campsites there.

The tree canopy was a great find as it provided shade and a great kitchen area. As the evening activities progress, one of the older scouts decided to hang the troop flag between two of these trees to provide group camaraderie and take a few pictures. In order for him to hang the flag, he needed to climb a tree just a few feet off the ground. And that set the stage for what happened next.

As the older scout was finishing hanging the troop flag, a younger scout who was enthusiastically participating in everything from paddling the boat to being in the inflatable kayaks decided to climb another tree. And was he fast. Before anybody knew it, he was up a tree and standing on a branch about six feet off the ground. Just as one of the dads opened his mouth to tell him to get down, the branch the younger scout was standing on broke and down he came.

When the scout landed on his back, a small diameter volunteer off-shoot branch at the ground level of the tree he was climbing that has previously been broken off impaled the back of his leg just below his knee. As the scout was screaming in intense pain, Tom noticed his leg was hanging from the tree branch and picked the scout up. As that was happening I was running over to get a visual on the injury and I saw a puncture wound roughly the size of a quarter and fatty tissue oozing from his leg.

We immediately put the scout on my cot which was nearby and began irrigating the wound. If you've taken the WFA class, then you can imagine where my mind was. In my head I was in Dodge Park irrigating a wound in a dirty chicken leg – I was back to my training and doing what I had practiced.

*Continued on page 9*



## ***WFA Class Importance: Continued from page 8***

After a few minutes of irrigating the wound, I realized that there was nothing I could do about any possible infection from the branch that had been who knows how far into his leg and I leaned over to Tom who was holding the scout's leg and said, "You do realize he can't stay." And Tom had already been thinking the same thing and readily agreed.

After the wound was irrigated and dressed, our attention turned to making an evacuation plan. And that takes a bit of time to come up with the right plan and execute it. As the plan was coming together and preparations being made to execute it, the scout started to go into shock. And about the time that was happening, someone said he thought the injured scout hit his head pretty hard as he landed. So concussion became another concern and we assigned people to talk to him and keep him awake. At that point, evacuation preparations kicked into high gear as we all realized our situation could go from bad to worse as it was getting dark.

Fortunately, we were in a pretty good place to make an evacuation happen. Davidson just happens to be about a mile or so upstream from North Junction – where the road adjacent to the Deschutes River ends and is the location of several cabins. We had a 13' gear boat that we prepared to take the scout and his dad who was on the trip to North Junction to find help. Tom and the owner of the boat took the injured scout and his dad to North Junction to find a vehicle.

When the four of them arrived at North Junction at almost 9:00 pm, the people who Tom found to help were awesome. They provided a vehicle and other necessary supplies to get the injured scout to a hospital. That part couldn't have gone better and the scout made it to the Emergency Room in The Dalles late that night and will recover from his injury, albeit with a newly found healthy respect for climbing trees.

At the hospital, the doctor said a couple of things that are important to this incident. The first is he told the scout's dad that whoever cleaned the wound did a great job. I'll take that compliment and give it to Abi and Julie who teach the WFA class. I wouldn't have known the technique I used without them showing me in the class. The second was the branch went about an inch into his leg and getting him to a hospital quickly was important for two reasons: one, the risk of infection was too great to stay out there and two, he ended up getting 13 stitches total and who knows how the healing process would be if he had not gotten the stitches right away. Some were internal stitches and some were external. If we had not evacuated him immediately, those stitches would not have been in place during the initial healing process.

Another thing that was very important to this whole thing was the logistics of the evacuation. Who goes, which boat goes, how do Tom and the owner of the 13' boat get back to the group, and how does taking one boat downstream affect the rest of the group? All of that had to be considered in a very short amount of time and acted upon quickly.

The point of this whole story is to illustrate just how fast someone can get hurt. The time from when the scout climbed the tree to when the branch broke and he fell was probably less than 15 seconds. It was so fast that there wasn't time to say anything or even realize it was happening with all of the other commotion happening with the troop flag being hung and dishes being washed and everything else happening. Before anyone knew it, we had medical emergency that could have been much worse and we had to jump into action. When an emergency happens, that's not the time to figure out what to do – that's the time fall back on your training and do what you've been taught and practiced. The WFA class is one of the absolute best places to learn and practice what could turn out to be some life-saving skills. I can't give a strong enough recommendation for taking this class.

# Women's Trip Report



## A TOTAL OF 26 WOMEN WERE ON THIS LADIES TRIP!

*Submitted by Jen "Zen" Ruoff*

WE LAUNCHED WITHOUT A HITCH. SOME OF THE GALS HAD CAMPED AT BUCKHOLLOW THE NIGHT BEFORE SO THAT OUR GROUP SIGHT WAS ALL SET UP FOR US WHEN WE ARRIVED. THEN, THE RAIN CAME IN. WE HAD LITTLE SHELTER FRIDAY. THANK YOU MICHELE FOR WHAT CAROL REFERRED TO AS THE BUDDHA TENT. THE RAIN LET UP ENOUGH FOR US TO HAVE DINNER AND PLAY BOCCE! ALSO, BIG THANKS TO EMRO FOR HER EXCELLENT RIGGING SKILLS AND CREATING SHELTER OVER OUR DINING ROOM, WHICH ALSO SERVED ASCAROL AND JOY'S BEDROOM!

SATURDAY PROVED TO BE THE BIGGEST CHALLENGE. WE WERE ON THIS TRIP TO LEARN AND TO GROW AND THAT'S JUST WHAT WE DID. THE RAIN LET UP LONG ENOUGH FOR US TO PACK UP OUR BOATS AND GET ON THE RIVER. THEN IT WAS NON STOP COLD/WIND/RAIN FOR MOST OF THE DAY. WE WERE GIFTED MANY LESSONS ON THIS DAY, AND ALTHOUGH IT WAS STRESSFUL AND UNCERTAIN AS TO HOW AND IF IT WOULD END, IT ALL WORKED OUT. OUR LAST CAMPSITE DID SPLIT THE GROUP UP, BUT WE ALL MADE AN EFFORT TO STAY CONNECTED AND SUPPORTIVE OF EACH OTHER.

SUNDAY MORNING WE GOT ON THE RIVER EARLY TO BEAT THAT WIND. THIS WAS AN EXCITING AND FUN FILLED DAY! THOSE OF US THAT WERE THERE TO ELEVATE OUR CONFIDENCE AND FIND OUR INNER AWESOMENESS DID IT!! WE DID IT WITH THE LOVE AND SUPPORT OF ALL THE WOMEN ON THIS TRIP. THEY ENCOURAGED US TO REDEFINE THOSE BOUNDARIES AND TO BELIEVE IN OUR ABILITY, STRENGTH AND SKILLS.

IN CLOSING, I BELIEVE WE HONORED THE TRIPLE SPIRAL ON THIS TRIP. WE OVERCAME OUR BARRIERS, CREATED NEW BOUNDARIES, AND OPENED OUR HEARTS TO THE POSSIBILITIES.

OUR GRATITUDE GOES OUT TO CAROL. HAVING THIS WOMEN'S TRIP HAS EMPOWERED A LOT OF WOMEN. WE THANK HER FOR SHARING HER WISDOM, WARM HEART AND GENTLE APPROACH.

"A river seems a magic thing. A magic, moving, living part of the very earth itself." - Laure Gilpin





## The Pin

*Submitted by Dan Hudson*

The best way to start this article, I guess, is to try to gain the reader's attention with a snappy title. "The Pin" was the best I could do, but is the best description for what our group encountered on a recent Upper Deschutes River trip. I must qualify, most emphatically; the pinned raft and crew were not a part of our group nor with the OWA. That said, any rafting community members on the river in need, when we are in a position to respond, instantly become members of our group.

Our rafting party of 8 was a little spread out on the river due to late arrivals at the launch site. We set up common frequencies on our FRS radios so we could communicate with our separated launch times. Of 5 boats, 2 launched first and the remaining 3 of us were trailed behind. The lead group made camp and notified us by radio. The next communication was in the form of a 'be on the lookout' as they warned us they observed some floating rafting gear being carried in the current by the campsite. It didn't take long before we observed a couple pinned on a rock river-right in Lower Whitehorse.

I immediately recognized the duo, as I had spoken to them at the launch site. They were on their first rafting trip, and were going solo. The trip was billed as a warm up for a later planned Rogue trip in a month. I tried to talk to the oarsman at the launch, but he was too much interested in getting his raft on the river to listen much to my advice. He told me he had the river guide for the Deschutes and had watched a few YouTube videos, and had advice from his friends on how to handle Whitehorse. He said in closing they would do fine. Well, seems they were now not-so fine, as we found the duo in a tough spot with their raft pinned deep on a midstream rock. The raft was inundated with about half the raft pinned bow down with heavy current washing out the bow and the raft half under water mid frame.

By radio we alerted the lead group of our discovery, and they started trekking from camp back to our location to assist. We assigned upstream safety from our current team. They were to alert other boaters coming down into Lower Whitehorse we would have a rope stretched across the river and to stay river left. I had to admit, going into the rescue, I was fairly confident we would be successful. Not by my skills alone, but my partner in the rescue was Dave Nissen of Madcatr fame. I couldn't ask for a better partner to work with in any river rescue situation.

*Continued on page 13*





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## River Safety: Continued from page 11

Dave and I were able to shallow water cross out to the closest large rock formation approximately 50 feet away from the pinned raft. We worked together to make it through some of the faster current. We scaled the rock with some effort, then established an anchor off the back side of our rock with a long piece of webbing (black...who remembers the color code and length?) Dave made a great throw bag toss and our now rafting friends made a great catch. We attached a mainline to the throwbag line and stretched it out to our pinned rafters. Dave, using hand signals and yelling directions, was able to get the rafters to effectively tie the rope to the frame of the raft while we built a 3:1 mechanical advantage system from our anchor point. After 4 pulls and resets, it became apparent the 3:1 just didn't have enough power, considering the two of us pulling in limited space on a precarious position on top of a rock. We simply added two more pulleys and changed our system to a 9:1. With a few resets we were able to pull the raft free of the pin and rescue the couple.

What I learned from this incident comes from several viewpoints. Lessons are always there for us to learn, and no matter what skill sets you have, you can improve your capabilities and level of safety on the river.

From the couple on the rock, don't raft alone unless you have the skills necessary to navigate safely on the section of river you are floating. The risks taken by not knowing the river or having the rowing skills to navigate safely places others in harm's way when they have to come rescue you.

From the rescuers, it always pays to have knowledgeable and capable people in your group who have the appropriate gear to safely and effectively conduct a rescue. Having the FRS radios with common frequencies on 4 of the 5 rafts allowed us to communicate and alert each other to possible hazards and a need for rescue assistance.

From the additional people in our group: don't hike back to assist on a rescue without appropriate PPE, including a throwbag, helmet, rope gloves, and your PFD for your personal safety. From the group as a whole, remember to wait on your adult beverages until everyone is safely in camp. You never know who might need a hand and what you might be asked to do to assist.

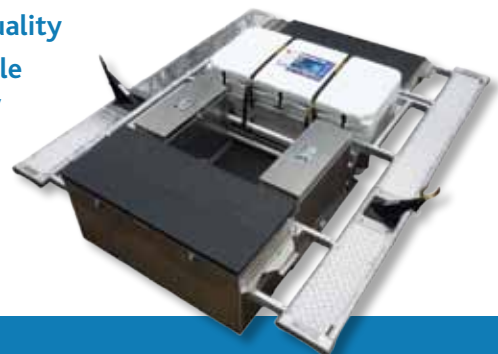
For those who have been in my rescue classes – how long is a black piece of webbing supposed to be? (Green – 5', Yellow – 12', Blue – 15', Red – 20', and the black is 25').



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## 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.





# 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](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](mailto:safety@oregonwhitewater.org) with questions.

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## Knot of the Month –Klemheist

Each month we will showcase essential knots you should know for river situations

### Overview

- Friction hitch that grips under tension in one direction and slips when tensions is released
- Used as an alternative to the Prusik as means of gripping a rope for a haul system
- Easy and fast to tie
- Use at least 4 wraps
- Can be tied with webbing or cord



[Click for Step by step directions](#)

[Click for a Video](#)

Steve K 2012

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# Oregon Whitewater Association



## and gear swap at Eagle Fern Park (Area 1)

27505 SE Eagle Fern Road, Eagle Creek, Oregon 97022

Sunday, August 14th 11-3 p.m.

### **Details:**

- Picnic Area 1 is a large covered area on the right after you enter the park
- Located next to playground
- Throw rope competition – bring a throw rope
- Horseshoes
- Alcohol and (well behaved) dogs are allowed in the park; BYOBeverage.

### **Gear Swap and Sale:**

Swap or sell your new or used boating gear. From boats to bags, all gear is welcome. There are great deals every year!

**Provided:** hamburgers, hot dogs, veggie burgers, all the fixin's and nonalcoholic beverages (pop and juice)

**You Bring:** a pot luck side dish or dessert, the whole family!

**Fee:** \$5.00 vehicle parking pass at the entrance gate

**Directions and park maps:** <http://www.clackamas.us/parks/eaglefern.html>



# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



TRIP	DATES	TRIP LEADER	CONTACT INFO
2016 Hell's Canyon, Class III/IV	September 16-18, 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	
2017 Lower North Umpqua Trip	April 28, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com, 360-931-4224
2017 Upper N Umpqua	June 22, 2016	Walt Bammann	wbamman@wizzards.net, 541-817-7904

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

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