

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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## Winter Rafting on the Wilson River By Dave Pauli

My son Joseph and Don's sons Josh and Zack have been rafting since they were young boys. Now in college and away from home the rafting opportunities have become few and far between. So with all of them home for winter break it just seemed like a good opportunity to hit a river before all of them head off in different directions again. In addition to our sons, Don brought his friend Kevin, and I brought Freeman.

After giving it some thought on a good winter run that would be something new for the boys to explore; we chose the Wilson River. Certainly not the most exciting river they have experienced, but none the less; still a great intermediate winter run. The Wilson can range widely from an enjoyable bumpy class III to a pushy river with powerful holes and hydraulics with a couple days of rain.

Once we selected a date (Jan 3rd) I put a shout out to see if there were any OWA members that would be interested in joining in on the fun. It was great to have OWA members; Sam Watry, Skip Currier, Josh Hollander, and Steve Kasper. Each sent a reply and showed up to the river on the proverbial "game day".

*Continued on page 4*

### February Club Meeting:

**Clackamas Aquatic Park**  
7300 SE Harmony Road  
Milwaukie, OR 97222

**Wednesday,  
February 11, 2015  
from 7:00-9:00 PM**

*Pool session to practice knots, flipping boats, throw-bagging and other rescue skills in the water. Please remember to bring your helmet, PFD, and river shoes. No food is provided at this meeting.*

# Contact Information



## Your OWA Officers and Volunteers

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<http://www.OregonWhitewater.org>

## River Tip

Submitted by Jim Collins

Now is the time to check your straps and ropes to make sure they are ready for the season. I try to go through my straps yearly and remove any that are suspect and remove any frayed ends that are difficult to thread when wet. I cut the ends at a 45 degree angle. I have found the easiest way to do this is with a propane torch and utility knife. I heat the blade with the torch then cut the angle with the hot blade. I then use the side of the blade on the cut to better seal it.

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## Technology Changes in the Whitewater World

by Bruce Ripley

Recently I've been working on a variety of projects that involve new technology and mobile devices. I got to thinking that the club has not really talked much about how technology has evolved in the last few years. I thought it might be interesting to point out just a few really neat tools that are at your disposal. The bigger message here is that technology, especially mobile technology is changing almost daily and it can be very valuable in many different ways.

In terms of safety technology changes in the last decade have been dramatic, from satellite phones to personal locator beacons our ability to get help in an emergency situation is readily available. One of the more popular devices is marketed as the "Spot" receiver. If you've never used one these devices are easy to use and reasonably priced, you should take a look.

Most of you are well aware of Google maps and you've likely used the "Streetview" feature which lets you see what the road looks like from the car's point of view. That feature has been around for a while and it's a great way to get a view of your route before you ever leave the house. If you have not been to a river before and you want to see what the put-in/take-out look like it's a great tool. Well Google has upped the ante again. Take a look at the Yampa and Green rivers or better yet the Grand Canyon. Google has extended this technology to "Riverview". You can see every inch of the Grand Canyon in 360 detail from Lee's Ferry to the take-out. If that wasn't enough they also have several main trails covered as well, again from beginning to end. For example if you want to see what the trail is like between the North and South rim lodges, just take a look at the "Streetview" feature and take a look. Want to take a side hike? There are several that have been captured, including the Anasazi granaries near Nakowep, and several others. It's truly fascinating technology, and another tool in your tool chest. Don't forget technology can fail, and it's always best to keep up your training, but don't discount the value of these tools and their ability to help give you the edge you need on the river.

### Pool Practice

*Each winter the club takes the time to put on a safety skills clinic at a local pool. This is the month for that session. If you've never been you should make a point to attend, and if you've been before we're looking forward to seeing you again. The stations this year are the same as last year, but they give you the chance to practice some basic skills and get some coaching at the same time. The best time to be doing most of this is in the controlled environment that the pool provides. By practicing now you hopefully will be able to react quicker if this happens on the river. eyes out for new obstacles!*

### OWA February Meeting

*Our next meeting is our Pool safety session to be held at the Clackamas Aquatic Park, near the Clackamas Mall. If you don't know where it is check the announcement in this newsletter, or the website for details. Please plan on joining us.*

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# Wilson River Trip Report



## Wilson River Trip Report: Continued from page 1

The meet up time for the trip was 10:30 at the Jones Creek Forest Camp Bridge. Everyone was prompt! The conditions were nearly perfect. The cold snap had ended the day before, and deluge of rain wasn't forecasted until the next day. When we all arrived the temperature was comfortable as could be expected for early January, with no wind, and no rain. The river level was just under 1,500 on the Tillamook gauge. A bit lower than we would have preferred but still enough water to make for an enjoyable trip.

We all worked together to get all the boats down to the river. After climbing into the drysuits/wetsuits, Skip, Steve, Don, and I headed off to run the shuttle while the others were left to get the boats all rigged and ready. Us shuttle drivers were headed towards the take out; the infamous mile post 15. It had been at least a decade since the last time I had run the Wilson so the challenging takeout had somehow become less difficult when recalling it from faded memories. When we pulled up to mile post 15 the memories came flooding back like a bad dream.

Standing along the shoulder of highway 6 gazing over the guardrail down a steep woody bank the questions was "Do we have enough pent up testosterone with young guns on the trip to lug boats up a mountain, or do we go an additional six miles on the river combining 2 sections but benefiting from having a boat ramp for a take out?"

The shuttle drivers all concurred that we would go for the young guns idea but Skip suggested that perhaps we should tell the others that the take out is a "nice paved area" and then let them be surprised when they get there.

Leaving the rigs at the take out, we piled into Don's truck and headed back to the put in. Don who has an uncanny ability for picking out lines in the river would lead the way with his R2 buddy Kevin in the Purple Puma. Zack would be trying out his IK skills in the Sotar. Skip, Sam, Josh, and Steve were all in cat boats, and I took up the rear with Joseph, Don's other son Josh, Freeman, and myself in the Diablo.

*Continued on page 7*





## ***Wilson River Trip Report: Continued from page 4***

The first couple miles are mostly warm-up and an opportunity to get a feel for the Wilson. There are several class II and III- drops. About 2 miles in the river makes an arching left turn and entails perhaps the most difficult maneuver on the river before cutting sharp right and entering the gorge section. In the gorge the rapids come more frequent and the pool and drop nature make this part of the trip the most interesting.

Coming into one rapid as Josh and Sam commented on its similarity to Hole in the Wall on the Upper Clackamas minus the violent eddy with wood in it, and the chain ladder that Hole in the Wall is known for. Steve had commented that this section reminded him of Mule Creek Canyon on a smaller scale.

Once out of the gorge the river broadens out a bit. Skip pulled a Big Mac or something of the sort out of who knows where, so those of us in the R4 boat took the cue and pulled some smashed peanut butter and jelly sandwiches out of the dry bag.

After a couple more miles of bouncing over some shallows and dodging fishermen's lines, the takeout came into view. Jumping out of the boats those who hadn't seen the take out before had that look of, "You've got to be kidding me!" After packing the first boat up to the road, Sam commented, "This River has a helmet on put in and a helmet on take out!" If I recall, I think he gave the takeout a class V rating.

Truth be known, when we all worked together like OWA members are so good at doing, and with the help of the young guns, we had all 4 catboats, 2 rafts, and an IK up to the vehicles in about 30 minutes. Although doable, I believe everyone agreed that an earlier start time would be worth it to be able to add time and distance to the trip and benefit from the easier take out.

Joseph, Freeman, and I rode together, so on the way home we talked ourselves into an unofficial club meeting at Flying Pie Pizza. Great trip, great people, great pizza! Does it get any better than that?

***Continued on page 11***

## INGREDIENTS

1/2 cup dried figs, soaked in 1 cup hot water for 10 minutes

1/2 cup almond butter

1" knob of fresh ginger root

1 tsp ground turmeric

3 Tbs spirulina

22 g protein powder (I use Garden of Life's "Raw Protein" formula)

1/2 cup + 1/2 cup raw pecans

1/4 cup raw chia seeds

1/4 cup dried goji berries

1/4 cup + 1/4 cup dried cranberries (can sub blueberries or raisins)

1/4 cup dried coconut flakes

1/4 cup cacao nibs

1/4 cup water (use the fig soaking water)



## Power Bars

*Submitted by Michele Gila*

### DIRECTIONS

In a food processor fitted with a metal blade, add the first 8 ingredients, setting aside the liquid from the figs and the 2nd 1/2 cup pecans. Pulse about 10 times to mix. This should result in a sandy texture.

Next add goji berries, 1/4 cup cranberries and coconut flakes. Pulse about 10 times to mix.

Add the rest of the pecans & cranberries, plus the cacao nibs. Add in 1/4 cup of the fig water. Pulse to mix well. The texture should be such that when you press the mix between your fingers, it sticks. You might have to use a little bit more water to get it to stick but avoid adding too much at a time, otherwise they turn too gooey.

Firmly press the mixture into a 8x8 glass pan. Let sit about 30 minutes. Then cut into 12 pieces, wrapping each piece in a piece of parchment paper. I then put them into a zip lock bag and store in a cool, dry place. Makes 12 bars. Approx 5 grams protein per bar. You can figure out the rest of the nutritional content from here.

Experiment with different nuts, butters, spices, dried fruits. I chose this blend for the protein and antioxidants and fiber. You can sub unsweetened or bittersweet cacao powder for the protein powder if you're looking for something chocolate-y. Or just add it in and adjust water accordingly. These have way less grams of sugar than most the bars on the market and you can control what's in them to suit your dietary needs. Feed your muscles after a day paddling around!



## Wilderness First Aid Treatment: Bleeding!

Submitted by Julie Munger of Sierra Rescue

We all know from our basic first aid courses, that pressure and elevation are the first steps in stopping bleeding. The bigger the bleed, the more pressure is needed. For some arterial bleeds, a tourniquet may be necessary. In any case where extreme pressure is needed to stop bleeding, the bandage and wound will need to be continually monitored; and a great deal of care will need to be administered.

This safety corner article is to introduce you to two great products that can help blood clot faster. They are designed to be used right on the bleeding area; but will still need to be used with pressure, and an adequately tight bandage.

This stuff is magic!! It stops massive bleeding in situations where arterial bleeding is a problem!

Here is what the Celox website has to say:

“Celox™ quickly stops all types of bleeding. It can even stop potentially lethal bleeding fast. It was originally developed to assist military medics with some of the worst wounds imaginable. It’s been to Afghanistan & Iraq and helped save many lives. Celox™ is suitable for all types of trauma. For example, it will help; save lives on the battlefield; gain control in a serious emergency; handle a workplace or sporting incident; or rapidly stabilize a minor cut, laceration or nosebleed.”

QuickClot sport is specifically designed for wilderness and sport uses. We have started packing Quickclot in our first aid kits and recommend you take a look. QuickClot and Celox are brand names made by different companies. Both are excellent. For Wilderness First Aid kits, it is a great product to have on hand and could save someone’s life. If you would like to see Quick clot in action, take a look at this interesting (although gruesome, viewer beware!) video of the clotting factor working:

[www.youtube.com/watch?v=e9xv1bKBjN4](http://www.youtube.com/watch?v=e9xv1bKBjN4) “Pig femoral artery video

For more info, check out: [www.quickclot.com](http://www.quickclot.com), [www.z-medica.com](http://www.z-medica.com), [www.celoxmedical.com](http://www.celoxmedical.com), [www.adventuremedicalkits.com](http://www.adventuremedicalkits.com)



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Cost: \$675 – course, \$950 food/lodging

Course Sponsor: eNRG Kayaking

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This intensive 80 hour class focuses on basic life support techniques and tools for the outdoor professional working in the wilderness. It covers trauma, environmental and medical issues that arise in a wilderness setting. The class is tons of fun and hands-on skills with the use of scenarios and labs. This class is a must for any outdoor professionals looking to take their first aid skills to the next level, and to be prepared for anything in the wilderness! Join us!

### Registration Info:

Go to [eNRGkayaking.com](http://eNRGkayaking.com) or call/ email us.  
800-208-2723 [info@sierrarescue.com](mailto:info@sierrarescue.com)

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## How Well Do you Know Your Knots?

- Steve Kasper

A



B



C



D



**Find the Errors with the knots on the Left.**

Double Fisherman's Knot

- Used to join the ends of rope / cord to make a loop
- Used to make a Prusik loop
- If you are using Spectra™ Cord you should use a Triple fisherman

- Answers on the next page.



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# Meeting Speaker

**Topic:** Pool Practice Session

**Location:** North Clackamas Aquatic Center  
7300 SE Harmony Road  
Milwaukie, OR 97222

**Details:** This is a great time to bring your families out, update skills and get some refresher training from some extremely knowledgeable folks who have graciously donated their time. The Pool Session will begin promptly at 7:00PM and run to 9:00PM. We will divide into groups and then rotate through the stations.

**The schedule looks like this:**

7:00pm- Introductions  
7:30pm- 1st rotation  
8:00pm- 2nd rotation  
8:30pm- 3rd rotation  
9:00pm- Gear breakdown and packing

**Due to overwhelming participation by our volunteer instructors, and because of our limited time, there will be more stations than time permits for rotation. We will attempt to get everyone through the stations they'd like to get through. The stations will be:**

Station 1 - Bruce Ripley - Knot Tying - Railing walkway  
Station 2 - Sam Drevo - Throw Bagging/ Swimmers - Wave Pool  
Station 3 - Val Schaul - Light Cat Flipping - Dive Pool  
Station 4 - Dave Neisen - Heavy Cat Flipping - Wave Pool  
Station 5 - Zach Collier - Mechanical Advantage - Deck Area

**Gear- Everyone in the pool must have the following gear (if you don't have it you can't get in the pool):**

**Helmet**  
**PFJ**  
**River Shoes/Sandals**

If you have questions prior, please contact Steve Oslund at [safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org).

**Answers: To Knot Quiz**

A: Correctly tied Double Fisherman's bottom side  
B: Incorrectly tied bottom side. Notice no nice double X pattern  
C: Correctly tied Triple Fisherman's  
D: Correctly tied Triple Fisherman's top side. Notice nice consistent round wrapped appearance

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

Contact Katie Watry 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.

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# Upcoming Trips

Submitted by Pat Barry,  
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)  
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

2.14-16 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Steve Oslund	<a href="mailto:stevilone@gmail.com">stevilone@gmail.com</a>	503-709-7661
3.21-23 Sat-Mon	<a href="#">Lower Deschutes Spring Break Float</a>	II/III	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785
4.18 Sat	<a href="#">Deschutes River Tax Relief Float</a>	III/IV	Bill Goss	<a href="mailto:zannng@msn.com">zannng@msn.com</a>	503-757-4659
4.24-26 Fri-Sun	<a href="#">Lower N. Umpqua</a>	II/III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
5.8-10 Fri-Sun	<a href="#">Grande Ronde</a>	III	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-529-6134
5.9-10 Sat-Sun	<a href="#">Lower Cispus</a>	II/III	Tina and Eric Myren	<a href="mailto:TNEMYREN@gmail.com">TNEMYREN@gmail.com</a>	
5.15-18 Sat-Sun	<a href="#">Rogue River Lodge</a>	III/IV	Van McKay	<a href="mailto:vanm1@aol.com">vanm1@aol.com</a>	360-737-3148
5.21-25 Thur-Mon	<a href="#">John Day River</a>	II/III	Dave Graf	<a href="mailto:dmgraf55@centurytel.net">dmgraf55@centurytel.net</a>	
5.29-31 Fri-Sun	<a href="#">Upper N. Umpqua</a>	III/IV	Walt Bamaan	<a href="mailto:wbamaan@wmni.net">wbamaan@wmni.net</a>	
6.19-21 Fri-Sun	<a href="#">Lower Deschutes Women's Trip</a>	II/III	Carol Beatty	<a href="mailto:caroldon1@comcast.net">caroldon1@comcast.net</a>	503-816-6172
6.25-28 Thur-Sun	<a href="#">McKenzie River</a>	III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
8.6-9 Thur-Sun	<a href="#">Selway River (low flow) IK trip</a>	III	Eric Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-529-6134
9.12- Sat-Mon	<a href="#">Hell's Canyon</a>	III/IV	Mike Moses	<a href="mailto:mtymo_@hotmail.com">mtymo_@hotmail.com</a>	509-240-4220

## PAST OWA RAFTING TRIPS

1.1 Thurs	<a href="#">Sandy River</a>	II/III	Val Shaul	<a href="mailto:val.shaul@frontier.com">val.shaul@frontier.com</a>	503-805-8991
11.9-11 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Ann Stephenson	<a href="mailto:astephensn@hotmail.com">astephensn@hotmail.com</a>	360-771-5288
9.13-14 Sat-Sun	<a href="#">Tieton River</a>	II/III+	David Elliott	<a href="mailto:dce@dcell.com">dce@dcell.com</a>	
9.13-15 Sat-Mon	<a href="#">Hell's Canyon</a>	III/IV	Mike Moses	<a href="mailto:mtymo_@hotmail.com">mtymo_@hotmail.com</a>	509-240-4220
9.20 Sat	<a href="#">Santiam Fall Colors Float</a>	II/III	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a>	971-241-5396
6.26-29 Fri-Sun	<a href="#">McKenzie River</a>	III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224





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