

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.



Pool Session at the North Clackamas Aquatic Center

By Skip Currier

Another February Pool Session, another rousing success!

Over 50 OWA members and guests participated in this year's pool training. Sessions were broken out into knot tying, throw bags and swimmers, light cat boat flipping, heavy cat boat flipping and advanced knots and mechanical advantage. Sessions were very well put together and pretty much stayed on schedule so that everyone got a chance to practice at each of the stations.

Continued on page 4

In This Issue

<i>Pool Session Training</i>	1
<i>River Tip</i>	2
<i>OWA Contact Info</i>	2
<i>President's Corner</i>	3
<i>Recipe of the Month</i>	6
<i>River Safety</i>	7
<i>Rogue Trip Report</i>	8
<i>Newsletter Submissions</i>	11
<i>Wilderness First Aid</i>	13
<i>Knot of the Month</i>	14
<i>Meeting Speaker</i>	15
<i>OWA Trip Calendar</i>	16

March Club Meeting:

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

Wednesday,
March 11, 2015
from 6:00-9:00 PM

The topic of the March meeting will be a showing of the movie "Habitat, 35 years of progression of Whitewater rafting in the Pacific Northwest".

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River Tip

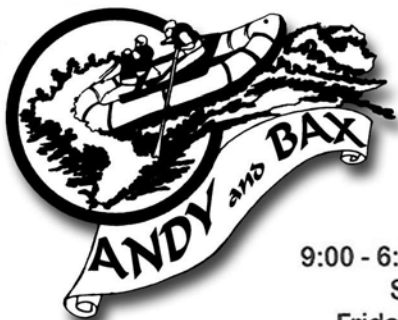
Submitted by Jim Collins

I just finished loading coolers with food for 23 day trip on the Grand Canyon. I did something a little different this time with the ice. Using solid "good" ice and cutting blocks as needed I was able to create a 4" thick ice bottom to the coolers. I then added 5# of dry ice to solidify everything and lower the cooler temperature before packing them the next day. The coolers were then covered with cube ice to fill in any spaces and topped with frozen beer and some additional dry ice as needed. We don't launch for a week and one of the coolers is for days 8 thru 14 of the trip and I am sure it will still have plenty of ice.

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River Safety Training Class 2015

Lead Instruction: eNRG Kayaking
Registration: www.OregonWhitewater.org/rescue
Registration Fee: \$70 (Non-Refundable)
Course Size: First 35 registrants.
Dates: April 11 through April 12 (Saturday and Sunday)
Location: Dodge Park – Sandy Oregon

This two-day river safety training is a hands-on customized class for recreational kayakers, rafters, and guides who want to hone their swiftwater rescue skills. Each day is broken up into a classroom module and an experiential component. Day 1 starts with rescue theory and hydrology. We will introduce several different types of ropes and teach the minimalist approach to hardware, knots, and other tools. We will introduce foot entrapments / bow pins, contact rescues, wading rescues, and swimming in rapids. Day 2 focuses on group management, victim behavior, and preemptive safety. We will teach you how to build and pick proper anchors, and elaborate on mechanical advantage. Finally, we will recreate real life scenarios that will test all the knowledge you have learned and help you build the judgment that will help save lives.

Specific River Safety Drills Will Include

- Safely swimming in swiftwater
- Fording shallow and fast-moving water utilizing various techniques
- Crossing deep, slow-moving and fast-moving water utilizing basic gear, small boats, and combinations of the two.
- Understanding swiftwater rescue team organization
- Utilizing climbing and technical rescue gear applicable to swiftwater rescue
- Utilize basic communication strategies
- Practical exercises to reinforce classroom theory

Pool Practice

The annual RST class will be held in April and if you are new to the club or have not taken the class before then by all means please sign up! All whitewater boaters owe it to themselves and all those they boat with to take this class. The skills you learn will not only help you when you run into trouble, but they will more likely help you avoid trouble all together. The other great thing about the class is that you get to meet new people every time and make great contacts for future trips! So come on out and join us for the training and have a great time too.

OWA March Meeting

Our next meeting is at our normal location at Flying Pie Pizza on Stark. The topic will be a video "Habitat, 35 years of progression of Whitewater rafting in the Pacific Northwest". Please plan on joining us!

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Pool Session Training



Pool Session: Continued from page 1

We all got a refresher on the basics as well as new information that will come in very handy on the water. This meeting is a great primer for the upcoming River Safety Training in April. (If you haven't taken this course, it is well worthwhile.)

That said, OWA sends out a BIG THANK YOU to all of our instructors. Some who travelled a long way to be here and to all who took time from their busy schedules to help us all be safer on the water.

Bruce Ripley – Knots

Sam Drevo – Throw Bags and Swimmers

Val Shaul – Light Cat Boat Flipping

Dave Neisen – Heavy Cat Boat Flipping

Zach Collier – Advanced Knots & Mechanical Advantage

Also a thank you to Vic LeGall for his impromptu “Hot Springs Safety Session” held in the Aquatic Center’s hot tub.

This event would not have been such a great meeting without the effort of Steve Oslund, OWA Training Director who put everything together.

And last but not least to “Sammy the Seal” our OWA Pool Session Mascot!

Continued on page 5



INGREDIENTS

Olive Oil (1 teaspoon to 2 tablespoons, however much you feel like using)

1 large yellow onion, diced medium

1 red bell pepper, seeded and diced medium

3 cloves garlic, minced

2 tablespoons chili powder

1 ½ lbs sweet potatoes cut into ¾ inch chunks

1 cup red lentils

1 teaspoon salt

4 cups vegetable broth

2 15 oz cans kidney beans, drained and rinsed

2 tablespoons Thai red curry paste

1 15 oz can coconut milk

28 oz can diced tomatoes

½ cup fresh cilantro, plus extra for garnish

Limes for garnish (optional)



Red Lentil Thai Chili

Submitted by Katie Watry

DIRECTIONS

Preheat a 4-quart pot over medium heat. Sauté onions and pepper in oil with a pinch of salt, for 5-7 minutes. Add garlic and sauté a minute more.

Add chili powder, sweet potatoes, lentils, salt and vegetable broth. Cover and bring to a boil. Let it boil for 15 to 20 minutes, stirring occasionally to prevent burning. When lentils are cooked and sweet potatoes are tender, add the remaining ingredients and heat through.

Taste for salt and seasoning, top with cilantro and lime and serve!

Boat safe. Be prepared.

Submitted by Zach Byars of Sierra Rescue

One of the mainstays when approaching any rescue centers on the “K.I.S.S.” theory: Keep it simple and safe. As rescue efforts unfold adhering to this simple acronym can help keep rescuers and bystanders safe. Another widely accepted phrase in the industry is that, “the best rescue is one that never happens.” For whitewater enthusiasts, whether you are multi-day boater or a weekend warrior paddling day trips, diligent forethought can prepare you when things go wrong, and in some cases can prevent the accident from ever happening in the first place.

Know before you go.

They say that “prior proper planning prevents piss-poor performance,” and Benjamin Franklin once said, “an ounce of prevention is worth a pound of cure.”

Prior to a trip, the logistics can be overwhelming and scattered, or as straightforward as putting your kayak on the roof rack and driving to put-in. Regardless of the length of the trip or complexity of planning, taking the time to discuss some details with participants is a crucial step prior to put-in. Here are a few things to discuss.

Who

Is going with you on this trip?

Is in charge of the trip?

Has paddled this run before? At this level? Or even paddled at all?

Has any training in swiftwater rescue or first aid?

Knows your plan, and where you are planning to boat? Start? Takeout?

Is going to send help if you don't come back as planned?

What

Did you bring in the way of rescue equipment?

Did you bring in the way of first aid supplies?

Means of communication do you have in case of emergency?

Is the water level? The weather forecast?

Are the known hazards at this flow?

May have changed since the last time you ran this section?

Where

Is all the rescue and first aid gear located on the trip?

Are the eddys, and mandatory scouts to the rapids?

Is there cell phone service?

Is there access to road or trail?

Is there a landing zone for a helicopter?

When taken into account and communicated with one another, the answers to these questions can identify safety concerns, or help streamline rescue efforts should problems arise. Remember its much easier to pre-plan and execute then to play catch-up when caught off guard. Get the gear, get the training and practice practice practice!



Rogue River Trip Report



Rogue River President's Day Trip Report Submitted by Mark Lewis

This is the annual President's Day Rogue trip from Graves Creek to Foster Bar. It is a joint trip with OWA and OKCC. Normally this trip would start by driving down to Galice Lodge on Friday and spending the night. But for many of us it really started one week earlier huddled around our smart phones looking at the predicted rain fall. It is hard to believe that on Thursday, February 5th at 3:35 PM the Agness flow was at 9,520 CFS and just over a day later it was at 104,000 CFS at 7:45 AM on Friday. This was above my pay grade so off to church I went for some heavy duty praying. A week later the water had dropped just a bit so that we could launch on Saturday with the flow at 9,790. I don't think it had anything to do with my visit to the church, but I will take it.

Every good trip starts with a group photo and this one is no different. We ended up with around 30 people and 20 boats most of which were cats. Looking at how people were dressed you would never have guessed that the temps reached into the low 60s each day. If it had been slack water all the way I am sure the dry suits would have mysteriously disappeared.

"Oh, Eeyore, you are wet!" said Piglet, feeling him. Eeyore shook himself, and asked somebody to explain to Piglet what happened when you had been inside a river for quite a long time." - A.A. Milne

What happens is you get damn cold so you leave the dry suit on.

"Life is like the river, sometimes it sweeps you gently along and sometimes the rapids come out of nowhere." - Emma Smith

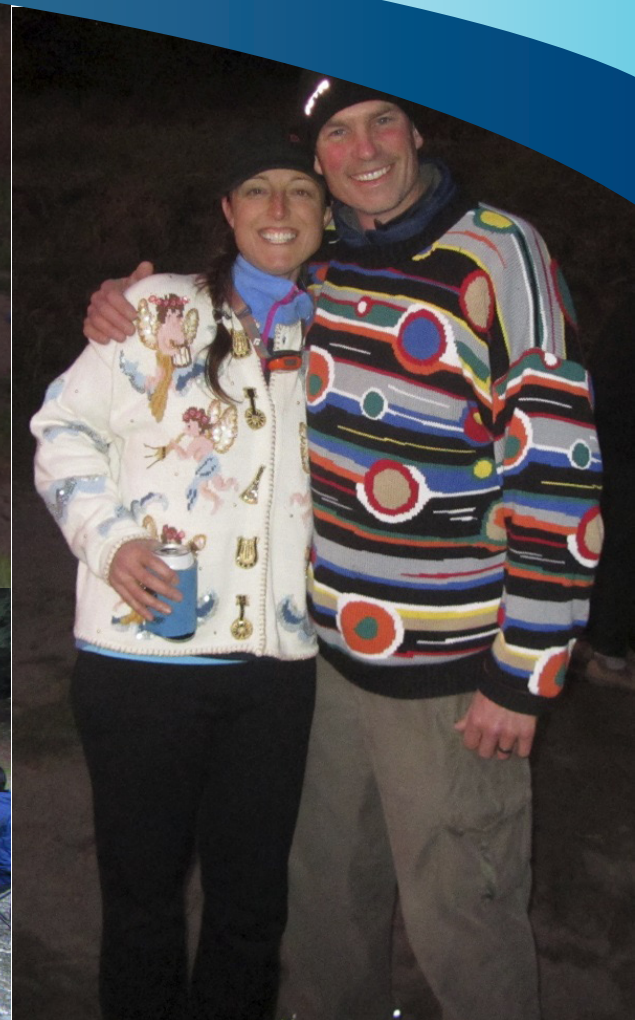
The high water created slack where there were once riffles and waves where there was once slack. Emma was right, you just never know about a river.

"Have you also learned that secret from the river; that there is no such thing as time?" That the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere and that the present only exists for it, not the shadow of the past nor the shadow of the future."

- Hermann Hesse, *Siddhartha*

Rogue River: Continued on page 9





Rogue River: Continued from page 8

There is time on the river and there is time in camp. On this trip the river time was highlighted by going right over the top of the picket fence at Blossom Bar. For many in the group this just seemed downright wrong. For me, it was the only way I had ever done it because it was my first time down the river.

This trip has been called the President's day trip but thought should be given to renaming it the Valentine trip particularly when you have couples like Mike and Egrane wearing sweaters like this.

But wait there is more. In fact it turned out to be ugly sweater night on the river. They must have been very comfortable because nobody took them off.

No real trip can go without some sort of game being played. Our fearless leader Steve decided he would be much warmer if he just took a bit of a nap between the two campfires. I think he was hoping to collect money for some worthwhile cause when he brought out the offering frisbee, but all he earned was rocks. The small ones didn't seem to disturb him too much but I have to say there were a few that got his attention. I have cleverly inserted my shoe into the picture to give you an idea of just how small of a target the frisbee was.

Rogue River: Continued on page 10

Rogue River Trip Report



Rogue River: Continued from page 9

Is it possible to have too much firewood on a rafting trip? Well we gave it the old college try but at the end of the day (or night as the case may be) there was one lonely stick left. I am sure that each time the space station passed overhead they reported seeing us on the river. I am sure that as they passed overhead they were reminded of Jeff Rennie's quote: *There is no rushing a river. When you go there, you are at the pace of the water and that pace ties you into a flow that is older than life on this planet. Acceptance of that pace, even for a day, changes us, reminds us of other rhythms beyond the sound of our own heartbeats.*

With that I will close this trip report but remember the old Chinese Proverb: *The mark of a successful man (or woman) is one that has spent an entire day on the bank of a river without feeling guilty about it.*

I had the time of my life and with it one more story to tell my children and maybe one day grandchildren of my first days on the Rogue.

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

Contact Katie Watry 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.



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

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Course Description:

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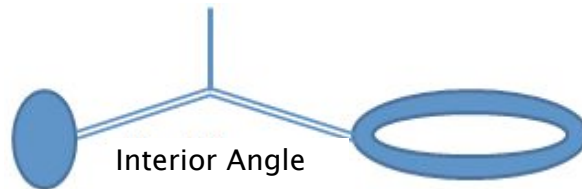
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- You can add a vector pull into a haul system thus doubling the power of your haul system for instance a 3:1 Z-Drage becomes a 6:1
- Note the advantage of a vector pull rapidly decreases as the interior angle decreases



Minimal Requirements

- Haul line and a secondary line



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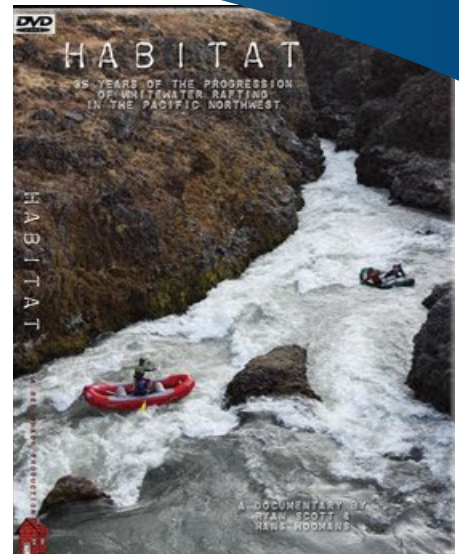
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March 2015 Club Meeting: *Movie, Beers, Soda and Pizza!*

The topic of the March meeting will be a showing of the movie "Habitat, 35 years of progression of Whitewater rafting in the Pacific Northwest". After a brief period of discussing club business and upcoming events, sit back and enjoy what Jim Marsh of Canoe & Kayak says is not just a simple Whitewater movie, it's a thoughtful study of the history of the sport in the Northwest!



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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>

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

PAST OWA RAFTING TRIPS

2.14-16 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
1.1 Thurs	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991
11.9-11 Sat-Mon	Rogue River	III/IV	Ann Stephenson	astephensn@hotmail.com	360-771-5288
9.13-14 Sat-Sun	Tieton River	II/III+	David Elliott	dce@dcell.com	
9.13-15 Sat-Mon	Hell's Canyon	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.20 Sat	Santiam Fall Colors Float	II/III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396



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