

Volume 15, Number 4 April 2014 www.oregonwhitewater.org

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.



Hood River Trip Report

Submitted by Skip Currier

The text bombing began mid day Thursday, the 27th. Mark Tyree sent out a message saying, "It's at 6.5 and going straight up!" We took that as the Hood River is at 6.5' and rising rapidly. After many more texts, all agreed to meet at Hood River Marina at 9AM on the morning of Saturday, the 29th.

Greg Babikoff, his friend Mike, Mark Tyree, Sam Watry, Skip Currier, Alec Reeves and Robert Delgado showed up. We moved boats around, ran the shuttle and were ready to haul the boats down to the river. I forgot to mention; Josh wasn't there.

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April Club Meeting:

Flying Pie Pizza 7804 SE Stark Street Portland, OR 97215

Wednesday, April 9, 2014 from 6:00-9:00 PM

Guest Speaker Carol Beatty:

Women Boaters/Kayakers and Men Boaters/Kayakers: Different Species and how we can learn from each other

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River Tip: A Request

Submitted by Jim Collins

This month's tip isn't a tip but a request. Ever been in that situation where someone on the trip has managed to get their boat stuck on a rock more than a throw bags length from the shore (you know what I'm talking about Joe)? How do you get the rescue rope out to them. I have thought about a fishing pole but does anyone have any good solutions? Let me know and I'll share what we come up with.





President's Corner

Spring is on the way, with more club trips! by Bruce Ripley

Well, it looks like spring is on its way and the rivers seem to be a bit more predictable now. The club trip on the Lower Deschutes was held in mid-March and by all accounts it was a great event. One of the things that makes OWA truly unique is our ability to run day trips and multi-day trips designed for families as well as some for just experienced paddlers. This gives our membership many options to choose from and serves to feed the next generation of paddlers that will eventually replace us. Thanks to all those who helped organize, or support the Lower Deschutes trip.

You will soon be seeing the online auction announcement which is our primary fundraising event which is designed to support our training activities. This year's event will be like previous years and all I'd say is that if you see an item you want, or a shuttle on a river that you are going to run anyway please bid on the items. Remember, if you are already going to run that river then you have to shuttle one way or another anyway, even if you only save \$10, it's still \$10 and you help out the club. If you do bid on a shuttle know that if you ever had a problem, or couldn't use it the club will buy it back for whatever you paid, so you really can't lose.

Lastly over the past month or so there have been several announcements on safety classes not affiliated with OWA. I've been asked several times if it's ok that those are posted to the email server. In short the current view is that each of these were posted by members and as long as they post on Wednesday then it's fine with the club. If an individual member wants to participate in one of those classes please feel free. We are not endorsing or branding those classes, but I really can't see how any training or practice could be anything but good. As far as being competitive, the announced classes are actually a pretty good opportunity for some of the membership living in the clubs more remote areas, specifically Northeast and Southwest Oregon. Finally, have fun and be safe on the river.

OWA Trip & Classes

Last weekend was our river safety class and I want to thank all involved in pulling it off. It takes at least 10 dedicated people to pull off that class and is by no means a small feat. We are lucky to have a group of volunteers who are willing to spend two full days with us. In addition I'd like to recognize Dan Hudson, one of our normal instructors who had to cancel at the last minute because he is leading some of the search and rescue efforts in Washington on the Oso landslide. We missed you but we are glad you are there helping bring some stability and expertise to that catastrophic event.

OWA April Meeting

The next meeting is at at Flying Pie on Stark Street. The speaker will be Carol Beatty talking about the differences between the paddling styles of men and women and what we can learn from one another.

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

www.oregonwhitewater.org/ dues.html

Hood River Trip Report



Hood River Trip Report: Continued from page 1

We put in at the little siding of Dee on the East Fork. You cross the river and there is a small field off to the right where you unload. From there you lift your boat over a gate, (there is a Keep Out sign, but that's only someone else's opinion of how you should behave) and then down a gravel trail a couple hundred yards to the river.

Once we were all at the river, I asked Mark if there was anything he could tell me about the run. He said, "well there is this place.. uh, it's really hard to describe..the river..uh, well it gets uh.. you'll know it when you get there." We can say that was an understatement!

About a mile or so down the river, the rapids get a little bigger and more technical. You go through these, and the river bends left as you go through a little bit bigger rapids. Then, at the horizon line, you see a massive boulder that narrows the channel by half. You also see the wave train behind it. Yep, the waves are taller than the rock. The river was described as tight and juicy. (You know who said it) Everybody made it through without incident except one accidental swim (missed handhold). Smiles all around!! Super fun!

Not far from there is the confluence with the West Fork and the river is now the Hood River. The river widens quite a bit here and is enhanced by the flow of the WF. Rapids are continuous and there are plenty of opportunities to surf. You won't get bored on this river!

We all made it down to the Marina and got our boats out and ready to load. We had some boats on the trailer when a squall blew in. It rained like crazy and the wind blew hard enough to push boats off the trailer. Once boats were loaded and secure, we headed in to Hood River to Double Mountain for some food and beer.

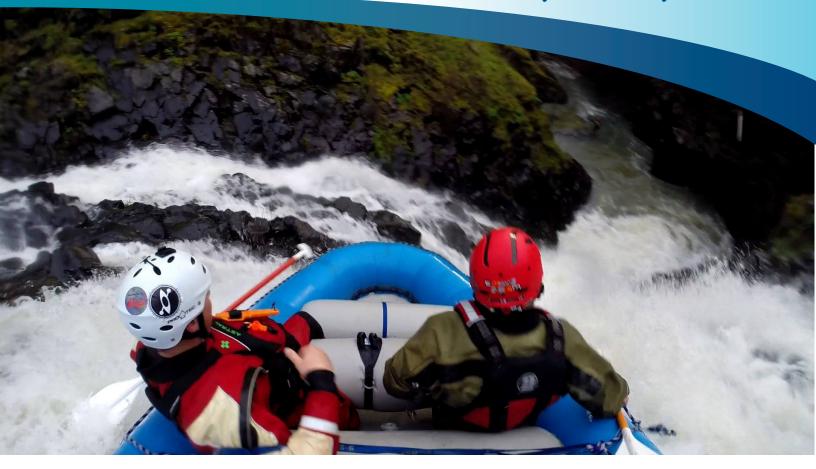
But Wait! There's more! While we were eating, Alec got a call from a buddy saying Mosier was in shape. So, we paid up and headed 5 miles east to Mosier Falls. We looked at the falls and it was really rocking. After much deliberation, Alec and Robert decided to go for it.

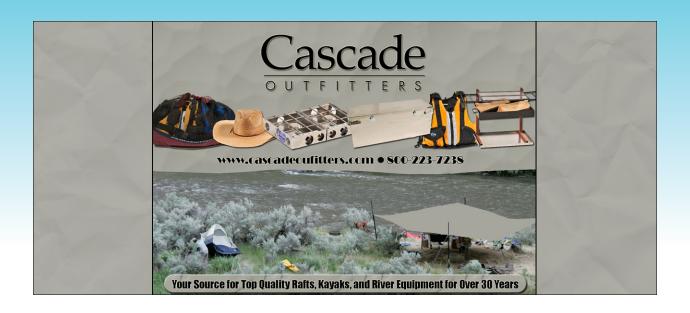
It was quite a drop into the canyon. Greg set safety while Skip helped Alec & Rob belay the boat down to the river. Mike had already left for home so Sam and Mark were the film crew. Anyway, Alec & Robert get in their raft, paddle out of the eddy, catch the current, and proceed to drop 75 or so feet over Mosier Falls to the river below!

You could not add a bigger exclamation point to a perfect day on the river!! This is a day I won't forget!



Hood River 7rip Report





Sandy River Clean-up



SOLVE IT!

Sandy River Cleanup

When: Saturday, April 26, 2014 8:30 AM - 3:00 PM

Where: Lewis and Clark State Park, I-84 and Old Columbia River Hwy, Troutdale, OR

Directions: Heading East on I-84, take exit 18 toward Lewis & Clark State Park. Turn left

onto Crown Point Highway, then turn left into the SE corner of the main parking lot at L

ewis & Clark State Park.

Meeting Spot: Meet at the main parking lot.

Minimum age: 12

If available please bring: PFD (personal floatation device = life jacket) clothing appropriate for cold water. Garden gloves.

Coordinator: Russ Pascoe

We will do our annual Sandy River Cleanup as part of SOLVE's big spring event. This is one of the biggest national Earth Day projects as thousands turn out for hundreds of projects surrounding the Portland/Vancouver area. We are unique in the area group because we have the skills and gear to clean the riparian area along one of Oregon's great rivers. Being close to Portland it gets lots of use and abuse and needs our TLC to keep it in shape. We will cleanup the Sandy River from Revenue Bridge below Sandy to Lewis & Clark Park near the mouth. We will split into groups appropriate to participant's boating skills. Upper 2 sections have rapids up to class 2+. From Oxbow to our finish it is moving water with minor obstacles. We will have jobs in the parks for those not wanting boat travel. Might have space in rafts for some needing a river ride. Bring PFDs and appropriate clothing for cold water. Helmets recommended on upper sections. WE NEED VOLUNTEERS WITH RAFTS AND DRIFT BOATS! Volunteers under 18 must be 12 or over and accompanied by an adult. Most of us will float from Oxbow to Lewis and Clark near the Columbia. That stretch is easier moving water but might have some swift current and avoidable obstacles in stream. Flatwater craft do fine on this stretch. This year we were hoping to get at least an experienced scouting crew to check out Revenue to Dodge, as we've not yet focused on that section.

Please register in advance and sign the e-waiver to save time on our cleanup day although you can register day of event. Go to: http://www.solveoregon.org/get-involved/events/sandy-river-cleanup

Let me know if you will join us at russ.bec@gmail.com or 360-901-3411



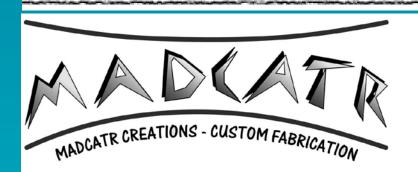


Sandy River Clean-up









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The UCWWF is a equal provider operating under a special use permit from Mt. Hood National Forest. Alcohol not permitted at event per Forest Service permit.

Recipe of the



INGREDIENTS

8 cups rolled oats (any or all multigrain if you like)

14 oz. flaked coconut (I use chipped coconut to avoid the added sugar and preservatives)

2 cups total of chopped nuts and/ or seeds (almonds, sunflower seeds, pumpkin seeds, sesame, flax or any of your favorite nuts/seeds)

2 T. Cinnamon (optional)

1 cup wheat germ (optional if you want to keep it gluten free)

1 cup water

1/2 cup vegetable oil

1 T. vanilla

1 1/4 cups brown sugar (I use 1 cup and it is fine)

2 tsp. salt



Granola

Submitted by Joy Cleaver

DIRECTIONS

In a bowl mix oats, coconut, nuts and seeds, cinnamon, and wheat germ. In a blender, blend water, oil, vanilla, brown sugar and salt. Add liquids to dry ingredients and mix well. Spread into two 9X13 pans. Bake at 150 degrees until dry and golden, somewhere around 2 hours. Stir about every 20 minutes first hour, and stir every 10 minutes second hour. Cool before storing. Add dried fruit of your choice after granola cools. Have fun with it and change the seed, nut and dried fruit mixture to fit your taste buds.

CONGRATULATIONS TO JENNY OGREN!

Jenny was the lucky winner of the 2013 Oregon Whitewater Newsletter Contest Drawing for her Chili Recipe, which was featured in the February 2013 edition of the OWA Newsletter.

Jenny won a \$150 gift certificate to one of the OWA sponsors of her choice. Congratulations Jenny and thank you to all our members who submitted newsletter content in 2013!

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual prize drawing for \$150 gift certificate to one of our sponsors. Every member who submits written material that is published in the OWA newsletter will automatically be entered into the drawing. Qualifying members are limited to one entry per drawing. 2014 Prize Drawing will take place at our Annual Holiday Party.

Do you have something you would like to submit to the OWA Newsletter? Contact Katie Watry at VicePresidentNewsletter@ oregonwhitewater.org. We look forward to reading future river stories, cooking your river recipes and learning techniques to advance our skills on the river!





A Look At River Knives

Over many years of paddling experience we've not had to use our knives in many critical situations but trusty friend is always handy. Paddlers usually carry either a straight, fixed blade in a sheath on the outside of the PFD, or a folding knife stashed in a pocket. Most knives have sharp serrated edges. You should be able to locate a suitable one in catalogs, or with any retailer that handles whitewater gear and equipment. You may even be able to find one in such places as Home Depot, Lowe's or general hardware stores.

The primary reason for carrying a knife if to free yourself or another paddler from entanglement by a rope, webbing, thing strap, or any part of a boat's outfitting. Next, is a discussion of brands that are considered good choices for whitewater paddlers and SAR personnel.

Some of the common choices in folding knives:

- 1) Spyderco has both the Rescue 93mm version (about \$82) or the 79mm (about \$75). Each has a sheepfoot nose and a steel, serrated blade that can be opened quickly with one hand.
- 2) Gerber's E-Z Out Rescue (\$42-\$45) also comes with a sheepfoot nose. It has a serrated stainless steel blade making it razor like, non-slip rubber inserts, and a removable pocket clip and lock back. We use one of these knives and it only takes one motion to make a cut (no sawing back and forth).
- 3) Good choice for SAR personnel--the Smith and Wesson 1st Responder folding knife (\$42). It has a serrated blade that is sharp enough to slice through a rope or webbing with one slice. Black handle and easy one-hand opening with a rounded type tip for safety. Also has a spring loaded window punch and a belt clip, and comes with a sheath and both a belt loop and belt clip.

Common choices in straight (fixed) blade types knives carried in a sheath:

1) Gerber's River Shorty (\$40) has a blunt tip, full serrated drop point fixed blade and comes with a sheath that attaches to the PFD. Its companion, the River Runner (\$38), has a half-smooth, half serrated blade, however, it has a pointed tip instead of a blunt nose.

2) McNett has the Blakely, a sheepsfoot style with a non-puncturing tip and single-edged serrated blade. Comes with a sheath and sells for the appealing price of \$20.

Unique type cutting tools:

A unique knife is the Bearclaw by Columbia River Knife and Tool (CRKT) for \$40. It has a small curved two and one/half inch hawksbill blade with a blunt nose for safety (looks like an Anteater's snout and comes in three styles). The blade has a finger hole to prevent losing your grip and it clips securely into a sheath when stowed. It can be used both for rescue and survival tasks. Another unusual but inexpensive and lightweight cutting tool is the Gerber Gut Tool, also called the E-Z Zip Tool (\$15--18). Gerber indicates that in addition to being used for dressing deer it is a good choice for professional rescuers. It is small with a stainless razor type blade that has a blunt type nose. It comes with a circular sheath and spare blades stored in a velcro pocket (spare blades can be commonly found in stores).

Whether you choose a folding type, a curved blade, or a straight blade having one with a sheepfoot nose can prevent cutting things that you don't want to cut. If you purchase a straight (fixed) blade, many come with double edges making it a challenge to pevent cutting skin if the knife must be worked under a tight piece of webbing or rope around someone's leg. Also, to prevent losing your knife when handling it in water affix a small lanyard loop that can loosely fit over your wrist.

For personal safety it is important to 'streamline' everything carried on the outside of the PFD. This prevents snagging on objects if working on a rescue in the river or if swimming in river current. Rescue vests come with at least one lash tab on the outside for securing knives worn in a sheath and most have several. Although outside attachment provides handy access to your knife give some thought to exactly how you'll position yours to prevent the potential for snagging.

Relative to using a knife for rescue it is a good idea to know exactly how your knife will perform when cutting rope, webbing, or straps from a person's body or even boat outfitting. Practice cutting webbing or rope from around someone's leg or arm. This might prevent having to render emergency first aid in a live situation should yours not perform the way you thought it would.

ACA Instructors Jim Jones, Tim Jones and Mike Gardner contributed to this discussion.

Knot of the Month



Knot of the Month - Figure 8

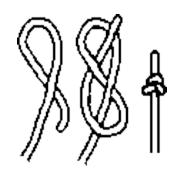
Each month we will showcase essential knots you should know for river situations

Overview

- The figure 8 is an end knot or stopper knot.
- Its basic use is to prevent a line from pulling through a pulley, etc...
- It is the basis for two important knots the Figure 8 on a Bight and the Follow Through Figure 8. Which will showcased over the next 2 months.
- Knowing how to tie the basic figure 8 will prepare you to learn the variations



Figure Eight Knot







April OWA

Meeting Speaker: Carol Beatty

Topic

Women Boaters/Kayakers and Men Boaters/Kayakers: Different species and how we can learn from each other.

Bio

Carol has been boating since 1978. In her time on the water she has come to believe that men and women approach boating/kayaking from different perspectives and those differences often generate laughable and irritable situations. And sometimes unsafe situations. Carol has run many Class IV rivers, has been down the Grand Canyon 13 times and has led the OWA Women's Trip down the Lower Deschutes since 1998. So, come hear Carol's observations, see some early as well as recent pictures and contribute your own thoughts! It should make for some lively discussion!







| Please go to the OWA website for additional details on each trip, CLICK HERE Or go to http://oregonwhitewater.org/calendar/trip-calendar | | | | | | |
|---|--|---------|------------------------|--------------------------|-----------------|--|
| 4.12 Sat | <u>Deschutes River</u> Tax Relief Float | III/IV | Bill Goss | zanng@msn.com | 503-757-4659 | |
| 4.25-27 Fri-Sun | Lower N. Umpqua | 11/111 | Brenda Bunce | brenda.bunce@gmail.com | 360-931-4224 | |
| 5.9-11 Fri-Sun | Grande Ronde | III | Eric & Candace Ball | balle@pocketinet.com | 509-529-6134 | |
| 5.10-11 Sat-Sun | Lower Cispus | 11/111 | Tina and Eric Myren | TNEMYREN@gmail.com | | |
| 5.16-19 Fri-Mon | Rogue River Lodge | III/IV | Van McKay | vanm1@aol.com | 360-737-3148 | |
| 5.22-26 Thu-Mon | Grande Ronde | III/IV | Dave Graf | dmgraf55@centurytel.net | | |
| 5.30-6.1 Fri-Sun | Upper N. Umpqua | III/IV | Walt Bamaan | wbamaan@wmni.net | | |
| 6.7 Sat | Klickitat River | 11/111+ | Doug Smith | Doug@davidsmithmapping.c | om 503-232-5285 | |
| 6.13-15 Fri-Sun | <u>Lower Deschutes</u> Women's Trip | 11/111 | Carol Beatty | caroldon1@comcast.net | 503-816-6172 | |
| 6.26-29 Fri-Sun | McKenzie River | III | Brenda Bunce | brenda.bunce@gmail.com | 360-931-4224 | |
| 9.13-14 Sat-Sun | <u>Tieton River</u> | 11/111+ | 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 | 11/111 | Matt Saucy | sawdusty9@yahoo.com | 971-241-5396 | |
| 11.9-11 Sat-Mon | Rogue River | III/IV | Scott Ogren | scott@scottogren.com | 503-267-9785 | |
| | | | | | | |
| | | PAST C | WA RAFTING TR | IPS | | |
| 3.22-24 Sat-Mon | <u>Lower Deschutes</u> Spring Break Float | 11/111 | Scott Ogren | scott@scottogren.com | 503-267-9785 | |
| 3.8 | Merrie's Deschutes | III/IV | Merrie King | | 503-490-1743 | |
| Sat | Bday Float | | | | | |
| 2.15-17 Sat-Mon | Rogue River | III/IV | Steve Oslund | stevilone@gmail.com | 503-709-7661 | |
| 1.1 Wed | Sandy River | 11/111 | Val Shaull | val.shaull@frontier.com | 503-805-8991 | |







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