

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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Middle Fork of the Salmon

Submitted by Bee Tyree

Launch Date: Sunday, July 20th, 2014

Water Level: 2.28 feet

The Crew: Mark and Bee Tyree, Sam and Katie Watry, James and Theresa Haworth, Steve Oslund, Skip Currier, Josh Hollander, Greg Babikoff, Nick Soorholtz, Jessie King and Ron Belnap

Camp sites: John's camp, Little Soldier, Loon Creek, Camas Creek, Fly Camp and Cliffside

Weather: Beautiful and sunny everyday with occasional thunder, lightning, wind and rain in the evening

Best part of the trip: Great friends, good weather, no injuries, stings or bites, no broken blades, a nice shower at Sunflower Hot springs and 10 days off work

What I learned: That I'm capable of rowing my boat for 100 miles in 7 days and that I need to spend more time exploring new rivers

Continued on page 4

October Club Meeting:

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

Wednesday,
October 8, 2014
from 6:00-9:00 PM

Guest Speaker

Ben Nieves:

*Rafting on the Colorado River
through The Grand Canyon*

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River Tip:

Good Ice, Part 2

Submitted by Jim Collins

Now that you know what good ice is, how do you best utilize it? A few basic steps will make it last longer. As a result you can carry less and have more room in the cooler.

First, always pre-cool. Two six packs or a gallon of liquid takes two and a half pounds of ice just to cool it. Pre-cool or freeze everything that you can. Pre-cool the cooler starting a day or two ahead of time. Keep some frozen half gallon water bottles in the freezer and place them into cooler to get it cool before adding the ice and food.

Second, maintain cooler control. Limit the number of times you open it and how long it stays open. If packing multiple meals, pack them in an organized manner (right to left) to minimize the amount of time the cooler is open while removing the food. A small beverage cooler in the boat for daytime beverages allows you to rehydrate without burning ice.

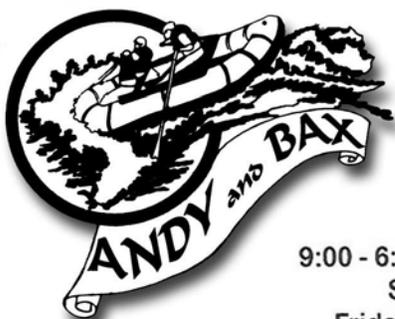
Third, cover your cooler. I use an old wool blanket that I keep wet to create a swamp cooler effect.

Fourth, frozen beer is a lot colder than ice and serves a double purpose. Just don't try it with Coors and be careful what is placed around it. It will freeze and burst the soda cans...I found out the hard way.

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Training Always Pays

by Bruce Ripley

There are things in life that you do and you have fun doing them and when they are over you bask in the joy that you had. Running a rapid, tackling a new section of river, climbing a peak are just a few of the ones that come to mind for our group. There are others that take a while and allow you to do those fun things, like going to school or developing your skills in a trade. The two don't always happen at the same time, but sometimes they do. This last weekend was one of those times.

OWA and its safety partners Sierra Rescue and Hells Canyon Shuttles (Scotties) jointed with our sponsors in hosting our annual Wilderness First Aid class. If you were there, and many of you were, then you know that it was one of those unique times when you got to really have fun, but also learn skills that quite possibly will save someone's life. Wilderness First Aid is different because it teaches you to rely on your own skills and instincts when help won't be coming for a very long time, or you might have to pack up and go to the help.

Here's the really great part, on day one you start off feeling like you really don't know what to do and tend to be very hesitant. By the end while you may not know everything you have a much better idea of what could cause further injury and what you can do that probably won't. What a great feeling to know that while you are not a doctor or a nurse you can still provide care and comfort to someone who needs it.

Over the course of the weekend I saw students who were very reserved and unsure on day 1, take charge and manage themselves but a multiple-trauma scene on day 3. It was not only a great learning opportunity, but it was really fun. As a club we've tried to keep the cost of this down so that there is really no reason you shouldn't be able to go every couple years, and the instructors really are world class, they are quite simply some of the best in the country and we already have them booked for next year! Have fun, be safe, and be prepared!

Changes

Those of you who have been through safety classes before know that the second time you take them the rules sometimes change. Wilderness First Aid is no different. Suggestions for treating different injuries are always changing and just because you took a class before does not mean that all that knowledge is still current. In the last couple years there have been changes to rules for CPR, rescue breathing, allergic reactions, and others. It's just one more good reason to refresh your skills every couple years.

OWA October Meeting

The next meeting is at our normal location, Flying Pie on Stark Street. The speaker, Ben Nieves is one of our club members and he'll be sharing one of his adventures down the Grand Canyon with you. Ben is a professional videographer and his presentation should be terrific. Please plan on joining us!

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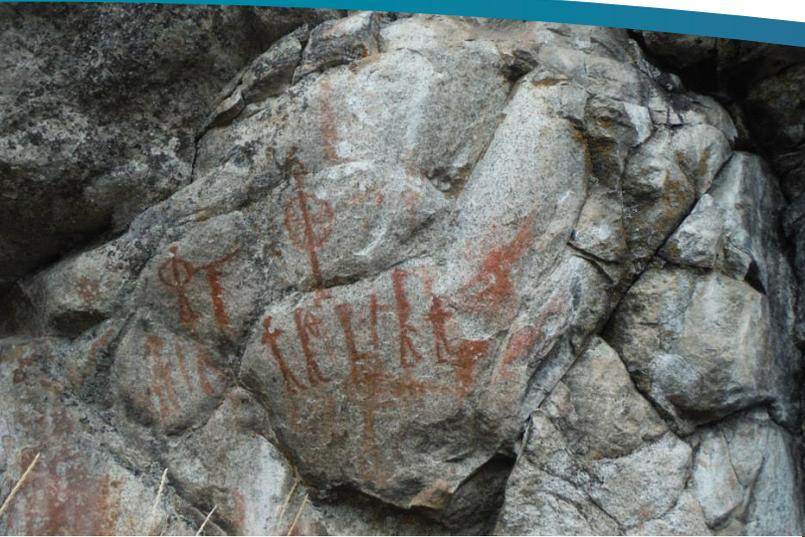
**[www.oregonwhitewater.org/
dues.html](http://www.oregonwhitewater.org/dues.html)**

Middle Fork Salmon River



Middle Fork Salmon River Photo Montage

Continued on page 7



Middle Fork Salmon River Photo Montage

Rafting the Farmlands



AP Photo/Statesman-Journal, Zach Urness

RAFTING THE FARMLANDS

Submitted by Dave Pauli

Many of us in the OWA have spent time on the White Salmon River. Its proximity to Portland, year round flow, and exciting rapids help to make it a Northwest Summer classic. Lurking up-stream from the normal put in at BZ Corners is some of the most exciting class IV-V+ whitewater around. The Green Truss section is probably the most well known of the upper runs attracting world class kayakers and rafters who love the thrill of an adrenaline charged free fall over numerous runnable waterfalls.

Upstream of the Green Truss is a lesser known, rarely run in rafts section affectionately known as the Farmlands. This section is about 5 miles long, goes from Warner Road, to the Green Truss Bridge. You can read about in Soggy Sneakers, and Jeff Bennett's Guide to the Whitewater Rivers of Washington. This section is marked by a narrow gorge, tight twisting chutes, and numerous 5'-15' ledge drops. This one will not likely show up on the OWA trip calendar any time soon, however, that doesn't prevent some of us more crazy rafters from given it a shot.

This stretch is what I refer to as R2 country. R2 refers to two rafters; and in our case positioned side by side in order to navigate the twisting turning channels. I also refer to this as Puma country. This stretch is where smaller rafts such as the Puma excel.

Over the years I have ran this section in my IK and at least one hairy high water run in a raft. It has been years since I was last on this section, but it has never been far from my thoughts. This summer, my long time rafting buddy Don and I decided it was time for another Farmlands special.

Don and his son Zach would make up one R2 team and Freeman and I would make up the other team; Don's team in the Purple Puma and mine in the Yellow Puma. What we may have lacked in precision, we made for in having really cool looking rafts. This being Zack and Freeman's first experience on this stretch we chose to make it a low water run. The gage was just over 2' at the Husum gage. What we may have gained in having a less pushy river, we gave up in having more rocks to avoid.

Anticipating a portage at Sidewinder, we opted to put in just below it in order to save us the portage hassle. After dragging the rafts just below Sidewinder we found a micro eddy on river right. It was a challenging put in to say the least and churning whitewater whisks through a narrow gorge. It took some fancy footwork, and timing to get into the rafts and launch from this point. Once underway, the rapids and drops come one after another; "Door Bell" and "Little Lava" just to name a few. Don's team navigated this stretch like old pros, whereas my teammate was relatively new to rafting and this was quite a jump up from the Clackamas and BZ sections he had experience on. I found myself high siding way more than I had planned, and wishing I had brushed up on my cat like reflexes.

Farmlands: Continued on page 7

Farmlands: Continued from page 6

One notable hazard in the first mile is a river wide log. Fortunately, we had spotted this obstacle by walking out on the 2nd small bridge below Sidewinder. The eddy on river right gave us the time needed to safely reach shore. Once there we drug rafts up and over, and re-enter the current.

Shortly below the Portage is the biggest drop on this section. 15' Vertical Lava Dam. We eddied out right to scout. The stories are out there of boats being pulled behind this falls. Needless to say that came up in our conversation during the scout. We somewhat jokingly discussed who would hold the throw bag and who would hold on to the other end and jump in should someone from the other team end up stuck behind the falls. I said, "You know guys, the fact that we are having a conversation like this might be code for this is a bad idea." Bad idea or not, we were determined. We were going to run this monster. Don and Zach would go first as I was positioned at the base of the falls with my throw bag. They piled into the raft, paddled up the eddy a bit and turned the boat pointing down river. Taking a few good strokes toward the tongue, right of center, they hunkered down on the floor, held on tight, leaned back as they crested the lip and took the plunge. Their flawless run was met with hoots and hollers from me and Freeman. Once to shore, Don took my place at the base. Freeman and I jumped into the Yellow Puma, followed the same route and technique and having the same result as Don's team. On a side note, I did manage to lose a contact going over the falls so the rest of the trip was literally a bit of a blur. I was kicking myself for not tossing an extra pair into the dry-bag as is my normal mode of operation.

Following the Lava Dam the river tapers off for a couple miles providing a much needed chance to catch my breath, inhale a Power Bar, and jump into the chilly water to cool off. Around four miles down the river, it comes back to life as it disappears over 12' "Off Ramp". We eddied out river left to scout. I had run this once before in my IK at extremely low water through a narrow chute on the left. I had run it another time at higher water in a raft on river right. This time neither of those options was remotely safe so we opted to portage on river left.

From this point there are a few class III rapids and Freeman found out, "Just because the big ones are behind you doesn't mean you can relax." We broached a rock, (again) and Freeman took a short swim. No sooner had he gotten back into the boat when the Green Truss Bridge came into view. If you ever run this, be prepared, this may be the gnarliest take out known to man, but it is well worth the effort.

After peeling off the wetsuits and booties, running the shuttle, and loading the rafts, it was time for killer burgers at the 6th Street Bistro in Hood River.

If you are considering running the Farmlands...

Consider running the newly opened Lower Gorge section of the White Salmon. (The section from the old Northwestern Lake to the Columbia. The gorge on this section will give you a small taste of the Farmlands. With the removal of the Condit Dam, this section to my knowledge is yet to make it into a guidebook due to its newness. I am including my trip report from when I ran it in 2013.)

Consider running the Breitenbush. You can read about this one in Soggy Sneakers. This river will provide even more of a taste of what the Farmlands are like. To state the obvious: go with someone familiar with the Farmlands.

Gather Information: small rivers like this tend to have more wood and hazards that are always changing. To help with gathering information I would recommend joining pdxkayaker on Facebook and pdxkayaker through Yahoo groups. The kayakers do an excellent job keeping one another informed about river conditions utilizing social media. There is no cost in joining these groups.

We recently (Aug 2013) R2ed the newly opened Lower Gorge on the White Salmon from Northwestern to the Highway 14 bridge. The river wide log below Steelhead Falls is gone, though there are some pieces poking up out of the water below Steelhead. After the dam site, the walls suddenly gorge up and pinch down. It's a very beautiful canyon with several easy class 2-3 rapids- it's clean and you can boat scout it. This part of the gorge reminded me of Mule Creek Canyon on the Rogue.

About 1/2 mile into the canyon you'll come to a more difficult, long rapid (class 3). This is the lead into Steelhead, which is just around a hard left bend at the bottom. Pick your way down the lead in rapid for approx 75 yards, and eddy out high on the left to scout/portage Steelhead. We ran Steelhead without issue. It's pretty easy and forgiving at low water. Catch the set up eddy above it on the right and make a hard ferry toward the left, finishing far left. Pausing for a moment after Steelhead and looking back up river at the drop, it looked similar to Oak Springs (The river right side of Oak Springs) on the Deschutes.

This is a very unique and beautiful stretch of water suitable for all types of whitewater boats within a reasonable size. All in all this is a class III run with the exception of Steelhead Falls (IV). Be prepared with some horse power at the take out to get boats up the left bank.

You can go to YouTube and get a look at the falls as others have posted some footage. Type in Steelhead Falls on the Lower White Salmon.

Beginner Boaters: Continued on page 11

INGREDIENTS

1 large white onion, peeled & diced

4 cloves garlic, peeled & minced

3 sweet red or orange peppers, diced

2 medium zucchini, diced

2 jalapenos, deseeded & minced

4 cobs of corn, kernels removed

3 large sauce tomatoes, rough chopped

Handful chopped cilantro

Veggie broth or water

2 tsp olive oil

2 tsp ground cumin

1 tsp ground turmeric

1 Tbs dried oregano

Sea salt & pepper

Fresh lime juice to taste

Optional: 1 14oz can coconut milk. Or sub 1 14oz can chopped toms & 1 32 oz box Imagine Creamy Corn Soup.

Yield: 4 Servings



Corn Chowder

Submitted by Michele Gila

DIRECTIONS

Chop the onion & garlic. Saute in olive oil over med/low heat. Meanwhile chop the sweet peppers. Add them to the pot. Chop zukes. Add 'em. Slice corn kernels off the cob. Yep, add 'em. Of course stirring between so the veggies don't stick or burn. Dice jalapenos. Add them. Chop sauce tomatoes. Give it all a few stirs to mix. By now it's getting pretty saucy. Add a bit of turmeric, ground cumin, dried oregano, ground pepper, & sea salt. Add a little bit of broth or water, so it's really soupy but don't cover the veggies entirely. That would probably make it too thin. Cover, let simmer about 30 min. Remove from heat. Add chopped cilantro. Mix well. With immersion blender, blend it until desired consistency. I leave mine pretty chunky. If you don't have an immersion blender, make sure the soup is pretty cool before using a regular blender. Then return to pan.

Option to now add a can of coconut milk, should you want a creamy finish. Add juice of 12 limes, depending how zippy you like it. More salt to taste.

If you want to make fresh chowder on the banks of the river and want a few substitutions to make it easy, omit the fresh corn & tomatoes. The rest packs into coolers & dry boxes quite easily. Then add the can of chopped tomatoes and the box of corn soup. You might still decide to thin a bit with broth or water. And since the Imagine soup is already creamy, you won't need to add the can of coconut milk..

PUT-IN SAFETY TALK BASICS

The put-in safety talk is an important element in ensuring a successful, safe trip. How extensive it needs to be depends on the group mix. Unless all the trip members boat together frequently and have heard it all a dozen times before, we recommend a complete run-through for everyone.

Much of the info you need to cover is serious, but some humor can be used. The goal is to prepare trip members for emergencies that can occur, not to traumatize them.

On the water safety:

The best policy is to wear your life jacket (PFD) at all times when on the water; emergency situations can develop suddenly. Your PFD is your main safety device, make sure it's properly fastened and adjusted. It's safest to wear your PFD while scouting rapids and absolutely essential if you are setting safety at a rapid with a rescue throw bag. When wearing a helmet, also keep it on when scouting. When you remove your PFD at lunch or at the end of the day, be sure to clip it securely to the boat. If it's loose, a gust of wind or motion of the boat can send it into the water.

Whether you're in an oar or paddleboat, listen to the boat captain. He or she is experienced and will be depending on you to follow directions quickly.

Never hesitate to point out downstream obstacles to the captain; they may not have seen them. If you're new to "reading water", other experienced boaters will be glad to help you learn.

It's a rough and tumble world out there. Protect your feet by keeping your shoes on while you're on the water. Getting tangled up in loose ropes and straps can be very dangerous. Keep them properly secured and out of the way. NEVER tie yourself into the boat or tie a line around yourself.

Rescuing yourself after you've been thrown out of the boat usually presents two choices. If you're close to the boat and a strong swimmer, you may be able to swim quickly to the boat and get pulled back in. If you're separated from the boat or in big whitewater, you may have to get through the rapid first. Float on your back with your feet downstream. This allows you to see what's coming and to push off rocks and obstacles with your feet, instead of your head. Don't lock your knees while floating. Collision with an obstacle can jamb and injure knee joints; plus, locked knees don't allow you to control the push-off from the obstacle.

In a rescue situation, save the people first and worry about floating equipment later. If you are tossed from a paddle boat, hang onto your paddle if possible; it can be extended out to the boat to help pull you back to it. However, if the paddle is interfering with your swimming and ability to self-rescue, let go of it and take care of yourself. Control your paddle during the chaos of whitewater action, otherwise you can bloody noses and take out teeth of your boating companions.



River Safety: Continued on page 11

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River Safety: Continued from page 9

Get back to the boat if you can, but don't float downstream of it. This creates the danger of being crushed between the boat and an obstacle. If you're floating through whitewater, breathe in during the wave troughs and hold your breath when the waves break over you.

If the boat flips, protect your head from impact with hard objects like frames and oars. If you come up under the raft, get out from under it quickly, preferably on the upstream side. If possible, climb on the overturned boat and help right it. In the case that you are separated from the boat, float on your back and make your way to shore or another boat.

At all costs avoid being swept under a log or "strainer". If you find yourself going into one, flip onto your stomach, swim hard and get on top of the obstacle. If you go under it, there's extreme danger of getting trapped underwater.

In all swimming situations, keep your feet up to avoid foot entrapment. Only put your feet down in very shallow or very calm water.

If the boat strikes a rock, jump to the side nearest the rock. If weight isn't transferred quickly to this side, water can pile up on the upstream side, force the upstream tube under water and the terrific force of the moving water will "wrap" the boat bottom against the rock. The command is "High side!!" When you hear that, move quickly.

Keep your legs inside the boat at all times to avoid getting them crushed between the boat and rocks.

When signaling another boat about an obstacle point to the clear path, NOT to the obstacle.

Demonstrate the use of throw/rescue bags. Warn against tying the rope to yourself and avoiding entanglement in the rope. Explain how to hold the rope if you're the one being rescued; to grab the rope, not the bag, and to hold the rope at your chest, lie on your back and kick to assist the rescuer. If you are the rescuer, select a spot that allows you to swing the swimmer into a safe area.

Discuss the importance of sun protection and keeping hydrated.

On shore safety:

Many accidents occur when getting out of the boat and in scouting rapids. River rocks are often "moss" covered and slippery. Take your time when scouting; often there's no trail, just rock-scramble footing.

If poison ivy/oak grows in the area, make sure everyone knows how to recognize it and knows to quickly wash exposed skin with soapy water if they do get into it.

If there are poisonous snakes in the area, be careful where you put hands and feet. Check shoes and bedding for insects, spiders, scorpions etc.

When taking side-hikes, carry a first aid kit and be sure to tell others where you're going. It's safest to hike with at least one other person.

Other things that can be covered in the put-in talk:

Agree on signals that will be used on the water.

Agree on the order and spacing of boats.

Rinse feet off before getting in boats.

How human waste will be handled on the trip.

How bathing, hand washing and dish cleanup with soap will be handled.

Stress the importance of washing hands after using the toilet and before handling food.

Stress leaving camps cleaner than we find them, picking up micro-trash, not feeding wildlife and recycling cans and plastics.

Drink only properly treated water.

How fires and charcoal cooking will be handled.

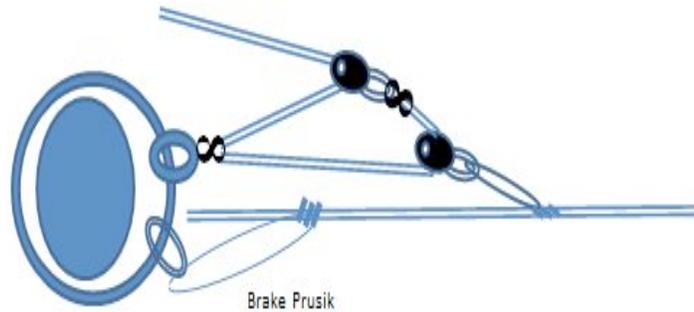
Where the first aid supplies are kept.

Pig Rig 4:1

- 4:1 Mechanical advantage
- Requires a 2nd rope
- Advantage over Z-Drags in that you get 4:1 with the same gear as a 3:1 with the Z-Drags

Minimal Requirements

- 1 15' of 1" tubular webbing
- 2 Pulleys
- 2 Locking Carabineers (min) 4 illustrated
- 2 Prusik Loops
- Haul line
- 2nd line (throw bag)
- Can use a no-knot in lieu of the brake prusik



Knots Needed: Figure 8 on a bight, Prusik, Double Fisherman's



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Meeting Speaker

October OWA Meeting Speaker: **Ben Nieves**

Topic

Rafting on the Colorado River through The Grand Canyon

Bio

Ben Nieves is a Portland based videographer who's been at it for almost 35 years, but he's been on the water even longer. He started rafting with some buddies in the Air Force on a bucket boat towing an inner tube full of beer down the Missouri river in Nebraska. He jumped into a better (rental) craft on the Deschutes in the 1980s.

After flipping a canoe and swimming through Pipeline Rapid on the Sandy, he built his own wooden drift boat that he ran on Oregon rivers for 24 years. He traded that in for a cat a little while ago and has graduated to bigger water like the Snake, Salmon, and Colorado. He lives with his wife Jan in Laurelhurst and they boat every chance they get.



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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>

11.9-11 Sat-Mon	Rogue River	III/IV	Ann Stephenson	astephensn@hotmail.com	360-771-5288
1.1 Thurs	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991
4.24-26 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224

PAST OWA RAFTING TRIPS

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
6.26-29 Fri-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
6.13-15 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.7 Sat	Klickitat River	II/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
5.30-6.1 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
5.22-26 Thu-Mon	Grande Ronde	III/IV	Dave Graf	dmgraf55@centurytel.net	
5.16-19 Fri-Mon	Rogue River Lodge	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.10-11 Sat-Sun	Lower Cispus	II/III	Tina and Eric Myren	TNEMYREN@gmail.com	
5.9-11 Fri-Sun	Grande Ronde	III	Eric & Candace Ball	balle@pocketinet.com	509-529-6134
4.25-27 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
4.12 Sat	Deschutes River Tax Relief Float	III/IV	Bill Goss	zanng@msn.com	503-757-4659
3.22-24 Sat-Mon	Lower Deschutes Spring Break Float	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
3.8 Sat	Merrie's Deschutes Bday Float	III/IV	Merrie King		503-490-1743
2.15-17 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661



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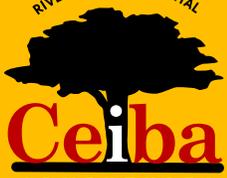


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