

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 Deschutes Spring Break Float

by Michelle Johnson

Saturday, March 23, 45 boaters on 13 cats, 9 rafts and two kayaks left Buckhol-low for the annual OWA Lower Deschutes Spring Break Float. It was a cold start, but fortunately, it was not raining. With limited parking, unloading there is not easy, but eventually everyone was ready. The scenery was stunning and there were blue herons and deer along the way. This section is fairly peaceful after the Class III rapids near the railroad trestle. As we neared our first camp, the sun came out and it was a nice day. Once we took out at Beavertail, it was actually warm. The stocking hats were off and the sunglasses were on. After everyone set up their own tents and took off their dry suits, they started working on the main camp area. We had a few boaters join us here. Bee and Mark had camped here the night before and had delicious quesadillas ready for us almost immediately off the river. Brenda, sporting some trendy new glasses, and Vic joined us here as well, but possibly most importantly, Cary, probably the world's most gregarious floating bartender, met us here. That night's most popular beverage may have

Continued on page 4

April Club Meeting

Flying Pie Pizza

7804 SE Stark Street
 Portland, OR 97215

**Wednesday,
 April 10, 2013
 from 6:00-8:30 PM**

The April meeting speaker is Bonnie Olin, author of "The Owyhee River Journals". Come to the meeting and hear about her adventures in the Owyhee Canyonlands.

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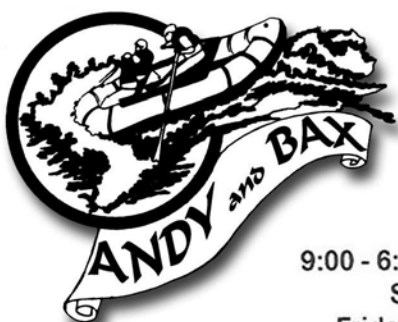
River Tips

The easy place to put that 50 pounds of water on a raft is at the bow. With two straps you can attach the water jug at the very front of the boat secured to the "D" ring and your floor. The area is normally just wasted space and that weight helps hold down the bow and balance out your load.

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Welcome to Spring is in the Air!

by *Bruce Ripley*

OWA Members,

Wow what a start to our spring rafting season. There have been a number of recent trips including a club trip on the Lower Deschutes and multiple private trips on the Illinois, Clackamas and Sandy just to name a few. From all accounts the weather, turnout, and focus on safety for all of these trips has been excellent! Thanks to all of you who've participated, it's opportunities like this that make the club so vibrant and exciting for all of us.

For the club, the onset of spring brings some exciting events! The swift-water rescue class is just around the corner and I've heard multiple people talking about how excited they are. It's really great to see people taking the time to learn and practice the rescue skills that are so important to us all. Soon after that is the beginning boating/skills refresher weekend on the North Santiam. If you'd like to try your hand paddling a different boat, or learn some new skills, or just freshen up some old ones then plan to join us there. If you are a new boater you should know that these opportunities to boat with veteran boaters don't come along often so you should really take advantage of it.

In addition to the events above we are planning another rigging potluck, see the club calendar for more info. The first potluck was quite the event, thanks to Skip for hosting it and for Cat getting things together. As predicted the event turned into a fun party for all, and some people even came away with some new skills!

Don't forget about our upcoming trips. The next club trip is the annual Tax Relief float on the Deschutes and the 2-day North Umpqua trip. The board agreed to have the club pay for the camping on the North Umpqua so take advantage of it. If you've not gone before the dutch oven cookoff is normally worth the drive alone. We hope to see you there.

Sometime over the course of the next couple weeks we'll start our annual safety auction which helps support our safety events throughout the year. This year we've been able to secure contributions from several of our past vendors as well as a few new ones. Please remember that all your contributions from this event are directed directly toward the budget for the safety. The auction is a great way to get some great gear and shuttles at reasonable prices and help the club at the same time. In addition if you have need for a shuttle, a new boat, or some new gear throughout the year pay special attention to our sponsors and advertisers, without them we couldn't afford to offer the special training that we do.

Thinking Safely

Last month we met at the Clackamas Aquatic Center to practice some simple river rescue skills including tying knots, throwing ropes and re-flipping boats. That event was a great success, for some that was simply review and for others it was the first time they might have worked on those skills in a controlled environment but everyone has one thing in common, everyone needs to practice. Those skills are critical to perform under stress and if you don't practice it won't be natural when it comes time to use them. So remember practice, practice, practice.

Our next meeting will be back at our normal location at Flying Pie pizza on Wednesday April 10th. Our speaker will be Bonnie Olin, author of "The Owyhee River Journals". Bonnie and her husband Mike have been exploring the Owyhee Canyonlands since 1975 and her book and presentation focus on the rarely seen landscapes of Southern Idaho and Nevada. If you've wondered what the Owyhee River looks like up close this is a great chance to see it and get some great information.

Spring Break Float



© Benjamin Nieves 2013

Spring Break Float Continued from page 1

been his white Russians, but it was pretty sweet watching a couple of the younger campers order Virgin Strawberry Daiquiris. Some played games, but many sat around in circles catching up over Cary's cocktails. Fires were built and dinner was made. We had chili, salad and the best cornbread I have ever had. There were also homemade monster cookies after and campers were passing around ingredients to make s'mores. Thank you, Pat, Bee and Jan.

Sunday morning, as campers forced themselves out of their warm bags and tents, fires were built and coffee was made. Lots of good strong coffee. Joe and Julie offered a bagel extravaganza with salmon (caught by Joe), Spanish capers, and cream cheese. They also provided biscuits and venison gravy. When asked if he shot the deer, Joe said, "No, I just convinced him to come home with me." Breakfast was a hit. After breakfast, tents came down, bags were sealed and loaded and boaters suited up. We were off again. This section of the river is very beautiful and reminded me of parts of the Grande Ronde. Some lucky boaters saw Longhorn sheep high up on a cliff. When we came ashore at Harris Camp, again campers set up tents and the main camp. This campground was not accessible by cars, so it was not a traditional camping ground. Tents were spread out throughout the desert grass, reminding me of earth-colored Easter eggs. Several campers took naps, but one patient fisherman caught a steelhead instead. We knew the bar was open when Cary's wonderful laugh echoed across the field. Before dinner, Sherry hosted an Easter egg hunt for the younger campers while the rest of us enjoyed appetizers. Thank you, Brian and Melissa. Sunday's dinner was spaghetti with salad and bread. Lots of good cookies for dessert. Thank you, Jim and Dominick. Cary received a special birthday cake that was enjoyed by all and yet was calorie free. Late into the night, conversations were rich around the campfire. Evidently, rafters like to travel, too. I enjoyed hearing about trips around the world. Thank you, Ben and Yakco.



Monday morning, it was cold again, but the sun came out earlier. It felt nice to be out in the sun. Again, knowing that hot coffee was ready was appreciated as motivation for getting out of the warm sleeping bags. Thanks, Scott, for keeping that coffee ready throughout the morning. This morning's breakfast offered a burrito bar. Delicious eggs and bacon with various hot sauces. Thank you, William. We packed up one last time and hit the river for our last day. According to the map at the campground, this section has five Class III rapids. The float went by rather quickly with lots of good waves, welcomed splashes and abundant sunshine. As we approached the take out point, we saw more hikers along the river, warning us that we were nearing civilization again. Seeing I-84 confirmed that this trip was almost over. We took out at Heritage Landing. As usual, our members were very patient and generous, offering to help load other rafts before their own. This was a great trip. The people were all very nice and welcoming, the food was hearty and delicious and the river was peaceful, offering us uninterrupted time with some of our favorite people and a much needed break from reality.



Pool Session Report

Pool Session

By Jim Gizzi

From 10 Years old to ??, all are welcomed at our Annual Clackamas Pool session!

45-50 safer boaters participated in the annual Clackamas Aquatic Center Pool Session. The attendees are the folks you want to be boating with as they took the time to brush up on, and practice, river safety. Thanks go out to the club's newly-elected Rescue Training Coordinator, Cat Loke, for putting the evening together.



The well-attended event was kicked off with an introduction by our own Bruce Ripley. He pointed out the “Safety Talk” topics outlined on the back of the OWA business cards. If you don’t have any of these cards I would encourage you to pick some up at the next club meeting. We all give our version of a safety talk at every put-in I am sure. This topic list simply ensures that we don’t forget anything and may even give you some new ideas of things to cover. Short, concise, easy to read and printed on waterproof paper no less. This is a must have card, one of the most sought after in all of Oregon, and they are yours free to pick up at any of our monthly meetings. Thanks Bruce for highlighting them for us.

The evening then moved on into the practical part. The mob was cleanly divided into three groups to rotate between the stations set up for the evening. Given the excitement in the crowd, and the difficulties associated with an unruly group counting off by threes, Cat quickly made a command decision and cleaved the mob with her highly trained eye; basically she said, “You folks are group 1...group 2...group 3....” etc. Good move Cat! We divided up amongst the three stations: Flippers, Knotters and Throwers.

The first station that our team was to visit was the Throw Bag station. Sam Drevo gave us a short talk about the use, reasons for use, and care of, the hopefully ubiquitous, Throw Bag. Besides the practical, one of the key points made was around the storage of our throw bags. Is your bag stored with the rope in it right now? We boat, the bag gets wet, we put our boats in the garage, and we do it all over again in another week or two. What happens to our throw bags after several rounds of this treatment? It was pointed out that this repeated cycle with the rope left in the bag each week is limiting the effectiveness of our throw bags. The ropes become permanently kinked! It was suggested that we coil the ropes outside of the bag in a loose coil to allow them to dry, then repack the bag before every session. Thanks for that Sam.

As always, the practice of delivering the rescue line to a swimmer pointed out the need for more practice. If we can’t hit the swimmer in the pool, where it is warm, there is no stress, and we are ready for it; how are we going to do on the river? Quite a bit of improvement in our group, with several folks focusing on the second throw rather than the first. Good move as organizing, and throwing, a handful of coils is a great practical experience! If you miss your first throw, the swimmer is clearly expecting another one. Best to understand how to accomplish this.



Our group included a set of current passengers looking to improve their skills to the point where they could manage their own boats. Three girls, ages 10 and 11. They were very attentive to the throw bag discussion and jumped into the practical with enthusiasm. It was great to watch these girls begin to accumulate the skills necessary to be safe on the river, and to be prepared to rescue others. As you would expect, young miss Katherine Ripley was an ace with the throw bag. Way to go kiddo! My hat is off to the OWA for including our kids, as they are integral to our enjoyment of the river. This is the next generation of safe, responsible boaters if we are willing to train and teach them. Based on the girls performance at the throw bag station, we will be in good hands. Hats off to Brenda Bunce for her patience in being rescued in the crashing waves repeatedly.

Continued on page 8



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Pool Session (continued from page 7)

After our 30 minutes at the throw bag station we rotated into the bailiwick of our club president, and rescuer extraordinaire, Bruce Ripley for some knot practice. It was his expectation that we would all come away knowing how to tie 5 knots; The Bowline, Figure 8, Double figure 8, Water knot and the Double Fisherman's used for our Prusiks. Could you, right now, in a high pressure rescue situation, tie each and every one of these knots quickly and properly. If not, then this event was for you. Interestingly that one of the youngest members of the group, Jenna Gizzi, had a pretty good grasp on most of the knots. She was able to assist the other girls in completing their knots properly. All 3 girls were quick to tie the knots. My general feeling is that their smaller fingers give them an advantage, as they were typically first done with all of them!



Once we all had a chance to tie the knots Bruce discussed the relative differences, and strengths between the use of Prusiks and Klemheist hitches. We typically focus our discussion and demonstrations on the use of the Prusik but clearly understanding how to configure, and use, a Klemheist would benefit us all. I would suggest a search on Klemheist followed up by some practice incorporating this into your z-drags or pig rigs. It seems to offer a viable alternative in instances where the Prusik is slipping. Thanks Bruce, great job on this! A quick 30 minutes and off to the next station.

We've all heard the saying, "There are two kinds of boaters, those that have flipped, and those that are going to flip". This station was set up to reduce the anxiety and stress for those boaters that are yet destined to experience the freezing, in your face, powerless, submersion that goes along with a flip. Funny, Velvet comes to mind for me. Not sure where that association comes from ;-). Val Shaull and Dave Nissen took the time and effort to set up three boats for us to flip, or at least try and flip. There was the typical day cat. Light frame, no boxes, no cooler; just boat. Jenna and Katherine gave this one a go, and with a total combined bodyweight that cannot exceed 150 lbs. these girls pulled it off. They came up through the center of the frame, climbed onto the tube, both grabbed the flip line and voila', much to their surprise, and glee, flipped the cat over!

There was also a loaded cat. Drybox stuffed with what must have been fishing anchors, (heavier than mine I am sure Randy;-), heavy frame, larger tubes. Basically what amounted to a multi day cat boat loaded for



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camping. Interesting part of the demonstration was the thwart tied onto the top of the dry box. This thwart provided buoyancy and a fulcrum to assist in the flip. Great idea and it was obvious that is made the flip easier for one person to accomplish. The boat was also rigged with elastic flip lines underneath the frame, neat idea. They clearly can't snag but they are always there in the eventuality that they are needed. This boat was significantly more difficult to flip and there were some folks that would have required additional support to accomplish that task. A clear demonstration of that most basic of safety items, don't boat alone. A fully loaded cat can, in some instances, be flipped by an individual, but additional people make it easier.

Just a note here that there was a power point presentation that was also shown, on the use of a gin pole to increase mechanical advantage in the event of the flipping of a heavily loaded, larger raft. This was a very interesting technique that can be rigged and accomplished with an oar and some creative rigging. Searching on Google reveals little in regards to the rigging and use of this technique. This could prove an interesting topic for a future class or event.



The final of the three flip boats was a paddle raft. As some might expect the difficulty with this boat is not so much the flip as it is reentry into the righted boat. There is no frame on which to grab, and all of the surfaces are slippery. With 24" tubes, kicking your upper body high enough to get back into the raft proves difficult. The fact that there is no frame to grab on to makes it even more so. Great demonstration! It was also interesting to see the use of the paddle handles to assist in righting the raft. Clearly have to watch out for the paddles on the way down, but the additional leverage was what allowed the flip without a line.

This was a great, fun, informative evening. It demonstrated the value of practice and familiarity with knots. We were able to get some additional practice with our throw bags, good thing to have experience with before you need it on the river and clearly, flipping practice in a pool is a much more enjoyable, less stressful experience than doing it on the river. There are 50 safer boaters out there as a result of the evenings event, are you one of them? If so, thanks for attending and improving the safety of our club trips and members. If you missed it, I highly recommend it for next year, this was great! Thanks Cat and team for organizing and instructing, we all appreciate it!

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Recipe of the Month

INGREDIENTS

- 15 oz. black eyed peas (drained)
- 15 oz. frozen sweet corn
- 2 large avocados (diced)
- 2/3 cup chopped cilantro
- 2/3 cup chopped red onion
- 1/4 cup olive oil
- zest of two limes
- 1/4 lime juice
- 2 cloves of garlic (minced)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon cumin



Cowboy Caviar

Submitted by Bee Tyree

DIRECTIONS

Mix all ingredients and chill before serving. Can be enjoyed as an appetizer with tortilla chips, pita chips or veggies. Can also be used to top tacos and quesadillas and you can add the leftovers to your eggs for breakfast.

Have a great rafting recipe you'd like to share? We need your submissions! Email them to Jenny Ogren at newslettereditor@oregonwhitewater.org. Thanks!

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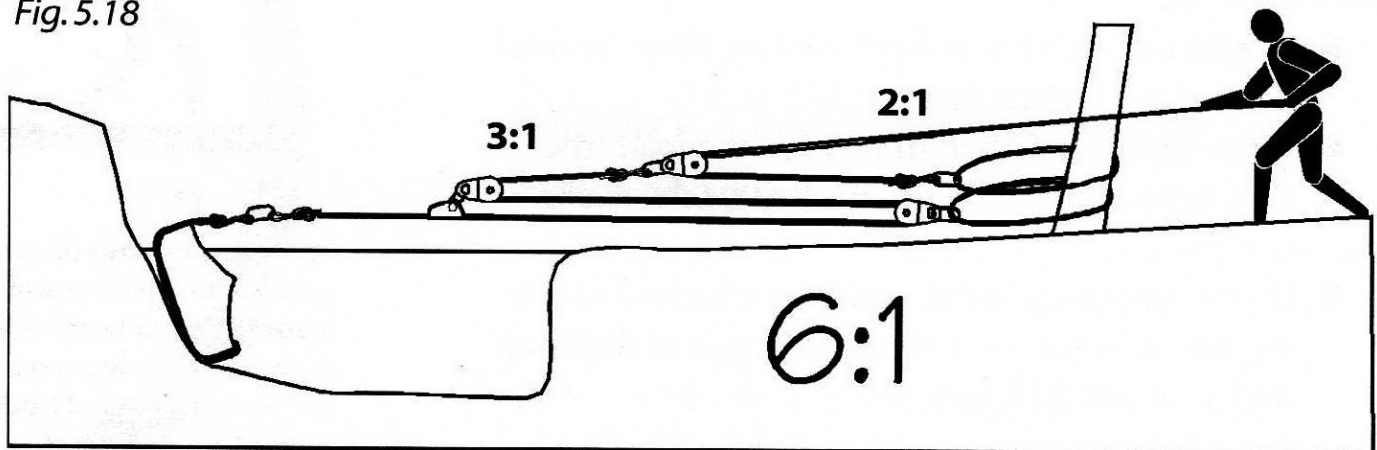
April Safety Tip

Haul System: — 6:1 Mechanical Advantage

- Requires:
- Static rope: Yes
 - PMP Pulleys: Yes, 3
 - Prussic cords: Yes, 1
 - Anchor rope or strap: Yes, 2
 - Carabiners: Yes, 5

(Next month: *The 6:1, version 2, haul system*)

Fig. 5.18



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Knot of the Month – Figure 8 Directional

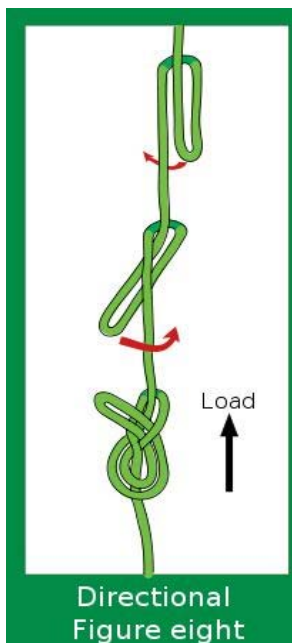
Each month we will showcase essential knots you should know for river situations

Overview

- The figure 8 directional is used to put a fixed loop in a rope parallel to the direction of pull.

Use

- Can be used in lieu of a Prusik as a point of attachment on a haul line
- Downside is that the knot is at a fixed point in the rope, so you can only pull it so far
- Difficult to un tie once tensioned



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Steve K 2012

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A background image showing several kayakers in white water rapids. The kayakers are wearing helmets and life jackets, and their kayaks are visible in the churning water. The scene is dynamic and captures the excitement of whitewater rafting.

Sunday March 10, 2013 Deschutes River Trip Report *Submitted by Merrie King*

Around mid-February, my husband, Jessie King, asked me what I wanted to do for my approaching birthday. Jessie is a smart guy and knows that I do not like prime numbers, and this birthday was the big 31, so he wanted it to be a special day. We decided that a day on the river would be the perfect cure for the prime-number-blues.

Along with fellow boaters, we invited my sister, Kimi, and dear friends (non-boaters) James and Svea. You never realize how much gear you have, or don't have, until you need to dress 5 boaters from a household of 2. Oddly enough, we have more than enough river shoes, but not enough PFDs. With the help of friends, we were able to make sure everyone stayed dry, warm, and safe on the river.

On Sunday March 10th (yes the actually date of birth), 17 people with 9 boats, and one Hashbrown (the dog) met at Harpham Flats boat launch. Shuttle left a little after 10am (still feeling like 9am because of the new spring-forward day-light savings.) After a short and sweet safety talk and a birthday song, we were off. The water level was around 4,900 cfs on the Madras gauge. We stopped for a quick lunch at Blue Hole.

The weather was beautiful, not too cold with many breaks of sun. We had only one causality on Oaks Springs when Matt Saucy cut his hand on the rocks. Luckily Matt is very brave and was bandaged up quickly. We floated down to Sandy Beach and began to clean up.

Things I learned on this float:

- Start later on day-light savings days,
- I am blessed with family and friends that will boat with me in the middle of March,
- 31 might not be that bad, and
- Everyone needs a dog named Hashbrown :).

I would like to say a big thank you to everyone that came and made my birthday special. This just might become an annual trip.



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>

4.20 Sat	Deschutes River	III/IV	Bill Goss	zanng@msn.com	503-757-4659
4.20-26 Sat-Fri	2013 Owyhee River	III/IV	Jeff Nicholson Dave Graf	jeffwnicholson@mac.com dmgraf55@centurytel.net	503-308-2010 503-543-5743
4.26-28 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
5.2-5 Thu-Sun	South Fork Owyhee	III/IV	Jerry Smith	crossfox21@gmail.com	541-429-1580
5.3-5 Fri-Mon	John Day River	II/III	Eric and Candace Ball	balle@pocketinet.com	509-525-6134
5.10-12 Fri-Sun	Grande Ronde River	III/IV	Eric and Candace Ball	balle@pocketinet.com	509-525-6134
5.17-20 Fri-Mon	Rogue River Lodge Trip	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.17-19 Fri-Sun	John Day River	II	Dave Graf	dmgraf55@centurytel.net	360-737-3148
5.18-19 Sat-Sun	Lower Cispus River	II/III	David Elliot	dce@dcell.com	425-985-0640
5.25-26 Sat-Sun	Lochsa River	IV/V	Steve Herring	steve@raftalot.com	
5.31-6.1 Fri-Mon	Upper North Umpqua	III/IV	Bill Goss	zanng@msn.com	503-757-465
6.8 Sat	Klickitat River	III/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
6.14-16 Fri-Sun	Lower Deschutes Annual Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.27-30 Thu-Sun	McKenzie River	III	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
7.4-6 Thu-Sun	Lower Salmon River	III/IV	Eric and Candace Ball	balle@pocketinet.com	509-525-6134

Upcoming Trips Continued on Page 15

UPCOMING TRIPS CONTINUED FROM PAGE 14

9.14-16 Fri-Sun	Hell's Canyon (Snake River)	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785

PAST OWA RAFTING TRIPS

3.23-25 Sat-Mon	Lower Deschutes	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
2.16-18 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
1.26 Sat	Wilson River	III	Tom Riggs	trriggs@ashland.com	503-647-0690



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