

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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2013 LOCHSA MEMORIAL DAY MADNESS TRIP REPORT May 25-26, 2013

By Rick Carman

It is 440 miles from Portland to Three Rivers Resort in Lowell Idaho at the confluence of the Lochsa and the Selway Rivers. That's 9 + hours travel plus 20 more miles to the put in. Go to You Tube and type in Lochsa River Madness 2013 and watch the 8+ minute video to decide if this craziness is for you. Most of the video is of Lochsa Falls and parts are from the surfing rapid known as Pipeline. Nnot everyone flips or swims at the falls (90+ % don't) and those who don't, well they don't make the video. It is possible to cheat at the falls and run about 4 feet left to miss the maw. But did you really drive 460 miles to cheat? The falls is the rapid that causes most, but not all of the flips and swims.

Continued on page 4

September Club Meeting

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

Wednesday,
September 11, 2013
from 6:00-8:30 PM

Contact Information



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RIVER TIP

Sand Stakes

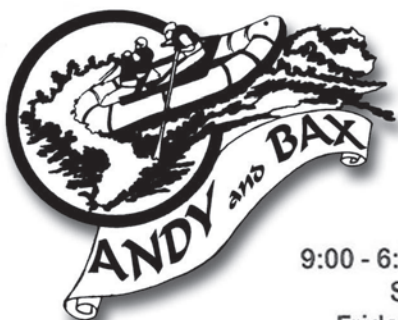
Submitted by Tom Hanson

A good sand stake is a great item to have on your river trip. You can buy one from one of our vendors or one can be made from half-inch rebar with a 6" "T" handle welded on. The people at your local hardware store can help. You also might consider carrying a 3 pound hammer to pound it into rocky beaches.

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Summer Rafting and Thoughts From Cheryl Sanders

by Bruce Ripley

Happy summer to everyone,

After a winter and early spring boating season filled with many great trips dryer weather has settled in and caused many to have to change their plans, some at the last minute. Several of you have had to cancel trips on the Rogue this summer due to fires. I am unhappy to report that the Big Windy Complex fire has burned over 7 miles of the left bank from Black Bar for the next 7 miles beyond Battle Bar. The Horseshoe bend camp is directly across from this section. The river will certainly look very different the next time we are there as a group. The bad news is that this fire is still growing very aggressively and will likely continue to move upstream until the weather helps the fire teams control it. Let's all hope that the fire does not cross the river, if it does it will burn until winter, and may do so anyway.

I was able to catch up with Cheryl (SOTAR) this week and asked her if she would like to say a few words about the auction for her this spring and the incredibly positive impact it's had on her, below are her thoughts:

"I do appreciate all the support - prior to the auction and continued afterwards. The well wishes and encouragement have been wonderful to hear. I have a hard time talking about my personal health issues and the negative aspects of it. I know everyone wants me to be doing well and better.

Most would like me say I am done with it, but that is not the case at this point. Hopefully soon. Still working on it. I am thankful for my doctors and the progress that has been made. I will keep going till it is done and I am very very thankful for all the encouragement and help that has been offered. It is wonderful to know that I am cared about - way more than I would have thought prior to this happening. Thank you."

Sincerely, Cheryl Sanders (Store Manager – SOTAR)

Thinking Safely

This summer there have been a multitude of drowning's in area rivers, including a few rafters most notably two on the Rogue. Predictably the local drowning's follow the familiar pattern of teens and adults who think the water is just cool and that they don't need a life preserver. Please don't make that mistake! The deaths on the Rogues appear to be heart attacks that occurred when the victims were ejected from the boat or stuck on rocks. Remember if you get stuck; wait for help don't overexert yourself!

OWA Picnic and September Meeting

Our next official meeting is in September at Flying Pie but don't miss out on the summer picnic, it's been a hit every year we've held it. We'll have food, fun, and an equipment sale & swap. Look for the full page announcement later in the newsletter.

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

www.oregonwhitewater.org/dues.html



Lochsa Trip Continued from page 1

Look at this link to see a video: <http://www.youtube.com/watch?v=wSWY0Mq3zFU&noredirect=1>

I traveled in a group of 7 including Ann Stevenson, Josh Hollander, Steve Oslund, Julie Nathe, Tara Haug and Skip Currier, who assumed the role of fearless leader in Steve's absence. Other OWA members traveling separately included Mark and Bee Tyree, Jesse King, James and Theresa Haworth, Stacey Parrott, Nick Soorholtz, Greg Babikoff and Dave Breidenbach. You have options at Three Rivers, 4 person cabin, 8 person cabin, hotel room, A-frame cabin or you can camp out. We had one of the large cabins. Brian and Candace from the Couv (and future members, we hope) camped next to the cabin and became an integral part of the crew. They and Steve are the only members of our group on the YouTube video. More on that later. There were other friendly faces around but I am not sure if they were OWA members. Hope I did not forget anyone.

Our group left Portland about 7:15 am on Thursday. The plan was to boat the 10 mile section on Friday, Saturday and Sunday and that is exactly what we did when we finally got there. Steve brought an inflatable couch. More on that later.

The cabin was right on the river and very nice. It included a small kitchen and a bathroom with a shower and limited daily room service. Some slept in the beds and some outside on cots. The drive to the put in was 20 miles, then a 10 mile run to the take out. There were very few people or boats on Friday but there was LOTS of rain. The river was running in the "friendly fours" (between 4 and 5 feet) where it is the easiest. But the paddle boat flipped in what we think was Horsetail.



The crew under Julie's leadership had the boat rigged to make it easy for swimmers to climb back on the upside down raft, flip it back over and then climb back in, all in almost no time. Very impressive work. Being cautious, I cheated a little left on my first run through the Falls. The paddleboat dumped all but one occupant at Termination. That nasty one knocked me off my rowing seat and I landed on something very hard (oarlock?) almost fell out and 10 days later still had a monster bruise to show for it. The rain stopped just as we reached the take out. Back to the cabin and a well deserved sit in the hot tub followed by a great dinner.

Saturday was a different story. Lots of people and boats and sunshine. I know we had at least one swimmer (who swam both times in the paddle boat on Friday) and a paddle boat with 7 souls travelling with us dumped six in the Falls. There were lots of spectators at the Falls, some with referee shirts and score cards. I was in the paddle boat and we punched the hole in fine fashion so no video for us.

Sunday there were maybe one third as many boats and a mix of clouds and sun. And the river had dropped to about 3.5 feet, and was very much less friendly. The huge holes were deeper and sharper. Julie was tossed out of the paddle boat at Bloody Mary and the same paddle boat that dumped 6 in the Falls on Saturday dumped all 7 on Sunday. I am pretty sure they are on the video.

The big decision for Sunday was what to do with the inflatable love seat. After much discussion, it was tied on top of and at the back of Bryan's cat boat and Candace and our own Steve Osland sat in it above and behind Bryan, who was at the oars for the run down the falls. Go to 7:26 on the video to see the results. It's worth it. If you are a road warrior into wild crazy whitewater thrills and fun, the Lochsa is the place to be on Memorial Day weekend.



15TH ANNUAL WOMEN'S RIVER TRIP ON THE LOWER DESCHUTES June 14-16, 2013

Eighteen women launched from Buck Hollow on June 14 with seven cat boats, two rafts, five inflatable kayaks and one hard shell kayaker. Take out was Heritage Park on June 16.

Boaters on the trip: Carol Beatty, trip leader, Paula Minear, Suzi Richards, Brenda Bunce, Anne Stephenson, Marnie Sell, Pam Maxwell, Bo Bonotto, Joy Cleaver, Michele Gila, Jen Ruoff, Laurie Hilliard, Stacey Strausberg, Megan Hooker, Sue Knapp, Lisa Carr, Deb Norton, Becky McCain.

Before launching, there were introductions, explanations of what to expect on the river and Paula Minear and Suzi Richards gave a thorough safety talk; Anne Stephenson provided IKer's with guidelines.

Annie Walsten reserved the downriver Beavertail Camp for Friday night. Plus, she carried Friday's tamale dinner and Saturday's breakfast sandwiches in her camper and took out garbage Saturday morning. Because of shoulder surgery, she couldn't row a boat so camping with the group on Friday was her vicarious way of doing the river.

Finding Saturday night's camp was a practice of patience and diplomacy. I always aim for the first Lockit camp because it accommodates a large group, but that was filled with a small group. All camps along the way that would hold a large group were also taken by smaller groups. If all camps between Lockit and Harris Canyon are full, I don't hold out much hope for an empty Fall Canyon camp, which is one of my favorite on the river, but that was our next choice. And, it was taken by one raft, two campers. The diplomacy was tried when Brenda and I decided to talk with the two campers to see if we could share their camp. It seemed a shame that the large camp only held two boaters. Diplomacy didn't work. While they agreed we could share the camp, when all our boats were parked and the women came into camp so we could review how this would work, the two campers had spread their gear out in such a way that left no doubt that they didn't want us there.

Continued on page 13



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Oregon Whitewater Association



and gear swap

at Eagle Fern Park

(Area 1)

27505 SE Eagle Fern Road, Eagle Creek, Oregon 97022

Sunday, August 11th 11-3 p.m.

Details:

- There is a large covered shelter, with picnic tables (so come rain or shine)
- Picnic tables located right next to the beautiful Eagle Creek
- Throw rope competition (bring a throw rope)
- Located next to playground
- Well behaved DOGS allowed
- Alcohol is allowed in the park, so bring your own

Gear Swap and Sale:

Swap or sell your new or used boating gear. From boats to bags, all gear is welcome. There are great deals every year!

Provided: hamburgers, hot dogs, veggie burgers and non-alcoholic beverages (pop and juice)

You Bring: a pot luck side dish or dessert, lawn chair or beach towel, the whole family

Fee: \$5.00 vehicle pass at the entrance gate

RSVP: riverbeetyree@gmail.com by August 5th.

Directions and park maps:

[get directions](#)

<http://www.co.clackamas.or.us/parks/eaglefern.htm>



SRT Class

On the weekend of April 6th and 7th, thanks in no small part to Cat Loke, a large group of hearty souls set out to learn a bit about swift water rescue. We were all led by Dan, Taneka and Sam who had wonderful assistants Val, Ann, Julie, Gregory, Scott and Jake. We were not unlike mailmen; rain, hail or sleet did not keep us from practicing rescue on land and in the swift waters of the Sandy river that roll by Dodge Park. In addition to organizing the entire event, Cat kept us nourished with great foods, snacks and a constant flow of warm drinks.

On Day One we separated into three groups and were introduced to basic knots, principles of self rescue and a big umbrella of safety; keep yourself safe first. Once you are secure in your safety, confirm the safety of your team. Then, and only then, are you ready to rescue someone else.

Knots included the Prusik, figure 8, bowlin, butterfly. We practiced these while shivering under our tarp tents and sipping hot coffee. The different type of ropes, lines and pulleys were introduced as well as the purpose for each. We were taught how to choose strong anchors for our pulley systems that would serve as the leverage needed to rescue persons and craft from swift water. We then practiced applying what we were learning by anchoring to trees. And also practiced our skills with throw bags on land by trying to hit moving targets (Sam and his crew). After a great lunch arranged by Cat, we hit the water practicing self rescue, and rescues with throw bags.

Day two was started with more great coffee and a recap of the previous day. We then went over various rigging systems and their uses. We practiced the rigs with the knots and pulleys we had been working on the day before. Another great lunch!

Then we reunited in our three groups and had a three different stations in the river. A couple of tension diagonals were set up by two of the groups. The importance of using the natural force of the current in these rescues was emphasized. We had the opportunity to use our knots as well as our 3 and 5 point rigging systems.

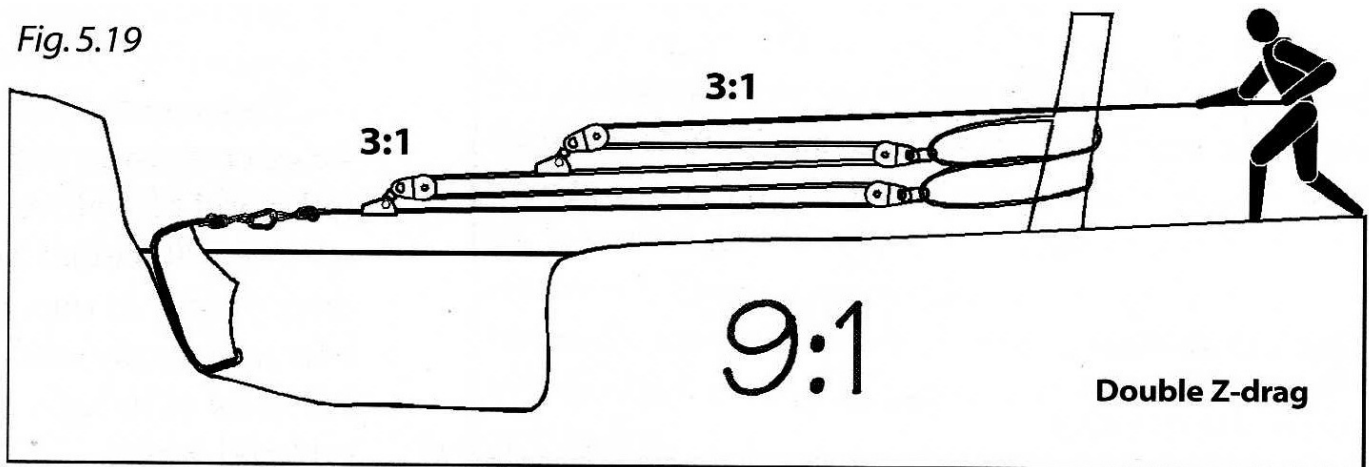
Sam was down stream with a kayaker who had gotten his kayak perched high up on a rock while clinging to the rock awaiting rescue. It was great to see all of the different participants work together and, finally, rescue the kayaker and his boat. Well done and much thanks to all! Safety first! I'm safe, you're safe, we are all safe!

July-August Safety Tip

Haul System: -- 9:1 Mechanical Advantage

- Requires:
- Static rope: Yes
 - PMP Pulleys: Yes, 4
 - Prussic cords: Yes, 2
 - Anchor rope or strap: Yes, 2
 - Carabiners: Yes, 5

Fig. 5.19



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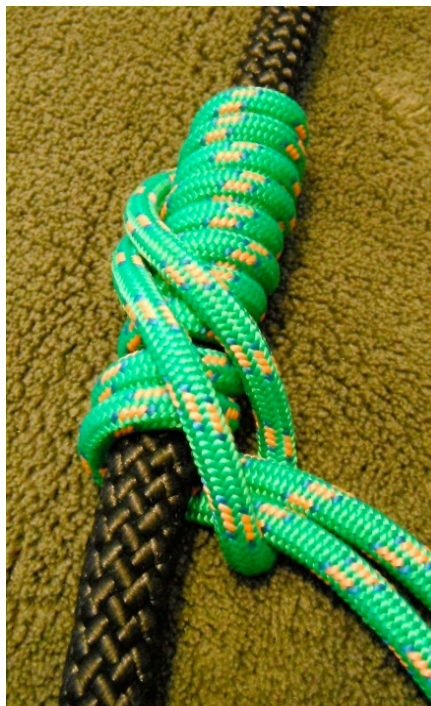
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Knot of the Month -Klemheist

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

Overview

- Friction hitch that grips under tension in one direction and slips when tensions is released
- Used as an alternative to the Prusik as means of gripping a rope for a haul system
- Easy and fast to tie
- Use at least 4 wraps
- Can be tied with webbing or cord



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Women's Trip Continued from page 6

Patience worked because we finally found a no name camp river left above Bedsprings camp, about RM 9. There was even a sand bar that had room for all our boats. The port-a-potty came out and we were home for the night, a 23 river mile day.

The aim of this women's trip is to help women new to boating learn skills in a safe environment from experienced women boaters. Of course, lots of fun is going on. Women learned how to use the current to move the boat, how not to back row at the top of a rapid, how to use momentum to move through a rapid, how to park boats in tight spots, how to read rapids and pick your line, how to use laterals to the boater's advantage, how important it is to keep track of other boaters on the river, how being frightened doesn't mean it renders a boater incapable of making good decisions. A little fear helps the mind focus.

Special thanks to Anne Stephenson, expert kayaker, who helped the IKer's learn new boating skills. All the kayakers were running the rapids from RM 8 to the mouth with confidence and lots of smiles and flip free.

All those who have run the Lower Deschutes know that the upriver winds can be vicious. The river gods blessed us with minimal upriver wind and kept the rain away. River blessings continued at take out because there were no power boats coming in from the Columbia and using the ramp.

The 2014 Women's River Trip will be in June again. Watch the OWA newsletter for posting.

Dog Tired After a Day on the River

Mr. Krebs (Tom Hanson's chocolate lab) falls asleep before Tom can get all the gear unpacked. Mr. Krebs is a 65 pound, 6-month old puppy, and the river is the Lower John Day. Photo taken by Eric Ball.



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>

9.13-15 Thu-Sun	Tieton River	III+	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
9.14-16 Fri-Sun	Hell's Canyon (Snake River)	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.28 Sat	N. Santiam	III	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 OWA RAFTING TRIPS

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	balle@pocketinet.com	509-525-6134

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