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**NEXT OWA MEETING**

Wednesday, September 12, 2012

**River Connections**

2804 NE 65th Ave, Bldg. D  
Vancouver, WA 98661

**6:00 pm**

Social hour, replica display,  
visit with River Connections

**6:30 pm**

Pizza served and announcements

**7:15-8:15 pm**

Featured presentation  
(next door at First Friends Church)  
2710 NE 65th Ave  
Vancouver, WA 98661

**RIVER TIP**

**Submitted by Tom Hanson**

Flexible plastic cutting boards work great, are quite light and take up very little storage space. They clean easily and are less bacteria prone as compared to wood.



# Oregon WHITewater ASSOCIATION

**Volume 13 Number 7**

**September 2012**



**TRIP  
REPORT**

[Click here for more information on the Main Salmon at the OWA website](#)

## Lower Main Salmon Trip Report

**AUGUST 18-25, 2012 • Submitted by Naomi Paine**

**O**n Saturday August 18, my husband Chris and I joined 24 people at the Hammer Creek put in on the Lower Salmon for a six-night, seven-day adventure on the river headed by the OWA's very own Scott Ogren. The group was eager to hit the river early on Sunday morning because a fire on the Main Salmon had caused two other groups of 30 to share the put-in.

Once on the river, it was easy sailing. Four others joined our group that evening at the Lower Pine Bar Camp and most of the evening's discussion involved how to obtain the coveted camp spot, Lower White House Bar, the next day. Being able to claim this white sandy beach was very important for our layover plans because of the camp's great area to wade in the water, and play water volley ball. Three boats left early Monday to make sure the spot was ours.

**PICTURED ABOVE: OWA President Brenda Bunce teaching Miranda Ogren how to row**

**>> CONTINUED ON PAGE 6**

*Oregon Whitewater Association is dedicated to preserving, protecting and promoting Oregon's rivers for the safe enjoyment of both public and private non-motorized boating, now and in the future. We advocate fairness in accessibility to river resources and provide a voice for responding to river issues and management concerns.*

## Contact Information

Your OWA officers and volunteers

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PRESIDENT'S CORNER

BY BRENDA BUNCE

Hello Fellow Club Members,

Mark your calendar for our September 12 club meeting at River Connection in Vancouver, WA. This event will be a jointly sponsored event and presentation on Historic River Boats Afloat. Dave Mortenson (from Kent, WA) has coordinated the replication five historically significant pre-Glen Canyon Dam boats that ran the wild Colorado River in the '50s and early '60s. There is a strong Northwest connection – two of these replicas were built in Washington and two in Oregon. In 2011, Dave rowed down the Colorado River in the three 1950's replicas and filmed the expedition.

Click [here](#) to see the video trailer that Dave plans to show at our event. This video combines historic film and slides with modern HD video to tell an amazing story about these pioneering big whitewater boats. He will display three of these replica boats at our event at River Connection. See the newsletter flier for more details.

**Consider VOLUNTEERING at the 10th Annual Down The River Clean Up on the Clackamas on September 9. To volunteer, go to: <http://www.welovecleanrivers.org> Our club has helped sponsor this event with our \$150 donation.**

Oct 12-14 will be the follow up Ripple Effect Art event in Oregon City. Artists will be collecting the trash from the river to make beautiful art to sell in the following month.

If you love our club and wish to be a key part keeping it fun, healthy and active, consider running for office in the upcoming election this December. Positions up for election are: President, Secretary and Membership Director. We will also be announcing a new board position of Safety Director/Coordinator. This position will help organize ongoing swift water rescue trainings and wilderness first aid classes and any other events or trainings that we find meaningful for our safety on the river and remote camping trips.

Don't wait until the last minute. It's easy to renew your membership dues online, using pay pal. Most folks membership will expire on December 31st. Click here to go to our website and renew your dues today. It's only \$28.00 a year per family household.

<http://oregonwhitewater.org/about/pay-dues>

Happy and Safe Boating,  
Brenda Bunce



“While the river of life glides along smoothly, it remains the same river; only the landscape on either bank seems to change.”

~Max Muller

**BE A TRIP LEADER!**

Many folks step up each year to lead trips and find it to be highly rewarding. With such a fast growing club, it is good to keep lots of opportunities on the trip calendar and to show other members new rivers as well as to revel in our local favorite rivers.

Lead us down your favorite river and see how fun it is to meet new people and to test your organizational skills.

It's highly rewarding. All you have to do is contact our River Trip Editor, Pat Barry, at: [tripeditor@oregonwhitewater.org](mailto:tripeditor@oregonwhitewater.org)



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# Wilderness First Aid: Snake Bites

Submitted by Bruce Ripley

**FIRST SOME BASIC FACTS:** If you are reading this, you are most likely putting yourself into “wilderness” situations from time to time. The wilderness can be a peaceful relaxing place, especially near rivers. This is true not only for humans but for many other animals as it turns out, including snakes. These are some basic things you can do to treat snakebites in a wilderness situation. You should consult with qualified medical personnel for a more comprehensive set of snake bite first aid guidelines.

## If you happen to cross paths with a snake here’s a few things to remember:

1. Always give snakes plenty of room, if you are not near the snake it can’t bite you.
2. There are many non-venomous snakes in the wilderness but you should treat all snake bites as venomous until you can establish with certainty that it was not.
3. With only a couple exceptions, all venomous snakes in the United States have hemotoxic venom. That means the venom attacks your blood and tissues, not your nervous system.
4. Statistically 50% or so of all venomous snake bites have little to no venom injected (25% are dry).
5. VERY few snakebites in the United States are lethal so you are probably not going to die.
6. All native poison snakes in the Western U.S. are rattlesnakes.

## BASIC FIRST AID TREATMENT

### Humans:

- DO NOT do the following:
  - DO NOT place a tourniquet on the limb, cut open the bite, or suck the poison out
  - DO NOT run around screaming “I’ve been bitten by a snake!”
- Get away from the snake, the only thing worse than one bite is two bites.
- Stay calm and do not run! This will only make things worse for you later. Remember there is a reasonable chance that you were not or only partially envenomated.
- Try to get a good look at the snake, take a picture if possible. Is the snake rattling?
- Let someone know you’ve been bit and allow them to take over your first aid care.
- Try to keep the affected limb below the heart and do not move it excessively.
- In the first couple minutes you may try to squeeze out some blood or venom.
  - Clean and disinfect the bite site to reduce the chance for a secondary infection.
  - Immobilize the affected limb and remove watches, rings, bracelets or constricting items.
  - You may place a constrictive band above the bite, but it should not be too tight.
  - Try to maintain an airway if possible and have rescue breathing supplies available.
  - You should drink water and be sure to eat something to take in electrolytes.
  - If the area near the bite site begins to redden and swell you should mark the extent of swelling every 15 minutes with a pen and mark the time. This is important info for the hospital.
  - If the area begins to swell you should begin to consider an evacuation plan that will keep everyone safe but it will be important to get to a hospital as soon as it can safely be done. Once you can call for help you should do so and consult with them about where to go or what else to do.

### Animals:

Treatment is similar to a human, and most snake bites to animals are going to be to dogs and horses.

- DO NOT do the following:
  - DO NOT place a tourniquet on the limb, cut open the bite, or suck the poison out
  - DO NOT give the animal any drugs, if drugs are administered let the vet do it.
  - DO NOT run around barking “wolf! woof!” or whinnying!
  - DO NOT take your cat, rat or hamster on your trip; the snake may confuse them with food!
- Get the animal away from the snake, the only thing worse than one bite is two (or you being bitten).
- If you can get a picture of the snake, or identify it do so. Is it rattling?
- Most animal bites are to the legs or the face and face bites are more serious than leg bites.
- Once safe, check to see if you can see bleeding from the wound site or swelling.
- Remove any collars and other constricting items.
- Try to maintain an airway if possible and have rescue breathing supplies available.
- Clean and disinfect the bite site to reduce the chance for a secondary infection.
- If you can squeeze out some venom or blood in the first few minutes do so, but remember don’t get bitten by the animal either, they may not appreciate your well intentioned efforts!
- Give the animal water if it will drink it.
- Make an evacuation plan and decide what you will do. You may decide to evacuate the animal and have it checked by a vet even in the absence of swelling. That’s a personal decision.
- There is a vaccine for rattlesnake bites that can be partially effective but it is only suggested for those living daily in rattlesnake country. Consult your vet for more details.



## Lower Main Salmon

CONTINUED FROM PAGE 1

With great anticipation, the rest of the group left after a hot breakfast and set off with high hopes. Our fellow river mates followed through and White House Bar was ours. We hit camp early, and set up two large tarps, river volley ball, and a camp shower. Two others joined our group to make it complete (29 people and two dogs). We spent the evening in the lap of luxury, and by Tuesday night everyone was rested for Toga Night.

When Wednesday morning rolled around, we were nice and relaxed for our next day on the river. This was the day we went through the Class IV Rapid – Snow Hole. Everyone ran it like pros – even our West Virginian guests who were enjoying their first time rafting and kayaking.

That evening, we found camp at very long strip of flat sandy beach; Eagle Creek. While not our first choice, it was a great place for another layover day where there was plenty of exploring to be done, and wildlife to be seen. Our second layover day was spent swimming and kayaking across the river, hiking and kicking back. In the afternoon we were joined by another OWA group of over 30 people. Our camp site had become an OWA city.

**ABOVE TOP: Carson Ogren finds a frog under their raft as his sister Miranda looks on**

**BELOW, AT RIGHT: All 13 boats tied up and motoring out**



Chris and Naomi Paine



Toga party! Cory Snell, H.R. Powers and Ashley LeGall

Friday morning it was off early to make it to Confluence where the Lower Salmon River merges into the Snake River. We made it to Confluence



The police jet boat

in good time, under a haze of smoke. A police jet boat stopped at our camp to inform us that river left (the Oregon side) was off limits due to a wildfire. It was a good thing we left early, because it allowed us to obtain a camp on the Idaho side. Our friends just downstream from us had to leave their camp and float downstream until they

found something habitable on the Idaho side.

Saturday was our last morning, and we awoke early with big plans on how to go 20 miles and make it to the take-out early. We had a secret weapon. After a quick easy breakfast, and minimal packing (since we did not put the tarps up), we headed off before the sun was over the canyon. We oared through a few miles of fast water before bringing out our secret weapon: a jet boat engine. In about a half hour we assembled a barge or "floatilla" out of our six cats and seven rafts by strapping all of our boats together. The engine found its home on a cat on the back of the barge.

Our last few hours on the river were spent in great relaxation as we sailed effortlessly along "Lake Snake". Other rafters we passed were both intrigued and envious by our contraption. Members of jet boat tours eyed us with confusion and took many pictures.

Sadly, our glorious adventure came to end as our take-out, Heller Bar, approached. We unstrapped all of the boats in moments and drifted to the chaos of the take-out.

**BELOW: For the third consecutive year, OWA Technology Director Scott Ogren celebrated his birthday on the Lower Salmon River**



## HELP/EMERGENCY

- Assist the signaler as quickly as possible.
- Give three long blasts on your whistle while waving a paddle, helmet or life vest over your head.
- If a whistle is not available, use the visual signal alone.
- A whistle is best carried on a lanyard attached to your life vest.



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## TO THE RESCUE: The Naturally High Medical Team

Submitted by Dan Alsup

### OWA members have a way of finding each other on the river.

This past weekend (August 24-26), a group of friends and family gathered in Maupin for a weekend of rafting and celebrating the river life we all love. Julie Nathe (also a river guide for Natural High Rafting) bumped into fellow OWA member Matt Frohnmeyer and his friends at Harpham Flats, having seen them previously at our campground they had exchanged encouragements about our upcoming runs.

Later, after all of the festivities, while turning our van around Julie passed Matt's campsite located at the opposite end of the Oasis Campground from our sites and asked how their run was. Matt told her they had a few injuries. In addition to being nurse and having recently finished her Wilderness First Aid Class, Julie took a look. Matt had a nasty bloody cut on the back of his head – over an inch long and deep enough it could need a few stitches. Another fellow (name not known) had a banged up foot. Not having a first aid kit with her, Julie told them she would be back with reinforcements and sped back to camp in the Naturally High Van.

We had several people there with first aid kits and training to go along with it. Julie and brothers Torrin and Zack Saucy had just finished their Wilderness First Aid class with OWA in May; Tonya Zwhalen, trained and experienced EMT; Shawn Riley, certified first responder; Marlin Starr, massage therapist and first aid certified; and myself, First Aid CPR instructor – and all were ready to help. We quickly piled into the van and raced back through the campground to Matt's campsite – the Naturally High medical team.

When we arrived we found a group of guys in good spirits, chicken roasting on the barbeque, spirits being shared and general happy rafters. We also found a

>> CONTINUED ON PAGE 11



**ABOVE: A collaborative effort – Dan Alsup did the splinting, assisted by Torrin**

**BELOW: Julie Nathe cleans the wound; Shawn Riley did the gluing, assisted by Tonya Zwhalen (not pictured)**



guy stretched out on the picnic table bench with one leg up, bare foot resting on the table looking red, swollen and slightly bruised. Matt was sitting so we could all get a good look at his bloody scalp.

In short order we assessed their injuries. Matt's wound needed to be cleaned and closed (so it wouldn't swell open). We could see that it could use some stitches while the other fellow's ankle was either badly sprained or broken and needed to be splinted. The medical clinic in Maupin was already closed and neither patient wanted to go to the hospital at The Dalles that night. Our only option was to give immediate first aid and advice to get medical treatment.

Matt's head wound wasn't bleeding too badly, but was long enough and deep enough that stitches were in order, but none of us had suturing material. One of his buddies offered fishing line and a hook that would have made a great needle – we were not that far out in the wilderness. Instead, after a little collaborative discussion,

his wound was cleaned with peroxide, superglued and held together for a bit, then glued again on the outside. When the glue dried, a coating of New Skin was applied. It looked pretty amazing.

The unnamed fellow with the broken ankle was splinted using stout cardboard taken from a



box. First the foot was splinted and then the ankle to the calf was splinted immobilizing leg. The splint was held in place by an ace-type bandage and secured with Coban tape. I thought it looked pretty good.

Both of our patients were seen the following day in Portland. The doctor said Matt's head wound looked good but

wanted to follow up for infection in a few days. Several days later there was no infection and it was healing nicely. Compliments were passed along to us about the splinting job and the ankle or foot had a cracked bone.

### **It is nice to know how to effectively help when an emergency does take place.**

This turned out to be a good practice for all of us in assessing injuries, working as a team to find the correct treatment and applying the techniques and treatments we have learned through our various group educational opportunities made available to us through our membership and association with OWA. In the future, should you find yourself injured on the river, do not be surprised when your fellow OWA member comes to your aid.

I encourage everyone to take advantage of the various rescue and first aid training opportunities made possible by our association.

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## Knot of the Month Double Fisherman's

By Steve Kasper

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

### OVERVIEW

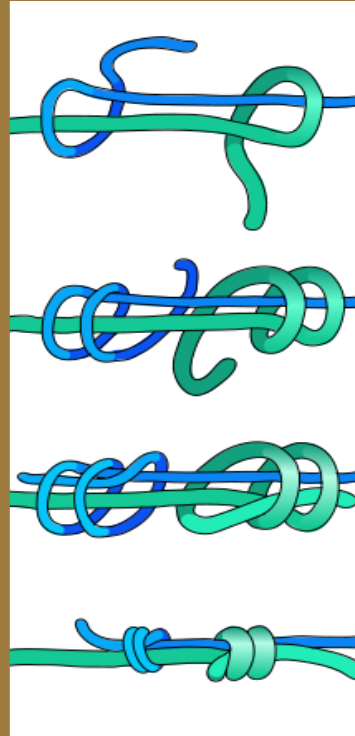
- Used to form high-strength loops from cords
- Tied correctly you will see a double XX on one side and a smooth barrel on the other

### HINTS

- Tie the first half on your left side, then flip the knot over and tied the second half exactly the same way. This way you can easily tie the knot correctly always complete the wraps in the same direction. The tails will come out on opposite sides.

[Click for step-by-step directions](#)

[Click for a video](#)



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# Trip Calendar

Submitted by Pat Barry

Please go to the OWA website for additional details on each trip.

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Or go to <http://oregonwhitewater.org/calendar/trip-calendar>



1.1 Sun	<a href="#">Sandy River</a>	II/III	Val Shaul	<a href="mailto:val.shaul@frontier.com">val.shaul@frontier.com</a>	503-805-8991
1.28 Sat	<a href="#">Siletz River</a>	III/IV	Tom Riggs	<a href="mailto:triggs@ashland.com">triggs@ashland.com</a>	503-647-0690
2.18-20 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Bee Tyree	<a href="mailto:dillflet@comcast.net">dillflet@comcast.net</a>	503-753-4081
3.16-18 Fri-Sun	<a href="#">Rogue River</a>	III/IV	Rick Carman	<a href="mailto:frederickcarman@comcast.net">frederickcarman@comcast.net</a>	503-642-9347
3.24-26 Sat-Mon	<a href="#">Lower Deschutes</a>	III	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785
3.26-30 Mon-Fri	<a href="#">Owyhee River</a>	III/IV	Dan Alsup	<a href="mailto:rivermandan2698@yahoo.com">rivermandan2698@yahoo.com</a>	503-888-0569
4.14 Sat	<a href="#">Deschutes River</a>	III/IV	Tom Hanson	<a href="mailto:TJHRafter@earthlink.net">TJHRafter@earthlink.net</a>	503-201-4428
4.20-22 Fri-Sun	<a href="#">Lower North Umpqua</a>	II/III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
5.5 Sat	<a href="#">Green River Cleanup</a>	III	Lyles Larkin	<a href="mailto:ik4fun@comcast.net">ik4fun@comcast.net</a>	
5.11-13 Fri-Sun	<a href="#">Grand Ronde</a>	III	Eric/Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-525-6134
5.12 Sat	<a href="#">Lower Cispus</a>	II/III	Tina/Eric Myren	<a href="mailto:tnemyren@gmail.com">tnemyren@gmail.com</a>	
5.18-21 Fri-Mon	<a href="#">Rogue River</a>	III/IV	Van McKay	<a href="mailto:vanm1@aol.com">vanm1@aol.com</a>	360-737-3148
5.26-27 Sat-Sun	<a href="#">Riverfest on the Deschutes</a>	III/IV	Christie Amaral	<a href="mailto:info@maupinriverfest.com">info@maupinriverfest.com</a>	541-993-1708
5.26-27 Sat-Sun	<a href="#">Lochsa River</a>	IV/V	Steve Herring	<a href="mailto:stevenh@tektronix.com">stevenh@tektronix.com</a>	503-646-6100
6.1-3 Fri-Sun	<a href="#">Upper North Umpqua River</a>	III/IV	Suzie Richards	<a href="mailto:suzir47@gmail.com">suzir47@gmail.com</a>	360-601-0898
6.9 Sat	<a href="#">Klickitat River</a>	III/III+	Doug Smith	<a href="#">Doug Smith</a>	503-232-5285
6.15-17 Fri-Sun	<a href="#">Lower Deschutes</a>	III	Carol Beatty	<a href="mailto:caroldon1@comcast.net">caroldon1@comcast.net</a>	503-816-6172

7.13-15 Fri-Sun	<a href="#">Lower Salmon</a>	III/IV	Eric/Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-525-6134
7.14-15 Sat-Sun	Lower Salmon	III/IV	Tom Riggs	<a href="mailto:trriggs@ashland.com">trriggs@ashland.com</a>	503-647-0690
7.19-22 Thu-Sun	<a href="#">McKenzie River</a>	III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
8.31-9.3 Fri-Mon	<a href="#">Main Payette River</a>	II-V	Dave Nissen	<a href="mailto:Madcatr@aol.com">Madcatr@aol.com</a>	509-947-1862
9.14-16 Fri-Mon	<a href="#">Tieton River</a>	III+	Brenan Fillippini	<a href="mailto:pinkyfilippini@yahoo.com">pinkyfilippini@yahoo.com</a>	
9.15-17 Sat-Mon	<a href="#">Hell's Canyon</a>	III-IV	Mike Moses	<a href="mailto:mtymo_@hotmail.com">mtymo_@hotmail.com</a>	509-240-4220
9.22 Sat	<a href="#">North Santiam River</a>	III	Rick Hendon	<a href="mailto:gonetothedogsinc@msn.com">gonetothedogsinc@msn.com</a>	503-887-4305
11.10-12 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785



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EXISTING MEMBERS: <http://oregonwhitewater.org/about/pay-dues>

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## Oregon Whitewater Association Membership Application Form

Address: \_\_\_\_\_  
City, State Zip: \_\_\_\_\_

**A household membership is \$28.00 for one year, from January 1 to December 31.**  
You may go to our website at [Oregonwhitewater.org](http://Oregonwhitewater.org) to sign up and pay your dues online.

### Membership

1 Year – \$28

2 Years – \$56

3 Years – \$84

I hereby state that I wish to participate in courses and/or activities offered by Oregon Whitewater Association (OWA) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, OWA would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by OWA, I hereby release OWA and its leaders, officers, and members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OWA. I personally assume all risks in connection with these activities, and further agree to indemnify OWA and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

All participating adult members of the household (age 18+) must sign. Guardians must sign for minors.

Participant	Printed Name	Signature
Member #1		
Member #2		
Member #3		
Member #4		

Participant	Email Address	Preferred Phone(s)
Member #1		
Member #2		
Member #3		
Member #4		

Make your check payable to the  
**Oregon Whitewater Association**  
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P. O. Box 2137  
Beaverton, Oregon 97075-2137