

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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### **Wilderness First Aid**

*Submitted by Chrissy Bloome*

*Photos by Matt Saucy and Jeanie Mercier Smith*

The North Santiam River provided a great location for the 2 days of the OWA sponsored Wilderness First Aid course October 5-6, 2019. Fortunately, the heaviest of early fall rain downpour happened on Friday, late afternoon before the course started, but just in time to make for damp and cold conditions for setting up camp for the weekend for those who could arrive a little early on Friday evening. Throughout the weekend, everyone was grateful for the covered shelter area with great tables, easy access to water and even electric stovetop coils. Overall, things were fairly dry and the early shifting of fall colors by the river made for a beautiful setting.

Matt Saucy headed up the coordination and implementation of this wonderful training supported by Heather. Everyone had info prior to the training and during about what to expect. Matt and Heather kept a hearty supply of hot coffee, tea, and yummy snacks, which kept everyone fueled throughout the weekend. Travis Reid and his team, Brian and Matt, were set up to teach participants relevant and specific Wilderness First Aid content. With the help of the team and OWA volunteers, everyone got to rotate through stations to apply the content that was taught to the large group. Clearly, this endeavor takes a lot of organization and equipment and gear!

*Continued on page 4*

### **January Club Meeting**

*Flying Pie Pizza*

7804 SE Stark Street  
Portland, OR 97215

**Wednesday,  
January 8, 2020  
from 6:00-9:00 PM**

# Contact Information



## Your OWA Officers and Volunteers

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[H2OAddicts@OregonWhitewater.org](mailto:H2OAddicts@OregonWhitewater.org)

**OWA web site address:**  
<http://www.OregonWhitewater.org>

## We need your awesome rafting photos!

Did someone capture you hitting that rapid just right? Or did you get a photo of a friend barrelling through a standing wave? Whatever the epic pic - we want to feature it on the back page of the newsletter!

Send us your picture by emailing the image to [VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org). Be sure that the picture is high resolution, that you have permission to have it published. Include the names of those pictured, a short caption (i.e. "Boxcar on the Deschutes") and a photo credit to who took the picture.

We can't wait to see the amazing pictures you send!

**Do you have something you would like to submit to the OWA newsletter? The tale of your latest rafting adventure? The recipe of the best dish you've ever cooked on the river?**

**Contact Christine Broniak**  
[VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org)

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for a \$150 gift certificate to one of the OWA sponsors. Every member who submits written material that gets published in the newsletter will automatically be entered into the drawing.

## It's Another New Year! by Scott Ogren

The beginning of the year is always an exciting time for the OWA Board as every year some people are transitioning out and new people are transitioning into new board positions. The energy of the new board members is exciting to be around and I'm looking forward to seeing how the new board members make their mark on our club.

I would like to thank everyone whose Board of Directors term ended in 2019 for volunteering to serve the OWA. Without the volunteer efforts of everyone involved, we wouldn't have the great club we have! It takes a village and we are always very grateful for all the help we get. Many thanks to Mark Lewis, Christine Broniak, and Paul Diaz for their years of service to the OWA as VP Events, VP Newsletter and Tech Director.

Have you been able to get out on a river lately? With all of the dry weather we have been having it's been difficult to find a river with enough water to be able to go boating! Hopefully with this recent rain we have been having we will all find our way out to some of the local rivers and get some boating in! I don't know about you, but while the dry weather has been good, I'm ready for some rain so we can all go boating!

Do you have any river trips you would like to lead for the club? We are always looking for new trips to add to our trip calendar and would love to add your trip! Whether it's a one-day trip or a multi-day trip, please send an email the club Trip Editor, Scott Harvey at [tripeditor@oregonwhitewater.org](mailto:tripeditor@oregonwhitewater.org) with your next river trip and he will put it on the club calendar.

Speaking of river trips, the next multi-day club trip is the Rogue trip in February. Look for the sign-up to be out soon and if you plan on going, sign up quickly as this is a very popular trip!

You've heard this before and you'll hear it again, OWA has one extensive Wilderness First Aid kit at the moment and by the spring we will have two kits. We also have two AED's that go on all club trips and are available for club members to take on private trips as well. I encourage you all to take both with you on your next private trip. You can check them out by sending an email to [firstaid@oregonwhitewater.org](mailto:firstaid@oregonwhitewater.org).

### *This and That*

The February Pool Session meeting is coming up next month. This is a great time to brush up on some rescue skills and maybe learn something new. The pool session will be February 12, 2020 at the North Clackamas Aquatic Center. This will be a busy week for the club as those who are going on the Rogue trip will be leaving just a few days later.

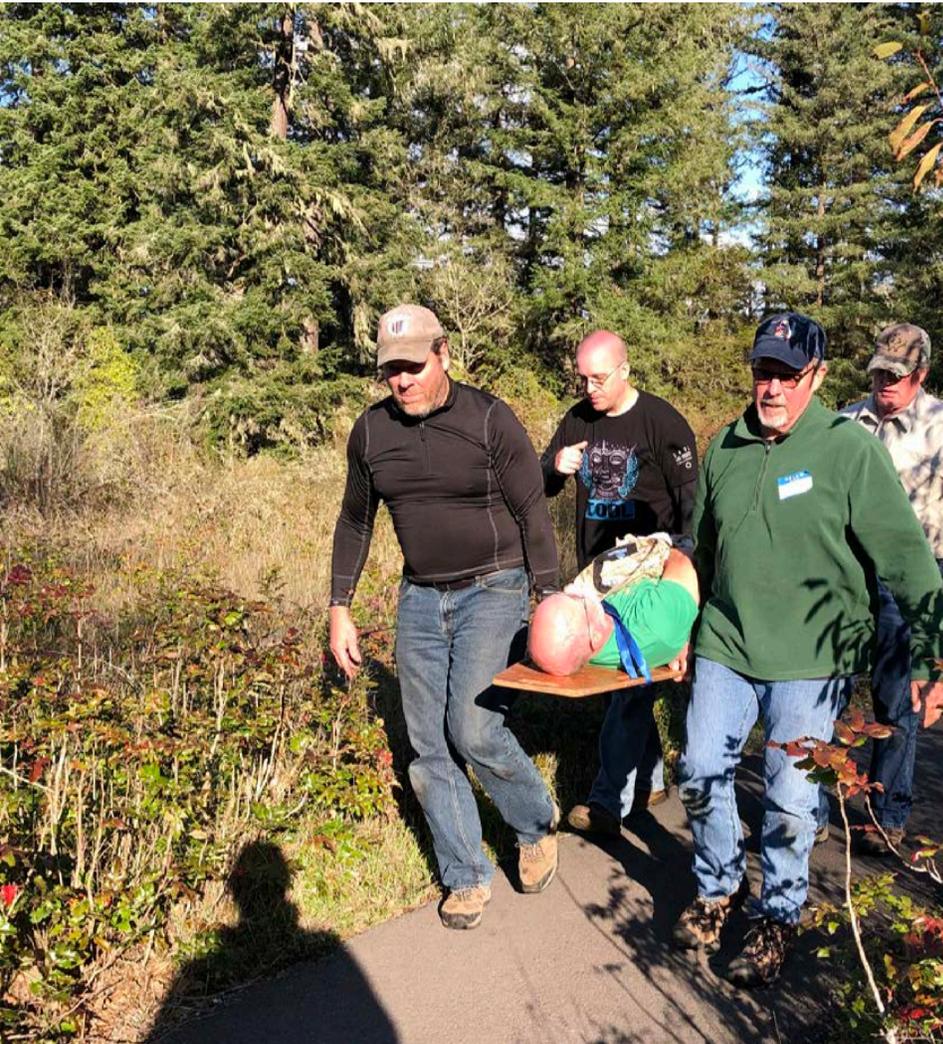
Also, a reminder of the newsletter article drawing and the meeting speaker drawing that will happen at the end of the year. If you submit an article for the newsletter, you will be entered into a drawing for \$150 at a club sponsor. If you give a lead on a speaker who speaks at a meeting in 2020, you will be entered into a second drawing for \$150 at a club sponsor.

### *January OWA Meeting*

*The next meeting will be at our usual meeting place – Flying Pie Pizza in SE Portland. Please join us as we get another year started with an exciting list of speakers in 2020!*

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



## Wilderness First Aid: Continued from page 1

Participants ranged from those with prior training and experience to those with little or no training. There was something for everyone and even for those with prior training, the repetition and practice of a course like this always strengthens knowledge and skills. The Patient Assessment System (PAS) is a foundational way to address a wilderness situation that needs first aid attention. Recognizing when to call for help asap is essential and when/how to use a personal location device was discussed. When dealing with situations, "Fast is S-L-O-W and Smooth is Fast," was an enduring theme. The prioritizing of rescue is #1 – Self, #2, other rescuers, and #3 Victim.

Some of the major content areas included cervical spine precautions, heat exhaustion, shock, cardiac arrest (effective compressions and early defibrillation with an AED), bleeding control, hypothermia, shock, altitude sickness, lightning, and traumatic brain injury.

*Continued on page 5*



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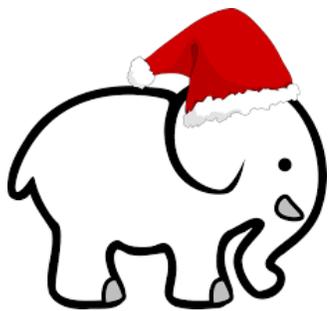
## *Wilderness First Aid:: Continued from page 4*

On both days 1 and 2, simulations with situations related to river-related incidents provided participants a hands-on opportunity to apply knowledge and practice right next to the river. Victims were moulaged and stayed in character in simulated roles while Wilderness First Aid responders attended to assist them using the skills learned during practice stations. Roles for Incident Command and all the other coordination further assisted opportunities for practice. The “hypothermia burrito” active practice during the simulation was an especially challenging situation to accomplish followed by evacuation of the victim. At the conclusion of the simulations, large group debriefing gave everyone an opportunity to converse about the training and how the hands-on practice went. Many lessons were learned! Continued practice is a definite plus to integrate all this great information.

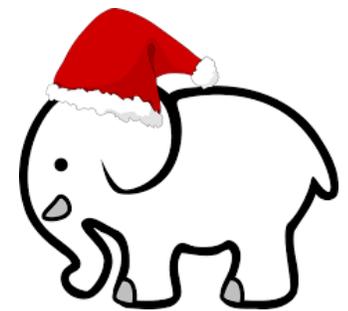


Many lessons were learned! Continued practice is a definite plus to integrate all this great information.

A big shout out goes to Matt and Heather for the fantastic course coordination, food and hot beverages and Travis Reid and the team for getting this training to OWA members. A lot more people are better equipped to handle situations that may occur on adventures of many kinds. Again, OWA continues to provide very affordable training! Look for the training again with “perfect vision” in 2020!



## Holiday Party Re-Cap!



On December 11th a festive crew of boaters once again took over the Lucky Lab in downtown Portland for OWA's annual Holiday celebration. Several donned their best (or worst?) sweater for the ugly sweater contest. Brenda introduced a twist on the white elephant gift exchange this year including a mass opening of gifts and colored balls, something that must be witnessed to be understood. A carefully curated set of used children's books and other creative gifts kept the game moving for a while. A few left with gifts to enhance their season or boating experience and others left with . . . something. It was an enjoyable evening of pizza and fellowship with friends and fellow boaters.

Submitted by Kimberly Long

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## Get Ready For Winter Boating

*Submitted by Zachary Collier*

I'm getting ready for my first day of winter boating on Washington's Wind River. Every November when the rain begins I dust off my cataraft and piece it together after a few months of neglect. Here are some things I do before my first winter paddling trip.

### A Few General Reminders

- Inspect your PFD for inflation and consider purchasing a new one.
- Inspect the gaskets and lubricate the zippers on your drysuit.
- Check your frame and oar bolts for tightness. This is also a great time to replace old, rusty ones.
- Replace old, worn cam straps that might break during the boating season.
- Do a safety inspection on your trailer. This is a good time to grease your hubs and check your trailer lights.
- Put together a cold weather (or "hypo kit") with extra fleece, fire starters, and hand warmers.

### Lean and Mean Safety Kit

Make sure everything is there and nothing is moldy or rusty. This is what I bring for day runs like the Wind River where road access is fairly close.

- Two 30' sections of webbing for anchors
- Two or more prusics (I suggest Sterling Auto Block pre-sewn cord)
- Six or more locking carabiners
- Two pulleys
- Throw Bag with 3/8" rope or dedicated safety line

The exact contents of your repair kits should depend on your boat, difficulty of rivers you run, and your training.

### Lean and Mean Repair Kit

Repair kits are often overlooked and rarely restocked. The exact contents of your kit will depend on your particular raft material, frame, and oars.

- Every repair tool your frame and oars might need - nut driver, socket wrench, channel locks, allen wrench, oar blade tightener, screwdriver, and more
- Replacement parts and bolts for your frame
- Repair material, glue, sandpaper, and brushes
- Tear Aid for quick repair
- Duct Tape

You might also want to consider repair materials and tools for your friend's boats too in case they forget.

### Typical First Aid Restock

This is a list of items that commonly needs to be restocked in your first aid kit.

- Ibuprofen
- Band Aids
- Triple Antibiotic Ointment
- Medical tape
- Check your CPR mask to make sure it's still in good shape

*Reprinted with permission from Zachary Collier, Originally Published: December 1, 2012 | Updated on December 26, 2019 on [nwrafting.com](http://nwrafting.com)*

## INGREDIENTS

Olive or other oil

1 onion

1 bell pepper

2 stalks celery

2 carrots

2 bay leaves

Thyme - fresh or dried (½-1 tsp)

Cayenne pepper

Salt and pepper

4 cloves garlic

Jalapeno (1 or 2 to your heat preference)

4 cups broth (chicken or vegetable) for Instant Pot, less if cooking fresh or soaked beans on the stovetop (2-3 cups).

2 tsp apple cider vinegar

Optional - pork of some sort (salt pork, bacon, ham hock, sausage)

1 ½ cups of dry black-eyed peas (3ish cups fresh)



## Black-Eyed Peas/Hoppin John

*Submitted by Kimberly Long*

*Black eyed peas with greens are thought by many a necessary meal to start the new year - the black-eyed peas for luck, the greens for money. To pass up this meal on New Years Day could be risking both in the year ahead. This year I tried to make Hoppin John in the Instant Pot with dried beans and it was quite successful, but soaked or fresh beans can be used in any old pot.*

## DIRECTIONS

Dice the veggies, mince the garlic, and deseed/dice the jalapeno. Saute the veggies (onion, bell pepper, celery, and carrots) in olive oil in Instant Pot or stovetop until the onions are translucent. Add the herbs (bay leaves, thyme), minced garlic, and jalapeno. Add salt, pepper, and cayenne to taste and cook until it smells amazing (a minute or so). Add the broth and vinegar. Add the meat (if you eat meat). I usually use salt pork but threw in some leftover ham this year. Add the black-eyed peas. If in the instant pot, set to high pressure for 15 minutes, then let it self-release for 15 minutes. If on the stovetop, bring to a boil, then reduce to a simmer until the beans are tender.

Serve with greens of some sort (collards, kale, cabbage) and definitely cornbread. I douse mine in hot sauce, but that's just me.



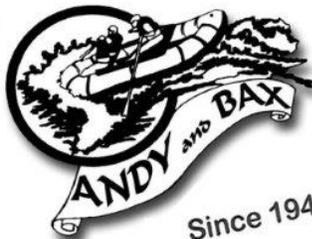
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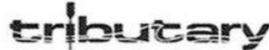
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## Knot of the Month - Double Fisherman's

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

### Overview

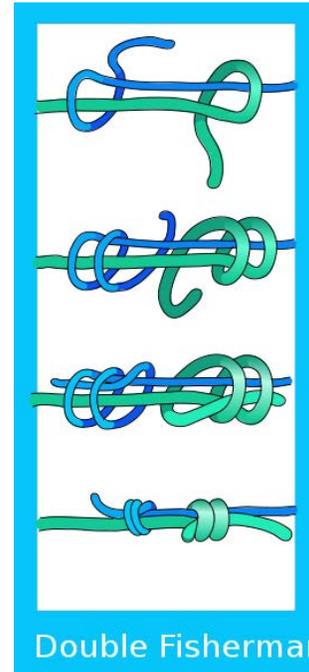
- Used to form high-strength loops from cords.
- Tied correctly you will see a double XX on one side and a smooth barrel on the other.

### Hints

- Tie the first half on your left side, then flip the knot over and tie 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.



Steve K 2012



Double Fisherman



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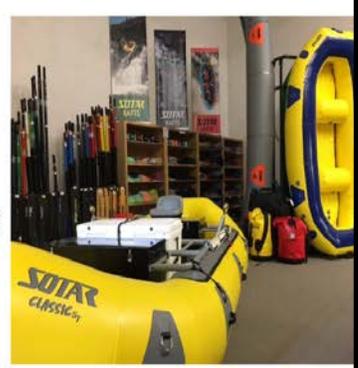
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# Upcoming Trips



Submitted by Cheryl Ford, Trip Editor

Detailed information for upcoming trips can be found at <http://oregonwhitewater.org/calendar/trip-calendar/>

## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2020 Trask River, South Fork Trask Bridge, Class III-III+	February 8, 2020	Tom Riggs	<a href="mailto:triggs2003@msn.com">triggs2003@msn.com</a> 503-705-5783
2020 Molalla River, Three Bears Section, Class III-IV	March 7, 2020 10 am - 4 pm	Scott Harvey	<a href="mailto:hadjimann@yahoo.com">hadjimann@yahoo.com</a>
2020 Hood River Run, Class III+ - IV	March 14, 2020 10:00 am - 4:00 pm	Zach Collier, Scott Harvey	<a href="mailto:zach@nwrafting.com">zach@nwrafting.com</a> <a href="mailto:hadjimann@yahoo.com">hadjimann@yahoo.com</a>
2020 Upper North Santiam, Boulder Creek Section, Class III+ - IV	April 11, 2020 10 am - 4 pm	Scott Harvey	<a href="mailto:hadjimann@yahoo.com">hadjimann@yahoo.com</a>
2020 Grande Ronde River, Class II/III	May 8th-10th, 2020	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a> , 509-525-6134
2020 Annual Upper Clackamas Whitewater Festival	May 16-17, 2020		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2020 Upper North Umpqua OWA/NWRA Trip, Class III/IV	June 4-7, 2020	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>
2020 McKenzie River Weekend Trip, Class II/III	June 11-14, 2020	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>

## PAST OWA RAFTING TRIPS

2020 37th Annual New Year's Sandy River Float	January 1, 2020 10am - 4 pm	Val Shaul	<a href="mailto:valshaul@frontier.com">valshaul@frontier.com</a> , 503-805-8991
2019 Veteran's Day, Rogue, Class III/IV	November 9-10, 2019	<a href="http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606">http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606</a>	

For additional details on upcoming trips or to view past OWA trips go to <http://oregonwhitewater.org/calendar/trip-calendar>



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Robert Guerrero - Middle Fork Salmon August 2019

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