

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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OWA Holiday Party ReCap

Submitted by Christine Broniak

Another year has passed, and it was once again time for the OWA holiday party. We headed to the Lucky Labrador Beer Hall in Portland with our white elephant gifts in hand. While we loaded our plates with a wide assortment of pizza and salad, some of us ordered our beverages of choice. We picked our numbers that would determine our luck for the gift draw. Our emcees for the white elephant did a wonderful job as usual. Notable gifts included a homemade hypothermia kit, pink flamingos, and more than a few bottles of alcohol. About halfway through the merriment, a jolly red fellow appeared from another room. He visited everyone and delivered treats and good tidings. Friendships were made and strengthened as we shared a meal and presents and looked back on a year of good times on the water. Happy Holidays to all and see you on the river!

Continued on page 4

January Club Meeting

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

**Wednesday,
January 10, 2018
from 6:00-8:30 PM**

Topic: Yampa River & Dinosaur National Monument

Speaker: Bruce Ripley

Description: Bruce talks about his trip, accompanied by other club members, on the seasonal Yampa river and Dinosaur Monument. See page 5 for more details.

Contact Information



Your OWA Officers and Volunteers

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

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 Nichole Marino
VicePresidentNewsletter@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.

Newsletter Submission Winners!

Congratulations and thank you to Shannon Scroggins for her newsletter submission and to Steve Oslund for his meeting speaker suggestion. Both received a gift certificate for \$150 to any of OWA's sponsors.

You can be a winner too! In 2018, contribute to the Newsletter and and be automatically entered in our annual drawing for \$150 gift certificate at the end of the year !

If you would like to submit an article to our club's newsletter, please contact our VP of Communications at vicepresident-newsletter@oregonwhitewater.org.

Have you gone on a club trip or a private trip that you want to tell us about? 1-2 pages is great, accompanied by high resolution photo(s). It can be longer but it's always good to check in about length.

How about a recipe you created or a meal you encountered on a trip? We want to know about those too. Tips include serving size or how many people it feeds. Please include a photo of your dish!

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 2017 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 Michele Gila and Skip Currier for their years of service to the OWA in their roles as Vice President – Communications and Vice President – Events, respectively. If you have ever wondered how events always seem to be scheduled with all of the details worked out and all of the club business communicated out to the membership, Michele and Skip have been working behind the scenes for the past several years to make it all happen. As we transition to Nichole Marino and Mark Lewis in these two roles, please take a moment to offer any support you may be able to give to them.

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, Cheryl Ford at tripeditor@oregonwhitewater.org with your next river trip and she 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 an extensive Wilderness First Aid kit and an AED that goes on all club trips and is 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.

This and That

The February Pool Session meeting will be on the first Wednesday of the month this year because the second Wednesday is Valentine's Day. Please note that the February meeting is scheduled for Wednesday, February 7, 2018 at the North Clackamas Aquatic Center. This will be the same great meeting is always is, just a week earlier than normal. 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 2018, you will be entered into a second drawing for \$150 at a club sponsor.

JANUARY 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 2018!

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

www.oregonwhitewater.org/dues.html

Holiday Party Recap



Here's to a happy and safe 2018!

Bruce Ripley

Description:

Bruce, along with several other club members made the trek to Northwestern Colorado and Utah in June 2017 to float the Yampa river. In total the trip lasted 9 days, 2 days of travel, 1 exploration day, 4.5 days on the river, and 1.5 days to travel home. The trip included an exploration around Dinosaur national monument as well as 50 miles of the Yampa River, and 20 miles of the Green River below their confluence. The Yampa river is an upper tributary of the Colorado system and it is the setting for one of the most spectacular river canyons in North America. The Yampa is a very seasonal river and it only floatable in rafts during the spring and early summer. In addition it is a tightly permitted and patrolled river and permits are quite difficult to obtain. The Yampa is a Class IV river primarily due to one Class IV rapid (Warm Springs), otherwise it generally rates as a Class II-III run.

Speaker Bio:

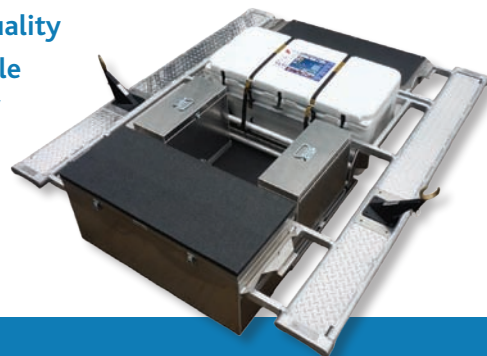
Bruce is a current club member and past president and vice-president of the club. Bruce and his wife Sherry have 3 daughters and live in Clackamas. Bruce grew up in West Virginia and has been an avid outdoorsman his whole life. It was not until he moved to Boise Idaho that he caught the rafting bug. Bruce and his family moved to Portland in 2005 and have been members of Oregon Whitewater Association since 2007. His whitewater experience includes most of the major rivers in the west including the Colorado, Yampa, Owyhee, Salmon System, Selway, Snake, Illinois, Green, Grande Ronde and most of our local rivers.



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Ropes and Moving Water = Danger

Submitted by Dan Hudson

As the title clearly states – anytime we add ropes to moving water the situation becomes inherently dangerous to us and to the recreational community enjoying the river. The two just don't mix unless care and consideration is taken in their application. That is why we focus significantly on rope rescue skills in the OWA's safety class. If you have not attended one of the classes in the past, please do so. If you have attended one of the training events, attend again! Rope rescue skills are the most perishable skills I teach to the rescue community. If you do not practice, it is a skill that vaporizes without refresher skill checks.

We utilize ropes in many ways in our hobby. Rope use is not simply limited to a rescue throw bag or in an unpin kit. Do you not have a line around the outer edge of your raft or cataraft? Do you not use rope and webbing to attach your gear to your raft? Do you have tag lines and bow lines on your chariot?

Rope types for rescue (unpin kit) are different than those utilized for throw bags. If you have not learned the difference – please do! Ropes utilized for rescue are static (low or non-stretch) with a solid internal core material that is dense and does not float. Ropes utilized for throw bag rescues contain a rubber core, or are constructed of material that floats. This type of rope cannot be safely used in mechanical advantage systems as it can elongate and defeat the mechanical advantage we are trying to gain in our rope rescue systems. If you do not know the source for your throwbag, take it out and make sure the rope floats!

Where we get in trouble with ropes in moving water is that invariably, a loose rope will become entangled, pinned, or 'choked' between rocks. If that choked rope happens to be a loose bow line on your raft, you and your raft will become dangerously pinned in the river. If the choked line is an errant carried and lost throw bag, you have now caused a dangerous abandoned rope in the river where an unsuspecting rafter could become entangled and drown. If a loose rope from your gear straps becomes choked in the river, again you and your raft will become dangerously trapped and pinned in the current. Keep your bow lines firmly coiled on your raft so they cannot come loose and drag in the water. Tuck all gear attachment straps in tightly and daisy chain any long tails. Try not to have large air gaps between your gear and your attachment straps – gaps that can catch a foot or arm and pin you onto your raft if your raft flips and you get ejected out of your seat. That is one element of the phrase "rig to flip and dress to swim" which often gets lost in the discussion.

We also run a high level of risk when we are trying to unpin or rescue a raft or people from a mid-stream obstruction. When we apply a mechanical advantage rope rescue system to rescue our fellow boaters, we place a tensioned rope across the river. Such a line can be an entanglement hazard or cause another raft to flip. Always place upstream safeties equipped with whistles during your rescue evolution. Place them far enough upstream to give ample warning time to the other boaters on the river.

There is another hazard we need to take into consideration when working around ropes and moving water. Often, you will see rope rescue trained boaters carrying carabiners external on their PFDs. The concept of carrying the 2-3 carabiners is you will have them 'at the ready' in case you have to engage in a rescue operation. The truth is that those carabiners are generally attached to the PFD on a solid point of connection. If the carabiners are not locked, they can inadvertently capture a fixed rope to your PFD. The sequence of events leading up to the unplanned event can be very simple, but the end result is you are trapped on the fixed line by your PFD, and you will become helplessly trapped in a very dangerous situation. I have had such an event happen to me. Thankfully, the fixed rope was a line secured around the D-rings on my raft so I was not trapped by the current – but I was fairly helpless and required help in releasing myself from my raft. I have witnessed this occur to two other rescue personnel in training and on an actual mission, both thankfully resolved without injury. In my advanced swiftwater rescue classes, I previously taught my students to carry 3 carabiners unlocked on their PFD so they were quickly accessible and ready for deployment. I continue to teach carrying 3 carabiners on the person, but recommend carrying auto-locking carabiners.

A final thought for consideration. Without a doubt, you will have or do carry some form of rope on your raft. Just make sure you know the limitations of the piece of equipment, and recognize the potential for that item to be of benefit and detriment to your safety. Above all else learn how to utilize rope safely so it does not become a detriment to you health.

Dan Hudson

christoffdan@hotmail.com

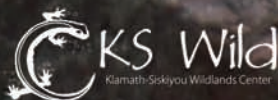


WILD RIVERS

— NIGHT —

FILMS, IMAGES, & PRESENTATIONS ON WILD RIVERS

JAN. 11, 2018 | 7-10 PM | BASE CAMP BREWING COMPANY | 930 SE OAK ST. PORTLAND, ORE.



INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 1 medium red onion, cut into wedges
- 1/3 c. plus 2 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 4 c. torn kale, collards, or mustard greens
- ½ c. fresh flat-leaf parsley
- 2 oz. grated Parmesan cheese (about 1/2 cup), plus more for serving
- 1 clove garlic
- 2 tsp. lemon zest, plus 1.5 tablespoons lemon juice
- 12 oz. bucatini
- toasted pine nuts, for serving



Bucatini with Winter Pesto and Sweet Potatoes

*Submitted by Renee Sather
Borrowed from Marian Cooper Cairns*

DIRECTIONS

1. Preheat oven to 425°F. Toss together potato, onion, and 2 tablespoons oil on a rimmed baking sheet. Season with salt and pepper. Bake, stirring once, until potato and onion are tender, 24 to 26 minutes.
2. Meanwhile, place kale and parsley in a food processor. Pulse until chopped, 4 to 5 times. Add Parmesan, garlic, lemon zest, and juice. Pulse, scraping down the sides as needed, until finely chopped, 10 to 12 times. With the machine running, slowly add remaining 1/3 cup oil through the feed tube. Season with salt and pepper.
3. Cook pasta according to package directions, reserving 1/4 cup pasta water before draining. Toss pasta with roasted vegetables, pesto, and pasta water.
4. Serve topped with Parmesan and pine nuts. Serves 4.



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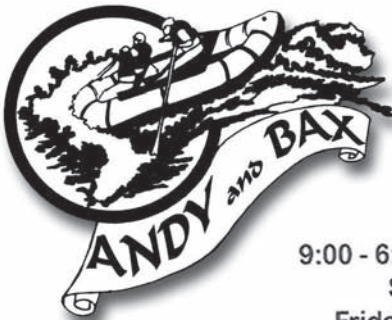
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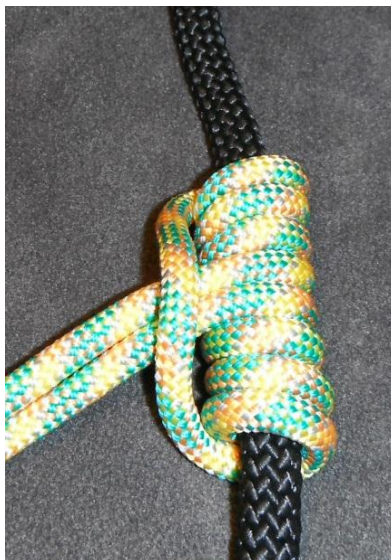
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BUNGEE jumping

Knot of the Month - Prusik

Overview

- Bi-directional Friction Hitch
- Will grip when tensioned and slide when eased. (in either direction)
- Used to grip a rope in a haul system
- Used as a brake knot to prevent a haul line from slipping out and giving up your progress
- You should use 3-4 wraps (can use more)



[Click for Step by step directions](#)

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Steve K 2012

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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2018 Elochoman River, Class II/III	February 3, 2018	Thomas Riggs	trriggs@solenis.com , 503-705-5783
2018 Rogue River President's Day Trip, Class III/IV	February 16-18, 2018	Steve Oslund	stevilone@gmail.com , 503-709-7661
2018 Women's Trip, Class II/III	June 15-17, 2018	Carol Beatty	TBD

PAST OWA RAFTING TRIPS

2017 Veteran's Day, Rogue, Class III/IV	November 10-12, 2017	Kevin Buck	buckriverman@gmail.com , 360-890-6776
2017 Fall Colors, North Santiam, Class II/III	October 8, 2017	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2017 -Tieton River, Class II/III	September 16-17, 2017	David Elliott	dce@dcell.com
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com ,
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 Upper N Umpqua	June 2, 2017	Bill Goss	zanng@msn.com , 503-757-4659
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org

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



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