

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 Class *Submitted by Scott Axness*

About 20 OWA members decided to close out September with our very own, once a year, 20 hour Wilderness First Aid Class this weekend.

It all started with clearing our weekend, registering and paying about \$70. The bargain begins there!

OWA pays the other two thirds of the class with funds raised from auctions and from the Zipline and Bungee jump trips sponsored by ZiplineX and Bungee.com. OWA also picked up the tab for the beautiful group site and shelter at Fisherman's Bend on the Santiam just a mile downriver (river right) from Mill City. OWA also supplied coffee and snacks all weekend, maintained and served by Safety and Training Director Bill Warncke and assisted by Matt Saucy.

It just got better as our trainers were Travis Reid from Oregon Rescue and OWA's own Brian Elerick backed up by the popular Schnauzer, Oscar Reid.

The class started Friday night, for those that could make it, with a greeting by OWA President Scott Ogren with an explanation of the need to have training based on real life incidents and injuries that club members didn't feel ready for. We began with the updated 4 hour First Aid and CPR. It include the basic physical steps, plus a lot of training about scene management and staying safe as a rescuer. Travis likes to emphasize that Safety First! should be a mental trigger for the phrase Save Me First!

Continued on page 4

October Club Meeting

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

**Wednesday,
October 10, 2018
from 6:00-9:00 PM**

Speaker: Casey Garland

**Topic: Casey will talk
about his sea kayaking
adventure in New Zealand
(see page 2 for details).**

Contact Information



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OWA web site address:
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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
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.

October Meeting Speaker

Topic: Sea Kayak Trip in New Zealand

Speaker: Casey Garland

Description: Casey Garland will show us a video and tell about his recent experiences in New Zealand where the film was created and if we are lucky he will play us a song or two. He was on a sea kayak adventure there.

The film brings you to the Fiordland World Heritage Status Wilderness you would otherwise never see. Mysterious, evocative, exhilarating and utterly spectacular, filmed across extremes of season, climate and terrain Ata Whenua – Shadowland will take you on an unforgettable journey through one of the most awe inspiring landscapes on earth.

River Community and Wilderness First Aid Statistic by Scott Ogren

We all consider ourselves to be whitewater rafters and we all participate in this sport in our own and unique ways. This summer, I was talking with some people who were on a guided trip with an outfitter in Maupin. Every summer, they spend several days in Maupin and hire various outfitters to take them down the Maupin section of the Deschutes river; and they consider themselves to me whitewater rafters too. That got me thinking about what a diverse sport we all love. For me, the best trips are multi-day trips with some great camping, amazing people, and some challenging but not too over-the-top rapids. Other people prefer day trips and rarely consider going unless there is at least one class 5 rapid. And there are many other ways to enjoy the river canyons we all love. It made me realize how diverse of a sport whitewater rafting is and however you like to get yourself down the river, if you consider yourself to be a river person then you should go enjoy rivers in the best way you know how to, however that is.

We recently had the Wilderness First Aid class and it was amazing, as always. Travis Reid of Oregon Rescue does an incredible job teaching the class and makes it fun to learn some very valuable skills. One statistic he said during the class that really caught me. "Your chances of surviving sudden cardiac arrest is exactly the same as the percentage of people in your community who know CPR. In other words, if 10% of the people in your community know CPR, you have a 10% chance of surviving a sudden cardiac arrest." I can't help but think that a similar thing can be said about river rescue and other first aid training. The more people in the river community that have rescue skills and are trained in first aid and CPR, the better off we all will be when things are going wrong.

As many of you know, OWA has an extensive Wilderness First Aid Kit and an AED that both go on all club trips and are available for club members to take on private trips as well. To check out either or both, send an email for firstaid@oregonwhitewater.org and Steve Oslund will work with you on the availability and you checking them out.

OWA Meetings

Have you been to a meeting recently? If not, you should consider coming to the next meeting. After a busy summer, it's always great to get together with some friends – new and old – to eat FREE (well sort of free) pizza and tell stories that start something like "No... this really happened..." If you haven't been to a meeting, I make it a point to stand near the entrance to the room to meet all new members. If you have been wanting to meet some new people to run new rivers with, I can point you in the direction of people who might know the river you are interested in. The best way to learn about boating or to get invited on trips is to come to a meeting and introduce yourself to some like-minded people. Whether you are new or haven't been to a meeting in a while then come on down we would love to see you.

October OWA Meeting

The next meeting will be at our normal meeting place, Flying Pie Pizza in Portland. Please plan to come out and join us for the meeting!

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



WFA: Continued from page 1

As he reminded us, we couldn't help much if we got hurt and became an additional victim. He explained the groovy guy or gal walk and how "looking good" his way, on an accident scene could save your life as a rescuer.

We moved onto the Patient Assessment survey and its components of Airway Brain and Circulation and to more detailed Observations, Interviews and Data gathering on patients. Campfire stories and camping were enjoyed and Saturday morning brought the rest of the class members. We reviewed the Friday evening material and started into Travis' fresh new acronyms and unique nomenclature. A personal favorite was assessing for brain injury by looking for "umbles" such as stumbles, grumbles, mumbles and fumbles.

We moved into cervical spine injury rule out techniques and data gathering to determine if victims were trending up or down and got into tourniquets, splints or injury stabilization training just before lunch. The afternoon brought a bunch of transport methods for victims incapable of moving themselves and care of hypothermia victims. We finished up training with live action role play in finding and helping two victims on the riverbank who needed examined, extracted and transported to a safe zone. The campfire scene Saturday night was much livelier with tales of hippo and crocodile attacks, amputations, impalements, drownings and near drownings as well as dozens of near misses and "lessons learned" from literally hundreds of outdoor excursions.

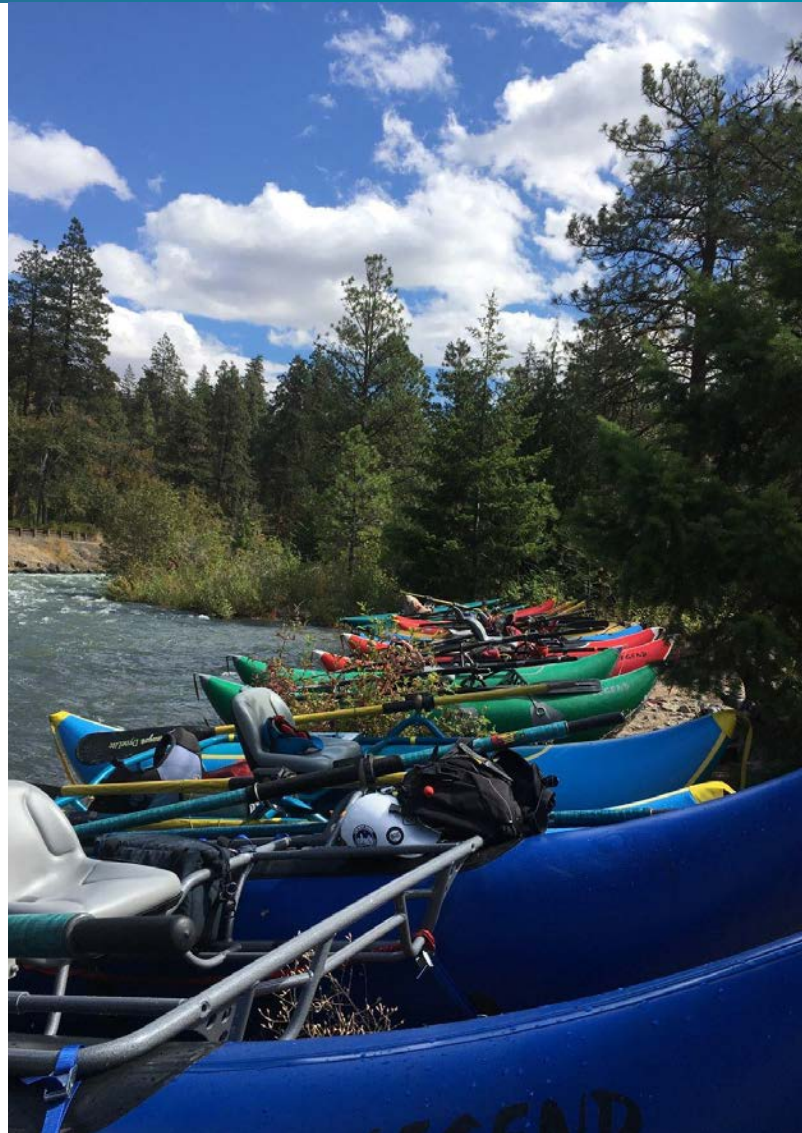


WFA: Continued from page 4

Sunday continued with lots more of Travis' alphabet soup acronyms that left us grinning. Medical speed dating was next as we played the victim of an ailment or the interviewer with 120 seconds at our disposal to identify everything from hernias to heart attacks to twisted testes.

We enjoyed the wound cleaning and bandaging lab much more than the chicken drumsticks that were the injury victims and were finishing up as a new "victims" were brought to our attention needing rescued from the tree that fell on them.

All told, we did three full "rescues" over the weekend involving multiple victims. That was the most powerful training for me. The rescues were each smoother than the previous and we cut the time in half, increasing the likelihood of a good outcome for our victims. The most likely person that you will need these skills for is a close friend or family member and it is a relatively small investment that can have huge payoffs, so please take the class next year.



September Is Tieton Time!

Submitted by David Elliott, Washington Recreational River Runners

The Tieton River near Naches, WA is fed by Rimrock Reservoir. Most years, the Tieton runs from late April to September. In April, the dam overflows, and the rest of the summer there are releases, mostly to help fill the reservoir above the town of Tieton. But, unless you are a local to the river, you won't make the effort to see the river at these times.

The September release draws hundreds of boaters to the Tieton. The sparse flows of August give way to a full-time flow. Starting in late August, the releases from the Upper Yakima Basin are reduced so that fish won't lay eggs on the sides of the river, but there is still a need for water in the Yakima Valley for growing food and, more importantly, 75% of the hops grown in the world.

The river provides a great roller-coaster ride for whitewater boaters. The big rapids - Hause Creek, Wild Rose, Willows, The Dam, High Noon, and Waffle Wall - all provide great fun, and there are plenty of other fun rapids along the way. There's rarely an eddy. If you are game, you can add a couple of miles above the traditional run, or add 11 more miles down to Tim's Pond. This section has great views, and one of the biggest class III rapids on the river.

Tieton River: Continued from page 6

The 2018 Tieton season seemed almost quiet. Cooler temperatures reduced the number of people who came out to boat. Boatable flows started the weekend of August 25. We didn't make it that weekend, but I was told it was quiet. We did a day trip on Labor Day weekend and there more people than usual, but it was mostly people in campers. The next weekend we got in a couple of fun days as the flow reached its peak at just over 2000 cfs. The weekend of September 15 was the big weekend. The camping was crowded, but so many people bring RVs and campers that there may have been fewer people. Things quieted down for the weekend of September 22, but the parking lot at Windy point was still full.

I have spent many days on the Tieton - over 100 runs since 2003, when I first boated it as a day trip in a raft with some friends. I've had a lot of great days on that river, and explored most of the side channels. I've explored the river bottom a few times, though surprisingly my last flip was in 2011 - I'm due for another soon.

One of the most fun aspects of the Tieton for me is getting to boat with old friends and meet new friends. Every week this season, I boated with a different group of people. Another fun aspect is that the speed and continuousness of the Tieton helps get me prepared for the coming of the rain - quickly catching eddies and having to deal with nonstop waves speeds up my river reading skills and boating technique.

If you got to enjoy the Tieton with us this year, I know you had a great time. If not, it will be there next year when September rolls around again.

2018 Zip Line and Bungee Jumping

Oct 28th 10:00 am - 1:00 pm

We are doing a reboot of the Zip Line and Bungee Jumping event from the Spring. Go to:

<http://oregonwhitewater.org/rescue/zip-line-and-bungee-jumping/> for more information and to sign up.

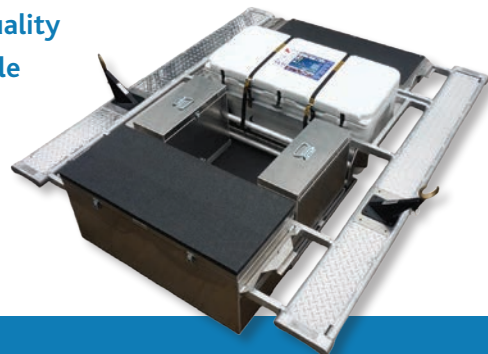
You do not need to be an OWA member to participate in this event. If you are looking for a discounted Zip Line adventure or Bungee Jump this is your opportunity!



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INGREDIENTS

3 medium onions -- diced
2 medium green peppers -- diced
2 large stalk celery -- diced
2 small clove garlic -- minced
1/2 small fresh jalapeno peppers
2 pounds lean chuck -- ground coarsely
1 7 oz can diced green chilies
1 14 1/2 oz can stewed tomatoes
1 15 ounce can tomato sauce
1 6 ounces can tomato paste
6 ounces chili powder
tabasco sauce to taste
12 ounces beer
12 ounces water
3 bay leaves -- or 2 your choice
garlic salt to taste
salt/pepper to taste



\$10,000 Chili

Submitted by Christine Broniak

This is a recipe I found on the internet in places too numerous to mention. I have always found it particularly delicious and it is one of my favorites. This is a great one to make for your group meal on the river. My philosophy is that river time is for enjoying with friends so I make it ahead of time and seal using a FoodSaver or freezer bags (3 nested in each other will do.) It freezes well and can add to your cooler's cooling power. Just make sure your pot is big enough to accommodate if it is still frozen come meal time. I learned that one the hard way!

DIRECTIONS

Dice and saute first 5 ingredients. Add meat and brown.

Add everything else, including beer. Add water JUST TO COVER TOP.

Cook about 3 hours on low heat. Stir often. Remove bay leaves.

Add to a Food Saver bag and heat up on the river. Enjoy!

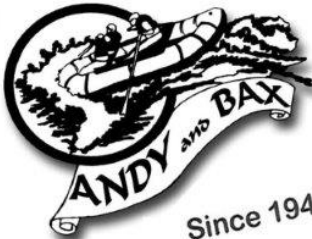


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Knot of the Month -Klemheist

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Overview

- Friction hitch that grips under tension in one direction and slips when tension is released
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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 Fall Colors, North Santiam, Class II/III	October 6, 2018	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2018 Zip Line and Bungee Jumping	October 28, 2018	Steve Oslund	stevilone@gmail.com
2018 Veteran's Day, Rogue, Class III/IV	November 10-12, 2018	TBD	

PAST OWA RAFTING TRIPS

2018 Snake River, Class II-IV	Sept 15-17, 2018	Mike Moses	mtymo_@hotmail.com , 509-240-4220
2018 Tieton, Class III+	Sept 15-16, 2018	David Elliott	dce@dcell.com
2018 McKenzie River, Class II/III	June 14-17, 2018	Brenda Bunce	brenda.bunce@gmail.com
2018 Grande Ronde, Class II/III	June 14-18, 2018	Dave Graf	dmgraf55@centurytel.net
2018 Upper N Umpqua NWRA/ OWA Trip, Class III/IV	June 1-3, 2018	Bill Goss	zangng@msn.com , 503-757-4659
2018 Rogue River Lodge Trip, Class III/IV	May 18-21, 2018	Van McKay	vanm1@aol.com , 360-737-3148
2018 Annual Upper Clackamas Whitewater Festival	May 18-20, 2018		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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Transporting a patient at the Wilderness First Aid class

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