

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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Rowing The Grand Canyon For The First Time Submitted by Pat Barry

We launched from Lees Ferry on September 16, 2016, the day after the last of the motorized rigs would launch for the season. There were 12 of us, ranging in age from 30 to 61, with a wide range of boating experience. Our trip leaders, Jason Rice and Tim Thoren, wanted a mix of veteran rowers as well as to introduce the canyon to friends who had never had the opportunity to experience it before. We had four 18' Sotar rafts rented from Moenkopi, a hard shell kayaker, a double IK, a river board, and I was rowing Tim and Jason's 16' Sotar catboat.

I was thrilled to be asked on this trip with terrific trip leaders, good boaters, a nice mix of fun people, and the perfect time of year. There would be parties, costumes, hiking, and more. My one reservation was that even as much boating as I'd done, I had almost no big water experience. While I've boated extensively the Class III/IV rivers in Oregon, Idaho and more in my 14' catboat, I don't IK much and I don't row a gear boat. I was a one trick pony. I was tremendously relieved to be rowing a 16' catboat rather than

Continued on page 4

November Club Meeting:

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

Speaker: Tim Palmer
(see page 15 for bio)

Wednesday,
November 9, 2016
from 6:00-9:00 PM

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Ron Sparwasser

Founding & Lifetime member of OWA

Ron along with his wife Gail were among the group who helped form OWA over 10 years ago. He rafted rivers all over the western states and introduced many people to rafting along with leading trips for the club.

He passed away Aug. 22, 2016 at the age of 69 from causes related to Alzheimer's. He was born on Oct. 17, 1946 to Lou and Pauline Sparwasser in Milwaukie, OR. Ron grew up in the Milwaukie area graduating from Milwaukie High School. After serving two years in Germany with the Army, Ron graduated from Portland State University and began his teaching career in Oregon City. Ron was an avid skier, outdoorsman and white water rafter. He was active with the Northwest Whitewater Assn. and Oregon Whitewater Assn. He was also an advocate for the 4H rafting program. Ron was predeceased by his parents and wife, Gail. He is survived by daughter, Shannon; sons Eric (Rachael) and Kurt; grandchildren, Emery, Finnley and Levi; sister, Gloria; niece Vicki; and nephew, Jason. The family suggests that remembrances be made to the Red Cross in Ron's Memory. He will be missed by his many friends in the boating community.

Do you have something you would like to submit to the OWA Newsletter?

Contact Michele Gila at

VicePresidentNewsletter@oregonwhitewater.org

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for \$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.

An Active Start to the Boating and Hiking Season!

by *Bruce Ripley*

Well if anyone out there feels the need to build an ark you wouldn't be alone. We've had a wet start to the fall boating season and while you never know what's going to happen as we move into winter I can say with all certainty that there's enough water to boat nearly everywhere right now, in fact maybe a bit too much in places.

One of my recent adventures took me to Mt. Hood and the timberline trail. It's interesting how life comes full circle sometimes without you really planning it directly. In this case, our small, intrepid group decided to tackle the section of trail from Timberline to Ramona Falls, and then out the Ramona falls trail to the parking lot. We spotted a vehicle at the "take-out" and then drove to Timberline where we were dropped off. Once abandoned at Timberline, it was sort of a one-way trip, kind of like being on a river! Our journey was 15 miles, with about 3000' of vertical downhill, and 1,300' uphill. It was a great day, and if you look on Google Maps you can see a "street view" or 360 degree picture looking down into the headwaters of the Sandy River where you can see no less than 5 waterfalls. I took the picture and posted it there, it's really neat to see where all that water comes from.

Now for the "full circle". The trail finally descends to the Sandy River where you are faced with a swiftwater crossing. It was very reassuring that we practice this type of stuff in our RST class and prepare for it, even if we don't plan to use those skills while hiking. Just a week earlier this would have been less of an issue since the water would have been very low, but it had been raining for days (see intro) and the water was at a level which required that we find a safe spot and take our time. We did just that but it was strange how our boating and safety experiences melded into our hiking experience. We then had a second crossing that would have been much trickier if not for the strainers we could walk across, all I could think of was what I was going to do if I fell in, it never hurts to have rehearsed that in your mind before you take that first step. It was a great day, and I'm looking forward to finishing the other sections next summer! Happy Boating!

OWA Board

Well here is my last pitch as president with regard to serving on the OWA Board. November serves as the time when we nominate officers for the next year's board. Each appointment lasts two years and members are limited to two consecutive terms in the same position. I would highly encourage all of you to think about serving on the board and to toss your name in the hat when it comes time to nominate people at the November meeting. In addition, we will accept email nominations for a period of two weeks after the meeting. The club runs on volunteer energy and no one gives more than the board members who serve you. Trust me they put in the time and effort to make the club what it is!

NOVEMBER MEETING

The next meeting will be at Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and speaker. We are looking forward to seeing you there!

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Grand Canyon Trip Report



Grand Canyon Trip Report: Continued from page 1

a gear boat, but all of our big water trips leading up to the Grand Canyon had failed to materialize. I had to prepare a different way.

I started by quizzing my friends who had run the Colorado recently. “It’s all about physical conditioning and your ferry angle,” said one female friend. “Be sure to practice your downstream ferry a lot before you go.” Another cited what her goal weight for bicep curls is prior to rowing it. “Be mindful of momentum and your downstream ferry angle,” said another girlfriend. “You’ll need to learn to trust it.” “Cut in as close as you can behind the guard rocks. Your life will be a lot easier”, said another. “And keep the boat straight. T up to everything, obviously.”

So, I increased my workouts, I lifted more weights, I did more cardio, I studied the rapids as best I could. I know I row better when I’m lifting weights and I wanted to make sure I always had something in reserve. I didn’t want to have to drain the tank. I tried to practice ferry angles, but really that had to wait until we were on the trip.

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Grand Canyon Trip Report: Continued from page 4

I found YouTube videos of most of the rapids to be only somewhat helpful. Fortunately both Julie Nathe and Bruce Ripley were willing to go over the videos of their recent trip with Jim Collins. Looking at photos of the river from the scouting point, followed by going over their GoPro videos of all the major rapids was extremely informative. Bruce, in particular, went over the rapids in great detail with me. It took hours, but it was a tremendous help.

A wonderful thing for first time GC rowers is the natural learning curve the river offers. You get to run Badger and Soap Creek (Class 5) before House Rock (Class 7) and the Roaring Twenties plus a few others before you get to the formidable Hance, first of the Class 8s.

Hance taught me a lesson. After a sloppy entrance, followed by a very scary moment, I ended up coming out okay, luckily. Because of that close call, I got very precise in my approach. I got my runs dialed in tight in my mind during the scouts. Then I made a Plan B in case that didn't work. I became a much better boater. The other major rapids went well for all of us. "You analyze every little piece of water in detail. You look at it again, and again, and then you take a really conservative line," commented my boat partner. Yes, exactly, because I did NOT want to experience fear again like I had at Hance.

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Grand Canyon Trip Report



Grand Canyon Trip Report: Continued from page 4

I hope to do the Colorado again. The 16' cat boat was a dream to row and I doubt I'll ever captain an 18' gear boat. However, two women in our group did co-captain one of the 18-footers. They each did a remarkable job and I learned a lot by watching them. What in particular was impressive? They were both very good at judging their downstream ferry angle and momentum. I went to school on their lines because they were precise, well considered, and well executed.

Noteworthy:

-At mile 62, the Little Colorado flowed a beautiful turquoise blue. Two members of our group led a ceremony of blessing for this place, sacred to the Navajo Nation. It is currently targeted for a development called the Escalade Project, which would include a tram from the east rim and a visitors center at the confluence. There is considerable opposition to this project. You can keep up with the news at www.savetheconfluence.com

-There is a new rapid at Mile 221. There's an easy scout on the left.

-Two in our group hiked out at Phantom Ranch and a friend of mine hiked in. The exchange went off perfectly and my friend snagged a last minute bunkhouse space due to a cancellation. Rather than hiking down in the wee hours of our Day 8, he hiked in the day before and enjoyed a steak dinner that night while we were camped at Upper Cremation. If you're doing an exchange at Phantom, it's worth it to keep trying for a cancellation right up to the last minute.



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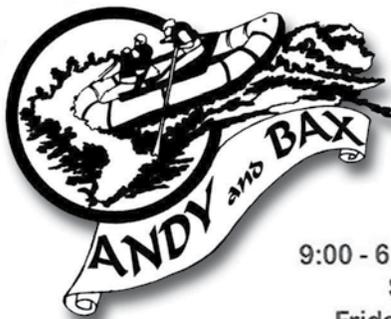
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Wilderness First Aid Training



Wilderness First Aid Training

Submitted by Erika Johnson

Do you know how to make a litter with just a rope and a tarp? Could you remove a fish hook from your buddy's hand? Ever learned how to do a cervical spine injury check on someone? These are just a few of the skills participants learned at the wilderness first aid training September 30-October 2, at Dodge Park in Sandy, OR. The 15 or 20 hour class (depending on whether or not one attended the Friday evening session) was attended by 38 OWA members, friends and family.

Travis Reid and Taneka Burnwell-Means of Oregon Rescue, LLC were phenomenal lead instructors for the class. They presented information in an engaging and experiential style and both clearly knew their stuff. Travis, the K.O.A or King of Acronyms, developed clever, memorable acronyms for each step of several rescue/first aid processes. The P.A.S or Patient Assessment Survey included checking out the scene and doing primary and secondary surveys and L.A.S.T involved Locating, Accessing, Stabilizing and Transporting victims.

We learned to assess a patient's L.O. R or Level of Responsiveness using A.V.P.U to determine their level of Alertness, Verbal ability, Pain response or describe them as Unconscious. M.O.I helped us to remember to think about the Mechanism Of Injury – trauma, medical, or environmental. Hands-on training included CPR, splinting, wound cleaning and dressing, patient assessment surveys, hypothermia care, fish hook removal and litter construction.

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Wilderness First Aid Training: Continued from page 8

The training culminated with a concluding mock rescue event, bringing all of our skills into play; a multiple person rescue operation in which we used I.C.S or Incident Command System to designate roles and establish a communication and reporting plan. I'm happy to report that all of the drill victims survived, having received quality wilderness medical care.

Everyone present at the training reported learning new skills, from those with lots of experience and past exposure to wilderness rescue training to those with very little. Kudos to Steve Oslund, OWA safety training director, who orchestrated the whole event and kept the hot water for warm beverages coming, and to OWA members Brian Elerick and Kaylee Corrado who provided their medical expertise and led small-group skills stations.

If you want to develop your confidence and competence in wilderness first aid, be sure to watch for and register for this class next time it's offered. OWA, with help from generous sponsors made the class available at a fraction of the regular cost - just \$70. In the meantime, check out the Wilderness Medical Society's website at <http://www.wms.org/>. It's considered the best resource for wilderness medicine.

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

River Safety: Continued from page 10

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 your health.

Dan Hudson
christoffdan@hotmail.com

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Oregon Whitewater Board Report

Membership Status

Members	Paid Behind	Year					Current Total
		2016	2017	2018	2019	2099	
Total	62	207	48	15	2	7	279

Club Financial Status

Opening Balance	Current Balance	Budget Projection		
		Income	Expense	Balance
\$18,000	\$22,000	\$21,000	(\$22,000)	\$17,000

* All values rounded to the nearest \$1,000

Current Financial Status (2013)

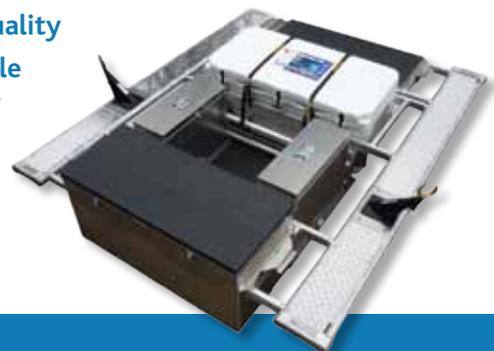
Amount	SubCategory	FY 2013		FY 2014		FY 2015		FY 2016	
		Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget
Member Dues		\$6,810	\$5,768	\$8,400	\$7,028	\$6,891	\$7,028	\$3,802	\$6,664
Advertising		\$1,600	\$1,800	\$1,600	\$1,700	\$1,760	\$1,600	\$1,800	\$1,800
River Trip		\$378	\$1,300	\$1,112	\$480	\$821	\$736	\$1,501	\$810
eCommerce		\$680		(\$273)		\$917		\$98	
Adjustment		(\$135)		(\$6)		(\$6)		\$0	
Charity		(\$150)	(\$500)	(\$150)	(\$500)		(\$500)		(\$400)
Fees		(\$140)	(\$219)	(\$971)	(\$1,055)	(\$1,120)	(\$1,055)	(\$1,090)	(\$1,055)
Safety Training		(\$1,484)	(\$1,965)	(\$367)	(\$2,190)	(\$395)	(\$2,522)	\$2,119	(\$808)
Miscellaneous		(\$267)	(\$800)	(\$578)	(\$1,100)	(\$1,737)	(\$1,100)	(\$573)	(\$2,950)
Newsletter		(\$1,664)	(\$1,600)	(\$1,993)	(\$1,600)	(\$1,500)	(\$1,600)	(\$1,851)	(\$1,600)
Meeting		(\$2,601)	(\$2,550)	(\$2,846)	(\$2,650)	(\$3,159)	(\$2,975)	(\$1,915)	(\$3,475)
Total		\$3,027	\$1,234	\$3,928	\$113	\$2,474	(\$388)	\$3,891	(\$1,014)



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INGREDIENTS

one large sweet onion, chopped
one sweet potato, peeled and diced
one sweet red pepper, minced
one pint of sweet cherry tomatoes
two large ears of fresh sweet corn (cut from the cob, tossed with olive oil and roasted) or one bag of sweet corn (tossed with olive oil and roasted)
one cup shredded carrots
half bunch cilantro, chopped
one can great northern beans, drained and rinsed
2 cups vegetable broth
1 cup hazelnut milk (or milk of choice)
1/4 teaspoon red chili flakes
little bit of ground cumin
little bit of paprika
salt and pepper to taste

Roasted Sweet Corn Chowder

Submitted by Bee Tyree

DIRECTIONS

Cut fresh corn from the cobs and put in a bowl or put bag of corn in a bowl and toss with olive oil, salt and pepper. Spread on a cookie sheet and roast for 15-20 minutes at 350 degrees.

Sauté sweet onion, sweet potato and sweet red pepper over low heat with a little olive oil for 10 minutes.

Then add all of the other ingredients and simmer for about 20 minutes. Make sure to squish the tomatoes once they are hot enough to easily explode.

Makes about 4 servings.

For the meat lover, you can grill up sweet Italian sausage, slice and serve on top of the chowder.

Tim Palmer

Come to our November Club Meeting and join award winning author and photographer Tim Palmer while he presents a slide show based on his stunning new book, Rivers of Oregon. With spectacular photos from all across the state, Tim will take you on a river tour that will change the way you think about water flowing across our land.

Tim is also the author of Field Guide to Oregon Rivers and other books. See his work at www.timpalmer.org.

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Knot of the Month – Figure 8 Directional

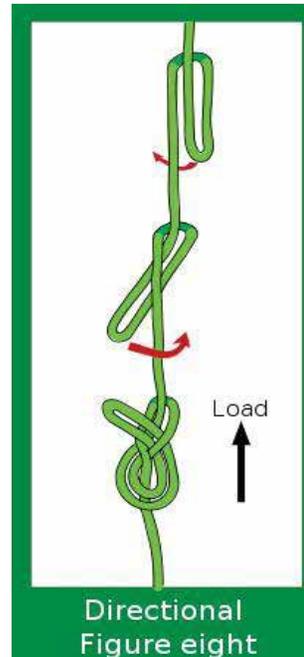
Each month we will showcase essential knots you should know for river situations

Overview

- The figure 8 directional is used to put a fixed loop in a rope parallel to the direction of pull.

Use

- Can be used in lieu of a Prusik as a point of attachment on a haul line
- Downside is that the knot is at a fixed point in the rope, so you can only pull it so far
- Difficult to un tie once tensioned



[Click for Step by step directions](#)

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Steve K 2012



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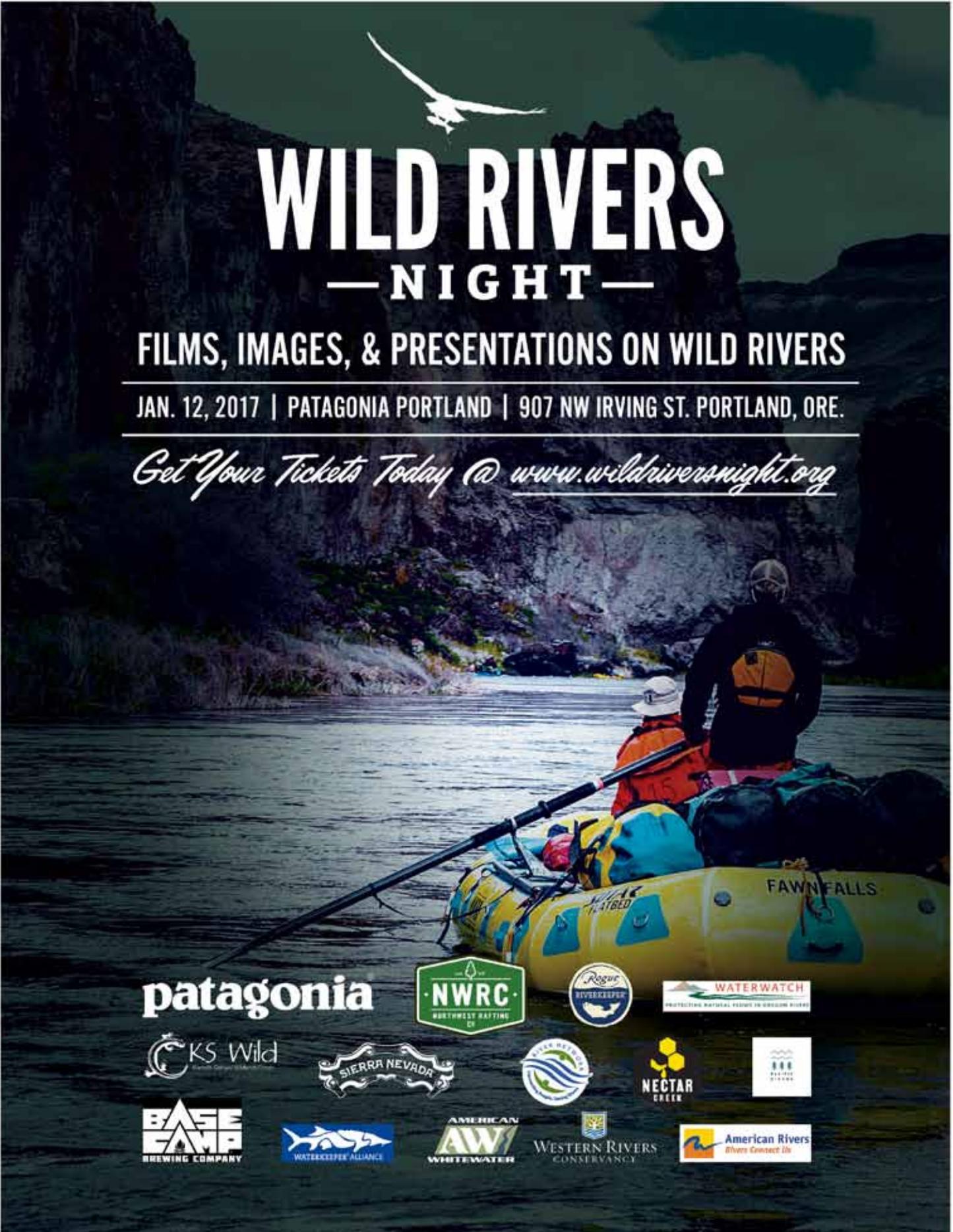
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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2016 Veteran's Day, Rogue, Class III/IV	November 11-13, 2016	Kevin Buck	buckriverman@gmail.com, 360-890-6776
2017 New Years Float, Sandy, Class III	January 1, 2017	Val Shaul	val.shaul@frontier.com, 503-805-8991
2017 Rogue River President's Day Trip, Class III/IV	February 18-20, 2017	Steve Oslund	stevilone@gmail.com, 503-709-7661
2017 Spring Break Trip - Lower Deschutes River, Class II/III	March 25-27, 2017	Scott Ogren	Scott@ScottOgren.com, 503-267-9785
2017 Tax Relief Float, Deschutes River, Class III/IV	April 16, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Lower North Umpqua Trip	April 28, 2017	Bill Goss	zanng@msn.com, 503-757-4659
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com, 360-931-4224
2017 Upper N Umpqua	June 22, 2016	Walt Bammann	wbamman@wizzards.net, 541-817-7904

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



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