

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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## Thompson River Trip Report Labor Day Weekend 2013

By Skip Currier

It all started with an email from J. Hollywood (OWA Membership Director) in late July. "It's time to take it International". Let's go do the Thompson!

After calls to the authorities to make sure records were clean and passports good, we assembled a group of seven boaters. Josh Hollander (J Hollywood) Trip Leader, Jesse King (Baron von Surfstein), Steve Oslund (Stevilone), Skip Currier, Sam (The White Sammy) Watry, Tara Haug (Surfessa von –insert name of large outfitter on the Thompson), and Nick (Don't singe the ginge) Soorholtz.

Our Trip Leader thought that a trip of this complexity needed to have a planning meeting or two, and had to happen at a place that served beer. Once we had the logistics down along with a beer or five, we decided that we'd have everything ready and staged at Skip's house so we were ready to roll on the Morning of the 29th.

*Continued on page 4*

### November Club Meeting

*Flying Pie Pizza*

7804 SE Stark Street  
Portland, OR 97215

**Wednesday,  
November 13, 2013  
from 6:00-8:30 PM**

**Guest Speaker  
Brian Ballou:**

*Fire prevention specialist and spokesman for the Oregon Department of Forestry's Southwest Division. The topic is the Big Windy fire on the Rogue.*

# Contact Information



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<http://www.OregonWhitewater.org>

## RIVER TIP

### Floating Straps

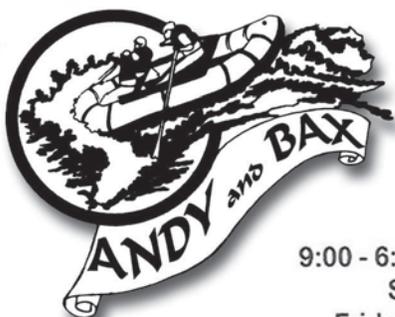
Submitted by Tom Hanson

A veteran river rafter would like everyone to know that having a loose strap on the outside of a raft can create an unpleasant situation. While on the Metolius, maneuvering around one of the many logs in this river, a loose strap caught on the end of one of the logs, hanging the raft in mid-stream. After a few tense minutes of trying to figure out what to do, the raft surged and freed itself. This rafter promised to never again have a loose strap on the outside of his raft. This event has been seen multiple times so it's something to think about.

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## Club Elections and Volunteer Opportunities

by Bruce Ripley

Hey Members,

Well the rains from September seem to have abated but the rafting season still seems to have kicked off with a bang. I still get a kick out of telling people that rafting season is almost here and they look at me like I've lost my mind. Come to think of it, that would certainly explain a lot!

At the October meeting I talked a bit about some of the topics from the Fall board meeting. One of those was the election of officers. We will be accepting nominations for several officer positions beginning at the November meeting. Nominations will be open for a period of one week after which the nomination period will close and we will send out ballots for voting, which will be tallied at the December meeting.

The following positions will be open for nominations:

**Vice-President** (Meetings & Events) : Skip Currier

**Vice-President** (Newsletters & Sponsorships) : Bee Tyree

**Treasurer** : Merrie King

**Technical Director** : Scott Ogren

Skip and Merrie have indicated they intend to be nominated and run for their existing positions. Bee and Scott do not intend to run again so those positions will need to be filled for sure. The position of Technical Director is not voted on by the club, but rather by the board since it requires some specific technical skills. If you would like to serve in any of these positions please let us know, if you have the skills to be Technical Director *please* contact one of your board members!

I also announced that there are several volunteer opportunities available. We've already had some interest in those but we can always use additional help. Be safe and we'll see you on the river soon!

### Membership Update

I thought I'd take a minute and remind everyone that your annual dues expire at the end of the year. The good news is that you can beat the rush and renew now and your membership will carry you through the end of 2014, this is true for new members as well.

Club membership currently stands at 275 paid members, which is down just a bit from last year's numbers but it's still a very healthy level. We recently purged 95 expired members from our records. If you know anyone who quit receiving emails/newsletters that would explain why.

### OWA October Meeting

Our next meeting is at Flying Pie pizza on Wednesday November 13th. Our speaker will be Brian Ballou who is the fire prevention specialist and spokesman for the Oregon Department of Forestry's Southwest Division. He will be talking about the Big Windy fire that burned on the Rogue this summer.

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# Thompson River Trip Report



## ***Thompson River Trip Report Continued from page 1***

The trip almost didn't happen! Steve hurt his back and was only cleared to go a day or two prior to departure. Tara, who had just got back into town from a two week plus environmental mission to monitor surfing conditions in Nicaragua, wasn't sure she should take another five days to go rafting. Took fortitude and courage, but she made the right decision. And then there was Nick who had been battling a nasty cold for over a week. On the night before we were to leave, we got a text saying he was throwing in the towel. Then, about 20 minutes before we were heading out the next morning, we get a text saying, "I just woke up and feel great. Wait for me, I'm on my way!" You gotta believe the guy upstairs likes rafters!

We made it to Canada, and the little town of Lytton with no problems. From there it's only a few miles to the campground (Skihist), which we found with no problems. Everything was going to plan until, with beers in hand the Camp Hostess tells us, "This is a dry Campground." After we recovered from near cardiac arrest, she told us she was joking. Shouldn't kid around about something so serious. In any case, she turned out to be really fun and very helpful.

Prior to leaving for the trip, we obviously had an eye on the weather and were pretty happy with a forecast of a 30% chance of rain. Sam, who had just completed some very rigorous and advanced Financial Analyst coursework, assured us using complex formulae, equations and ratios, that it wouldn't rain. So, we set up a camp of river wings, cots and paco pads. You can only imagine how shocked we were when at 3AM the rain is blowing horizontally through the camp. The moral of the story here is to be polite and listen to your "weatherman" and if you brought a tent, set it up. I think if you ask Sam, he'll tell you the breeze was a little stiffer than he preferred!

Finally, were going to get on the river. But.. Not before navigating a Class IV put in. The access is at Nicoman Creek. You have to back a hundred or so yards under two bridges, around a corner, and then over an edge that drops off. Imagine an infinity pool. The front tires were dragging as you backed down to the water. The best part? You get to pay for it.

We're now on the water! Josh, in his emails told us that there are 16 named rapids in the first 16 or so kilometers. So it's not boring. 16 names are a lot to remember. But one to remember is the first one, Frog. Aply named for the massive rock feature that when seen from the front left profile looks like a giant frog. There are surf waves there that you can only dream about. I was behind Jesse on the second day and completely lost sight of him when he dropped in. Next thing I see is a massive amount of spray coming off of the back of his tubes as he sat there surfing. As he said, "Could have read the paper!" All of the rapids are Big! Definitely keeps the adrenaline level up!





## WFA Weekend

By Lisa Carr

As if being awakened from a beautiful dream reality... the end of summer came with plenty of warning.... a perpetual and steady downgrade. If you had signed up for the Wilderness and First Aid Training Course recently sponsored by OWA, one could not help but feel as though they were indeed headed into the heart of the storm. Record breaking rains and high winds would ultimately cancel SOLVS scheduled clean up on ALL of Oregon beaches and leave nary a dry "footprint" for a would be camper. Mother nature did not however seem to dampen the enthusiasm of any one of the 40 participants, and the numerous volunteers who convened at Dodge Park for an intensely informative and interactive 2 ½ days with Julie and Abi of Sierra Rescue. With curriculum that is no less than awe-inspiring, this dynamic duo bring their passion and a unique presentation, which at times will leave you breathless.

The first day would have us all working on our "roll" as we learned how to stabilize and properly position a potential victim with respect to trauma and musculoskeletal injury. Throughout the weekend numerous mock scenarios were presented and teams were facilitated by assistant volunteers: Julie Nathe, Taneka Burwell-Means, Joanne Edwards, and Dave Porter. Participants were guided through the Initial Patient Assessment with consideration of Safety, MOI, and Resources, while providing a very integrated, and hands on experience. From wound cleaning, and splinting, to dislocations and medical and environmental emergencies, this comprehensive course instills profoundly effective skills and useful information for any outdoor enthusiast.



Although there were only a couple of campfires.....die-hards! There was no shortage of river stories to be swapped, and what OWA event would be complete without the warmth and hospitality of a community potluck. Compliments to Cary Solberg, for keeping the “home fires” burning with his awesome chili; and to Steve Herring for giving us “shelter from the storm.” Also, much appreciation to Cat Loke for organizing a delivered lunch, keeping the coffee pot on full brew and negotiating with the camp hosts.

It is the camaraderie and the strength of the hearts, minds and spirit that are clearly evident in this organization that not only inspire, but continue to imprint memories that will last a lifetime. Thank You to OWA for sponsoring such a great event!

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#### ***Thompson River Trip Report Continued from page 4***

The flat water presented challenges as well. There are swirlys, eddies, and whirlpools that will drag your tubes under all the way to the frame. If you've been on the Rogue, it's similar to coffeepot. You have to be on your toes on this river. Not only for yourself, but also keeping an eye on your mates. It's not water for a big group. If you do plan a big trip, probably best to break up into ten boat groups at the max. The river is fast and with all of the eddies and whirlpools, you have to keep everybody in sight always. A swim could be a real bad deal.

So, a couple asides. How did Surfessa get her name? Tara was solo on my boat and Jesse & I were on another boat. Seeing as Jesse and I together weigh a pound or two, we weren't going to be doing any surfing. Next best thing? Help somebody else. So, on the last day on the last major rapid, we talk Tara on to this wave. She's back rowing and back rowing and looks like she's just about to lose the wave and then she's balancing right on top. Nothing but air in front, nothing but air in back. Then she's slides about five feet down the back of the wave and surfs for a second and BAM gets a lateral and shoots right across the river. She only smiled a little...

And, we all know Steve Oslund is a serious guy. Not much gets him going. So it was that we were running low on beer and ice. Steve volunteered to hit the store on the way back from the take out. I went into the store with him while he purchased three 15 packs of beer and a bag of ice. The cashier is ringing it up, and the next thing you know Steve is grabbing my arm and pointing at the register like he just saw Bigfoot. \$112.50 HA! I would have almost skipped the rafting to see it. Almost.

Is this a trip worth taking? You bet it is! The Thompson is a big, beautiful and powerful river. If you're going for the excitement, it won't disappoint you. And, the water is warm!! The people in Lytton and at the campground were all friendly, the scenery is beautiful, and the Chinese food is.... Another story for another time.

## INGREDIENTS

10 Large flour tortillas

1 pack Nori (you'll want to make sure it has at least 10 sheets)

1 batch Super Goo

5 packs Papa G's Sesame Tofu or any choice baked tofu (These come vacuum packed so again, they pack & stack well into the cooler.)

Substitute your favorite "cold cut" or diced chicken if you're a carnivore

1 batch Chopped Salad

In advance you'll want to make the Super Goo and the Chopped Salad. You can make it riverside, but you'll be stoked how easy it is from here if you take some time at home to do this.

Super Goo:

In bowl combine 1/2 cup almond butter, 1/2 cup chickpea miso, 1/2 cup hot water, 1/4 cup nutritional yeast. Stir until smooth and well combined. Pack into plastic container. This can go in cooler or dry box as it won't go bad.

Chopped Salad:

2 cups thinly sliced purple cabbage, 2 cups coarse chopped kale, 1/2 cup Italian flat leaf parsley, 1/2 cup green onions. Toss into freezer zip lock and store in the top shelf of your cooler. You can double this recipe and use 1 cup per wrap if you think this is going to be the bulk of your vegetables intake for the day.



## Vegan Wraps by Michele Gila

*These are a perfect lunch and great way to get some salad while on a river trip. Stop trying to keep sliced bread in tact or mold free. Tortillas pack flat in the cooler and last a long time. This recipe is for 10 wraps or 2 people for 5 lunches, or 1 lunch for 10 people. I prepare them in the mornings before I pack up the kitchen and put them in freezer zip lock bags in the top of my cooler. Flavors mingle and this avoids having to make lunch on the go. Include side of potato chips & pickles and you've got a lunch packed with energy & nutrition.*

## DIRECTIONS

Place tortilla flat on plate. Smear 2 Tbs of the Super Goo down the middle of the tortilla. Lay flat one piece of Nori on the goo. Squeeze out 1/2 bag of the Papa G's (if you used baked tofu, you'll want to chop up one brick per wrap) down the center. Add 1/2 cup of the Chopped Salad (as noted above, add 1 cup if this is it for your veggies!). Roll it up, making sure you have tucked the ends as you roll, so you don't lose any of the goodness to the ground. Stuff in zip lock and voila! Lunch is ready.

You can skip the Nori if seaweed isn't your thing. Option to sub other protein for the tofu. Any cold cut will do. Great lunch food if you have a mixed diet crowd on the river. And if you suddenly find you have a Gluten Free river companion, you can skip the tortilla and just use the Nori. Or really impress your GF friend and buy rice tortillas instead!

## Safety Considerations

- Never tie a rope around yourself or wrap it around your arm/wrist etc..
- If you are going to put ropes in the water be sure to have a knife!
- Keep your ropes in good condition, how old is your throw bag line? Does it have dry rot? Could you use it as a haul line?
- You need a bowline, why not have a strong 3/8" bowline that can do double duty in a vector pull
- 1/4" throw bags are light weight and save some space, but are not as well suited for use in a haul system
- If you use a carabineer on your water bottle, can it do double duty as a piece of rescue equipment?

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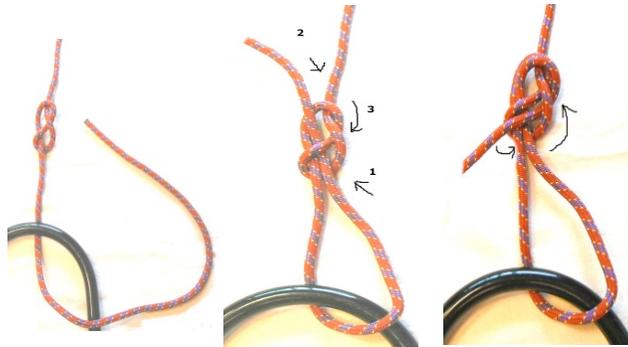
**Figure 8 Follow Through**

### Overview

- It is a very strong knot & easy to tie
- Great for tying into a fixed anchor point, or around a frame or D-ring which you cannot pass a loop over/through

### Use

- At the end of a rope as an anchor point, attach to a tree or raft frame or any other closed attach point
- To form a permanent loop



The key is to retrace the existing 8.

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## November OWA

### Meeting Speaker: *Brian Ballou*

#### **Topic**

Brian Ballou from the Oregon Department of Forestry is going to speak to us about the Big Windy fire that happened on the Wild & Scenic Rogue this past summer. He'll also address what we can do to prevent fires while in the wilderness.

#### **Bio**

Brian Ballou is the fire prevention specialist and spokesman for the Oregon Department of Forestry's Southwest Oregon District. While wildfires are headline news from June through September, fire prevention goes on yearround in Oregon's sunny southwest corner. Teaching landowners who live in wildfireprone areas about how to make their homes and landscapes less vulnerable to wildfire is a neverending job, and Mr. Ballou's background as a wildland firefighter comes into play daily when he's rendering advice. He started his career in 1972 with the U.S. Forest Service as a member of a brush disposal crew on the Willamette National Forest. By the end of the 1970s, he was a squad boss on the Rogue River Hotshot Crew, and traveled to wildfires throughout the West. After earning a degree in journalism from the University of Oregon in the 1980s, Mr. Ballou joined the Oregon Department of Forestry's public affairs staff, specializing in interpreting fire behavior and forest practices. He has now been the face of fire protection in southwest Oregon for nine years, and champions both wildfire prevention and wildfire acceptance. The unique forests and prairies of southwest Oregon were shaped by fire and fire will continue as an annual, occasionally spectacular agent of change. Mr. Ballou enjoys the challenge of teaching residents and visitors how to coexist in an area where wildfire is as dynamic as the rivers and mountains.



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# Upcoming Trips

Submitted by Pat Barry,  
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)  
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

11.9-11 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785
1.1 Wed	<a href="#">Sandy River</a>	II/III	Val Shaul	<a href="mailto:val.shaul@frontier.com">val.shaul@frontier.com</a>	503-805-8991
2.15-17 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Dave Graf	<a href="mailto:dmgraf55@centurytel.net">dmgraf55@centurytel.net</a>	503-543-5743
3.22-24 Sat-Mon	<a href="#">Lower Deschutes</a>	II/III	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785
4.12 Sat	<a href="#">Deschutes River</a>	III/IV	Bill Goss	<a href="mailto:zannng@msn.com">zannng@msn.com</a>	503-757-4659
4.25-27 Fri-Sun	<a href="#">Lower N. Umpqua</a>	II/III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
5.9-11 Fri-Sun	<a href="#">Grande Ronde</a>	III	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-529-6134
6.6-8 Fri-Sun	<a href="#">Upper N. Umpqua</a>	III/IV	Walt Bamaan	<a href="mailto:wbamaan@wmni.net">wbamaan@wmni.net</a>	
6.13-15 Fri-Sun	<a href="#">Lower Deschutes Women's Trip</a>	II/III	Carol Beatty	<a href="mailto:caroldon1@comcast.net">caroldon1@comcast.net</a>	503-816-6172
6.26-29 Fri-Sun	<a href="#">McKenzie River</a>	III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360-931-4224
9.13-14 Sat-Sun	<a href="#">Tieton River</a>	II/III+	David Elliott	<a href="mailto:dce@dcell.com">dce@dcell.com</a>	
11.9-11 Sat-Mon	<a href="#">Rogue River</a>	III/IV	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503-267-9785

## PAST OWA RAFTING TRIPS

6.8 Sat	<a href="#">Klickatat River</a>	III/III+	Doug Smith	<a href="mailto:Doug@davidsmithmapping.com">Doug@davidsmithmapping.com</a>	503-232-5285
6.14-16 Fri-Sun	<a href="#">Lower Deschutes Annual Women's Trip</a>	II/III	Carol Beatty	<a href="mailto:caroldon1@comcast.net">caroldon1@comcast.net</a>	503-816-6172
6.27-30 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
7.4-6 Thu-Sun	<a href="#">Lower Salmon River</a>	III/IV	Eric and	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509-525-6134
9.13-15 Thu-Sun	<a href="#">Tieton River</a>	III+	Brenda Bunce	<a href="mailto:Brenda.bunce@gmail.com">Brenda.bunce@gmail.com</a>	360-931-4224
9.14-16 Fri-Sun	<a href="#">Hell's Canyon (Snake River)</a>	III/IV	Mike Moses	<a href="mailto:mtymo_@hotmail.com">mtymo_@hotmail.com</a>	509-240-4220
9.28 Sat	<a href="#">N. Santiam</a>	III	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a>	971-241-5396

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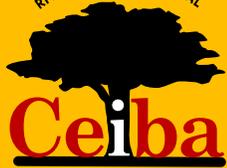


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