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NEXT OWA MEETING

Wednesday, October 10, 2012

Flying Pie Pizza

7804 S.E. Stark Street
Portland, OR 97215

6:00 pm

Social hour begins

6:30 pm

Club business and announcements

7:15-8:15 pm

Featured presentation

RIVER TIP

Submitted by Tom Hanson

Having a loose strap on the outside of a raft can create an unpleasant and potentially dangerous situation. While maneuvering around one of the many logs in the Metolius River, a loose strap on my raft caught on the end of one of the logs, hanging it midstream. After a few tense minutes of trying to figure out what to do, the raft surged and freed itself.

Oregon WHITewater ASSOCIATION

Volume 13 Number 8

October 2012



TRIP REPORT

[Click here for more information on the Santiam River at the OWA website](#)

Trip Report: North Santiam River

SEPTEMBER 22, 2012 • Submitted by Rick Hendon

The 2012 North Santiam float was a run in which all the right ingredients aligned perfectly. There were 30 of us in 14 rafts and cataracts with two inflatable kayaks. A dozen folks showed up for breakfast at the Hanger Cafe in Mulino, a cheerful greasy spoon adjacent to the Mulino airport ... the parking lot is shared by trucks, cars, boats and airplanes. It's quite wonderful and they are expert at quickly getting out big breakfasts to groups. We were finished and paid up by 8:45 a.m.

The breakfast gang caravanned down Oregon Highway 213 which goes through Silverton and Sublimity and has a top-of-the-world feeling to it – one of the prettiest and most bucolic drives around. Distance to the put-in is just over 60 miles, but travel time from the Hanger to



>> [CONTINUED ON PAGE 6](#)

**PICTURED ABOVE: Ben Nieves approaching Mill City Falls
LOWER RIGHT: Matt Saucy**

Oregon Whitewater Association is dedicated to preserving, protecting and promoting Oregon's rivers for the safe enjoyment of both public and private non-motorized boating, now and in the future. We advocate fairness in accessibility to river resources and provide a voice for responding to river issues and management concerns.

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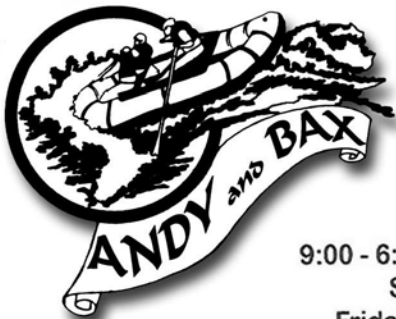
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PRESIDENT'S CORNER

BY BRENDA BUNCE

Happy fall weather my fellow OWA members,

The rivers will soon be rising and NOW is the time to start planning our winter trips and 2013 trips. With so many NEW and enthusiastic boaters joining our club, sign up to lead us down your favorite river. Let's make 2013 a year to remember! It's highly rewarding – all you have to do is contact our River Trip Editor, Pat Barry at: tripeditor@oregonwhitewater.org.

Our September gathering was an awesome and successful event. A big thank you to Dave Mortenson, who gave a wonderful presentation on the creation of his replicated Dory boats, his adventures and their history on the Colorado River in the Grand Canyon. For those folks interested in obtaining one of his upcoming DVDs, stay tuned to his website, as they are in the making and coming soon. HistoricRiverBoatsAfloat.org
Many thanks to River Connection for sharing their store space.

JOIN US FOR OUR OCTOBER 10 CLUB MEETING BACK AT FLYING PIE PIZZARIA. Scott Ogren and Bruce Ripley will be giving a presentation on tarpology – tips and tricks for setting up sturdy tarps. Knowing how to set up a tarp can make the difference between a great time and a miserable time. Knots, gear and dead man staking are just some of the great tips offered. (See Tom Hanson's Airfoil Tarp article on page 4.) We will also be reviewing new features on our website and how to navigate so that our website is the first and final stop for most of your whitewater information.

If you love our club and wish to be a key part keeping it fun, healthy and active, consider running for office in the upcoming election this December. Positions up for election are: President, Secretary and Membership Director. We are also announcing a new board position of Safety Director/Coordinator. This position will help organize ongoing swift water rescue trainings and wilderness first aid classes and any other events or trainings that we find meaningful for our safety on the river and remote camping trips. This will be a board position, and if voted in as our OWA safety coordinator, all our club sponsored trainings will be free of charge for you. Our safety on the river is one of the most important features of our club.

Don't wait until the last minute. It's easy to renew your membership dues online, using pay pal. Most folks membership will expire on December 31 . Click here to go to our website and renew your dues today. It's only \$28.00 a year per family household. <http://oregonwhitewater.org/about/pay-dues>

Thank you to everyone who continues to step up and volunteer to serve our club, weather in big or small ways. Everyone's enthusiasm and support is so appreciated and continues to make our club such a success.



GOES LUKE'S DANCE

The winter logs
In the current
Keep pace with
My stride
With Luke's dance

The wind is cold
At my back
As we head downstream
Colder still
On my cheeks

As we return
Against the current
Against the heartstream
Beats my stride
Goes Luke's dance

~Rick Hendon
January, 2006
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Our camp tarps are essentially airfoils

Maintaining a Stable Rain or Sun Tarp

Submitted by Tom Hanson

A rain or sun tarp, like we use in camp, is essentially an airfoil. The airfoil we are most familiar with is the wing of an aircraft; but any object that can interact with wind much like the wing of an airplane can be called an airfoil.

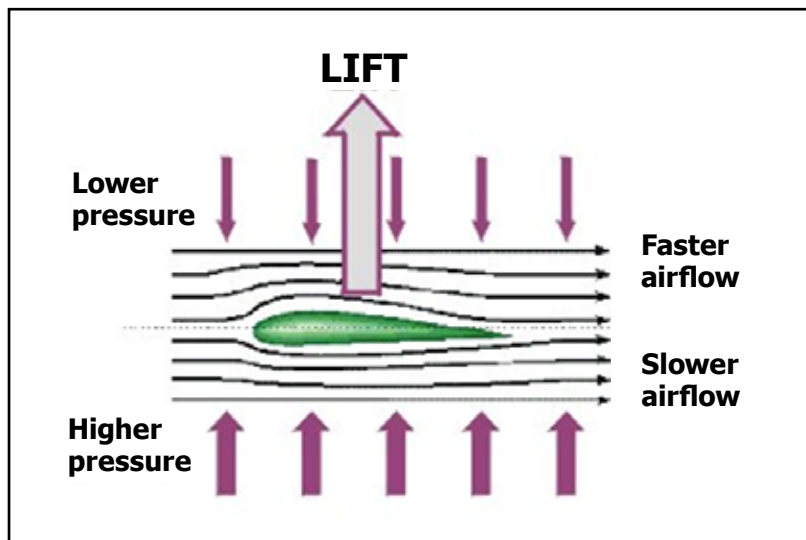
When the wind moves across an airfoil, the air is split and passes above and below the airfoil (or tarp). The tarp's upper surface is shaped so the air rushing over the top speeds up and stretches out. This decreases the air pressure above the tarp. The air flowing below the tarp moves in a straighter line so its speed and air pressure remain the same.

Since high air pressure always moves toward low air pressure, the air below the tarp pushes upward toward the air above the tarp. The tarp is in the middle, and so the whole tarp is "lifted". This lifting provides the greatest strain on the outside guy lines.

The faster the air flows, then the greater the lift.

To achieve a more stable tarp, anchor the center of the tarp by using a five-gallon water jug. Place the water jug on the ground in the center of the tarp, then tie one end of a cord to the water jug and the other end to the center

of the tarp (assuming there is a D-ring on the tarp). Tighten the cord between the tarp and water jug. This will hold the tarp down and minimize the amount of air rushing to "lift" the tarp. You will be amazed at how much more stable your tarp is with this "center anchor".



Lift provided by an airfoil (tarp or wing)



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BENJAMIN NIEVES

Bill Goss and passenger

North Santiam River Float

CONTINUED FROM PAGE 1

Packsaddle on that scenic road is well over an hour. That drive has become one of the great pleasures of this run for me.

There had been lots of talk around the breakfast table and online about the North Santiam River being "a handful" at this flow (3500+ CFS). There was discussion about going around Carnivore instead of running it, but all those heebie-jeebies turned out to be much like kids scaring themselves before going out trick-or-treating at Halloween.

We set our shuttle for two take-outs, one at Fisherman's Bend Park (about nine miles) and the other, downstream at Mehama (about 15 miles). The put-in was crowded with several groups vying for the ramp, but everyone got sorted out and we cast off before noon into cool air and brilliant sunlight. This flow, something just under 4,000 CFS is optimum, perfect and delicious for this river. In the shallow

stretches, almost all the bones were hidden and the three notable rapids, Spencer's Hole, Carnivore and the Mill City Falls were smothered just a little bit so that they made you look like you knew what you were doing. Nobody tumped over and the defibrillator stayed in its case. It got handed off to someone more responsible than me for its next use, although I'll miss it; will now have to make other plans to get my garden tractor started.

To my mind, a group this size is just right for a day run.

Thirty people in a dozen or more boats is small enough so that everyone can raft up or



Howard Hogle



Marnie Sell (paddle captain), Carson Ogren and Cian Saucy

SCOTT OGREN



DOUG MARTINSON





Doug and Meg Martinson

BENJAMIN NIEVES



SCOTT OGREN

Victoria Sell, Miranda Ogren and Carson Ogren

beach for lunch all together, and the group has cohesion and visual contact with nearly everyone throughout the run. I think it makes for a safer run and it's just more enjoyable to be a cog in one tight group, than a number in a herd.

My thanks to every one of you for making the 2012 North Santiam run a complete success.

Some of you traveled well over 100 miles to join up and some of you brought highly entertaining dogs.

If you were ever going to be a dog, wouldn't you want to be named Hash Brown?



[**CLICK HERE TO SEE A VIDEO**](#)

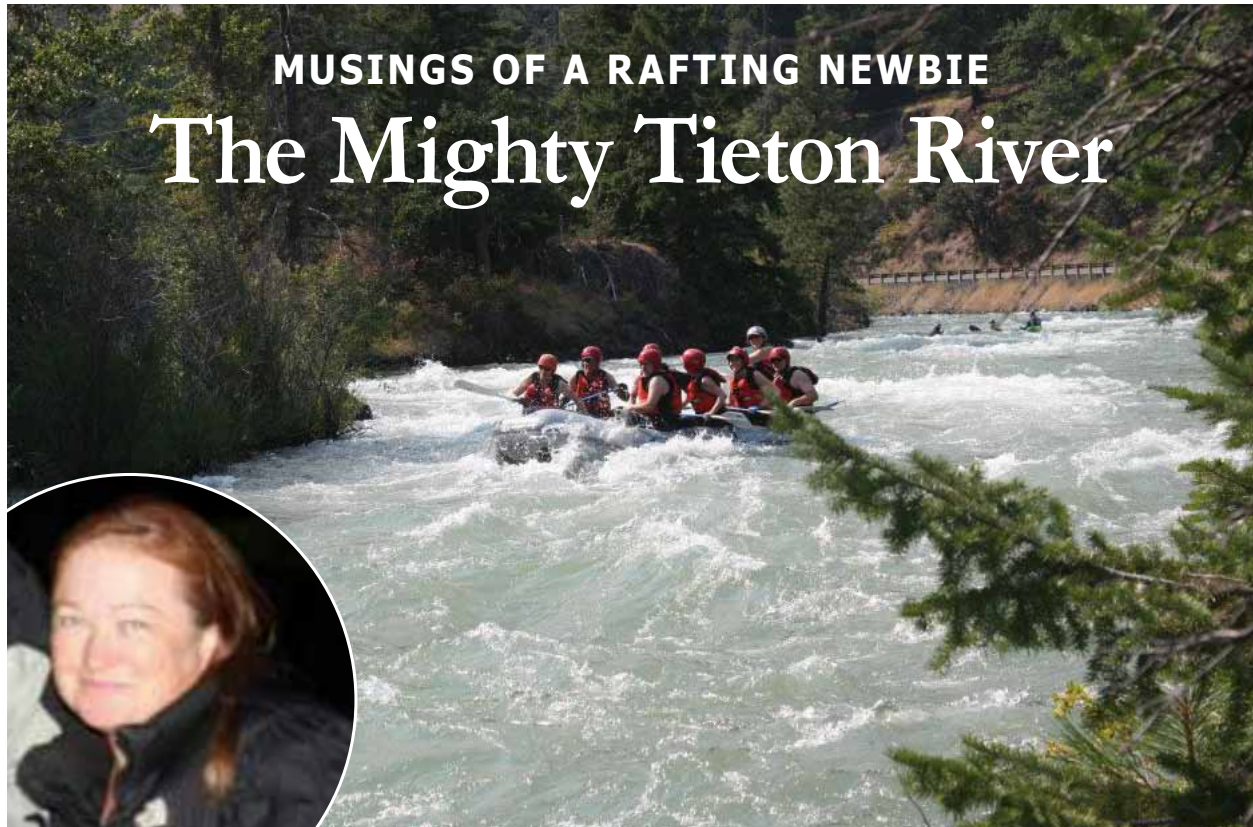
Rick Hendon (passenger) and Howard Hogle (on the oars) Running Mill City Falls

BENJAMIN NIEVES



Hash Brown

BENJAMIN NIEVES



MUSINGS OF A RAFTING NEWBIE

The Mighty Tieton River

Submitted by Tonya Zwahlen

I guess I should start by introducing myself.

My name is Tonya Zwahlen and I am a newbie to rafting. (Prior to this year, I rafted one time when I was 20 years old and that was it!) This year I have been part of a paddle crew on a two-day trip on the Upper Deschutes River, taken out trees at White Horse, rode the bull through Boxcar, Wapinitia and Elvator, and had a very scary swim at Oak Springs hitting all the bench rocks – all paving the way for the Tieton River trip.

The first order of business was planning, and preparing two breakfasts for nine (which turned into 12) people. As a single mother raising one child, I have never planned or cooked for so many. For the first breakfast I made French

toast (with a choice of syrup, or strawberries and whipped cream) and bacon. I quickly learned I needed help with the bacon, because the French toast needed to be flipped more quickly than at home. The second day I made an onion, green pepper, mushroom, sausage, cheese



Breakfast, Day One

egg scramble with roasted red potatoes. I cooked the eggs in a wok and learned that no matter what I did, there was going to be some burnt pieces. *No one complained, so I shouldn't either.*

The first run of the Tieton is one that I will not forget very easily. I was in a 14-foot Riken with a stern frame. I was one of the four paddlers plus our guide. We are all very close friends and I should mention that this was a pleasure cruise. The most important lesson I learned from the very fast and furious Tieton was DO NOT go left before the dam. We were following the boat in front of us and didn't realize they went left accidentally because they were too far over.

At first we were pinned up against a log on the left side of the fateful fork. After we got free

and scrambled back to our seats we discovered our pivotal error. Our first obstacle was a medium size pine tree that fell across the river. We had to duck low to miss it. Shortly thereafter was a very low clearance foot bridge.

“As a person who has run the Tieton for five seasons in a raft and in a kayak, I will say that a healthy respect must be paid to that river. Boating makes me happy, but safe boating makes me happier.”

~ Patrick Steehler

When I say low, I mean there was about four to six inches from the nose of the raft to the bottom of the bridge. We were coming in sideways/ I had mere seconds to decide to bail and swim the dam or stay in the raft and find out if we even had enough clearance for the boat to fit under the bridge

Luckily the guide and my best friend, straightened out the raft so we hit it head on. The last second, I hit the floor between the thwarts and laid as flat as I could get with a high-floatation PFD and helmet on against the floor of the raft. Before we hit, I turned my head sideways to see if my decision had been a good one. My last thought was, “Crap, I should have bailed.” Luckily I was wrong and the raft could clear the bridge. Well, almost. When we hit the bridge I heard a loud thump, knowing it was my dear friend. Then I heard an audible “snap.” After the bridge, with my head still thankfully attached, I turned to see my friend still in



Running the dam: Torrin Saucy (paddle captain, top), Cian Saucy (left) and Matt Saucy (right)

the boat to my surprise. She had hit the bridge with her forearms protecting her face. The snap was the shaft of the left oar lock snapping in half. The guide was yelling “oh shit my left oar snapped, you guys have to row for me”. The dam was rapidly approaching, seconds before we hit the dam we straighten it out and hit the dam perfectly. All in all, four of our boats were left. There were many swimmers, and two that had to swim the dam, a black eye, bruised forearms, bruised backs, knees, hips and, of course, our egos.

“I think the most important message regarding September Tieton runs is that the Tieton is a deceptively fast river that compresses reaction time and requires constant attention no matter the craft or experience level.”

~ Steve Oslund



During the excitement of running the Tieton River, there was also a forest fire across the river from camp

RECIPE OF THE MONTH

Chicken and Dumplings

Easy one-pot chicken and dumplings for 6 people.

Submitted by Steve Kasper



INGREDIENTS

- 3 pounds boneless/skinless (chicken thighs work great/ breasts are ok)
 - 2 cans cream of chicken soup
 - 2 cans cream of celery soup
 - 1 box of chicken broth
 - 2 tablespoons minced garlic (optional)
 - 1/4 cup chopped onions or dried onions (optional)
 - 2 Tablespoons dried thyme leaves
- Salt/pepper to taste

COOKWARE

- 1 Large deep frying pan with dome lid

DUMPLINGS INGREDIENTS

- 3 Eggs
- 1-1/2 Cups of milk
- 3-3/4 Cups of Bisquick

COOKING

- Empty cans of soup into frying pan. Using an empty soup can Add 1.5 cans of chicken broth for every can of soup stir contents together well.
- Add 2 tablespoons of thyme, onions and garlic.
- Place chicken in the pan spreading it out evenly.
- Cover and bring to a boil.
- Reduce heat, simmer. Leave it covered and cook 35-45 minutes
- Check chicken temperature – should be 160 degrees, or easily break apart with a fork

DUMPLINGS

- In a large bowl combine the Bisquick and eggs and milk. (reserve some milk to get the consistency correct)
- Mix until dry ingredients are moistened and mixture forms a soft thick dough
- Add milk or extra bisquick as needed to get a thick consistency
- When chicken reaches a temp of 160 degrees, using a big spoon, drop scoops of dough over the chicken mixture, can go on top of the chicken or in the gaps between the chicken. Make 1 dumpling for each person.
- Let cook covered another 10-15 minutes or until a fork stuck into the dumplings comes out clean
- Pair with green beans with onions and ham or steamed carrots



SAFETY TIP Submitted by Tom Hanson

**SIGNALS:
Right/Left,
Preferred Route**

To signal the direction or preferred route through a rapid or around an obstruction, lower the vertical "all clear" hand signal by 45 degrees toward the side of the river with the preferred route. Never point toward the obstacle you wish to avoid.



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Knot of the Month

Klemheist

By Steve Kasper

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

OVERVIEW

- Friction hitch that grips under tension in one direction and slips when tension is released
- Used as an alternative to the Prusik as means of gripping a rope for a haul system
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- Use at least four wraps
- Can be tied with webbing or cord

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Trip Calendar

Submitted by Pat Barry

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

1.1 Sun	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991
1.28 Sat	Siletz River	III/IV	Tom Riggs	trriggs@ashland.com	503-647-0690
2.18-20 Sat-Mon	Rogue River	III/IV	Bee Tyree	dillflet@comcast.net	503-753-4081
3.16-18 Fri-Sun	Rogue River	III/IV	Rick Carman	frederickcarman@comcast.net	503-642-9347
3.24-26 Sat-Mon	Lower Deschutes	III	Scott Ogren	scott@scottogren.com	503-267-9785
3.26-30 Mon-Fri	Owyhee River	III/IV	Dan Alsup	rivermandan2698@yahoo.com	503-888-0569
4.14 Sat	Deschutes River	III/IV	Tom Hanson	TJHRafter@earthlink.net	503-201-4428
4.20-22 Fri-Sun	Lower North Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
5.5 Sat	Green River Cleanup	III	Lyles Larkin	ik4fun@comcast.net	
5.11-13 Fri-Sun	Grand Ronde	III	Eric/Candace Ball	balle@pocketinet.com	509-525-6134
5.12 Sat	Lower Cispus	II/III	Tina/Eric Myren	tnemyren@gmail.com	
5.18-21 Fri-Mon	Rogue River	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.26-27 Sat-Sun	Riverfest on the Deschutes	III/IV	Christie Amaral	info@maupinriverfest.com	541-993-1708
5.26-27 Sat-Sun	Lochsa River	IV/V	Steve Herring	stevenh@tektronix.com	503-646-6100
6.1-3 Fri-Sun	Upper North Umpqua River	III/IV	Suzie Richards	suzir47@gmail.com	360-601-0898
6.9 Sat	Klickitat River	III/III+	Doug Smith	Doug_Smith	503-232-5285
6.15-17 Fri-Sun	Lower Deschutes	III	Carol Beatty	caroldon1@comcast.net	503-816-6172
7.13-15 Fri-Sun	Lower Salmon	III/IV	Eric/Candace Ball	balle@pocketinet.com	509-525-6134
7.14-15 Sat-Sun	Lower Salmon	III/IV	Tom Riggs	trriggs@ashland.com	503-647-0690

7.19-22 Thu-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
8.31-9.3 Fri-Mon	Main Payette River	II-V	Dave Nissen	Madcatr@aol.com	509-947-1862
9.14-16 Fri-Mon	Tieton River	III+	Brenan Fillippini	pinkyfillippini@yahoo.com	
9.15-17 Sat-Mon	Hell's Canyon	III-IV	Mike Moses	mtymo@hotmail.com	509-240-4220
9.22 Sat	North Santiam River	III	Rick Hendon	gonetothedogsinc@msn.com	503-887-4305
10.27 Sat (12-2pm)	Fifth Annual Great Wolf Lodge Water Park trip	N/A	Grand Mound WA		1-800-640-WOLF
11.10-12 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
1.1.13 Tue	Sandy River New Year's Day Float	II/III	Val Schaul	val.shaul@verizon.net	503-805-8991



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2 Years – \$56

3 Years – \$84

I hereby state that I wish to participate in courses and/or activities offered by Oregon Whitewater Association (OWA) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, OWA would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by OWA, I hereby release OWA and its leaders, officers, and members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OWA. I personally assume all risks in connection with these activities, and further agree to indemnify OWA and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

All participating adult members of the household (age 18+) must sign. Guardians must sign for minors.

Participant	Printed Name	Signature
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Member #2		
Member #3		
Member #4		

Participant	Email Address	Preferred Phone(s)
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