

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.



## In This Issue

<i>Fall Colors Trip</i>	1
<i>OWA Contact Info</i>	2
<i>Victor LeGall</i>	2
<i>President's Corner</i>	3
<i>WFA</i>	5
<i>River Safety</i>	6
<i>Recipe of the Month</i>	8
<i>Knot of the Month</i>	10
<i>OWA Trip Calendar</i>	12

## October 7, 2017 Fall Colors, North Santiam Trip Report *Submitted by Cathy Sim*

With a day of typical fall weather forecasted --- a slightly chilly day with a little rain here, a little sunshine there if you're lucky --- we arrived at the launch at 9am. As we all scurried around setting up our boats and saying hi to known friends and meeting new ones, the rain started and stopped. But before you knew it, it was time to shuttle and off the drivers went. Julie took this opportunity to challenge some of the ladies that had stayed at the launch. Most of us present had just attended the Wilderness First Aid class the prior weekend. Julie wanted us to try our hand at making a "rope litter with paddles" -- something we had learned at the WFA class. Mary graciously volunteered to be our "patient". We proceeded to lay down 4 paddles on top of our switch-backed rope, then a tarp, then a cushion for Mary's comfort. We then wrapped her burrito-style and went to town lacing the rope. We did it!! It wasn't perfect but it worked!! Mission accomplished ladies!!

*Continued on page 4*

### November Club Meeting

*Flying Pie Pizza*  
7804 SE Stark Street  
Portland, OR 97215

**Wednesday,  
November 8, 2017  
from 6:00-8:30 PM**

*Topic: Grand Canyon Trip Movie  
Speaker: Ben Nieves*

*Description: Award winning photojournalist and OWA member Ben Nieves has made a movie of his trip down the Grand Canyon. It's going to be awesome.*

# Contact Information



## Your OWA Officers and Volunteers

Scott Ogren, *President*  
[president@oregonwhitewater.org](mailto:president@oregonwhitewater.org)

Skip Currier, *Vice President - Events*  
[VicePresident-Events@oregonwhitewater.org](mailto:VicePresident-Events@oregonwhitewater.org)

Michele Gila, *Vice President - Newsletter*  
[VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org)

Tom Lofton, *Secretary*  
[secretary@oregonwhitewater.org](mailto:secretary@oregonwhitewater.org)

John Lemke, *Treasurer*  
[treasurer@oregonwhitewater.org](mailto:treasurer@oregonwhitewater.org)

Shakya Baldwin, *Membership Director*  
[membership@oregonwhitewater.org](mailto:membership@oregonwhitewater.org)

Ben Corrado, *Technology Director*  
[techdirector@oregonwhitewater.org](mailto:techdirector@oregonwhitewater.org)

Bill Warncke, *Training Director*  
[safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org)

Cheryl Ford, *Trip Editor*  
[tripeditor@oregonwhitewater.org](mailto:tripeditor@oregonwhitewater.org)

Cary Solberg, *Advertising Editor*  
[advertisingeditor@oregonwhitewater.org](mailto:advertisingeditor@oregonwhitewater.org)

Jennifer Ogren, *Newsletter Editor*  
[newslettereditor@oregonwhitewater.org](mailto:newslettereditor@oregonwhitewater.org)

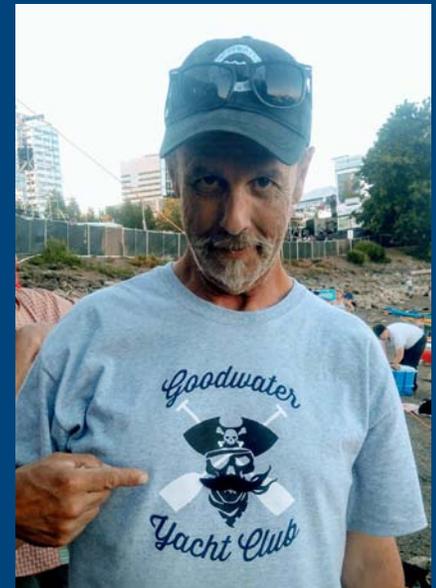
OWA list server address:  
[H2OAddicts@OregonWhitewater.org](mailto:H2OAddicts@OregonWhitewater.org)

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

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

Contact Michele Gila at  
[VicePresidentNewsletter@oregonwhitewater.org](mailto: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.



## In Memoriam Victor LeGall

1/10/1961 - 10/16/2017

Friends, I've tried a million times to put words together on this one. I'm still at a loss. On a sunny Monday afternoon in October, Vic left this world for his next great adventure. Come gather with friends, family and fellow boaters, and tell your stories, share some laughter and some tears.

*Celebration of Life for  
Vic "The Big Deal" LeGall*

**Sunday November 12,  
2pm-4pm**

Water Resources  
Education Center  
4600 SE Columbia Way,  
Vancouver, WA 98661

*Fare thee well...*

## Time to start the boating season!

by Scott Ogren

When I talk to my friends who aren't whitewater boaters, they have it backwards. To them, the whitewater boating season is in the summer. For us whitewater boaters, the season is just beginning. We are getting into the time of year where rain fills the rivers and opens up many rivers that we are only able to run during these next several months. I'm looking forward to the coming months ahead and all of the boating we will get to do! Although, with this beautiful weather we have been having lately, the rain seems to be arriving later than normal. I guess I'll take a little more sunshine before winter boating starts!

The November meeting is when we nominate for the club officer positions that are coming open. This year we have both Vice President positions, Treasurer and the Tech Director positions open. If you are wanting to be in a leadership role with your club, this is your chance. Both VP positions and the treasurer are voted on by the membership and the Tech Director position is voted on by the board.

Also, 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 get a hold of Steve Oslund to arrange to take both with you on your next private trip. You can reach Steve by sending an email to [firstaid@oregonwhitewater.org](mailto:firstaid@oregonwhitewater.org). There are some rules associated with checking them out and Steve can fill you in on those.

Did you know that if you suggest a speaker and they make a presentation at a meeting, you will be entered into a drawing at the end of the year for \$150? We are always looking for meeting speakers. Did you go on a river trip that you want to tell the club about? Nominate yourself to be a speaker! Let a board member know if you know someone who is willing to speak at one of our meetings and if they speak you will be entered into the drawing. And doing the math on this drawing, your chances are good as there are only eight meetings a year that we need speakers for! There is also a newsletter drawing for everyone who submits a trip report to the newsletter. Each article is a chance to win that drawing for \$150! This is your chance to be published!

### OWA Communications

The winter boating season is here and a lot of rivers are coming back being able to boat again, remember to check for your fellow club member's private trip announcements on the club's two main ways to communicate. The H2OAddicts email list server sends an email to everyone in the club. The OWA Facebook page is used more the email server, but has fewer people on it. Both are great ways to both look for trips and invite people to yours. If you are newer to the club and are looking to run a river section that you've never done before, I can promise you that someone in this club has. The best way to find them is to ask! Happy boating!

### NOVEMBER 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 our monthly meeting and see a movie of his trip down the Grand Canyon made by OWA's very own award winning photo journalist Ben Nieves!*

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

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

# Fall Colors Trip



## ***Fall Colors Trip: Continued from page 1***

Then the shuttlers were back, and after a Safety talk Matt tricked Michelle into giving, we were off! We had somewhere in the neighborhood of 18 boats – mostly a mix and cats and rounds, an IK and a hard sheller. The flow was nowhere near the 8000 cfs it had been at the Boaters 101 class back in May when Spencer’s Hole flipped 3 rafts and dump-trucked a catboat. I had chickened out on that float – not being a very confident catboater – so I was hoping the flows today at 3200 cfs were going to be kind to me. As I came though Spencer’s Hole I noticed there were a whole bunch of boaters RIGHT THERE, right on the side of the hole and I thought “why is everyone gathered right here – did something happen?”. And then I realized, no... nothing had happened, but they are right there if something DID happen. It is such a privilege to float rivers with such an awesome group of individuals who actually stand by what they say. Every trip begins with a safety talk – and they mean it. Safety is their number one priority. They take it seriously and I can’t tell you how much I respect and appreciate that. I’m happy to report Spencer’s Hole caused no carnage this day. As we floated further down the river I enjoyed seeing the beginnings of the fall colors appearing along the riverbank, not yet in full color. We stopped for lunch under the bridge and lucked out to have a dry spell while we were entertained by a group of young people jumping off the rocks. It looked to be at least a 25- foot drop to the water. The first jumper was hesitant to go, so the OWA folks – always willing to help out -- started yelling “Jump!! Jump! Jump!!”. NICE! After we shoved off from lunch and continued on our way, the fickle day waffled between sun and rain. And more rain at the takeout while we all helped each other out loading up all our boats. And as I got in the truck and we drove away, I thought about the day we had, that was more rain than sun - but I did feel lucky, very lucky to have joined this organization of fine men and women – and to be able to float down rivers with them. I look forward to more trips with the OWA, and all I can do to learn and contribute and to be a part of these wonderful trips.



## Wilderness First Aid

Submitted by Reporter Jeff

To my fellow members of the Oregon Whitewater Association:

I am new to the OWA. I joined in September of this year. The last weekend of September I took the opportunity to participate in the annual Wilderness First Aid course that OWA offers. This is one of the reasons I wanted to Join OWA. I have spent 40 yrs rafting in Oregon and have always wanted to improve my knowledge and confidence in handling difficult situations in the back country.

The WFA course was held at Dodge Park, near Sandy, OR. It started on Friday night with a four hour overview of the weekend's goals. The training course was conducted by Travis Reid, of Oregon Rescue from Bend, Oregon. Travis was accompanied by Matt, a paramedic and Firefighter; Julie, who is an Registered Nurse working in Hospitals in Oregon - she has a lot of experience; and Brian who is a trained EMT.

I have been through many First Aid and CPR courses but nothing like Oregon Rescue's WFA. The methods used to infuse this information were very effective. It was all hands on. After we discussed a certain approach to evaluating or treating a patient we would immediately break-up into small groups and practice what we were taught.

One of the things I liked the best was the simple manner of how to approach each step in the process. As Travis liked to say, "I only have five fingers on one hand. I am going to keep the process to under five things so I can remember what they are." So that is how we were instructed throughout the weekend.

On Saturday the entire group was there at 8 am, about 35 people. And thanks to Bill our OWA safety coordinator, he kept us full of hot coffee and treats. Thanks Bill!

The day started with the "three step approach" to arriving at the scene of the accident. LOOK GOOD, call for help, evaluate the mechanism of the accident to assure the site is safe to proceed. This same simple approach was used to evaluate the patient's condition and method of treatment. So we know if we are going to "Stay and Play" or "Blow and Go". Our goals in First Aid are to Locate, assess, stabilize and transport (L.A.S.T.).

What really made this an effective course was the ability to practice what we were taught. Over and over we drilled. Giving us all a chance to play all the parts in a rescue. From being a patient's advocate during a rescue, to performing as Incident Commander in charge of the rescue effort itself, to being the patient in the middle of everyone's efforts. There was also all the information needed to treat burns, bleeding, neck and back injuries, broken bones, snake bites and hypothermia. It was a long and productive day.

On Sunday we were promised a busy day and they delivered. We were given a lot of additional information on various medical situations and how to successfully clean and bandage open wounds. We continued to run through scenarios involving a variety of accidents and injuries. Scott our poor OWA President was smashed on a rather large rock under a truck with a nasty head wound. We had bear attacks, and multiple people injured in the Sandy River for goodness sake. We definitely had a lot of practice treating for hypothermia.

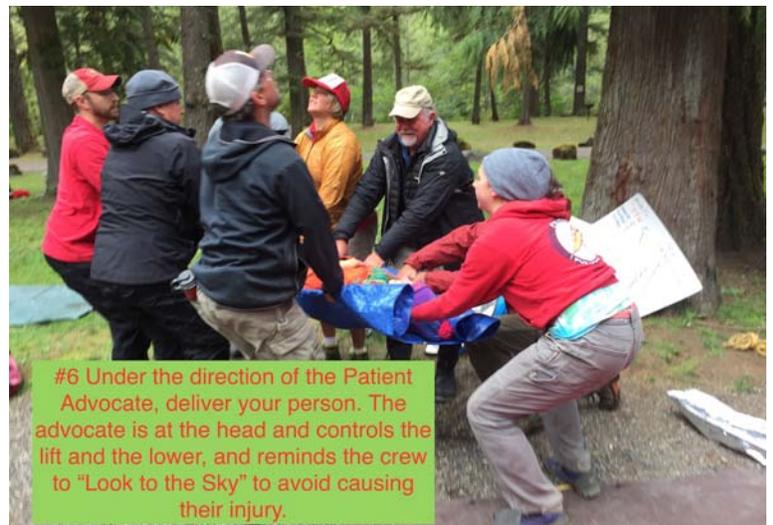
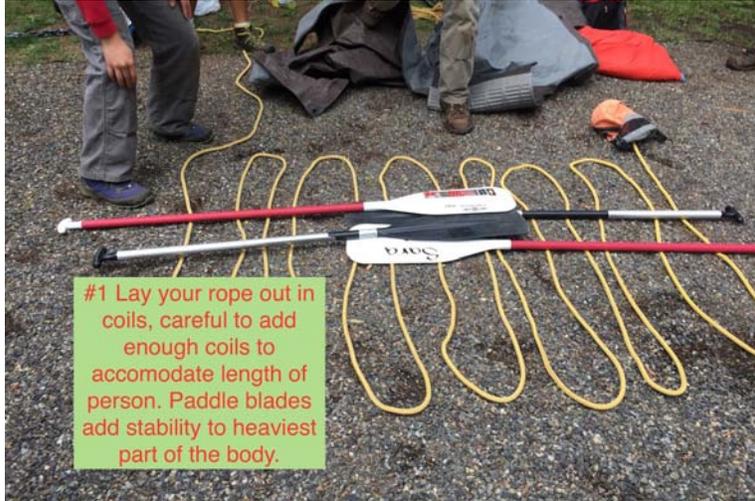
It was a lot to digest in three days but it was a really valuable experience. I would recommend it to everyone. By the end of the day on Sunday I was tired but I had learned so much information. I want to say thank you to everyone for making me feel right at home. I look forward to the April 2018 Swift Water rescue course.

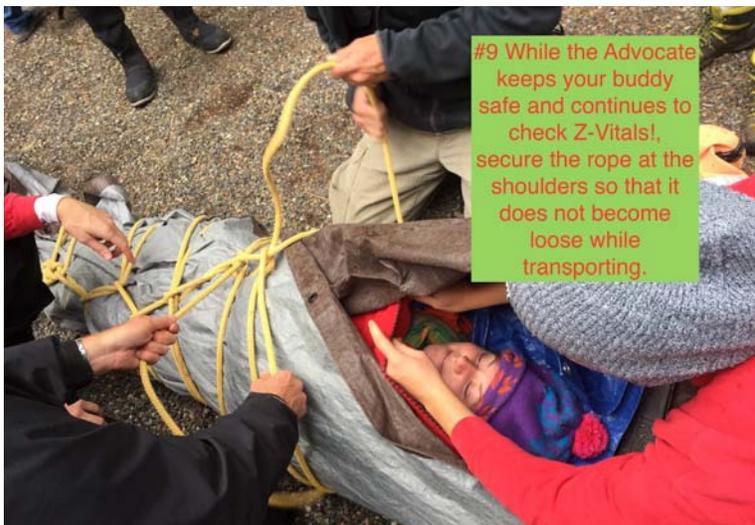
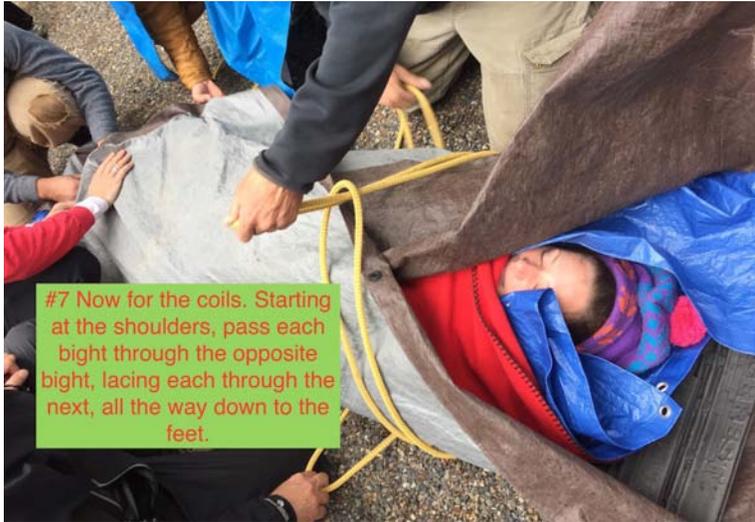
My last word is for Oregon Rescue's Travis Reid. You are a great instructor. Your energy, medical knowledge and people skills rock. Much appreciation to all, Jeff Van Raden.



## How to Make A Rope Litter with Paddles

Submitted by Julie Nathe





29342 Highway 34  
Corvallis, OR 97333  
541.757.7567

## World Leader in Whitewater Products

- Custom aluminum frames to fit you
- All American made quality
- 43 years of dependable delivery and integrity
- Conscious green manufacturing
- Large inventory now in stock



## INGREDIENTS

- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 Tbs grated ginger
- 1Tbs thyme
- 1/2 tsp ground nutmeg
- 1 tsp ground cinnamon
- 3 large sweet potatoes, peeled and diced
- 6 cups vegetable stock
- zest and juice of 1 orange
- 1 1/2 cups unsweetened almond milk
- salt and freshly ground
- black pepper to taste



## Sweet Potato Bisque

(originally printed in Forks Over Knives - The Cookbook)

*Submitted by Dianne Creager*

## DIRECTIONS

Serves 6

1. Place the onion in a large saucepan and sauté over medium heat for 10 minutes. Add water 1-2 Tbs at a time to keep the onions from sticking to the pan. Add the garlic, ginger, thyme, nutmeg, and cinnamon and cook for 1 minutes. Add the sweet potatoes, vegetable stock, and orange zest and juice and bring the pot to a boil over high heat. Reduce the heat to medium and cook, covered, for 25 minutes, or until the sweet potatoes are tender.
2. Puree the soup using an immersion blender or in batches in a blender with a tightfitting lid, covered with a towel. Return the soup to the pot and add the almond milk. Cook an additional five minutes, or until heated through, and season with salt and pepper.



# CENTRAL IDAHO RIVER SHUTTLES

Shuttling the Salmon River: Middle Fork, South Fork, Lower Gorge, and the Main. Also Hells Canyon and the Selway River.

**(208)507-1830**

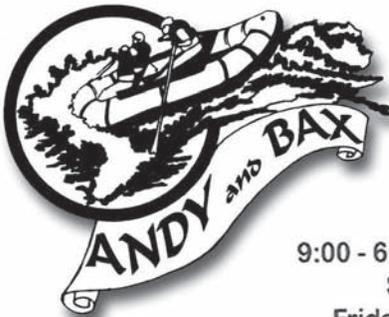
pat@centralidahorivershuttles.com

www.centralidahorivershuttles.com

## Whitewater Specialists

— Sales & Service —

Since 1945



9:00 - 6:00 Monday thru  
Saturday  
Friday 'til 9:00 pm

OWA MEMBERS

# 10% Discount

AIRE



YETI COOLERS



NRS

tributary



324 SE Grand  
Portland, Oregon 97214  
503-234-7538  
www.andyandbax.com

*"Not for Children or the Faint of Heart"*

# ZiplineX

503-520-0303

*"The Experience"*

Eight Zip Lines  
Eight Aerial Bridges



www.bungee.com  
at the intersection of NE Healy Rd.  
and NE Belvins Rd., Amboy, WA 98601

# BUNGEE jumping

## Knot of the Month –Water Knot

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

### Overview

- Used to join 2 ends of webbing together to make a loop
- Start by tying a basic overhand knot
- Finish by retracing the not in the opposite direction
- Ends must be on opposite side of the knot to be correct
- Be sure to leave a long tail on each side of the knot in case it slips, or tie it off with overhand knots on each side



Normally tied with 1 piece of webbing, 2 were used here for illustration purposes

[Click for Step by step directions](#)

[Click for a Video](#)

Steve K 2012

**NEXT ADVENTURE**  
*Portland's Alternative Outdoor Store*

Come visit our:

**PADDLE SPORTS CENTER**

704 SE. Washington St. | 503.233.0706  
Portland, Or. 97214 | [kayaks@nextadventure.net](mailto:kayaks@nextadventure.net)

**10% OFF EVERYDAY FOR OWA MEMBERS**  
(EXCLUDES KAYAKS)

# MADCATR

MADCATR CREATIONS - CUSTOM FABRICATION

CUSTOM FABRICATED STAINLESS STEEL AND ALUMINUM  
**RAFTING & RIVER EQUIPMENT**

Rowing Frames    Dryboxes/Kitchen Boxes    Fold Down Oar Towers    Cargo Modules    Specialized Gear

## DAVID NISSEN

Designer - Fabricator - River Rat

**madcatr.com**  
 madcatr@aol.com

Phone: 509.588.4082 (Home)  
 509.947.1862 (Cell)  
 PO Box 5013 Benton City, WA 99320

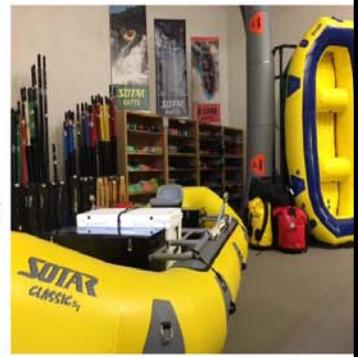


### Rafts, Cataracts & Kayaks

All SOTAR's are hand built in our Factory located in Southern Oregon.

SOTAR takes pride in handcrafting

**State Of The Art Rafts**  
 one at a time.



**SOTAR**  
 Custom Inflatables  
 1-800-GO SOTAR - WWW.SOTAR.COM

Since 1980

**Store & Showroom Hours**  
 Open year-round 9 am-5 pm ( Mon-Fri )  
 Saturdays April 15th - September 15th  
 9:00 am to 12:00 pm

**SOTAR**  
 724 Ort Lane / PO Box 649  
 Merlin, OR 97532



Whitewater rafting down one of the most challenging rivers in North America?  
 Your journey begins and ends at Scotty's!

**Scotty's Hells Canyon Outdoor Supply and Shuttle Service**  
 P.O. Box 149 • Highway 86 • Oxbow, OR 97840  
**1-800-785-3358**

# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 Veteran's Day, Rogue, Class III/IV	November 10-12, 2017	Kevin Buck	<a href="mailto:buckriverman@gmail.com">buckriverman@gmail.com</a> , 360-890-6776

## PAST OWA RAFTING TRIPS

2017 Fall Colors, North Santiam, Class II/III	October 8, 2017	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2017 -Tieton River, Class II/III	September 16-17, 2017	David Elliott	<a href="mailto:dce@dcell.com">dce@dcell.com</a>
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a> ,
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, <a href="mailto:scs@scs1024.com">scs@scs1024.com</a>
2017 Upper N Umpqua	June 2, 2017	Bill Goss	<a href="mailto:zanng@msn.com">zanng@msn.com</a> , 503-757-4659
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2017 Rogue River Lodge Trip, Class III/IV	May 19-22, 2017	Van McKay	<a href="mailto:vanm1@yahoo.com">vanm1@yahoo.com</a> , 360-737-3148
Boating 101 Skills Building, North Santiam	May 5-7, 2017	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396

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



## DUSTY'S RIVER LOGISTICS

CUSTOM WHITEWATER ROWING  
FRAMES & ACCESSORIES  
SPECIALIZING IN  
**SOTAR AIRE NRS**  
RAFT AND CATARAFT PACKAGES

**WE ARE OREGON'S SOTAR DEALER**  
WITH MANY SOTAR BOATS OVER 20% OFF.

ADDITIONAL ITEMS ARE 10%-20% OFF:  
EDDY OUT FRAMES AND DRY BOXES,  
YETI, NRS & CANYON COOLERS, CATARACT  
& SAWYER OARS, NRS GEAR AND APPAREL,  
WHITEWATER DESIGNS GEAR, SOTAR GEAR

541-979-5646  
DRLRIVERGYPSIES@GMAIL.COM  
WWW.DRLRIVERGYPSIES.COM



Top Quality River Gear Since 1979.



## Cascade

RIVER GEAR

The River Specialists formerly known as Cascade Outfitters.

CascadeRiverGear.com | 800-223-7238  
604 E. 45th St. Boise, ID 83714



## Need Assistance?

Grand Canyon Outfitting

Let Ceiba handle  
"The Whole Shabang!"

equipment - food  
shuttles - logistics

RIVER EQUIPMENT RENTAL



www.ceibaadventures.com  
1-800-217-1060

# Join the OWA!

Don't you wish you were here? The Oregon Whitewater Association brings together experienced rafters and new friends for adventures like this!



## Getting Pitted, White Salmon

### OWA MEMBER DISCOUNTS

The following businesses provide generous discounts to our members!

Go to <http://oregonwhitewater.org/about/member-codes> for terms and conditions and on how to redeem codes.

 **AMERICAN  
WHITEWATER**  
\$10 Discount off AW membership

 **10% Discount**



**15% Discount**  
on everything  
except boats



**40% Discount**  
on unlimited  
items per year



**NEXT  
ADVENTURE**  
Inform · Outfit · Excite | Est. 1997

**10% Discount**  
In Store  
**15% Discount**  
Online

**SUNCLOUD**  
POLARIZED OPTICS  
**50% Discount for up to 2 pairs**



**15% Discount on non-sale items**  
**Free shipping on orders over \$49**