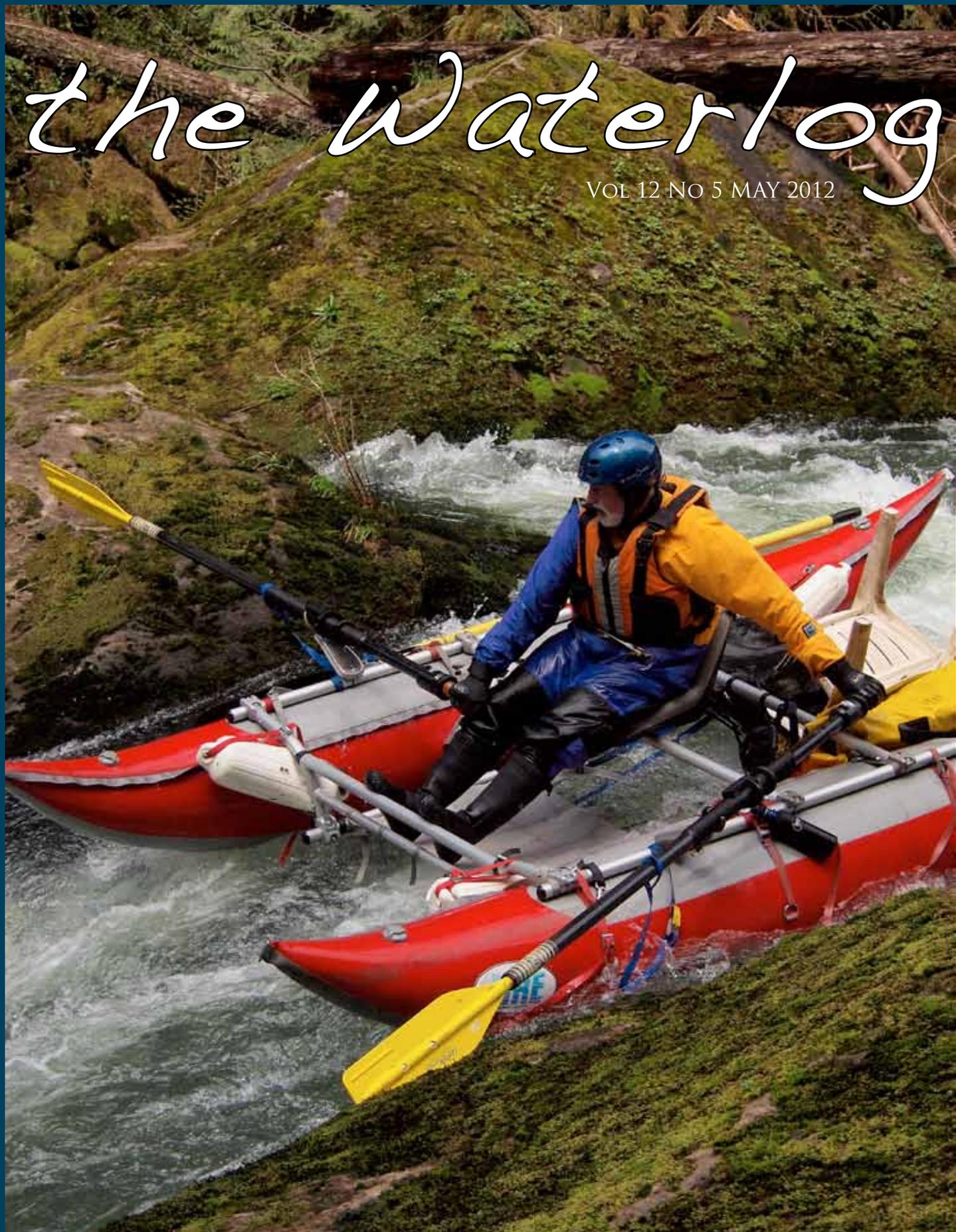


THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS



the Waterlog

VOL 12 NO 5 MAY 2012

JOIN THE FUN! BECOME A MEMBER OF THE "GREATEST WHITEWATER CLUB IN THE HISTORY OF THE WORLD".** Washington Recreational River Runners is a private, non profit corporation organized to promote river running as a safe and fun sport and to provide for an exchange of ideas among its members and public issues concerning rivers. Membership is open to anyone having an interest in the recreational use of rivers upon payment of annual dues as shown below. To join or renew your membership, cut out this form, fill out and mail to the address listed below. The Release and Indemnity Agreement **must** be signed before your application is processed.

- Select Membership level. Prices effective 6/6/08. All membership levels include the newsletter and access to club events
- \$25 SINGLE -membership for one
 - \$30 FAMILY for the whole family
 - \$40 SUSTAINING -same as family plus 5 free raffle tickets at Wenatchee Rendezvous and 1 free hand at the Poker Run
 - \$55 BENEFACTOR -same as family plus 10 free raffle tickets at Wenatchee Rendezvous and 2 free hands at the Poker Run
 - \$100 SPONSOR -for those wishing to advertise a product or service (must be river/outdoor-related) & UP

New Member Renewal Returning Member (prior membership ran out)

Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ 2nd Phone _____
 Email Address _____

I hereby state that I wish to participate in courses and/or activities offered by Washington Recreational River Runners Association (WRRR) 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, WRRR 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 WRRR, I hereby release WRRR and its leaders, officers, and members from any and all liability, claims and courses of action arising out of or in any way connected with my participation in any activities offered by WRRR. I personally assume all risks in connection with these activities, and further agree to indemnify WRRR 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.

Mail your check and signed Agreement to:
Washington Recreational River Runners
 PMB 501
 330 SW 43rd ST. Ste K
 Renton, WA 98057

Signed _____ Date _____
 Signed _____ Date _____

*Journal of Self-Serving Statistics, June 2009

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Board meetings are held the 2nd Wednesday of the month at 7:00 PM (except December).
 Please visit <http://www.wrrr.org/> for meeting locations.

THE WATERLOG

EARN BIG-TIME RIVER KARMA! Flip less often! Get shuttles from bikini models! Stop losing your hair! Your boat will look better; your beer will be colder; the sun will shine every day you're on the river and it will rain every day you're off the river! All you have to do is...**SUBMIT ARTICLES TO THE WATERLOG!** (Photos & cartoons too! It's just that easy) The Waterlog is published 11 times a year. (Monthly except December) Material for publication should reach the editor by the 25th of the month. An attempt will be made to place submissions received after the 25th. However, no guarantees are given. The editor reserves the right to edit all submissions for clarity and length. Articles and editorial comment do not necessarily reflect the view or opinions of WRRR, its Board of Directors, or its membership...They seem to think it's important that I print that last bit for some reason, go figure. Authors are solely responsible for the content of their articles.

Submit material for publication in The Waterlog to the editor:

Brian Vogt
 bvogt@wwik.org

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**Jim Sheflo
 425-343-4105**

White Salmon Weekend

July 20th - 22nd

The White Salmon trip is coming up in July. Join us on this annual WRRR sponsored trip on a class 3-3+ run with one optional portage around Husam Falls. Some folks choose to run the eight to ten foot drop -- some don't even flip.

We meet at the takeout (Northwestern Lake) at noon on Saturday for the shuttle. There is a sign on State Route 141 about five miles from the town of White Salmon. We will put in at BZ Corner.

The White Salmon got hit hard by the storms this year and may have issues with wood. Tune in to the group site & Facebook for a wood report.

Camping is free for WRRR members at Hollenbeck Park near Trout Lake, WA. This will be the 2nd year at Hollenbeck Park. The camp site has a large grassy area with spectacular views of Mt. Adams. Address: 33 Mt Adams Rd. (off Hwy 141 to Mt. Adams)

PLEASE NOTE: When we have a WRRR event where WRRR pays for camping, we charge \$10 per person for non-member camping. It's often a hard thing to collect from people because club members don't always prepare their guests for this, and the board member doing the collecting ends up being the baddie. Please make sure that your guests know that there is a fee.

You will need to make your own arrangements for food, drink and camping/cooking gear.

Carey Berger Memorial Poker Run

August 9th - 12th

A poker game played with skill, you draw cards at river stations while you float the Skagit River at Newhalem. Not to be missed, the WRRR Poker run is one of the club's most popular events. The Skagit River is one of the few rivers still running late in the summer; the run is rated easy class 2-3 at most levels. Other activities include camping and a potluck dinner in the North Cascades National Park. Bring the family. There are usually groups running the river on Friday and Sunday also. Contact any board member for more information or check out the YahooGroup (<http://groups.yahoo.com/group/wrrr>)

TRIP LEADERS: Contact Lyles Larkin, VP of River Ops at 425-894-5465 or ik4fun@comcast.net or any other board member for more information.

VOLUNTEERS NEEDED: Anyone interested in helping with this event by running a river station please contact any board member.

Safety Weekend

Polish up your biners and pull out that rescue rope for the WRRR all day safety training that will be happening Sunday, July 29th on a western WA river with enough water (Sky or Sauk most likely). Save the date and plan to be a better boater. This event is free to WRRR members in good standing.

Waterlog Story Contest

The WRRR Board is excited to announce a contest for best river story or picture.. Win a \$25 credit towards annual membership or WRRR Merchandise.

Share your river adventures, safety tips, favorite carnage story, or anything else river trip related. Fight the IKTimes, and write about rafting or catboating!

A winner will be announced quarterly, and will be the person with the most content published in the waterlog in that quarter. Members may only win once per year. So send a story, photo, cartoon, or anything river related (except Joe's socks!) to the editor.

Class 2 Trips for New Boaters

As the new Safety and Education Chair, Chris Herman is organizing some class 2 river trips for newbies. We have lots of snow in the mts. and it should be a long season. Send an e-mail to chris@wintersundesign.com to be put in the group and receive announcements when we will be running something class 2. We expect to step up to easy class 3 by summer, in time for the Skagit Poker Run. Small boats are ideal for low water, though cats and rafts could also work. E-mail chris@wintersundesign.com to be included.

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2012 Green River Cleanup

Thank you 2012, 27th annual Green River Clean-Up Participants! The 27th annual Green River Clean-Up (GRCU), again was a huge success. Hundreds of people, for the 27th time, converged on the 14 mile reach of Washington's Green River known locally as "The Gorge". They brought boats, bags, boots, shovels and gloves to pick up, pack out, clean up, restore and improve the general health of the Green river Gorge.

The paddling community once again turned out in record numbers in support of the cleanup. You risked popped inflatables and torn dry suits to remove anything that doesn't belong, from Automobile parts to Zinc coated corrugated sharp chunks of steel, you guys rock.

The Green River Cleanup thanks you for your continued support of this Northwest Washington tradition. Special thanks go to WRRR for their ongoing logistical and organizational support of the GRCU (Lyles and Homer the first lady of river operations). FOG (Friends of the Green, www.friendsofthegreen.org) for their long time support of the GRCU and organizing of ground crews (specifically Pat, president of FOG). MGRC (Middle Green River Coalition, <http://www.mgrc.org/>). Ground crews and support, Washington State Parks, King County Parks, Boy Scouts of America, Black diamond historical society

Participating paddling clubs: WRRR (www.wrrr.org), WKC (www.washingtonkayakclub.org), PTCC (www.paddletrails.org), BEWET (<http://bewet.org/>), OWA (www.oregonwhitewater.org),

UKC (<http://students.washington.edu/ukc/wordpress/>). The list that pulls us together, Professor paddle, www.professorpaddle.com. There are many more sponsors and supporters, too long to list here.

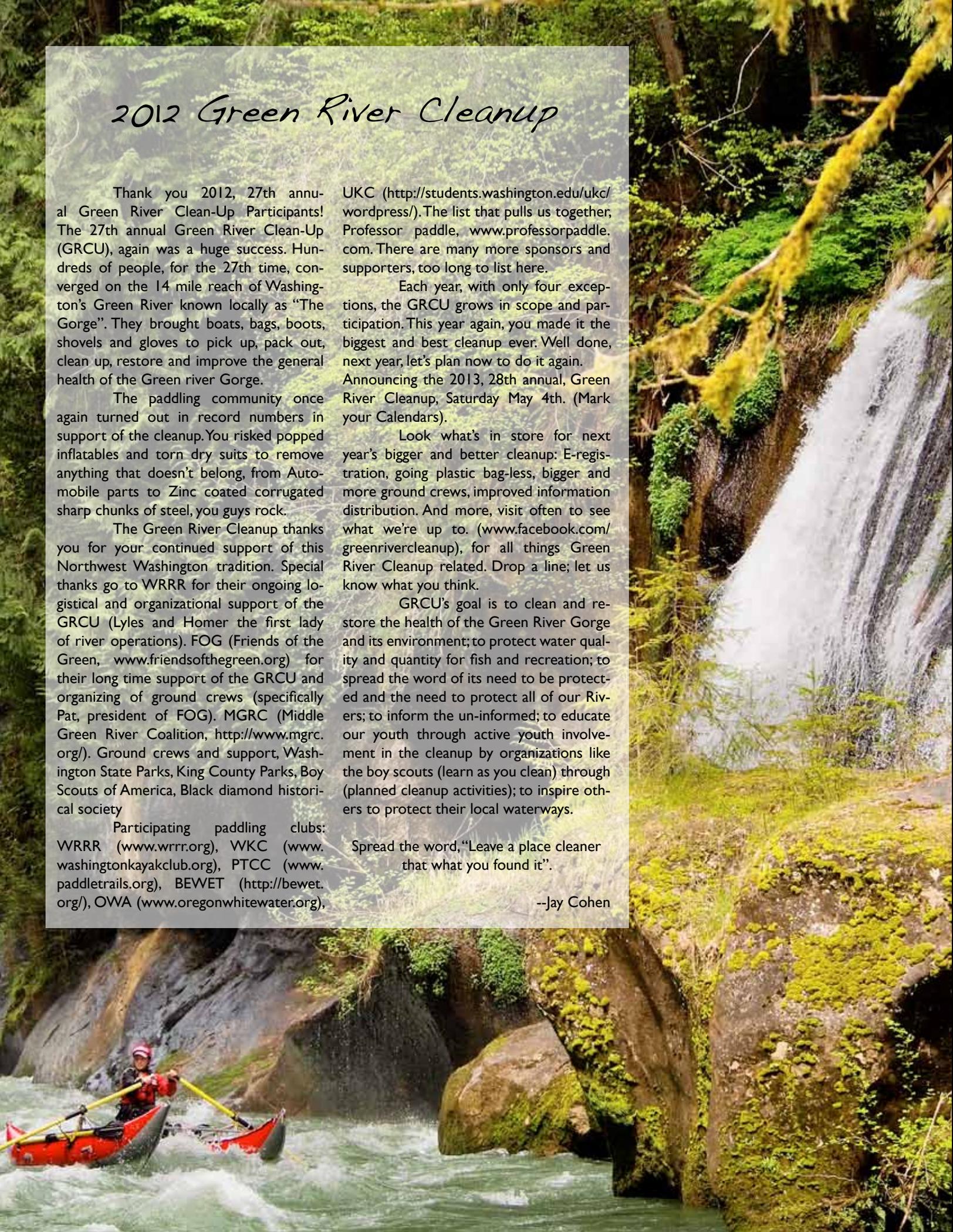
Each year, with only four exceptions, the GRCU grows in scope and participation. This year again, you made it the biggest and best cleanup ever. Well done, next year, let's plan now to do it again. Announcing the 2013, 28th annual, Green River Cleanup, Saturday May 4th. (Mark your Calendars).

Look what's in store for next year's bigger and better cleanup: E-registration, going plastic bag-less, bigger and more ground crews, improved information distribution. And more, visit often to see what we're up to. (www.facebook.com/greenrivercleanup), for all things Green River Cleanup related. Drop a line; let us know what you think.

GRCU's goal is to clean and restore the health of the Green River Gorge and its environment; to protect water quality and quantity for fish and recreation; to spread the word of its need to be protected and the need to protect all of our Rivers; to inform the un-informed; to educate our youth through active youth involvement in the cleanup by organizations like the boy scouts (learn as you clean) through (planned cleanup activities); to inspire others to protect their local waterways.

Spread the word, "Leave a place cleaner that what you found it".

--Jay Cohen









"Take a course in good water and air; and in the eternal youth of Nature you may renew your own." -Chief Seattle

"Sooner or later, we sit down to a banquet of consequences." -Robert Louis Stevenson

"Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom, but we hope it, we know it." - Goethe

Why do we run these rivers? These raging, treacherous, dynamic, and unpredictable rivers? They don't make us smarter or richer; sometimes they only scare and humble us. Any one of us might, any given day, meet an end, held powerless by a primal force unconcerned with our pride or laughter. Why do we run these rivers?

It's easy to second guess, to think we have the answers that might have saved Drew Nielsen. But most of us won't ever know how the event unfolded. We can't assign blame or critique the performance of the people on the river that day as if it were a game with instant replay, a clear rule book, and referees to judge right from wrong. Sometimes, in this game of millimeters and seconds, separate forces, innocuous each alone, combine to give us only tragedy. So why do we run these rivers?

For me, the answer lies in what is to be gained by the trying. We challenge ourselves, not against another person, whose emotion, intellect, and physical prowess matches our own. We challenge ourselves against a fundamental element of nature, the very lifeblood of the planet: a physical force that cares not for our lives or our feelings.

But why do we run these rivers?

I believe we do it for the things we learn. Mainly about the natural world: its rhythms, beauty, and power. But also many things about ourselves: how we handle adversity and the unexpected. We begin to learn something of our limits, and also of our place living both in harmony with the world around us as well as subject to its humbling, impersonal power.

We run these rivers for the connections we make with people. Sharing a quiet moonlit evening in a canyon campsite or laughing in an eddy after running a drop that demanded our utmost skill and daring. The trust that builds between people who back each other up in a volatile and sometimes dangerous environment fosters a special kind of bond.

We run these rivers for all these reasons. And I believe these reasons are more than enough to justify the unlikely but inevitable danger that we all risk every time we launch our boats, submitting ourselves to the whim of the water, moving ever downstream, now gently, now raucously, but always carried by the same deep water that challenges us and teaches us and, so very sadly, sometimes serves us with the ultimate consequence.

To our friend and fellow river rat Drew: may you float endless lush canyons, surrounded by those you love.

-Ed

In lieu of flowers donations can be made to The Drew Nielsen Benevolent Fund, at BECU, PO Box 97050, Seattle, WA 98124-9750, for the advancement of arts and community development causes Drew held dear.





CPR/AED & Wilderness First Aid

CPR/AED and First Aid class was a prerequisite for the remote wilderness first aid class that my cousin and I wanted to take. Since it has been a while since I have been certified I thought it to be a great idea. We learned a lot about "hands on" CPR and basic first aid. Such as rescue breathing, how to assess a situation, chest compressing, Heimlich, basic wound care and cardiac arrest signs and symptoms. AED (automated external defibrillator) was new to us and I am now noticing these machines at various places I frequent. Being ready to help your fellow person on and off the river is a great responsibility yet very crucial.

Remote wilderness first aid training was a three day course packed full of information. We are planning many trips this year, both on and off the river. Most have one theme in common, a get away from the city. We recommend this course highly. Whether you are on a day hike or in the canyon for a month, there is something for everyone.

The class started out by going through first aid kits. I brought my trusty river kit and found some amazing things to add to it. What I added to my kit since the class was an irrigation syringe (free at any pharmacy), a small dental kit, triangle bandages, mole skin, small flash light, coconut water packet and SAM® Split.

We were most impressed by the SAM® splint; I don't know why I had never seen one. Its diversity never seems to stop. I or-

dered one for the river and one for my day hike pack. SAM® splints are a thin core of aluminum alloy sandwiched between two layers of closed-cell foam. It packs small and flat, weights 4 oz yet can be bent into different curves making it rigid and strong. It can be used to support injured or fractured limbs even a cervical collar for neck injuries. The other great thing about this is that they are reusable and waterproof.

The class also went over primary and secondary assessment. They go by the guidelines of check- call- care because you have to make sure the scene is safe then check the patient, call for help and then care for the patient. It is important to do this in this order because you will be no good to anyone if you get injured too. It is easy to get caught up in a scene as the first responder so calling should be the next step. Then you start with your Primary assessment. First aid uses a lot of mnemonics to help you remember everything. Primary assessments use the ABCDEs which stands for airway, breathing, circulation, disability and environment and secondary use DOTS's which stand for deformity, open injuries, tenderness and swelling. Writing down history and vitals is also very important in a remote setting. This gives advanced care givers much needed information.

On day two we went over evacuations, shock, hypothermia, wounds, infections, bones and joint injuries. We learned techniques on how to move injured people and

when you should and should not move them. Techniques such as the walking assist, pack-strap carry, two-person seat carry, foot drag, cloths and blanket drag were practiced.

Since we live in a cool and wet climate, we spent a considerable amount of time during this class on hypothermia and the differing degrees of severity. One of the great parts of the classes was the scenarios that we participated in. We got first hand experience on how to asses injured victims and how to treat them with what you have on hand. Hypothermia wraps were part of these scenarios.

On the third day we covered spinal injuries, allergies, asthma, heat illness, heart attacks, chest injuries, abdominal illness or injuries, submersion, lightning and altitude sickness. It was a jammed packed day!

Spinal injuries interested me a lot since just last year, coming home from the river, Peggy and myself were first responders to a terrible head on accident. I'm glad to know that we did all the right things and happy that I now have more knowledge which might help someone in need.

This is just a brief glimpse on this class. We couldn't even start to pass on all the great information that we learned. Besides the three days in class we also got additional wilderness first aid book and pocket guide.

--Paula Tarp

Web Hits

Web Hits highlights excellent content from across the online boating communities in the western states. What exciting news and events have happened lately? Check these links out:

Idaho's Malad Gorge and Devil's Washbowl
<http://bit.ly/ljafTW>

C&K: NW Creeking Comp
<http://bit.ly/l3TNHS>

NRS: Mexico Adventures
<http://bit.ly/JAWztq>

Goodbye Condit Coffe Dam!
<http://bit.ly/KJP4ib>

NRS: North Coast Rhythms Part 1
<http://bit.ly/KK1VAw>

NRS:North Coast Rhythms Part 2
<http://bit.ly/NgMuk7>

NRS: Early Years of the PFD
<http://bit.ly/J0oVQr>

C&K: Sea Kayaking for Japanese Tsunami Debris
<http://bit.ly/KJPtRE>

Outside Retrospective on Hendri Coetzee
<http://bit.ly/uSoBli>

ST: WA State Parks in Trouble
<http://bit.ly/JqOdAx>

C&K: New North Shore Lake Superior Creekin' Video
<http://bit.ly/HWl5Fb>

BombFlow TV Episode 9
<http://bit.ly/JXBWT6>



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on their drysuits and accessories. If you are in the Portland area and are a WRRR member, Andy & Bax will honor this discount as well. You will need a WRRR membership number to order. Contact the Membership Chair to get your membership number.

DAY/DATE	RIVER/DESCRIPTION	CLASS	CONTACT
May 26th - 28th	KLICKITAT OVERNIGHTER Memorial day weekend 3 days 2 night, upper, middle and lower	III	Mark McGraw RutRowlb@cablespeed.com
May 29th - Jun 2nd	WENATCHEE RENDEZVOUS	III+	WRRR Board pinkofilippini@yahoo.com
July 20th - 22nd	WHITE SALMON	III	WRRR Board pinkofilippini@yahoo.com
Aug 9th - 12th	SKAGIT POKER RUN. Safety Olympics / Potluck / Prizes Saturday Group Camp reserved Thurs night thru Sun Noon	II-III	WRRR Board pinkofilippini@yahoo.com
Aug 20th - 21st	THOMPSON RIVER, BC Come see the big water and bigger canyons of British Columbia	III-IV	Shaun Heublein wrmembership@live.com
Sept 8th - 9th	WRRR TIETON WEEKEND	III	WRRR Board pinkofilippini@yahoo.com
Sept 15th - 16th	WRRR / OWA WEEKEND Potluck Saturday night	III	WRRR/OWA Board pinkofilippini@yahoo.com
Sep 23rd - 27th	ROGUE RIVER Pending Permits, Semi Wilderness	III-IV (V)	Brenan Filippini pinkofilippini@yahoo.com

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