

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>Boating 101 Trip Report</i>	1
<i>OWA Contact Info</i>	2
<i>Safety Weekend Song</i>	2
<i>Newsletter Submissions</i>	2
<i>President's Corner</i>	3
<i>Recipe of the Month</i>	8
<i>Knot of the Month</i>	10
<i>OWA Trip Calendar</i>	12

Beginner 1-0-1 Boater Skills **May 3-5 2019** **North Fork Santiam River.** *Submitted by Miles Scannell*

“SWIMMER!!”, was yelled out in unison from the rocky banks of Spencer’s Hole as another boat flipped. No worries. No danger. No injuries. A throw bag or two deployed and the runaway boats and boaters were easily recovered.

This was all just part of the Boating Skills 1-0-Fun float on the North Fork of the Santiam River, conveniently coinciding with “Drinko” de Mayo weekend. The wonderful weather was welcomed by all. No matter where you live in the NW, this entire weekend was a perfectly sunny warm break from the cool spring temps and dampness. The river was still quite chilly, but that gave newbies like me a chance to fashion several outfits. drypants with drysocks, shorty wetsuit, farmer John, wading boots, fleece socks, neoprene booties... Oh the joys and toys of a new hobby.

On Friday I met Matt, Zen, Michele ,and Julie at the campground. The five of us made a “dry run” of the weekend route from Packsaddle Park. OWA secured a group site at Fisherman’s Bend campground, which was the take-out as well. Its powered and covered pavilion makes a great base for a large group of floater campers.

Continued on page 4

September Club Meeting

Flying Pie Pizza
 7804 SE Stark Street
 Portland, OR 97215

Wednesday,
September 11, 2019
from 6:00-9:00 PM

Moderator:
Steve Oslund

Topic:
Ask It Basket

Contact Information



Your OWA Officers and Volunteers

Scott Ogren, *President*
president@oregonwhitewater.org

Mark Lewis, *Vice President - Events*
VicePresident-Events@oregonwhitewater.org

Christine Broniak, *Vice President - Newsletter*
VicePresident-Newsletter@oregonwhitewater.org

Dennis Schultz, *Secretary*
secretary@oregonwhitewater.org

John Lemke, *Treasurer*
treasurer@oregonwhitewater.org

Shakya Baldwin, *Membership Director*
membership@oregonwhitewater.org

Paul Diaz, *Technology Director*
techdirector@oregonwhitewater.org

Matt Saucy, *Training Director*
safety@oregonwhitewater.org

Cheryl Ford, *Trip Editor*
tripeditor@oregonwhitewater.org

Cary Solberg, *Advertising Editor*
advertisingeditor@oregonwhitewater.org

Jennifer Ogren, *Newsletter Editor*
newslettereditor@oregonwhitewater.org

OWA list server address:
H2OAddicts@OregonWhitewater.org

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

Do you have something you would like to submit to the OWA newsletter? The tale of your latest rafting adventure? The recipe of the best dish you've ever cooked on the river?

**Contact Christine Broniak
VicePresident-Newsletter@oregonwhitewater.org**

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

Safety Weekend Song

Everybody Swims

A musical number by:

Jeremy Smith

Uploaded by:

Samuel Cochran

Sang to the tune of REM's

"Everybody Hurts"

<https://youtu.be/IfDTYKvPZJg>

Summer Trips, Straps, and Safety Training by Scott Ogren

How was your summer? Did you get many river trips in? I was able to spend quite a few weekends in Maupin this summer and that was most of my summer rafting this year.

Because most of my trips were day trips, I didn't use my river straps all that much this summer to secure gear to my boat. Which it was strange when I picked up a strap to use it for something else and it wasn't mine. It wasn't marked with the owner's name, so I don't know who it belongs to, but it got me thinking about how many straps I have that someone else bought and how many straps I have bought are now with someone else. It seems as though we are all just trading straps among each other, one strap at a time with each trip we go on.

As many of you know, OWA has an extensive Wilderness First Aid Kit and an AED that both go on all club trips and are available for club members to take on private trips as well. To check out either or both, send an email for firstaid@oregonwhitewater.org and Steve Oslund will work with you on the availability and you checking them out.

In addition, the club recently purchased a second AED and we are working on putting together a second First Aid Kit! The popularity and high demand for them has been incredible so to continue with the club's commitment to safety we are making a second set of First Aid Kit and AED available to club members.

The Wilderness First Aid class is basically full. Send an email to safety@oregonwhitewater.org to be put on the wait list. The class this year is at Fisherman's Bend Park on the N Santiam River. This is another highly recommended class and you leave that class with WFA and CPR certifications upon completion. You just never know when something will happen, and these are handy skills to have.

One last thing, if you have ever thought about serving on the OWA Board, please contact one of the board members. There are several openings coming up on the board and we need people to help the club continue our awesome programs. We will have some openings that will be voted on this fall and this could be your opportunity to step into a leadership role for the club!

WFA Class

As we gear back up for the OWA fall activities, one of the major training sessions is coming up soon. The Wilderness First Aid class will be held October 5 and 6. This 2-day training is one of the biggest benefits of being an OWA member and is open only to members with their dues current. If you aren't current on your dues and want to take the class, now's the time to renew! The class is taught by Lead Instructor Travis Reid of Oregon Rescue and is second to none. Travis brings energy and a teaching style to the class that is entertaining, insightful, and provides a fun learning environment that makes the essentials easy to remember. Signups are open NOW! Check the website for details.

September OWA 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 reconnect with friends you maybe haven't seen all summer!

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

www.oregonwhitewater.org/dues.html



Boating 101 Trip Report: Continued from page 1

OWA secured a group site at Fisherman's Bend campground, which was the take-out as well. Its powered and covered pavilion makes a great base for a large group of floater campers.

It wasn't long after we put in that Matt threw me into the driver's seat of his 15' cataraft. I did ok paddling Spencer's Hole - my second class 3 ever! Carnivore was the difficult one... If that boat was any narrower I'm sure we would have flipped over that boulder. But we made it through relatively dryly to enjoy three or four hours of beautiful warm weather floating, getting acquainted with my new white water friends and learning a few more skills. There's no place else I would have rather been.

Not long after we pulled out and shuttled up to the campground, the parking lot filled with raft-packing trailers and cars. There were a lot of high fives and hellos as tents were being staked up. This was my second weekend outing with the OWA. As a new member, I felt very welcome and accepted as a part of the family. It seems like just that... a big happy family.

After dinner there were many stories of rafting lore told around the campfire. (Oh, and thanks Matt, for bringing a truck load of that expensive hardwood scrap campfire-wood! Did anyone else besides me see dollar signs forming in the smoke?)

Continued on page 5

Boating 101 Trip Report: Continued from page 4

Saturday morning after coffee and breakfast we divided into three groups: 1) Bruce Ripley talked about group dynamics, and the importance of compatibility among fellow boaters. Especially while on a multi-day trip in an inescapable canyon. 2) Steve Oslund spoke about rigging, entrapment avoidance on your boat, boat retrieval and boat flipping. Big thanks to Skip for letting Steve drag his boat around the parking lot. 3) Michele Gila built a river model on a raft trailer, complete with pine cone boulders, spectra currents, twig strainers, loop line eddies, and an origami open stern boat. She facilitated a “how to” discussion on river hydrology and dynamics.

Once all the boats were put in at Packsaddle Park Brian Elerick gave a talk on general river safety-including hand and whistle signals, self-rescue, avoiding foot entrapment, etc. He also volunteered a leader and a sweep person from the pack. Saturday’s float was welcomed again with incredible weather. It was difficult to count all the boats, but there were about 29. R1, R2, R3 and 4, IK1 and so on... This was the day I got to float my own 14’ round boat with frame. My wife couldn’t make it so I was R1ing. That was an “ah ha” moment when I finally realized what those alpha-numeric acronyms meant.

Our flotilla covered a lot of the real estate and available shoreline in the eddies at the Swirlies. This is where we took a lunch break, developing and practicing our ferry line skills through the wave train. The eddy fence that Brian had talked about was quite distinctive here, so it was great to play in that. A little farther down, we stopped again and practiced our throw bag deployment and swimmer rescue. Oh, and then there were those R rated jokes shared on the shore line. R might stand for “raunchy”.... For privacy reasons I’ll Skip the guy’s name with the raunchiest ones.

Continued on page 6



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



Boating 101 Trip Report: Continued from page 4

My confidence level was up since I'd run this stretch the day before. Spencer's Hole was a highlight. There was a lot of excitement watching everyone come through. Matt gave us a sneak preview of a Boating Skills 102 maneuver, with his "famous" mid-rapid-stern-descent-back-flip-legs-up-V-for-victory egress technique. I'm just glad he didn't mention that trick when he was showing me how to run it on Friday. Spencer's Hole was a blast, but once again Carnivore ate away at my maneuvering abilities. I was swept over that same boulder, but at least this time I was bow first.

Back on the water, we continued a glorious weather day float on down to the take out. It's nice when you have about fifty people to move dozens of boats out, up and around. By the time everyone got loaded and back to the camp area it was time to relax and do dinner. More campfire river floater lore. Rose, Thorn, Bud. It must be an OWA ritual. This was my second go at it. First time was at River Safety on the Sandy. Your worst moment of the day, your best, and your desire for the next day. It's a wonderful way to get acquainted with one another and share goals. Tonight's round was a bit moving with some shared emotions.

It seemed the Cinco de Mayo celebrations were more prevalent the night before. Although a few of the folks that stayed up late Saturday were still in their cots in the parking lot as the group shuttled off the next morning to the put-in.

Most of the group turned in before it got too late. I always enjoy sleeping by the river with its soothing sounds and cool air. It put me right to sleep, in spite of that gaggle of cackling hens chipping their teeth across the parking lot from me ;-)

Sunday after breakfast and organizing, we had a briefing before we headed back to the put-in. Matt Saucy gave a short river safety talk at the boat ramp. This day didn't see the quantity of boats yesterday provided, but there were some new faces. The weather was once again gorgeous and we got to do T.I.B. That's "time in boat". The best way to practice, learn and develop skill. The flow had dropped to 1,600 CFS from Friday's 2,100.

Many in the group were swapping boats and trying new rigs. Big thanks to Kyle Dorfi and Goodwater Boat Works for bringing a few rafts for us to sea trial. I didn't get a chance to try one, but I did get invited to a paddle boat (R3, I love it) with Matt and Heather on his Aire Puma. Matt gave Heather and me runs at the helm. After T-boning a boulder, hanging up on some rocks, and later flooding and seemingly sinking the raft at Swirlies, I FINALLY started to get the hang of it. I got to guide us through Spencer's. There I received another boost of confidence as we bobbed out of it unscathed.

Continued on page 7

Boating 101 Trip Report: Continued from page 6

Spencer's found half of the group standing on the rocks for vantage points as several crafts flipped on the main wave. We saw a handful of swimmers and boat bottoms here. Steve Oslund got a little "Roy Rodgers" on us with his Hollywood rope style catching and retrieving a swimmer, and lassoing his boat all with the same throw. Wow, that was impressive!

Carnivore, my nemesis... my thorn on this trip so far. Hug the rock on river left...under the tree branch...cut right at the boulder on the right...woo-hoo! Nailed it this time! It felt like the down-swoop on a roller coaster ride, clicking in and riding the rails on down. That was fun!

Not long after that Michele let me run her cataraft, "Geraldine", down river through that super fun wave train, and over Mill City Falls. After that it's just a leisurely float basking in the sun on down to the take-out.

Many thanks to all of the experienced boaters that came out and shared their expertise so humbly. And to Bruce, Brian, Steve and Michelle for stepping up to lead the discussions. And especially Matt Saucy for organizing the trip. Everyone provided an incredibly fun learning experience. Travis, from River Safety, could ask what my take-away was...

When I arrived on Friday I was a bit timid. By Sunday afternoon I was euphoric. I really can't remember when I've had so much fun! I feel I learned a lot, gained confidence, and "clicked" with a big group of great people.

Thanks everybody!

There's something new in paddlesports...



Know your pressure. Know your craft. airCap.™

www.triboutdoor.com/aircap



INGREDIENTS

6 red or yellow potatoes
olive oil
1/2 cup Veganaise
1/2 cup finely chopped celery
1/2 cup minced red onion
or green onion
2 Tbs minced Italian flat leaf parsley
1 tsp sea salt
optional 1/4 tsp ground turmeric,
if you want to add some color
smoked paprika for finish



Potato Angels *The Vegan Answer to Deviled Eggs*

Submitted by Michele Gila

DIRECTIONS

Preheat oven to 350*

Slice potatoes in half lengthwise.
Arrange them on a lightly oiled baking sheet, cut side down.
Bake in oven for about 30 min, or until the potato is tender to the touch. You want the skins in tact.
Remove from sheet and let cool.

Once cooled, gently scoop out the potato, leaving about 1/4" at the skin. Mash this in a large bowl with the Nayo. Mix in the remaining ingredients. Take hollowed potato half and stuff it with the mix, until all shells have been filled. Sprinkle with smoked paprika. Chill. You can make these a day or two in advance. They keep quite well in the cooler for 4 days. Makes 12 potato angels.



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

ANDY AND BAX

***10% OWA Member Discount on Whitewater Gear & Accessories**



9:00 - 6:00 Monday thru Saturday
Friday 'til 8:00pm

Whitewater Specialists

— Sales & Service —

AIRE

MARAVIA

YETI COOLERS



NRS

O-SYSTEMS

tributary

MAXXON BY DURATECH



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



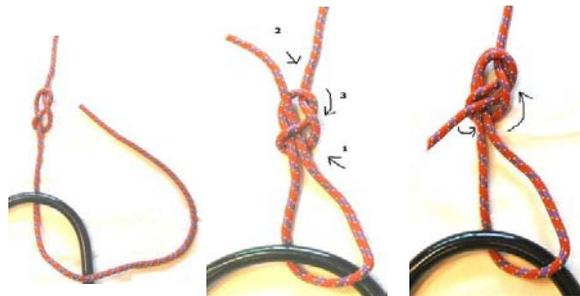
Figure 8 Follow Through

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.

[Click for Step by step directions](#)

(Scroll to top of page)

[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

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

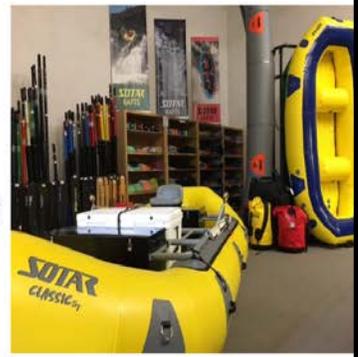


Rafts, Catarrafts & Kayaks

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



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

Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 Tieton, Class III+	Sept 13-15, 2019	David Elliott	dce@dcell.com
2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396

PAST OWA RAFTING TRIPS

2019 McKenzie River Week-end Trip, Class II/III	June 20-23, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	zanng@msn.com , 503-757-4659
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		www.upperclackamasfestival.org
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	vanm1@aol.com 360-737-3148
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2019 Boating Skills 101	May 3-5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 John Day River, Stem to Stern, Class II	April 26-May 7, 2019	Tom Riggs	503-705-5783

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

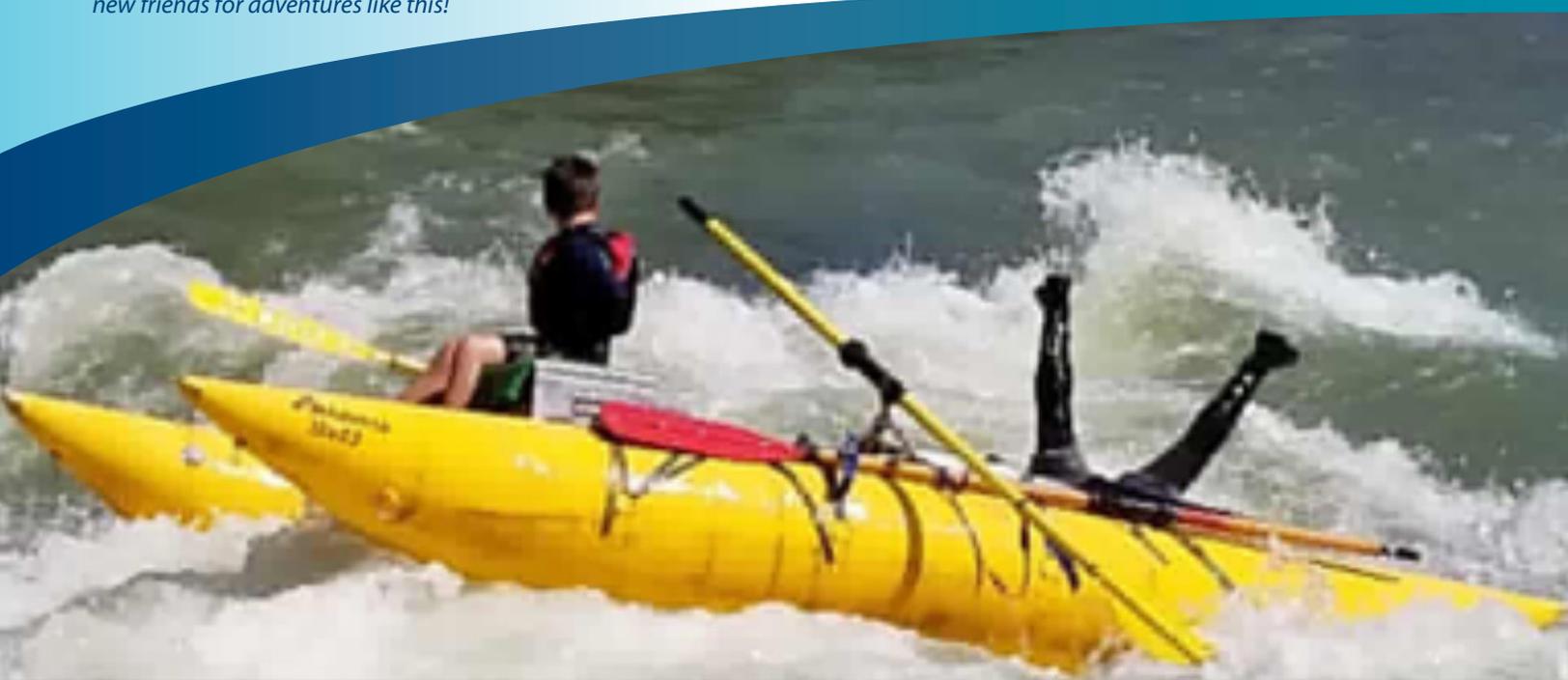
RIVER EQUIPMENT RENTAL



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!



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



ANDY^{AND}BAX 10% Discount



**eNRG
KAYAKING** 15% Discount
on everything
except boats



KEEN 40% Discount
on unlimited
items per year



**NEXT
ADVENTURE** 10% Discount
In Store
15% Discount
Online
Inform · Outfit · Excite | Est. 1997



SUNCLOUD
POLARIZED OPTICS
50% Discount for up to 2 pairs



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