

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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January 19th Hood River Trip Submitted by Jared Linkhart

We met at the Hood River Marina under clearing skies for what turned out to be a great trip on the Hood river. The day before, a significant rainfall had taken the Hood from below runnable to almost too much water. Once we all gathered we had a discussion about water levels and predictions. When I left Dundee the level was right at the minimum we had discussed of 5 feet and was almost to 6 feet when we had met in town. We all felt confident enough that if the water level did get significantly higher, we could handle the conditions.

We used the launch sight at the end of Iowa Drive near Dee. We found just enough room to park three vehicles with trailers along the road. Our trip leader Zach got us organized quickly so we could get our boats staged and lowered down a steep 2 tiered trail. Using ropes and communication, we lowered 6 catarafts and 2 rafts to the small beach and got launched.

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February Club Meeting:

North Clackamas Aquatic Park
 7300 SE Harmony Road
 Milwaukie, OR 97222

**Wednesday,
 February 13, 2019
 from 7:00-9:00 PM**

Pool session to practice knots, flipping boats, throw-bagging and other rescue skills in the water. Please remember to bring your helmet, PFD, and river shoes. No food is provided at this meeting.

See page 8 for details

Contact Information



Your OWA Officers and Volunteers

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We need your awesome rafting photos!

Did someone capture you hitting that rapid just right? Or did you get a photo of a friend barrelling through a standing wave? Whatever the epic pic - we want to feature it on the back page of the newsletter!

Send us your picture by emailing the image to VicePresident-Newsletter@oregonwhitewater.org. Be sure that the picture is high resolution, that you have permission to have it published. Include the names of those pictured, a short caption (i.e. "Boxcar on the Deschutes") and a photo credit to who took the picture.

We can't wait to see the amazing pictures you send!

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
VicePresidentNewsletter@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.

2019 Will Be A Busy Year for OWA! by Scott Ogren

This is always a busy time of year for the OWA board. There is a transition every year of outgoing and incoming board members and that takes a bit of communication, and the new board is setting up the year's goals, priorities and how everything the club does will get done. It's quite a bit of work and everyone puts in quite a bit of work to make it all happen. The next time you get a chance, please take a minute to recognize those who have served on the board and those who currently are.

We have a great schedule of safety programs set up for this year. Our new safety director, Matt Saucy, is planning some new and existing things for the Boater 101 weekend. That is scheduled for May 4-5. Experienced boaters are needed to help, so please let Matt know if you are available that weekend.

The River Safety class is scheduled to be the weekend of April 13 and 14. That is a very popular class so if you haven't taken it, or if it's been a few years since you have taken it, I encourage you to attend. Look for the sign-up on the club website in mid to late February.

Whether it's for a day trip or longer, if you are looking for people to boat with we have two primary ways to connect with people and set trips up. First is our email list server, if you send an email to h2oaddicts@oregonwhitewater.org it will be sent to everyone in the club. The second is our Facebook group at www.facebook.com/groups/oregonwhitewater/. If you are not enrolled in either, please send an email to membership@oregonwhitewater.org and Shakya will verify your membership in the club and enroll you.

In addition to the auction which will culminate at the April club meeting. We are already collecting the items that will be auctioned off and I'll tell you, it's going to be another great auction! Watch for more info on that soon!

Have you checked out the club First Aid Kit and AED? They are available for OWA members to take on your private trips. Club trips get priority, then it's first come first served after that. If you want to check them out, send an email to firstaid@oregonwhitewater.org and you can make arrangements with Steve Oslund to get a hold of them.

Incentive Prizes

I'd like to remind you about our incentive prizes and how easy it is for you to win one. We will have two \$150 prizes up for grabs for two club members that put in just a little extra effort in support of the club in 2019. The first is our newsletter submission prize. If you submit material to the newsletter and it's included in any issue your name is included in the year end drawing.

The second prize is for anyone providing leads for a meeting speaker. We only have 7 meetings each year with speakers so your odds are great to win this one! So write an article or introduce us to a speaker and get into one or both of the drawings! Good Luck!

February OWA Meeting

The next meeting is our annual safety skills training at the Clackamas Aquatic Center on February 13. We have some great things scheduled this year and we think it will be a great refresher for you and the instructors. We're looking forward to seeing you there!

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Hood River Trip: Continued from page 1

So we started on the East fork, but very quickly came to a tight left handed drop (III+) that ended in the confluence of the West fork Hood, starting us on the Main Hood river.

The Water was not quite brown, but not quite green, the recent rainfall had stirred the sediment up and made judging water depth a little tricky at 2600 cfs. The scenery is beautiful and the upper end of the river has few buildings near its banks.

If you have ever questioned why there are not many photos of the Hood, I understand now. Unless you have a passenger to operate a camera, you are constantly navigating the river and wouldn't have time. We knocked out a good few miles of river and stopped on a little sandy beach for a quick lunch. Air temp was around 40 degrees so we didn't want to stop for too long. We knew the best action was to come, and the Hood did not disappoint!

About 6 miles into the trip Pipeline rapid (IV) appears, and the river gets more challenging and fun. The gradient gets steeper, and the holes get bigger. Shortly after Pipeline comes Wallshot (IV), which is a tight righthand turn with an undercut wall to the left. Right after Wallshot are more rapids where read and run skills are important and knowing where the biggest holes are, comes in handy.

Continued on page 5



Hood River Trip: Continued from page 5

For the next 5 miles, the rapids were a blur to me, and they were a lot of fun. I wanted to list them as best as I could, but I don't think I can accurately describe them. There are several islands and large holes that we navigated around. Some of the holes will flip rafts, and not all island channels are open. Once you come to a low railroad trestle things really ease up and the town of Hood river comes into view. We took out on the East side spit of the Columbia river, with a bit of a hike to the parking lot.

This was my first trip on the Hood and it was a blast! Thank you to Zach Collier for leading us on this adventure, and it truly was. Everyone was up to the challenge, and we worked well together and maintained good organization throughout the trip. It was a pleasure boating with every one of you.

Three days after our trip, I learned an experienced kayaker lost his life on the Hood River near the old Powerdale dam site on Saturday while we were on the water. It is always heartbreaking to lose a fellow paddler to the river. Rest in peace, Kevin Neidorf.



A Brown Ribbon Trip? Tales of the McKenzie

Submitted by Michele Gila

It was Martin Luther King Jr weekend 2019 and all of the western Cascades rivers were pumping. Mary was enjoying her last blast of unemployment freedom and set her sights on a sweet cabin on the side of the McKenzie River. (Side note: this is a great cabin with occupancy of 6-ish. A little tricky with trailers, but we figured it out.) We loaded up the van headed south. Every great rafting weekend begins with a delicious meal, which sets the tone for more delicious meals. And did we ever dine! The whole group decided to eat vegan that weekend, which was a dream come true for Mark & I. Dinner night one: Mary's cauliflower curry soup with fresh baguette and the infamous romanesco sauce that I brought. Throw in beer & wine and you get the picture. We slept like rocks.



Saturday morning our goal was to leave the cabin by 10am, after a delicious Everything Imaginable for Oatmeal and Miso and hot dark coffee. Matt & Heather laid out quite a spread! Oats, nuts & seeds, dried fruit, miso, rice and some of my fresh fermented kimchi. We then cruised up to Olallie, where we met up with the Eugene whitewater crew. I had sent Chad a message earlier in the week when we knew our plan had manifested, and he put together a nice crew of Eugenians. Chad, Craig, Sean and I think 7 others were already unloaded and our group was quick to unload. Tom led the whole group in a safety talk and pretty soon we were on the water, enjoying one of the best days I've ever had on the McKenzie. Saturday's peak was about 3300cfs and nearly all of the rocks were buried deep enough to make some outstanding holes and waves. Non-stop action all the way to Paradise. I believe we had 3 rafts, 3 paddle rafts, 1 kayak, and 3 cats total. Other than one paddle crew missing the take out by a bit, there were no incidents and tons of smiles. After the usual take out chit chat, we hugged and parted ways, and our mighty crew of 7 headed back to our cozy cabin on the side of the river.



Dinner was just as delicious as the night before. This time we started with chips and all kinds of hot sauces and cilantro dip. The cilantro dip was so tasty we included it in this newsletter, so go look for that Recipe of the Month. Egrane cooked up a pot of black beans and rice, and I supplied the mess o' greens.

Continued on page 7

McKenzie River Trip



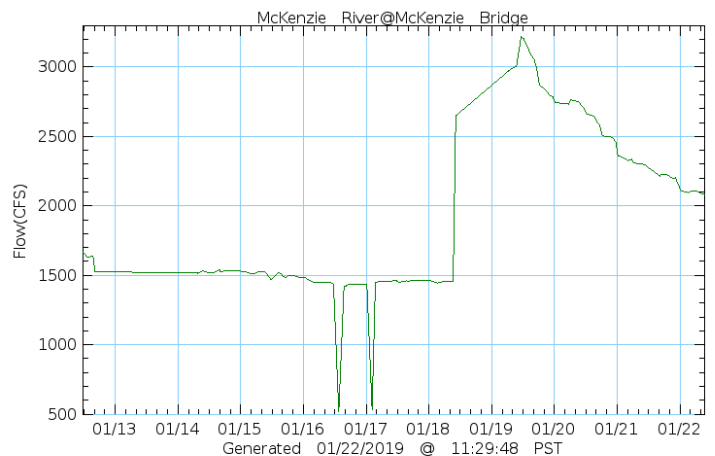
McKenzie River: Continued from page 6

And the Mezcal. Later Sean and his wife Norma returned to the cabin for a warm fire and lively conversation, as they live just down the road in Walterville. It was nice to spend more time getting to know them. Another night in front of the fire, by the side of the river and everyone was well rested by morning.

Heather & Matt back on breakfast crew, laid out their Right On spread again, and since we had so much fun launching at Olallie, we decided to do that run again, but this time extend the trip a bit further to McKenzie Bridge campground. We were on our own today though, but had just as much fun playing around and enjoying the magic that is the McKenzie River. Another perfect day of whitewater. Endless whitewater. But today after the run, we waved farewell to Matt & Heather, as they headed back to take care of life in Portland. Lucky for us, they swapped with Bill, who had spent the weekend with his daughter at the beach.



So it was back to the cabin to clean up, warm up and enjoy some Minestrone with all the fixings. Mary was of course happy to have Bill with us and we amused each other with more river stories and dreams of future river trips. Monday was a holiday, so it was a slow pack up. But wait! Our breakfast crew was gone. Lucky for us, we had so much leftovers that we all enjoyed that hot coffee, soup & more. I'd say it was better than a Brown Ribbon Weekend!



2019 February Pool Session

Wednesday, Feb 13th 7:00 pm - 9:00 pm - North Clackamas Aquatic Park

DOOR PRIZE: All participants in the safety drills will be entered into a drawing for a free Henry's Deli (Maupin) Deschutes Shuttle Certificate (\$70)

This is a great time to bring your families out, update skills and get some refresher training from some extremely knowledgeable folks who have graciously donated their time. This is a club meeting and there is no cost associated with this event, however you must be an OWA club member to attend. The Pool Session will begin promptly at 7:00PM and run to 9:00. We will divide into groups and then rotate through the stations.

STATION #1- Knot Tying: Learn to tie essential knots for boating

5 Basic Knots: Bowline, Figure 8, Water Knot, Clove hitch, Double Fisherman's

STATION #2- Throw Bags: Throwing & Retrieving: From the shallow end of the wave pool you will practice.

Throwing: Open and throw a bag to a swimmer.

Retrieving: Proper line retrieval and rope management.

Re-Throw: Re-throw a bag to a target without re-stuffing.

STATION #3- Throw Bags: Accuracy and Technique: Practice on deep end of pool from perched location.

STATION #4- Boat Flipping: Practice flipping a cat or raft in the deep dive pool. Test effects of flip lines.

Gear: Everyone in the pool must have the following gear (if you don't have it you can't get in the pool):

Helmet

PFD

River Shoes/Sandals

If you have questions prior, please contact safety@oregonwhitewater.org.





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Recipe of the Month

INGREDIENTS

- 1 avocado
- 2 cups packed cilantro leaves
- 1 jalapeno
- 2 cloves garlic
- juice of one (or two) limes
- 1/2 cup water
- 1/2 cup olive oil
- 1 tsp salt
- 1/2 cup cashews (can sub pistachios)



Egrane's Magic Green Sauce

Submitted by Michele Gila

DIRECTIONS

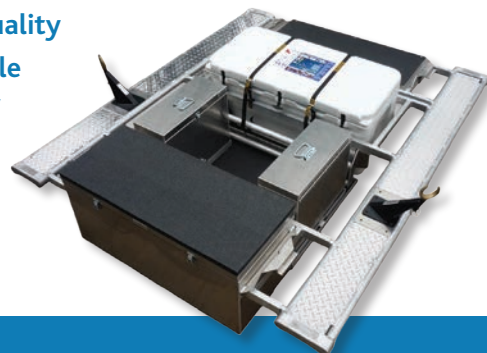
Pulse all ingredients except the cashews in a food processor until incorporated. Add cashews and pulse until mostly smooth. Depends on what consistency you want. Serve as a dip, spread or sauce.



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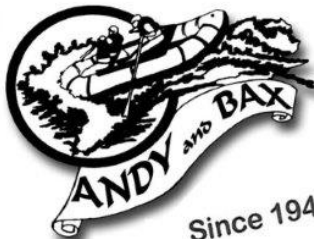
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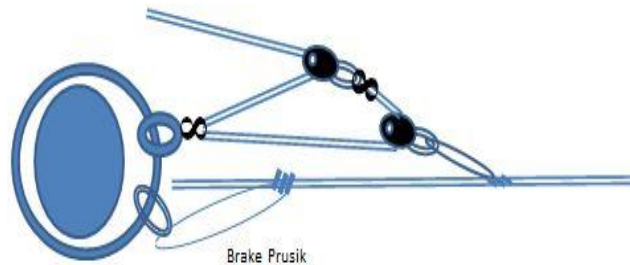
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- 2 Prusik Loops
- Haul line
- 2nd line (throw bag)
- Can use a no-knot in lieu of the brake prusik



Knots Needed: Figure 8 on a bight, Prusik, Double Fisherman's

Steve K 2012

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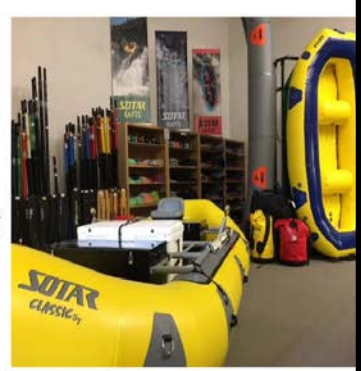


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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 Rogue River President's Day Trip, Class III/IV	Feb 15th-18th, 2019	TBD	sign up online
2019 River Rat Sundays, Clackamas River	February 17, March 17, 10AM	Doug Martison (1/20,3/17) Val Shaul (2/16)	valshaul@frontier.com , 503-805-8991
2019 Molalla River Run, Technical Class III-IV run	March 10th, 2019 9:00 am - 4:00 pm	Scott Harvey and Cheryl Ford	fordaccount@comcast.net
2019 Deschutes Spring Break Trip, Class II/III	March 22nd-24th, 2019	Scott Ogren	scott@scottogren.com 503-267-9785
2019 Boulder Run of the North Santiam, Solid Class III+/IV	April 6th, 2019 9:00 am - 5:00 pm	Scott Harvey and Cheryl Ford	fordaccount@comcast.net
2019 Tax Relief Float, Deschutes River, Class III/IV	April 14, 2019 9:00 am - 2:00 pm	Bill Goss	zanng@msn.com , 503-757-4659
2019 John Day River, Stem to Stern, Class II	April 26-May 7, 2019	Tom Riggs	503-705-5783
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	vanm1@aol.com 360-737-3148
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		www.upperclackamasfestival.org

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



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Shakya Baldwin in Mill City Falls, North Santiam River. Photo Credit: Victor LeGall (We miss you!)

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