

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>PDX Girl Paddle</i>	1
<i>OWA Contact Info</i>	2
<i>Newsletter Submissions</i>	2
<i>President's Corner</i>	3
<i>Holiday Party</i>	7
<i>Recipe of the Month</i>	8
<i>Knot of the Month</i>	10
<i>OWA Trip Calendar</i>	12

### **PDX Girl Paddle** **White Salmon River** *Submitted by Sara Johnston*

The annual PDX Girl Paddle was founded in the early 2000s when a group of women kayakers rented a room in Hood River and spent the weekend paddling together. They had so much fun that they committed to making it an annual tradition. Over the years the group blossomed into an annual mecca of paddling for women kayakers of all skills levels in the Pacific Northwest.

I heard about the event this summer and volunteered to help coordinate the donations for the raffle at the dinner. My main objective was to solicit enough gear for the raffle that every woman who attended would receive a piece of gear enabling more women to get on the water.

*Continued on page 4*

### **December Club Meeting**

#### *Lucky Labrador*

1945 NW Quimby  
Portland, OR 97227

**Thursday,**  
**December 11, 2019**  
**from 6:00-9:00 PM**

### **Holiday Party and White Elephant Gift Exchange!**

*Fun for all! Dress in an ugly holiday sweater, share and listen to river stories, and indulge in delicious food.*

*See page 7 for more details!*

# Contact Information



## Your OWA Officers and Volunteers

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

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

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

**Dennis Schultz, 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)

**Paul Diaz, Technology Director**  
[techdirector@oregonwhitewater.org](mailto:techdirector@oregonwhitewater.org)

**Matt Saucy, 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>

## 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](mailto: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**  
[VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org)

To show our appreciate 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.

## Year in Review and Happy Holidays! *by Scott Ogren*

Wow – we are at the end of another year already! I hope you all had plenty of chances to get out on multiple rivers this year. For me, while I was able to get a few multi day trips in, 2019 was spent more on day trips Deschutes, North Santiam, Clackamas, and McKenzie rivers. Hopefully you were able to do more than I was this year; if you were then good for you.

OWA had a great year! There was a large group who participated in the pool training session in February. We raised a great amount of money at our safety auction in the spring and we filled the River Safety Training class in April. The Boater 101 class in May on the North Santiam River was a huge success. The Wilderness First Aid class in September was also a huge success at Fisherman's Bend Park on the North Santiam. Finally, we are ending the year with our annual Holiday Party at Lucky Lab in NW Portland. All of these activities along with the many trips run by OWA's many dedicated trip leaders all add up to a spectacular year for our amazing club!

For many, summer plans seem so far away, but for us whitewater boaters we need to start planning now. It's permit application time for the summer boating season! One of the greatest things about being in OWA is the ability to pool resources and strategically apply for river permits as a group. If you plan to apply for a permitted river to run this summer, I recommend finding friends to run the river with now and organize your permit party soon. Most rivers take applications from December 1 to January 31, so you have time right now, but it'll disappear faster than you think it will.

I've said this many times that it's finally becoming common knowledge. OWA now has two extensive Wilderness First Aid kits and AED's that go on all club trips and are available for club members to take on private trips as well. I encourage you all to take both an AED and First Aid Kit with you on your next private trip. You can check them out by sending an email to [fristaid@oregonwhitewater.org](mailto:fristaid@oregonwhitewater.org). The original First Aid Kit and AED spent so much time out on rivers and that's why the Board voted to purchase a second set and I think that's great!

### *OWA 2019 Fundraising*

Thank you to everyone who helped with our efforts in fundraising in 2019. Thanks to everyone's hard work, we were able to raise enough money to cover our expenses and keep our budget about even. The safety program costs about \$13,000 to run each year and we depend on our Safety Program partners like Hells Canyon Shuttle, the many sponsors who donate goods and services to our safety auction, and Zipline.com/ Bungee.com for contributing to us as well. As you can see it takes a lot to put it all together and thank you to everyone who had a hand in it! Also, please support our sponsor who support us by patronizing their businesses.

### *December OWA Meeting*

*Our next meeting will be at Lucky Lab in NW Portland. This meeting will be the annual Holiday Party with an ugly sweater contest and a White Elephant gift exchange. Bring a river related gift or a funny gift that someone else must have. See you at Lucky Lab!*

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

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

# PDX Girl Paddle



## *PDX Girl Paddle: Continued from page 1*

I want to give a big thanks to Next Adventure, Cascade River Gear, eNRG Kayaking, Immersion Research, NRS, Alder Creek, and Goodwater Boat Works for donating to the raffle. Oros, a new athletic wear start up, gave every woman who participated a sweatshirt featuring their base layer innovation. If you haven't heard of them, you should check it out. They worked with NASA to create a textile that mimics the materials used to insulate the space stations and is super lightweight making it the perfect under layer for a dry suit.

We had 46 women attend the event on the White Salmon river on October 19th. The day before the event we got a good rain which meant that the flows were in a more ideal and forgiving range. The weather started out a little grey in the morning but it turned into a beautiful day on the water. We broke the day into two halves to accommodate all level of paddlers.

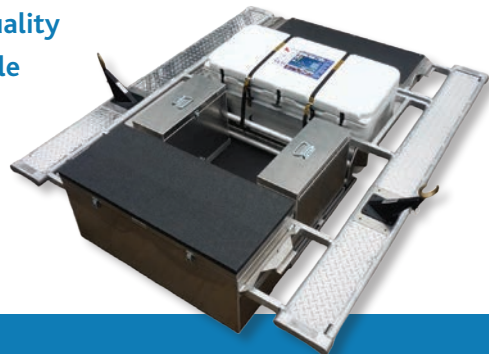
*Continued on page 5*



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



# PDX Girl Paddle



## *PDX Girl Paddle: Continued from page 4*

From 10 am to 12:30 women ran the middle section of the White Salmon. The women in this group broke up into 4 "pods" - 3 pods of 5-6 kayakers and the forth pod was a group of women in a raft which held the sweep position. We met up with the more novice and intermediate paddlers around 1:00 and cheered on all the advanced paddlers that chose to run Husum falls. For the lower section of the White Salmon River, instead of pods, the more experienced boaters individually partnered up with less experienced boaters to mentor and challenge them with skill building exercises down the river.

No one kept track of the number of flips or rolls or swims, though the swims were few. We focused on having fun and enjoying the float and learning from other women. There was an amazing moment when the wind blew just right and released all the golden and amber leaves from the trees which rained down over the river like magic. After the paddle, we ended the day eating pizza, catching up with old friends, making new friends, and celebrating what is believed to be the 20th annual Girl Paddle in good style.

*Continued on page 6*



# PDX Girl Paddle



## *PDX Girl Paddle: Continued from page 5*

Kim Karper officially passed the leadership torch into my hands. I plan on expanding the group from an annual paddle to include monthly skill builders, paddles, camp outs, and pub nights focused on women in whitewater. I want to extend a thank you to OWA who has provided a great example of what an organized community can become. I would love to invite all the other women whitewater enthusiasts to join the PDX Girl Paddler Facebook group. Inflatable kayaks are welcome on all paddles and when the water levels are accommodating, so are rafts.



There's something new in paddlesports...



Know your pressure. Know your craft. airCap.™

[www.triboutdoor.com/aircap](http://www.triboutdoor.com/aircap)



# OWA White Elephant Gift Exchange and Ugly Sweater Contest



Come join our Holiday Party on  
Wednesday, December 11th from 6-9pm  
At Lucky Labrador Beer Hall  
1945 NW Quimby St. Portland OR 97209



This is our annual Holiday Party. Join us for our annual ugly sweater contest and the white elephant gift exchange as well as the end of year prize give aways!

The holidays are upon us once again which means it is time for our annual party. It will be held at the Lucky Labrador Beer Hall on NW Quimby street. You can start showing up at five but the first food will not be served till six. We will have the time honored white elephant gift exchange as usual.

How to play the game:

1. Everyone brings an inexpensive gift to the party. Bring a river or camping related item or something hilarious that someone "other than you" MUST HAVE. Preferably it is something you already own laying around the house or garage.
2. All gifts should be wrapped with no outside markings. You shouldn't know who the gifts are from or what they are.
3. Everyone puts their gift in a pile on the table and will draw a number.
4. Number 1 goes first, picks and unwraps a gift.
5. Number 2 can pick a gift off the table or "steal" an unwrapped gift from another person. If an unwrapped gift is "stolen" the person it is stolen from can then steal or pick a wrapped gift.
6. A gift cannot be "stolen" more than twice. So whoever steals it second gets the gift.

## INGREDIENTS

### Dough:

- 2.5 cups flour
- 1 tsp kosher salt
- 1 Tbl sugar
- 1 cup cold butter
- 2 tsp apple cider vinegar
- 1/2 cup ice water or more if needed

### Filling:

- 2 Tbl butter
- 2 celery stalks, diced
- 1 yellow onion, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 2 russet potato cubed, boiled, drained
- 1 lb chicken thighs, diced
- 2 Tbl parsley
- 1Tbl thyme
- 1Tbl sage
- 1/2 Cup flour
- 1 cup heavy cream
- 1 cup frozen or canned peas.



## Pot Pie

*Submitted by Shannon Scroggins*

### DIRECTIONS.

*For Dough:* Whisk together dry ingredients in a bowl. Cut butter into one inch cubes and add to dry ingredients. Mash butter with a fork or hands into dry ingredients until butter is about “pea” sized pieces. Add vinegar. Add 1/2 c cold water and bring mixture together to form a dough. Press dough into a “pancake” shape, then wrap with plastic and put into refrigerator for at least an hour.

*For Filling:* Melt butter in dutch oven. Sauté celery, onion, carrots, garlic, herbs, salt and pepper until vegetables are soft. Add chicken and continue cooking until chicken is cooked. Sprinkle flour over mixture and mix in quickly. Cook while stirring about 3 minutes until flour gets absorbed. Slowly stir in cream. Place dutch oven over coals and let cook without lid. Roll out dough to the size of dutch oven. Gently place dough on top of chicken mixture. Immediately cover and add coals to the top of dutch oven. Temp should be 375-400 and about 1 hour to cook. Dough should be golden brown when ready.

Note there are online guides that show the number of coals that should be used to get the oven to a certain temperature. This will vary depending on whether you are using a cast iron or aluminum dutch oven, the air temperature, the wind, and elevation.



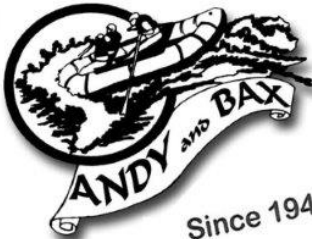


Whitewater rafting down one of the most challenging rivers in North America?  
Your journey begins and ends at Scotty's!

**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**



## Knot of the Month - Double Fisherman's

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

### Overview

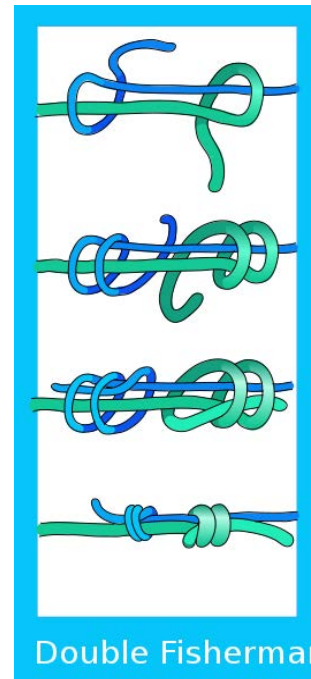
- Used to form high-strength loops from cords.
- Tied correctly you will see a double XX on one side and a smooth barrel on the other.

### Hints

- Tie the first half on your left side, then flip the knot over and tie the second half exactly the same way. This way you can easily tie the knot correctly.
- Always complete the wraps in the same direction.
- The tails will come out on opposite sides.



Steve K 2012



Double Fisherman

**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

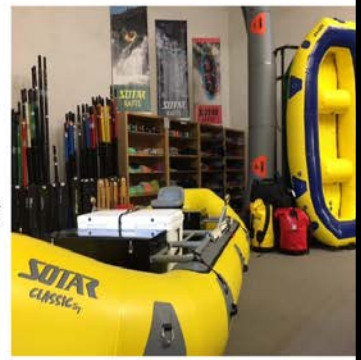


### Rafts, Cataracts & Kayaks

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



## 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
2020 37th Annual New Year's Sandy River Float	January 1, 2020 10am - 4 pm	Val Shaul	<a href="mailto:valshaul@frontier.com">valshaul@frontier.com</a> , 503-805-8991

## PAST OWA RAFTING TRIPS

2019 Veteran's Day, Rogue, Class III/IV	November 9-10, 2019	<a href="http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606">http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606</a>	
2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2019 McKenzie River Weekend Trip, Class II/III	June 20-23, 2019	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>
2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	<a href="mailto:zangg@msn.com">zangg@msn.com</a> , 503-757-4659
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	<a href="mailto:vanm1@aol.com">vanm1@aol.com</a> 360-737-3148
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a> , 509-525-6134
2019 Boating Skills 101	May 3-5, 2019	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>

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



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!



Will Volpert, North Fork Smith River

## 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.



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



**ANDY AND BAX** 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