

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>Grays River Trip</i>	1
<i>OWA Contact Info</i>	2
<i>Newsletter Submissions</i>	2
<i>President's Corner</i>	3
<i>Hood River Trip</i>	6
<i>Wilson River Trip</i>	8
<i>River Safety</i>	10
<i>Meeting Speaker</i>	11
<i>Recipe of the Month</i>	12
<i>Knot of the Month</i>	14
<i>OWA Trip Calendar</i>	16

The Grays River Trip Report

Submitted by Jessie King

The Grays River in Washington is one I've been wanting to do for a long time. So, when I heard that Mike Evens was looking to run, I jumped at the chance. It's one of those finicky rivers you want to hit at just the right water level. Too low and you'll be dragging your boat more than rowing it. Too high and it can be deadly. Now the range I had heard was 1,100-1,400 cfs on the Naselle gauge. But, there is a newer gauge on the Grays near Rosburg, WA. There was some discussion back and forth on how the new gauge related to the old gauge, but in the end, we decided it was up enough to go take a look. Before we launched, the Grays gauge read 1,230 cfs. It's a 5-1/2 mile run, and you can only see a little bit of it from the road. I had heard it can be pretty nasty at times, so I was a little nervous. Especially because it was just Mike and I. But two is better than one, so off we went!

To get to the put in you take Highway 4 west until you get to the Greys River. At that point you head north, up Fossil Creek Rd, until you reach a locked gate. There's a little pull out with a trail leading down to the river.

Continued on page 4

March Club Meeting

Flying Pie Pizza
 7804 SE Stark Street
 Portland, OR 97215

Wednesday,
March 14, 2018
from 6:00-9:00 PM

Speaker: Kai Allen will present an overview of the Wild and Scenic Rivers Act (see page 11 for bio)

Contact Information



Your OWA Officers and Volunteers

Scott Ogren, President
president@oregonwhitewater.org

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

Nichole Marino, Vice President - Newsletter
VicePresident-Newsletter@oregonwhitewater.org

Tom Lofton, Secretary
secretary@oregonwhitewater.org

John Lemke, Treasurer
treasurer@oregonwhitewater.org

Shakya Baldwin, Membership Director
membership@oregonwhitewater.org

Ben Corrado, Technology Director
techdirector@oregonwhitewater.org

Bill Warncke, 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>

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 and include the names of those pictured and a short caption (i.e. "Boxcar on the Deschutes").

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 Nichole Marino
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.

Busy Spring for OWA! by Scott Ogren

For the past several years, the most unpredictable annual trip on our club calendar has been the President's Day Rogue River trip. In the past, the flow has varied from about 2500 cfs to over 30,000 cfs, high enough to divert the trip to the Deschutes twice in the past few years. This year, we had more weather unpredictability. The flow was low for February and the precipitation was all over the place. We had a bit of sun, some rain, and even quite a bit of snow. I'll say, it was quite magical waking up to a few inches of snow at Tacoma Bar; something I'll remember for quite some time. If you are looking for a trip with a bit of unpredictability and high adventure, then commit to the President's Day Rogue trip next year!

There are several trips and events coming up on the club calendar. The Lower Deschutes, and the North Umpqua are great family trips. The Lower Deschutes is a fantastic way to experience off-season camping for those who never have before. The Lower North Umpqua is a family friendly car camping trip with a Dutch Oven contest and is always a lot of fun.

We will be holding our annual auction in early April, culminating at the April club meeting. We have some great items on the list this year. Look for the auction to start about two weeks before the April club meeting!

The River Safety Training class will be on April 14-15 this year and is one of the signature events of our club. I have heard people say they aren't sure if they have the skills to attend this training. This class is designed for beginners and if you love to float rivers, you most definitely have the skills to attend!

We are also having another adventure day this spring at Bungee.com and ZipLineX! This will happen Sunday, April 15 this year. If you want to attend both the RST training and the Zipline event, arrangements can be made for you to have your Zipline day at a later date.

Remember, OWA has a first aid kit and an AED for you to check out to take on your private trips! Email firstaid@oregonwhitewater.org to check it out for your next trip!

RST Class

This April we are hosting our 8th annual River Safety Class. Since we expanded our program in 2011 we have facilitated training for over 250 members! That's an amazing statistic and one the club should be very proud of. The success in providing the safety training comes from major efforts and dedication of everyone in the club being willing to both help out at the event and those who attend the training. If you have not taken the class before please consider taking it this year, I promise that you will never regret signing up! You never know when your help will be needed on the river. You will be able to sign up for the class beginning in March, look for it soon!

MARCH 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 speaker where Kai Allen with the BLM will talk to us about the Wild and Scenic Rivers Act. See you there!

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

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

Grays River Trip Report



Continued from page 1

The short trail takes you to the confluence with the South Fork of the Grays. It's a pretty little spot, with a nice beach to set out from. The river starts pretty tame with a few riffles. As you work deeper into the canyon the rapids start to gain some teeth. As we got a little deeper into the canyon we found our first obstacle.

Mike was leading, and he noticed what he thought might be a river wide log, so we stopped to scout. From our vantage point it was hard to tell, but it sure looked like it, but it also looked like water was flowing over it. Because I had tied off to the back of Mikes boat, I got to go first! And boy was I excited... Well, there was enough water flowing over it, and the log was smooth enough, that the boat didn't hang up too bad on it. At higher flows this log would not be an issue at all.

Mike and I leaped frogged each other most of the day, trading off who lead. At one particular spot, Mike was in front, the bedrock pinched down so there was a slot just a little narrower than his boat. He got hung up, but was able to bounce his way out of it. Now this had me a little worried because Mike's boat in narrower than mine! Not by much, but enough. I stuck pretty hard, and there was no bouncing it out of there for me. So, I came up with an idea... I put both feet on one of my scout bars, leaned over and grab frame on the other side of the boat. I was able to get the boat to tilt enough that it slid right through the slot! I amaze myself sometimes. Again, with more water this spot would not have been an issue.

The river continues along for a while, becoming more and more mellow. Eventually you come to a big pool, and if you're like me, you so caught up with the beauty of the place, you almost forget there are Class V's waiting around the corner. As mike was pulling over he said, "I think this is the big one." We scrambled over boulders, and up onto a house size rock to take a look. At the flows we had there are two distinct drops, each 6 to 7 feet high. There was about a boat length between the drops. The bottom drop has a large shark fin rock in it. Most of the water goes left of the rock, and into a large hole that looks like it could be sticky. To the right of the rock, is a very narrow channel that doesn't look like a boat will fit in. The cleanest rout we could see was to run right at the first drop, and work back to the middle at the second drop. Easier said than done! The water is going to want to push you into the narrow channel. As I was standing there looking over the line, I began to get more and more nervous... let's be honest, more and more scared! And then I had a thought. I turned to Mike and said, "You know Greg Senior is up there laughing his ass off right now!" Without skipping a beat Mike says "Yeah, he's got a good view!" That was it, that was what I needed for reassurance. I walked calmly, and confidently back to my boat and got ready to run it. I lead, and made my line to the entrance and hit the first drop perfectly. My momentum, and the force of the water shot me right at the shark fin rock! Crap...CRAP! My tubes split the rock... my frame might have touched the rock... I'm not sure because I was too busy pulling on the oars! I pulled so hard that the back of the boat hit the drop behind me, which forced the back end of my boat down the second drop before I knew what was happening. So, I ran the bottom drop backwards. Dang it! But I was still up right, so I shouldn't be too hard on myself. I caught an eddy and waited for Mike. He too styled the entrance and first drop. Then things got interesting! He shot straight for the shark fin, he didn't get an oar stroke before his boat went right. Oh crap... His boat ended up getting wedged almost vertical. Mike was standing on the foot bar with his boat suspended behind him. It was pretty impressive! We got him all straightened out and took a little break in the eddy below.

Grays River Trip Report



Continued from page 4

Next up was Picnic. Actually, next up was the challenge of getting to Picnic. I'm guessing it's about 500 yards between Super Bowl and Picnic. And I'm guessing that at any lower flow and this would turn into one giant rock sieve. Mike and I managed to find a way to get close enough to try and scout. I opted to wade out to the gravel bar in the middle to take a look. Now when I say gravel bar, I really mean a bunch of boulder sticking up out of the water with some gravel here and there. After watching me do my best impression of a billy goat, a few times, Mike went the long way around towards the bottom of the drop. A classic case of age and experience beats youth and enthusiasm. When I finally caught up with him back at the boats he looked fresh as a daisy. I, on the other hand, was sweating profusely in my dry suit, and huffing wind. We decided our best bet was to work our way through the tight boulder garden, staying towards the middle as we approached the drop to avoid a sieve on river left. This would hopefully set us up square for the 8 to 10 feet drop at the bottom. Luckily Mike went first so he could show me which rocks to avoid. No sooner than getting off one rock, he would be stuck on the next rock! Finally, he made some headway, and made his way towards the middle to line up for the drop, but got hung up on some more rocks and had to run the drop backwards. I was able to sneak along behind him and avoid most of the hang ups. As I watched him go backwards I thought to myself "I'm not going to let that happen to me!" Ha! The same rock that spun him around got me too. But instead of completely turning me around, it let me go sideways. Yikes! I took one big oar stroke and pivoted the boat just in time to get the back end downstream. I was two for two running the big drops backwards! Oh well, it could have been worse... a lot worse.

I was amazed at how clear the water was. As we made our way through one of the pools, approaching one of the lower rapids, I happened to spot some movement in the water off to the side of Mike's boat. Three steelhead darted upstream, apparently very much annoyed by our passing. I was constantly in awe of the raw beauty of the canyon. The way the sunlight filtered down through the green moss-covered trees at the top of the canyon, onto the rock walls that defined the rivers passage, was mesmerizing. I loved the way the river transitioned from the utter calm silence of the pools, to the deafening chaos of the rapids.

As we made our way out of the canyon, the tone of the river changed. It became a nice quite stream with shallow riffles. The riffles were so stupid shallow, we had to drag our boats across a couple of them! About a quarter mile above the take out there is a large, manmade, wood pile boaters should be aware of. It's not difficult to get around, but could be nasty if you weren't paying attention. It's not clear what it's for, maybe fish habitat, or maybe stream mitigation. The take out is a nice level gravel bar, with a short and steep trail up to the road. It made carrying a couple cat boats up it a bit of a challenge. Mike and I both used a few choice words before we were through. On the way home we stopped at the Duck Inn in Skamokawa for burgers and beer. The band Sucker Punch was setting up to play that night. They looked like they would be plenty loud, but Mike and I decided we better get home instead. On the drive up the Columbia we were treated with a stunning sunset, and a beautiful view of Mt St Helens in the fading light.

It's funny how the mind works. I had heard stories, read reports, and dreamt about all kinds of hellish whitewater nightmares that would be waiting for me deep in that canyon. But in the end, no matter how vivid the pictures your mind can muster, you just have to see it for yourself. This trip is not for the faint of heart. Good technical boating skills, and the ability to self-rescue is a must. Consider this, it took us 3 hours to go 5-1/2 miles. When I go back to do it next time, I'll be looking for a couple hundred more cfs on the gauge. While it will make some things easier, it will make others more of a challenge. I guess I'll just have to wait and see what it's like when I get there!



Rips, Flips and Silver Linings

Submitted by Cheryl Ford

We had the great luck to run the Hood River, with Zach Collier leading on 2/10. Our group included Shakya, Chris, David, Oliver, Zak, Don, Linda, Mark, Cheryl and Randy, two pumas, two kayaks, and the rest catarafts. We started on the east fork section, at Dee, through the confluence of the west fork and then on to the mouth at the Columbia River, a total of 12.5 miles with the 7.5 miles above Tucker Bridge where many kayakers take out, but which is difficult with larger craft.

The weather couldn't have been better, with spectacular blue skies and water level at 4.75', low by most standards. The put in is on river left off the side of a gravel turn around at Dee. Even though permissible by powers that be, it is a tenuous privilege requiring efficient belaying of the boats down about a 50-100' hillside to a rocky, log strewn put in.

Please remember to catch any trash and to park across the street after unloading to not endanger the use of this put in.

If there is one word to describe the Hood, it's busy, from the moment you put on. You need to be at attention. A mile down the river is "S turn" that at this low level was very manageable. Unfortunately, Chris paid a price for this low level by finding something sharp that ripped his IK in two places. Zach crashed his helicopter drone also, so it was an expensive corner.

Just shy of another mile is the confluence of the west fork, with a fairly straight forward run but needing a hard pull away from a basalt cliff on river right. The river for a mile or two after the juncture is extra stunning, basalt cliffs reminiscent of the Klickitat and a broader, river basin of shallow rock dodging.

Continued on page 7

Hood River Trip Report



Continued from page 6

It's wise to grab some lunch at one of the sand bars prior to the III-IV section which is about three miles below the confluence. This is about a third of the distance, but about half way down timewise. Once in this steeper section, the river narrows and it is hard to even get a drink of water. What a yahoo, high five, splash in the face, fun filled stretch!! At this lower level, there was a lot of dancing, but I can see if it was much higher this section, would be quite pushy. At the lower end of this section, we had our first flip of a puma that got sideways in one of the drops just upstream of Tucker Bridge. I got to watch Zach Collier stand on his kayak in the river and wright the puma.

After Tucker Bridge, is the lower 5 mile section, which still keeps you on your toes. Even though not difficult, it is necessary to pay attention, dodging rocks all the way to the end. Where Powerdale Dam (more commonly known as Copper Dam) was removed, at this lower level, the only route was an extreme left run, at least for cats. At the bottom of Copper Dam Rapid #1, a basalt cliff took possession of Shakya's oar, stuffed it in her PFD and flipped her in slo mo. Unfortunately the Hood slows for no one and she had to swim CD Rapid #2 before she got hauled out.

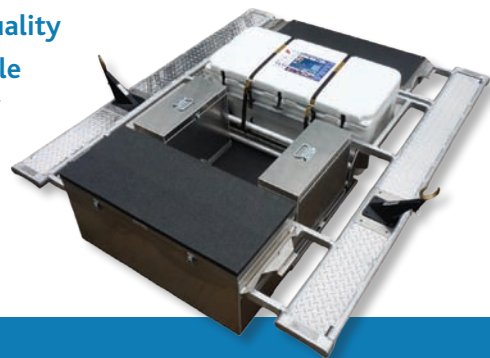
We took out at Port Marina which involves lifting the boats up 15' of boulders right at the mouth. The put in and the take outs for the Hood River are Class III+, IV, for sure. We came with butterflies in our tummies and left with ear to ear grins on our faces. What a day. Thank you Zach for your leadership.



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





Wet Swim and Dry Flip on the Wilson

Submitted by Pat Berry

We gathered at the Jones Creek Picnic Area to run the 17 miles of the Wilson River. The sky was slightly overcast, temperature was in the mid 40's, and spring seemed just around the corner. Tom Riggs had originally set this Feb. 3 club trip to be on the Elochoman River, but a log jam made it unrunnable. He then moved it to the Toutle, but it proved to be running too high for general comfort levels. Finally he settled on the Wilson as a safer alternative.

Tom led off in a paddle boat with his two sons and a friend. Julie Nathe and Bruce Ripley were R-2ing his Super Puma, and 4 catboats were in the mix. This was my first time running the Wilson and I was looking forward to a relaxing Class II/III run at an easy 5.9' on the gauge.

The Wet Swim

Within the first few miles, the Puma got a little sideways in a drop and both paddlers tumbled into the water. (Bruce admits that he was telling tales about a previous flip at the moment.) I was a little bit ahead and by the time I heard the whistle sound, they had been swimming for about 1/4 mile. I pulled over into an eddy as Julie was floating along in the current with the Puma in tow. She yelled at me to come out and get her. I pushed out into the current and she grabbed onto my boat. We were making it back to the eddy, even though her boat was still being pulled downstream by the current. At this point, little did I know that Bruce was floating on the other side of the Puma, out of sight to me, reaching for it to self rescue. Each time I made progress back toward the eddy I was pulling the boat just out of his reach. He reached out to grab the chicken lines with the T-grip on his paddle, to no avail, and had to continue his swim!! Julie was hanging on to my boat, but tiring quickly, telling me that she did NOT want to swim another rapid. Another drop was just below the eddy, so she let the Puma go on its own and shimmied up between the tubes of my catboat, feet on one tube and back on the other. Dead bug style, for any of you familiar with yoga. "Hold me up!" Julie yelled to me. Knowing my catboat would find its way through the next drop and not wanting her to bump along on rocks or fall back into the water, I dropped my oars and focused all my strength on pulling up on her PFD. "Higher!" Julie was exhausted, but very proactive in her rescue. "Higher! I'm tired!"

We eventually collected ourselves in an eddy downstream. Julie and Bruce got themselves squared away again in their boat. I did imitations of Julie barking orders at me. We all had a good laugh and figured the rest of the float would be easy.

Continued on page 9



Continued from page 8

The Dry Flip

However, a new adventure was awaiting me. Coming around a turn just downstream, I was about to flip for the FIRST TIME! There was a downed tree on the bank with a trimmed branch sticking a bit into the current. It wasn't a big deal, just a heads up situation since there was enough room to miss the branch. I faced it and was pulling away with medium effort for this relatively easy current. Suddenly, WHOOSH, the current grabbed my boat and jammed it into the branch, where a fork in the wood caught between my oar lock and oar tower. I was stuck. The left oar tower was caught on the branch and the right tube was still in the current. I jumped back into the cargo area in order to be downstream of the branch, which would wipe me off the boat if it released I began assessing my situation. I tried a few things, but couldn't get released. Every time I moved toward the right tube the boat wanted to flip. I was there quite awhile, high siding and trying to solve my problem when the pin holding the oar lock finally broke, releasing the boat.

The right tube got sucked down, the boat flipped, and I rodeo-ed on over the tube into the now upside down cargo area. I never even went into the water! Sam threw me a line as I floated downstream, easily swinging me into an eddy where Jesse and I flipped the boat back over. I put on my spare oar lock and spare oar and we were off.

While all this transpired, Tom and his paddle crew were downstream waiting for us, wondering what was holding us up for so long. Finally, as a group we stopped for lunch and continued on to the Narrows. The smaller catboats, the Puma, and the paddle boat slipped through just fine. I got a little caught, but eventually got through. FYI, my cat boat is 7 ft wide and had I hit it exactly straight, I would have gone through at this level without a hitch.!

Bruce's takeaway:

- Pay attention to what is happening around you.
- If you are going to have to swim a rapid, or yet another rapid, prepare for it.
- Breathe every chance you get, but keep it in control
- Remember that a swimmers first goal is to manage their own situation and they may not respond to you as a rescuer the way you'd anticipate. You as a rescuer are the third or fourth priority.
- Remember that swimming with a paddle is VERY different, and much harder, than swimming without one.
- If you feel compromised by your paddle, then ditch it.

Think Before You're in the Drink!

Submitted by Dave Pauli

On April 12th, 2015 we lost a fellow boater on the White Salmon despite commendable rescue efforts. Our deepest sympathy and heart-felt thoughts go out to Dr. Denise Brown's family and friends. Dave Pauli wrote this article prior to Dr. Denise Brown's tragic accident. He was hesitant to share it so soon after the accident but reconsidered so our readers could use these experiences as tools to build their skills and mitigate the dangers associated with recreational boating.

Having always been slightly retrospective, and a teacher at heart I have been more than willing to use my personal experiences as opportunities for others to learn whether from my successes or my failures. On January 31 st my misadventure on the river pounded home some valuable reminders as the result of a swim that was way too close for comfort.

On that day four R2 teams hit the Farmlands section of the White Salmon. It was a solid group of boaters made up paddlers from the Oregon Rafting Team, Dirt Bag rafters, and OWA members. I wrote an extensive report on this stretch that appeared in October's OWA newsletter. This write up is not intended to re-hash that stretch of water, instead it is to reflect on some important reminders that can be helpful to any whitewater boater.

The river that day was running at 3.3 on the Husum gage, a decent volume of water but within the recommended level. We launched just below Sidewinder and were immediately into the stretch I call the drop zone. The drop zone is a 1.5-2 mile section with ledge drops coming one after another. One drop shortly above Lava Dam, (a 16' run-able waterfall) is Little Lava. This drop was perhaps 5' with a surprisingly sticky hole. As me and my R2 partner dropped into the hole the raft immediately turned sideways, surfed for a bit, was pulled into the hydraulic and flipped. Swimmer one was immediately flushed downstream and was rescued by one of the buddy boats that had pulled into a micro eddy. As for me...I got one hand onto the chicken line just as the raft went over. The raft was being surfed upside down in the hole while I was beneath the surface being held there as well. As I was being pummeled for what felt like forever I was quickly running out of air. I wasn't panicked, but was very aware that if something didn't change soon, I would be going home in a body bag. Fortunately after perhaps 30 seconds or so the raft washed out and my head finally surfaced in-between the thwarts of the overturned raft. The buddy boat that had pulled in swimmer one was positioned to retrieve me as well. It was then that I discovered that my life jacket had come completely unzipped and was only being held on by the bottom waist buckle. Whether it unzipped during the beat down, or when I was pulled into the boat, I have know idea. Either way that was a serious eye opener. After catching my breath for a moment I declared, "That's number 15!" "Fifteen what?" came the reply. "Fifteen raft flips." That seems like an awful lot by any standard, but none the less taking my retrospective nature I have kept my own flip log. In it I keep basic information, where was I when I flipped, who was I with, what raft was I in, what was the river level, and most importantly, what did I learn, or what should I have done differently? After my way to exciting swim on the Farmlands the take away's where many. Perhaps you may find these important reminders helpful for you as well.

Important Reminders for every Whitewater Boater!

- 1.) Treat Each Trip as if it's your first decent because in some respects it is! The first time you tackle a new stretch of water, there is focus. If you have ran a stretch of river on more than one occasion it can become easier to approach it more lackadaisical assuming you know what to expect, or simply expecting the same success you may have had on a previous run. In reality I have ran this stretch several times, however never at that exact level, or those exact same lines or the exact same circumstances. Had we launched from shore with the same intensity and focus of a personal first decent my story would have likely been different.
- 2.) Keep digging entering and plowing through the hole. Obvious I know, but important none the less. Had we flipped on the beast mode switch and been in attacked mode rather than react mode I'm convinced our results would have been different. Think before you're in the drink! Tell yourself, "I am going to attack this drop and I won't stop digging until I am well clear of the reversal."
- 3.) If the boat turns sideways don't hesitate! Think before you're in the drink, tell yourself, "If my boat turns sideways in this hole I will immediately jump to the downstream tube and start draw stroking like a mad man." Rehearse it in your head. My slight hesitation allowed a brief opportunity to hi-side and possibly draw stroke out of hydraulic slip away.

River Safety (continued from page 10)

4.) If I am ever under a capsized raft that is being held in a hole what will I do? Think before you're in the drink. This had been a tough one for me to answer. On one side the only connection I had with the breathing world was my hand clenching onto that chicken line. And yet letting go of that security may have been exactly what I needed to do in order to flush out and get back to breathing a whole lot sooner.

5.) Know you're PFD intimately. I personally wear an NRS high float life jacket. I would never tell a boater to trade in their high float jacket for a low float jacket. However after discussing my mishap with a Class V creeker friend, he informed me that the high float jacket may have been some of the problem. He explained that in the same way a sticky hole can keep a raft, it may also more easily hold a swimmer wearing a high float jacket. He went on to inform that most of the boaters he knows running steeper rivers known for sticky holes are purposely wearing lower float jackets. The thought being that if they are stuck at the bottom of a hole like I was that they would have better odds of being pushed down deeper into the water and being washed downstream free of the hydraulic.

As stated, I would never be comfortable telling someone to trade in their high float for a low float, but I will say their argument does make sense. I will however animatedly say this again; Know your PFD intimately! As mentioned, once pulled into a buddy boat I discovered my jacket was completely unzipped. (Not good!) I was unaware that on my particular jacket that there is a small unassuming loop at the very top. Its intended purpose is for the zipper tab to be tucked into it to prevent accidental unzipping.

Happy Boating! And remember always...Think before you're in the drink.

Wilson River Trip Report (continued from page 9)

Julie's takeaway:

Winter swimming is fun and very challenging. Points to remember as a swimmer:

- Self rescue and keep feet up.
- Wear proper gear, such as a dry suit.
- Set your rescue lines. For example, have a chicken line around the boat and set lines you can use to pull yourself into the boat.
- Read the water.
- Breathe when possible.
- Communicate with each other on the water. Blow whistles, use hand signals.
- Swimmers can have a very difficult time breathing, which makes verbalizing difficult.

Pat's takeaway:

- Don't underestimate the force of the current, even when it looks easy.
- Carry a spare oar and oarlock, even if you think it's an easy float.
- When you're in a tough spot, first consider your own safety. Then start problem solving.
- Julie's method of shimmying up between the tubes is the easiest way to get back in a catboat from the water, especially if powering up with upper body strength alone isn't a good option. We should practice this skill regularly.
- It's good to boat with people who automatically set up down stream safety when something happens. Not everybody does.

March Meeting Speaker

Topic: Kai Allen will present an overview of the Wild and Scenic Rivers Act, including the upcoming 50th Anniversary of the Act and the designation and management of the Rogue Wild and Scenic River.

Speaker: Kai Allen, BLM Outdoor Recreation Planner, Rogue Wild and Scenic River

Bio: Kai Allen currently works for the Bureau of Land Management on the Rogue Wild and Scenic River as the Outdoor Recreation Planner. His 20+ year career with the US Forest Service and BLM has taken him across the country, primarily working in the areas of Trails, Winter Sports, Wilderness Management, Recreation, Fire and Rivers. An avid boater and backcountry skier, Kai has enjoyed a career managing and working in some of the country's most cherished public lands and conservation areas.

INGREDIENTS

2 cups chopped onions
1 tablespoon vegetable oil
2 garlic cloves, minced or pressed
1 tablespoon ground coriander
1 tablespoon ground cumin
¼ teaspoon cayenne pepper, or to taste
1 / 8 teaspoon dried thyme
1 red bell pepper, diced
3 cups vegetable broth
1 15-ounce cans butter beans, pureed
1 15-ounce can of lima beans
1 15-ounce can roasted diced tomatoes, undrained
1 cup frozen corn (or a 29-ounce can of hominy)
4 ounces Neufchâtel or cream cheese, cut into small cubes
½ cup grated Monterey Jack cheese
¼ chopped fresh cilantro
Salt and pepper to taste
Chopped fresh parsley
Sliced black olives



Mexican Butter Bean Soup

Submitted by Sean Allensworth

DIRECTIONS

1. In a covered soup pot on medium heat, sauté the onions and garlic in the oil, stirring occasionally, until the onions are very soft, about 15 minutes. Stir in the coriander, cumin, cayenne, and thyme. Add the bell peppers, cover, and cook for 2 to 3 minutes.
2. Meanwhile, combine about a cup of the water or stock with the butter beans in a blender and purée until smooth. Add the purée to the soup pot with the remaining water or stock. Stir well so that no spices are left sticking to the bottom of the pot. Add the tomatoes and lima beans, cover, and bring to a simmer. Add the corn or hominy, Neufchâtel or cream cheese, and the Monterey Jack and return to a simmer, stirring frequently, until the corn is hot and the cheese has melted. Stir in the cilantro and add salt and pepper to taste.
3. Serve topped with parsley and sliced black olives.
Makes about 1 gallon which is 8 to 10 servings.



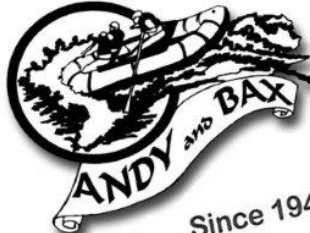
CENTRAL IDAHO RIVER SHUTTLES

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



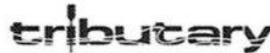
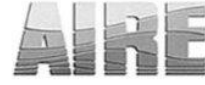
***10% OWA Member Discount on Whitewater Gear & Accessories**



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

Whitewater Specialists

— Sales & Service —



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 –Bowline

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

Overview

- Bowline creates a fixed loop at the end of a rope
- A very strong knot but generally considered weaker than a Figure 8 loop

Use

- Quick knot to make a permanent loop
- Can be tied around an object
- Can be used to join 2 ropes together, to pass a haul line out to a boat etc..



[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

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

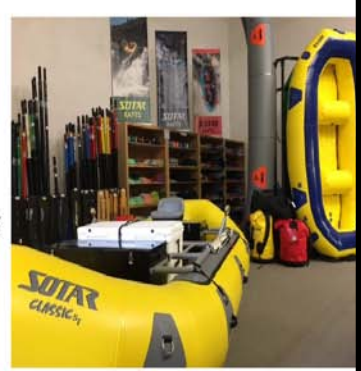


Rafts, Cataracts & Kayaks

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
2018 Spring Break Trip - Lower Deschutes River, Class II/III	March 24-26, 2018	Scott Ogren	Scott@ScottOgren.com , 503-267-9785
2018 Tax Relief Float, Deschutes River, Class III/IV	April 15, 2018	Bill Goss	zanng@msn.com , 503-757-4659
2018 Lower North Umpqua OWA/NWRA Trip	April 27-29, 2018	Brenda Bunce	brenda.bunce@gmail.com
2018 Boating Skills 101	May 4-6, 2018	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2018 Grande Ronde River, Class II/III	May 11-13, 2018	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2018 Annual Upper Clackamas Whitewater Festival	May 18-20, 2018		www.upperclackamasfestival.org
2018 Rogue River Lodge Trip, Class III/IV	May 25-28, 2018	Van McKay	vanm1@aol.com , 360-737-3148
2018 Upper N Umpqua NWRA/ OWA Trip, Class III/IV	June 1-3, 2018	Bill Goss	zanng@msn.com , 503-757-4659
2018 Women's Trip, Class II/III	June 8, 2018	Carol Beatty	TBD
2018 Grande Ronde, Class II/III	June 14-18, 2018	Dave Graf	dmgraf55@centurytel.net
2018 McKenzie River, Class II/III	June 14-17, 2018	Brenda Bunce	brenda.bunce@gmail.com ,

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

OWA MEMBERS RECEIVE 10% OFF!



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!



Photo by Don Smith

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