

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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President's Day Rogue Trip

Submitted by Brian Elerick

My kind of trip.

"You're going where, to do what, in THIS weather???" That was the question I kept getting from coworkers as I got ready for my 4 day weekend that they were only getting two days off. I guess some people just don't get it. The lifestyle of a PNW boater. Rain only means more water in the river.

26 people, 20 of whom somehow talked their partners into letting them go solo over the Hallmark Holiday of Valentine's day and the real holiday of Presidents day. It was nearly an all guys trip, with only 3 ladies willing to put up with us for the weekend.

Once again, the good folks at the Galice Lodge took us in, and fed us a great breakfast saturday morning. Off to Graves Creek for our put in early and a perfect 6100cfs to float us down the river.

Continued on page 4

March Club Meeting:

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

Wednesday,
March 9, 2016
from 6:00-9:00 PM

Contact Information



Your OWA Officers and Volunteers

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River Tip

Submitted by Tom Riggs

When you purchase a new set of flip lines they come in a nice bag with the manufacturer's logo on them typically. Instead of putting them in your gear box or attaching them to your boat right away take the time to check them out and make some modifications. The pair I recently purchased had a nice drawstring bag but when I opened the bag I saw it was just a straight piece of rope.

1) Tie overhand knots in the rope every 20 inches or so to provide a larger surface to grasp which will make it easier to climb the rope back onto your inverted boat.

2) Attach your flip lines to your boat with carabiners. This makes them easier to remove and clip onto another person's raft in case they need additional flip lines and personnel to right their boat.

Do you have something you would like to submit to the OWA Newsletter?

Contact Michele Gila at

VicePresidentNewsletter@oregonwhitewater.org

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

Lots of trips, Lots of water, and Lots to do!

by Bruce Ripley

Well it is certainly a busy time of year! Everywhere I turn I either hear stories of a trip someone just did, or one they are about to do, or one they are trying to bring together to go do this spring. I have one of my own coming up soon, so while I will not be at the March meeting I will think of you and the pizza while I'm eating dinner at "Pancho's Kitchen" that night! I will most certainly return with tales of heroism and excitement when you see me at the meeting in April.

The club trip on the Rogue seemed to go off without any significant issues and for those "brave" souls who took on the winter treachery of the Rogue. They were treated to a little rain, a little sun and some moderate temperatures, apparently shorts were the attire of choice at the take out. If you've not done the Rogue in February you should, it's fun and generally an easier paddle since you are above many of the rocks. If you want some more info on that trip, ask some of your fellow club members I'm sure they'd be willing to share stores.

There are several trips coming up on the calendar, the lower Deschutes (which may be full by now), the Umpqua, main Deschutes, Grande Ronde and several others. If you don't know what's coming up look at the website and the next few trips are right there on the front page. One river that I've heard a lot of buzz about is the Owyhee, for the first time in a couple years it looks like there will be an extended Owyhee season. If you are looking for people for a trip, or looking to go on a trip don't forget to use the list server or Facebook they are great resources, as are the meetings where you can actually talk to other members <gasp> face to face!

One final thing, this fall we have several key positions that will be transitioning on the board, in particular President and Membership director since both are term limited and will have to be replaced. If you've ever thought of running for either of those positions we'd love to have you come to one of our board meetings. So if you think you might like to run this fall please grab one of the board and share your thoughts with them.

RST Class

This April we are hosting our 6th annual River Safety Class. Since we expanded our program in 2011 we have facilitated training for over 200 members. That's an amazing statistic and one the club should be very proud of. The fact is that our success in providing safety training is due to the efforts and dedication of everyone in the club. This year will be no exception, we have a great suite of instructors and assistants and each of them is anxious to share new thoughts as well as practice tried and true techniques with you. If you have not taken the class before please sign up now, I can guarantee that you will never regret signing up! See the front page of the club web site for information and online sign-up

OWA March Meeting

The next meeting will be at Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and speaker. We are looking forward to seeing you there!

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Rogue River Trip Report



Rogue River Trip Report: Continued from page 1

Rainie falls had some different features at this flow. While most chose the fish ladder with the aid of our four kayakers, several of us went river left for more adventure. The middle or “guide” chute is my usual line, but after studying a strange new rooster tail coming out of the bottom, we were concerned there might be a new rock at the base of the chute. (next person down at lower water, please report what you see). There was another “middle” chute flowing, with a large hole at its base, but not enough to deter a couple of folks. Minor hang ups on entry rocks, and a splash and rotation in the hole, but all craft floated out upright.

Three of us stared at the main falls. This was my 8th trip on the Rogue, and the first time I had even considered the main falls, but it looked good, and collaboration with my fellow falls runners, a route was determined so we lined up and went. End of story. It was fairly anticlimactic. Clean runs by all three of us. (Future trips keep in mind that we were three very experienced boaters and we had a “perfect” water level. I don’t recommend the main falls for most people.)

In camp by 1 PM. A little bit of sunshine peeking through and about 60 degrees. Sounded like a river nap was in order to me.

We made it through dinner and an hour or so of campfire time before the rain started in, but the heavy stuff held off until most were in their tents for the night. There’s few greater pleasures for me than to sleep next to a roaring river and listen to the rain bead off my tent.

Continued on page 5



Rogue River Trip Report: Continued from page 4

The rain slowed the next morning, but wet gear still prevailed. Packed up and on the river early again. The benefit of smaller group trips.

Once again, the raised water levels swept us down river a great pace. Mule Creek Canyon wasn't a problem for most as the flows kept you moving. Blossom Bar came up and a rare opportunity was in play to actually choose to run the picket fence. A couple boaters opted to do so just so they could say they did. Most chose the traditional line and a few went river right. Clean runs for all, and onward to camp.

The rain gave way about the time we arrived in camp and we had a pleasant evening around the campfires. Any hope of gear drying out were dashed however by a thick fog layer that set in.

Monday morning arrived and gear was packed away. Once everyone was loaded and the camp was double checked we were off for the final push out. Arriving at the takeout by 10:30, trailers were loaded in the sunshine. Great way to end a great trip.

A successful and uneventful Rogue trip in the books.

Tilton River Trip Report



Lower Tilton Run Feb 14, 2016

Submitted by Cheryl Ford

Randy Ford, Linda Slattery and myself had the opportunity to run the lower 8 mile section of the Tilton River this weekend with WRRR. What a treasure. The meeting place is on Mayfield Lake next to the Ike Kinswa state park which has excellent cabins and RV/tent spots for rent. It took 2 hours to drive from Portland, up Hwy 12. The put in is on Hwy 508 about 20 minutes away.

The first two miles are a mellow Class II run in an open valley before entering a 5 mile gorge. There is an initial 3+ rapid, with a good eddy to scout. After this first rapid, the canyon is a III and slightly opens up down to a beach that is perfectly spaced for lunch before entering the second gorge. Class III drop leads into fast moving water with minimal eddies above IV leap of faith, which is around a blind corner. This leads into the most amazing III+ set of drops, waterfalls everywhere in an intimate gorge. Some spots you have to ship your oars to fit through with a 14' cat.

Continued on page 5



Tilton River Trip Report: Continued from page 4

The last rapid is a rather long III-IV boulder garden with some boat eating holes. We were led by Brian Vogt who took his lead seriously and scouted for wood on Friday. There were major log jams well above our heads all along the river, so there is definitely threat of wood and need for great care, in being III+ trained boater before trying this section of the river and garnering info regarding wood prior to entering the run.

We hit a sweet spot according to those that know with a flow of 1560cfs. This section can be run from 1000cfs to 3000cfs, similar to the Molalla in terms of it getting treacherous fairly fast above that level. I would compare it in rating very similar to Hood River, but nestled into a spell binding, steep walled, canyon river with continual waterfalls. Splendid.

River Safety Training



This year River Safety Training (RST) will be offered the weekend of April 23-24th, again at Dodge Park. As most of you know, this is our signature safety event for the year and we want to make sure the class is full. We will again have three primary instructors who will be coordinated by Sam Drevo and eNRG Kayaking.

This is a fast paced, fun weekend course that teaches and strengthens skills needed for safe operation in and around whitewater. The cost of instruction is highly subsidized by the OWA Safety & Training program. Accidents happen and whitewater is inherently dangerous. The RST course is designed to help you mitigate danger by giving you tools/skills to assess the situation and then act/react.

Lead Instruction: eNRG Kayaking

Registration: www.OregonWhitewater.org/rescue

Registration Fee: \$70 (Non-Refundable)

Course Size: First 36 registrants.

Dates: April 23 through April 24 (Saturday and Sunday)

Location: Dodge Park – Sandy Oregon

Hours: Instruction from 7:30-5:00 each day

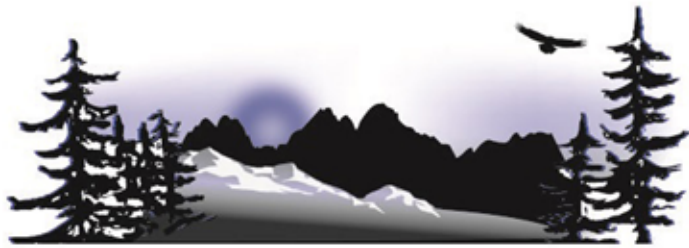
Food: Coffee, water, electrolyte drinks, sweet and salty snacks will be provided but you are on your own for lunch. Please bring lunch with you so you don't have to leave the area to go get it.

Gear: This is an in/out of water course and requires a drysuit, helmet, PFD and footwear. Dress for the weather for classroom instruction.

This two-day river safety training is a hands-on customized class for recreational kayakers, rafters, and guides who want to hone their swiftwater rescue skills. Each day is broken up into a classroom module and an experiential component. Day 1 starts with rescue theory and hydrology. We will introduce several different types of ropes and teach the minimalist approach to hardware, knots, and other tools. We will introduce foot entrapments / bow pins, contact rescues, wading rescues, and swimming in rapids. Day 2 focuses on group management, victim behavior, and pre-emptive safety. We will teach you how to build and pick proper anchors, and elaborate on mechanical advantage. Finally, we will recreate real life scenarios that will test all the knowledge you have learned and help you build the judgment that will help save lives.

Specific River Safety Drills Will Include:

- *Safely swimming in swiftwater*
- *Fording shallow and fast-moving water utilizing various techniques*
- *Crossing deep, slow-moving and fast-moving water utilizing basic gear, small boats, and combinations of the two.*
- *Understanding swiftwater rescue team organization*
- *Utilizing climbing and technical rescue gear applicable to swiftwater rescue*
- *Utilize basic communication strategies*
- *Practical exercises to reinforce classroom theory*



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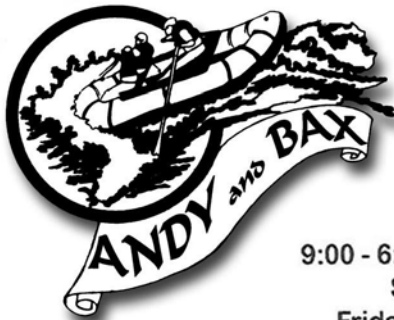
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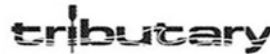
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Jumping & Zipping for Safety fundraiser!

May 22nd - All Day

Bungee.com, LLC - NE Healy Rd. and NE Belvins Rd., Amboy, WA 98601

It's time again for OWA's second annual Jumping/Zipping for Safety fundraiser! This event is one of our primary opportunities to raise funds that go exclusively to the Safety & Training program. This is the program that provides training events like the Pool Session in February, the River Safety Training (RST) in April and the Wilderness First Aid in September. Each of these courses is either free to you or is massively subsidized (by OWA) to make the training affordable for members and their families. These funds are also what allow us to sponsor new training opportunities like Boating 101 and the member requested Kids Water Safety training (working on this for this summer).

To register and to find out more, visit <http://oregonwhitewater.org/index.php?cID=1051>. To offer all these opportunities to membership, we must have funding. This opportunity, sponsored by Casey Dale at Bungee.com/ZiplineX.com, provides a huge step forward in our ability to fund these services.

Please look for opportunities to bring together family or friend groups (members of the club or not) and come out for a day of sweet adrenaline! (Weight requirements are that all participants must be between 110# to 280# and closed toed shoes are required).

This event is open to anyone who would like to support OWA's Safety program, Member or not.

The cost will be \$85 which represents a significant reduction from the standard fee (\$100 + tax). The sign-up and payment will be made direct to OWA through our OWA homepage and all proceeds will go to the OWA Safety Program. This is a huge opportunity for us to have a great time outside while also raising a truly significant amount of money for the Safety Program. This opportunity is limited to 32 spots and is not for the faint of heart.

This year we will offer both the opportunity to Bungee Jump OR to traverse the ZiplineX Experience and fly on all the Zip-lines!.

Cost breakdown is as follows:

- Bungee (once) \$85.00
- Bungee (twice) \$120.00
- Zip-lines \$85.00

There are eight zip-lines and eight aerial bridges some of which are suspended hundreds of feet above Canyon Creek. This is NOT a family friendly activity and the offer is NOT extended to small (light weight) children.

You may choose either Bungee Jumping OR the Zip-line tour, or both. For those interested in Bungee, there will be jump times available at 10:00AM and other Jump times at 2:00PM.

For Zip-lines, each group will take about 2.5 hours to negotiate the course and will do so in groups of eight. Right now it looks like we can accommodate launch groups of eight at 10:00, 10:30, 1:00 and 1:30.

Depending on participation levels, we may need to consolidate Jump time or Zip times or both. Please sign up for the time you'd like but please be flexible if we have to move you to another time.

Please pass this along to anyone that you think would like to participate in this fundraising activity.



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Oregon Whitewater Board Report

Membership Status

Members	Paid Behind	Year					Current Total
		2016	2017	2018	2019	2099	
Total	84	163	38	12	2	7	222

Club Financial Status

Opening Balance	Current Balance	Budget Projection		
		Income	Expense	Net Change
\$18,000	\$20,000	\$21,000	(\$22,000)	\$17,000

* All values rounded to the nearest \$1,000

Current Financial Status (2013)

Amount	FY	Leger Type		2013		2014		2015		2016	
		Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget		
Member Dues		\$6,810	\$5,768	\$8,400	\$7,028	\$6,891	\$7,028	\$1,377	\$6,664		
Advertising		\$1,600	\$1,800	\$1,600	\$1,700	\$1,760	\$1,600	\$1,000	\$1,800		
River Trip		\$378	\$1,300	\$1,112	\$480	\$821	\$736	\$838	\$810		
eCommerce		\$680		(\$273)		\$917		(\$112)			
Adjustment		(\$135)		(\$6)		(\$6)		\$0			
Charity		(\$150)	(\$500)	(\$150)	(\$500)		(\$500)		(\$400)		
Fees		(\$140)	(\$219)	(\$971)	(\$1,055)	(\$1,120)	(\$1,055)	(\$125)	(\$1,055)		
Miscellaneous		(\$267)	(\$800)	(\$578)	(\$1,100)	(\$1,737)	(\$1,100)	(\$298)	(\$2,950)		
Safety Training		(\$1,484)	(\$1,965)	(\$367)	(\$2,190)	(\$395)	(\$2,522)	\$61	(\$808)		
Newsletter		(\$1,664)	(\$1,600)	(\$1,993)	(\$1,600)	(\$1,500)	(\$1,600)	(\$200)	(\$1,600)		
Meeting		(\$2,601)	(\$2,550)	(\$2,846)	(\$2,650)	(\$3,159)	(\$2,975)	(\$290)	(\$3,475)		
Total		\$3,027	\$1,234	\$3,928	\$113	\$2,474	(\$388)	\$2,251	(\$1,014)		



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INGREDIENTS

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk
- Lots of Love



Nate's Super Delicious You Must Make This NOW Spicy Vegan Potato Curry

*Submitted by Nate Soukesian
(adapted from a recipe by Megan Lee)*

Note that the final ingredient is Love. Never overlook a very powerful ingredient like that. Sure you can throw all of it in the pot and end up with food, but if you add love, your meal is transformed. This has been scientifically verified by a number of OWA members for this recipe.

DIRECTIONS

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

As for the Love, stir that in with wild abandon at every, or any, point of the process. Be sure to smile when you set it down with a Bam! on the table for your next potluck or river trip. They'll feel the love!

Proper use and fit of your Personal Floatation Device (PFD)

Submitted by Dan Hudson

Let's talk about something that should be near and dear to all of us (literally) – our personal floatation devices. In this modern era of mass production and local entrepreneurs, there is quite an array of different products out on the market presented as the best, newest, or greatest PFD for you. In reality, there are many great PFDs out there for our use and selection, but we need to stay focused on what's appropriate and tested for our recreational purposes.

The first test we need to put our potential PFD through is the "approval rating". Any PFD you consider for use needs to be branded with the words "UL Listed" and the magic words "US Coast Guard Approved." The branding will usually be on the inside of the back panel of the PFD. The bottom line in this "branding" means the manufacturer believed in their product and spent approximately \$20,000 to \$25,000 to have Underwriter Laboratories test their product for durability, performance, and reliability. Once approved through the UL process, the US Coast Guard applies an approval registration number to the specific PFD design.

The second test we must consider is the functional design of the PFD. PFDs come in several rated categories, Type I through Type V. (Note the Roman Numerals for the rating.)

Type I is the old style PFDs we used as kids in the 50's and 60's (...well some of us were kids in later decades!) These are the type of PFDs you see on cruise ships or ships where someone may be overboard for extended periods of time and rescue is not going to be close at hand. These type PFDs usually have 22 pounds of positive buoyancy and will turn an unconscious person face up in the water. These are not typical PFDs we would use in the whitewater rafting world; they are generally too bulky and therefore difficult to swim in.

The Type II PFD is generally labelled as a "near shore" flat water PFD where rescue is generally close at hand. These type of PFDs may also be designed to turn an unconscious person face up in the water, but it is best to check, as not all of them are designed that way. The buoyancy rating for a Type II PFD is from 15.5 through 34 pounds.

The Type III PFD is designed for active users in moving water. These PFDs are generally lower profile and provide a greater range of motion for the upper body. They are popular with sea kayakers, white water kayakers, and whitewater rafters. Type III PFDs generally have a minimum of 15.5 pounds and a top rating of 22.5 pounds of buoyancy. These PFDs also have pockets for storing rescue and survival tools necessary for recreational users.

The Type IV PFD is a thrown device, such as a seat cushion or a life ring. They are not worn, rather they are staged in areas where they can be quickly accessed and deployed to a swimmer in trouble. You will typically see Type IV PFDs at your local pool.

The Type V PFD is a specialized PFD designed with rescue and high-end recreationalists in mind. The Type V PFD can have a minimum of 18 pounds of floatation and an unlimited top scale. They generally have a rescue belt designed and integrated into the PFD to allow a trained rescuer to attach to a rope system as an aid to being recalled or assisted back to a raft or shore after performing a rescue. (You should never utilize this rescue belt device unless you have been properly trained.) These type of PFDs generally have more safety devices, including reflective material for easier spotting during hours of darkness and built in D-rings or clips to attach other rescue devices such as whistles, window punches, or dive knives.

Continued on page 17

Knot of the Month – Figure 8 on Bight

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

Overview

- The figure 8 on a Bight forms a permanent loop in the rope.
- It is a very strong knot and can be tied anywhere on the rope (not just the end)
- Drawback: It cannot be tied around anything so you must clip into it with a carabineer or tie another knot/webbing into it.

Use

- At the end of a rope as an anchor point. Anywhere within the rope for a pig rig. In the middle of a haul line to pull against



bight

Tied: The same as a Figure 8 but you start off with a bight

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Steve K 2012



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Proper Use of PFDs: Continued from page 15

The bottom line for the right PFD for you is as follows:

Check for the USCG approval rating and UL listing

Make sure the PFD is designed in range for your size (i.e. adult equals someone more than 90 pounds).

Make sure the PFD is the type for your planned recreational activity.

I recommend a Type V PFD for whitewater trips with rapids rated class III and above. If your usual rafting trips are on flat water or limited to no greater hydraulics than class III rapids, a Type III PFD is generally sufficient for your purposes. If your normal trips include Class III to class IV, V, or VI rapids, then you need to evaluate your rafting skills and determine what level of floatation you will need for your specific activities.

Even if you have a great PFD, you need to remember they do have a short life span. Generally a PFD is good for only 3 seasons, as sun degradation and repeated immersions cause the fabrics of the PFD to break down and the vest to fall apart.

If you need any help in finding a quality PFD and need reassurance of fit or function, the NRS website provides easy to follow YouTube videos to assist you.

Remember always – rig to flip and dress to swim – that includes ALWAYS wearing your PFD and wearing it right! This means wearing your PFD with all the clips clipped, zippers zipped, buttons buttoned, and belts pulled tight.

Check back next month for the second part of this PFD discussion. I'll talk about the safety items we should each, without fail, carry on or in our PFDs.

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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



TRIP	DATES	TRIP LEADER	CONTACT INFO
2016 Spring Break Trip - Lower Deschutes River, Class II/III	March 19-21, 2016	Scott Ogren	Scott@ScottOgren.com, 503-267-9785
2016 Lower N. Umpqua River, Class II/III	April 29-May 1, 2016	Brenda Bunce	Brenda.bunce@gmail.com, 360-931-4224
2016 Grande Ronde River, Class III	April 29-May 1, 2016	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
2016 Tax Relief Float, Deschutes River, Class III/IV	April 30, 2016	Bill Goss	zanng@msn.com
2016 Lower Cispus, Class II/III	May 7-9, 2016	Tina and Eric Myren	TNEMYREN@gmail.com
2016 Rogue River Lodge Trip, Class III/IV	May 20-23, 2016	Van McKay	vanm1@aol.com, 360-737-3148
2016 Women's Trip on the Lower Deschutes, Class II/III	June 17-19, 2016	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2016 Lower Salmon River, Class III/IV	July 2-4, 2016	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
2016 Selway River IK Trip	August 4-7, 2016	Eric Ball	balle@pocketinet.com, 509-525-6134
2016 Hell's Canyon, Class III/IV	September 17-19, 2016	Mike Moses	mtymo_@hotmail.com, 509-240-4220
2016 Fall Colors, North Santiam, Class II/III	October 1, 2016	Matt Saucy	sawdusty9@yahoo.com, 971-241-5396
2016 Veteran's Day, Rogue, Class III/IV	November 12-14, 2016	TBA	

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



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