

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.



Photo by Ben Nieves

2016 Veteran's Day OWA/OKCC Rogue River Trip Nov. 11-13, 2016 *Submitted by Ann Stephenson*

The annual OWA/OKCC Veteran's Day Rogue River trips began this year on actual Veteran's Day, Nov. 11, 2016. There were 16 rafts and catarafts and nine kayaks, for a total of, I think, 31 people.

Despite my best efforts to take most or all of Thursday off from work, so I could leave the Portland/Vancouver area at a reasonable hour, work kept me until late afternoon, which put us in the midst of rush hour traffic. This made for a late arrival at Galice Lodge, which was unusually quiet for this bunch, but I think there was some socializing going on at the River House. Still, there was time to meet and socialize with some of the folks on the trip and take a brief soak in the hot tub.

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December Club Meeting

Lucky Labrador

1945 NW Quimby
Portland, OR 97227

Thursday,
December 14, 2016
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 13 for more details!

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OWA's Website Has A New Look

As you probably have noticed, we've started updates to our website. There will be more changes ahead, as time & resources allow. In the meantime, we've heard from some of you that you've had challenges logging in, so here are some helpful tips:

1. The login screen is on the front page of the website. You will need your Username & Password.
2. If you log in successfully, you will see the message "Currently logged in as..."
3. If you do not log in successfully, you will be redirected to that log in screen again.
4. If you try again, and still can't get in, you will need to reset your password.
5. In doing so, you will receive an email and if you don't get that reminder in your email, then your email has probably changed from when you initially registered. You will need to contact our Tech Director or Membership Director to get this sorted out.
6. If you do not remember your UserID, you will also need to contact our Tech Director or Membership Director to get this sorted out.

Want to update your information & change your email address on file? Once you are logged in, click on your name right below where it says "Currently logged in as...". A new screen will launch that has your profile. This is a great time to review for accuracy. Click EDIT and you will be able to change your email address, and other pertinent info. You even have the option to change your 'avatar'.

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.

Reflections!

by *Bruce Ripley*

In the fall of 2008 I distinctly remember sitting in a club meeting at Round Table Pizza in Southwest Portland thinking that I should volunteer to be on the board. Since I was new to the club and I was way in the back of the room no one really noticed me (I know that's hard to believe) and I missed the opportunity to serve on that board. In 2009 I decided that I really liked what the club was about and where it looked like it was going so I attended a couple of board meetings to see if I could contribute, nothing ventured, nothing gained right? I threw my name in the hat and was elected vice-president in 2010. Fast forward 7 years and a transition from vice-president to president and here we are. It's been a fantastic run and I've certainly grown in more ways than I can tell you.

So why did I include that? First, I want to make sure you understand how much I appreciate the original guidance laid down by the founding members of the club. I'm here to say THANK YOU to all of the founders and to acknowledge that without their hard work none of what we have now would have been possible. I'd love to list all the names but I'd certainly miss a couple of them, and the list would be long, so I'll just say, "Thanks for your wisdom and guidance over the years".

Second, I'll tell you that it's natural to sit in the back or in the corner and think "I wonder if I could contribute". I'm here to tell you YES you can, and that the very best way to demystify some of this is to volunteer as a trip leader, or for an event, or come to a board meeting. If nothing else just make sure to share your opinion. I've been asked what I think the most important changes have been. When I was elected to the board, I had a few ideas, improve our fledgling safety program, make the club more financially self-sufficient while keeping dues in check, and continuing to build the club membership within manageable limits. I think the 7 boards I've served on have done a good job on all these goals, we've grown the club but have stable membership, we're financially sound, we're a great social club, and we have the best club safety program in the country.

Thanks to everyone who made this possible: the founders, the boards, and to the members! YOU make the club great!

OWA Safety

Early on, OWA showed a commitment to safety by providing money for river safety classes and by 2010, we were spending about \$1000 a year. In late 2010, I sat down with Sam Drevo at the Doug Fir Lounge in Portland and we mapped out on a napkin how we could build a program that would work for eNRG Kayaking and OWA. Since then the program has grown from that to one with an \$11,000 budget, multiple courses and its own dedicated board director! I'm not sure that's what we had planned at the time but that's how far we've come. Over time we've trained over 400 people and if there is one thing that I'm really proud of it's that OWA has directly impacted the health and safety of the boating community in a positive way.

DECEMBER MEETING

The next meeting will be at Lucky Labrador in NW Portland. This will be the annual Christmas party so we look forward to a big crowd and ALL YOU CAN EAT PIZZA. If that doesn't get you there nothing will!

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

www.oregonwhitewater.org/dues.html

Rogue River Trip Report



Rogue River Trip Report: Continued from page 1

The morning started with another excellent breakfast from Mary Lou and staff, getting us off to a good start for the day. Some folks put in upstream of Graves Creek, but everyone on the trip gathered up at the put-in around 9:30am for a safety talk and a thank you to our veterans. Folks were also lined out on the plans for Rainie Falls, which definitely helped the day go more smoothly. A number of people scouted the main falls, but only two round boats ended up running it, with one right side up. The fish ladder went relatively smoothly at this flow with only one boat getting stuck at the bottom. The flows hovered just above 5,000 cfs on the 11th and dropped down to 4,000 cfs by the 13th. This flow made for slightly more “swirly” conditions, which is usually more of a challenge in a kayak than a raft.

At this flow, Tye Rapid was pretty big to the right, the typical line. The left side was opened up and a number of people opted to go that way. Wildcat was also runnable in either channel, and no one (that I saw anyways) had any issues with the rock that people sometimes get high-sided or stuck on. Further downstream, I was a little surprised when I saw boats heading down the center of upper Blackbar, since the typical line is usually to the right at lower flows, though I often cut to the center. I saw a raft take a pretty big hit, then a kayak make it through so I decided to go for it and barely made it through without getting back surfed back into it. I eddied out on the left and was able to see a number of boats go through, though some made it through more easily than others, and it was pretty entertaining taking pictures and watching cats and kayaks get surfed. I wish I would have hung out there longer, but I didn’t want to get too far behind the other kayaks, especially since I was sure what lower Blackbar was going to look like. It was pretty straight forward, though rather turbulent at the bottom.

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Rogue River Trip Report: Continued from page 4

With the river running the level it was, we arrived at Horseshoe Bend to camp relatively early in the afternoon. If you have not been down that section recently, you'll want to note that the toilet has been removed from this campsite. It was nice to have time to get set up in the light and have a leisurely evening. A pre-dinner snack of cheese-wiz, sausage and pickles held us over until the main dish. Chef Sweeny outdid himself this time and we had steak and salmon, cooked over charcoal to our own degree of "doneness", as well as salad and vegetables. A very nice addition was provided by Ben N., a gorgonzola butter to put on top of the steak. Dessert of pumpkin pie and cheesecake followed so I think I can safely say no one went to bed hungry. In hindsight, one thing we should have initially taken more time on was in making sure the kitchen tarps were set up securely. The one over the kitchen came down about 2:30am. It would have been a major hazard if it had come down while people were cooking or if it had fallen into the fire.

Day two began with eggs cooked to order by two delightful cooks, Natalie and Austin, who I think were both first timers down the Rogue. Breakfast went pretty quickly, though it took a little while to figure out who all had carried what up to camp. Headed on downstream and stopped at Mule Creek for a quick lunch. The kayakers headed down into Mule Creek Canyon first, and I'm happy to say everyone came out of the canyon in their boat. The boils and eddies were very unpredictable and it can be hard to get a purchase on the water with your paddle if you need to roll up.

Continued on page 6

Rogue River Trip Report

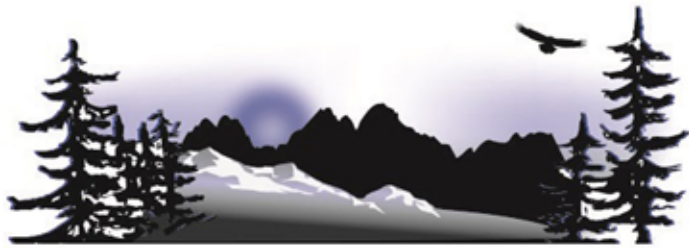


Rogue River Trip Report: Continued from page 4

Some folks opted to just run Blossom Bar while others opted to scout. Unfortunately, I'd packed my camera away inside my tent in my dry bag that morning, so I didn't get any pictures that day. Most people took the classic line to the left, cutting in behind the rock in the center, but several people opted to go right, which is pretty unusual on these trips, because the flows usually aren't conducive to that line. Overall, it was a relatively uneventful run of Blossom Bar. The rapid just downstream of Blossom Bar was pretty good sized. At that flow, the eddy in that rapid against the wall on the right is one of the nastiest places on the river. I stayed well away from it. It was still a long afternoon's paddle/row to camp that day. We pulled in at upper most of the three campsites at Tacoma, as another group from UC Davis were already set up at the main camp and it would have been hard to fit all of our boats in the lower camp, plus the was water moving through it. This site made for a bit more challenging camping, but everyone managed to find a spot to camp. I'm glad our group wasn't any bigger than it was. After delicious mini-pizzas as appetizers, we dug into the main meal of pulled pork sandwiches and cole slaw, courtesy of Jim Terry, and his wife made some homemade apple pie for dessert. We had a pleasant visit over the campfire with our neighbors downstream, some of whom we'd met a couple years ago.

The next morning started with Bill Goss's blueberry oatmeal to help get us the rest of the way down the river. I'm sure I'm probably not the only one that is a few pounds heavier after the trip. It was a pleasant paddle out and arrived at Foster Bar in record time in full sunshine. Packed up and changed into jeans and T-shirt. I would have been shorts if I'd have brought some. It was nice to get on the road at a decent hour and get home in time to unpack wet gear.

Thank you very much to Keven Buck, who with some help from Russ Pascoe, put this great trip together, and for all other those who provided meals and other gear. It was nice to have time to catch up with old friends and make some new ones. Another very successful OWA/OCKK Veteran's Day trip, my 10th annual!



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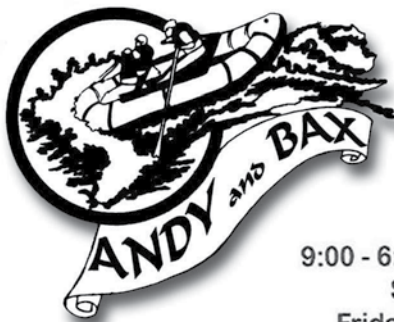
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Danger: Winter Rafting and Cold Water Shock

Submitted by Dan Hudson

As we get into our fall trips, and I maybe should have written this earlier, we need to discuss the medical condition of Cold Water Shock. Cold Water Shock is an often unfamiliar medical term for the recreational rafting/kayaking community as compared to Heart Attack, Stroke, or Hypothermia. Cold Water Shock can lead to serious consequences for those of us who participate in our sport year round.

Cold water steals heat away from the body 25 times faster than air of the same temperature. Moving cold water increases heat loss ten-fold over still water – or 250 times faster than air of the same temperature. As a way to help understand the debilitating power of cold water on a person, I point to the Memorial Weekend of 2005 in the greater Seattle area. The weather was phenomenal for the region, clear blue skies and daytime temperature highs around 93. Not bad for May weather, and very unusual for the region. Though the ambient air temperature was very warm, the rivers and lakes in the region were still spring time cold.

Within the first 24 hours of the 2005 Memorial weekend there were 7 recreational water fatalities on the regional lakes and rivers. The ages of the subjects ranged from 10 to 40 and all were capable of swimming and/or had some form of swimming lessons during their life history. What was the common thread of all the fatalities? Cold water and the shocking effect the cold water had on these swimmer's ability to protect their airway by keeping their head above water. They became debilitated and unable to swim during their immersion in cold water after a short period of exposure and subsequently drowned. Two of the seven fatalities involved spontaneous rescuers who tried to save a drowning friend.

Immersion in cold water can be very debilitating to the human body. We all know or recognize the initial effect of immersion in cold water. We immediately gasp for air, as if we didn't take a full breath of air before jumping in. It also seems we cannot get a full breath of air and hold it. This gasp reflex is universal, spontaneous, and can be the ignition factor to the drowning process. Other sympathetic responses by our body to the immersion in cold water involve a sudden acceleration of the heart rate, and an increase in respirations. These all can lead to significant impacts on our bodies and our ability to survive the exposure in cold water, especially in moving cold water.

If unexpectedly ejected off a raft into a cold river, you cannot stop the gasp reflex once you are immersed. (That is, until you learn and utilize a trick I'll describe later in this article.) Given the circumstances of fast moving water in a rapid, where we would be most likely find ourselves on an unexpected swim, heavily aerated water might not buoy you immediately to the surface - even with wearing a high float USCG approved Type V PFD. If you, strike that, when you experience that initial gasp reflex and do not have a clear airway, you will inhale water into your lungs. The body's response follows with coughing and gasping as it tries to clear the water from your lungs. If you are in rapids, you will continue to inhale water into your lungs with each cough and gasp. This process is called "flush drowning". This is a Cold Water Shock induced death that often gets reported by the media as a simple drowning.

A second possible death involved scenario with sudden immersion in cold water is a heart attack. During the process of a sudden immersion in cold water the body's sympathetic response is to quickly elevate the heart rate. If the person already has even a slightly compromised cardiovascular system (known and medicated or unknown), the sudden accelerated heart rate can cause a heart attack. Obviously, if a person has a heart attack in the water, their ability to swim and self-rescue is near to impossible and they will likely drown. The USCG approved PFDs we utilize in our sport are a Type III and a Type V. Neither of these type PFDs will float you face up in the river unless you are conscious and swimming. If a person is unconscious during a heart attack, even wearing a PFD, they will most likely drown before the heart attack kills them. Again, this results in a Cold Water Shock induced death that gets reported as something else: a heart attack or drowning death.

Another issue involving the effects of cold water on the body is the ability of your extremity muscles (arms, hands, and legs) to work effectively when impacted by the cold. When immersed in cold water, after you gasp for air and seemingly can't hold your breath, the body quickly loses its fine motor skills. Trying to close the clasp on your helmet or a PFD strap, zip up a zipper, tie a closure, or grasp a throwbag line tossed to you becomes nearly impossible to perform; seemingly simple tasks cannot be completed due to the loss of the fine motor skills. The loss of fine motor skills follows is followed by a loss of large muscle coordination. Read: Loss of the ability to swim. The arms get heavy, the body aches and goes numb, and your ability to move your appendages quickly fails. Even though the subject had excellent swimming skills, the loss of muscle coordination results in a loss of the person's ability to swim. There are a multitude of drowning case studies where the findings state "...the subject appeared to quickly tire and seemed to simply stop swimming or trying to stay afloat..." Again a Cold Water Shock involved drowning incorrectly reported by the media as a simple drowning.

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River Safety: Continued from page 10

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Many times you will see news reports where the cause of death while swimming is Hypothermia – the lowering of the body core temperature. These reports are highly inaccurate. Hypothermia takes longer to cause death than the related Cold Water Shock causes, as we have discussed. As such, the deaths caused by Cold Water Shock get reported as a flush drowning, a heart attack, or a simple drowning. There are steps we can take to help prevent Cold Water Shock from happening to us while we participate in our sport. Taking a few precautions can dramatically stop these dangerous affects.

Here is the trick: First, you can prevent the sudden gasp reflex when exposed to immersion in cold water by simply splashing cold water in your face prior to being immersed in cold water. As you prepare to launch at the beginning of your trip, splash a handful of cold water in your face. Take a moment before entering significant rapids and again simply splash a handful of water in your face. Do it several times over the course of your day. This technique eliminates the sudden gasp reflex you would experience if you were subsequently ejected from your raft into the river. I don't have any idea how long a period of time this technique will eliminate the reflexive action, but it does work!

Second, always wear appropriate gear when rafting Remember the adage: Rig to flip and dress to swim? As I always preach, WEAR YOUR PFD! Appropriately. At all times. You can never predict when you will go for an unexpected swim. Also, consider the temperature of the water and the air temperature when you self-rescue or get rescued. Remember, you may need to swim and protect your body from the extreme cold of the water. If the water or ambient air temperatures are cool, always wear a drysuit and appropriate thermal protection. Splash gear is for just that – getting splashed- and not for being immersed.

Appropriate thermal protection involves wearing non-cotton clothing under your drysuit. Cotton kills, so make sure the thermal protection does not contain cotton materials. Wearing different thicknesses of thermal protection or layering several thicknesses together under your drysuit helps give insulation to the body and prevents the sudden cooling of the extremities if you go for a swim. Don't forget to protect your hands and subsequently your fine motor dexterity from cold water exposures! I know many people do not like to wear gloves, and no single glove will work in all environments, but you need to possess multiple options for the thermal protection of your hands during potential cold water exposures. Having a thick dive type glove available for cold water rafting is a good option and technique to practice. I know from years of search and rescue operations in cold water the thermal protection provided by typical water sport, rowing, or bicycling gloves, is ineffective in keeping your hands warm during prolonged exposures.

Finally, wear a thermal layer on your head – a liner for your helmet or, if no helmet, a beanie. We lose 90% of our heat through our uncovered head. A helmet alone can offer some protection from this heat loss, but a neoprene type helmet liner with a smooth outer surface eliminates the rapid cooling effect and heat loss caused by the air, wind, and water. Remember, you may need to rewarm yourself after an immersion. Warm, dry gloves and a heavy beanie for your head accelerate the rewarming process. Have them readily available on your raft in a dry box.

Remember, if someone in your group is hypothermic following an exposure, their body is incapable of rewarming itself. Medical aid and aggressive care is required to help them survive. Remove all wet clothing, cover their head, use rewarming heat sources in their armpits, groin, and their body core. Place them in a sleeping bag. There are large air activated heating blankets available on the market. They work much like the typical hand and toe warmers. Have one or two of them in your group gear. If nothing else is available, you may need to place a warm person or two in skin-to-skin contact with the debilitated person. Warm air is ideal for reheating, so if someone in your group has a propane space heater, place the subject in a tent with the heat source. If conscious, a subject can also consume warm liquids. Take care to monitor the hypothermic person for 24 hours past when they seem to be recovered. Do not let them get re-chilled! Remember – Cold Water Shock kills!

Prepare for the impacts and the life you save may be your own. Enjoy the river year round but be prepared at all times! I would appreciate any feedback on my articles and/or ideas for future safety topics.

Dan Hudson
chrisoffdan@hotmail.com

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Oregon Whitewater Board Report

Membership Status

Members	Paid Behind	Year					Current Total
		2016	2017	2018	2019	2099	
Total	62	206	60	15	2	6	289

Club Financial Status

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

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

Current Financial Status (2013)

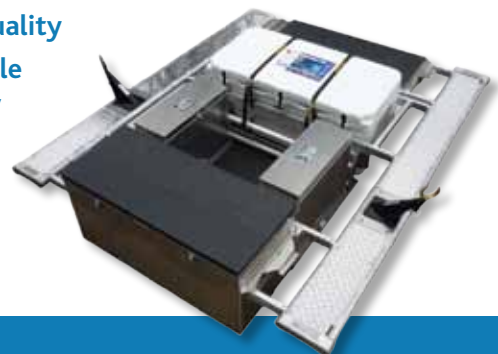
Amount	SubCategory	FY 2013		FY 2014		FY 2015		FY 2016	
		Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget
Member Dues		\$6,810	\$5,768	\$8,400	\$7,028	\$6,891	\$7,028	\$3,990	\$6,664
Advertising		\$1,600	\$1,800	\$1,600	\$1,700	\$1,760	\$1,600	\$1,800	\$1,800
River Trip		\$378	\$1,300	\$1,112	\$480	\$821	\$736	\$936	\$810
eCommerce		\$680		(\$273)		\$917		\$98	
Adjustment		(\$135)		(\$6)		(\$6)		\$0	
Charity		(\$150)	(\$500)	(\$150)	(\$500)		(\$500)		(\$400)
Fees		(\$140)	(\$219)	(\$971)	(\$1,055)	(\$1,120)	(\$1,055)	(\$1,138)	(\$1,055)
Safety Training		(\$1,484)	(\$1,965)	(\$367)	(\$2,190)	(\$395)	(\$2,522)	\$1,592	(\$808)
Miscellaneous		(\$267)	(\$800)	(\$578)	(\$1,100)	(\$1,737)	(\$1,100)	(\$977)	(\$2,950)
Newsletter		(\$1,664)	(\$1,600)	(\$1,993)	(\$1,600)	(\$1,500)	(\$1,600)	(\$1,876)	(\$1,600)
Meeting		(\$2,601)	(\$2,550)	(\$2,846)	(\$2,650)	(\$3,159)	(\$2,975)	(\$2,326)	(\$3,475)
Total		\$3,027	\$1,234	\$3,928	\$113	\$2,474	(\$388)	\$2,098	(\$1,014)



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INGREDIENTS

5 red potatoes washed and cubed with skin on
1 yellow onion diced
2 stalks celery diced
2 carrots diced
4 cloves garlic minced
1/2 lb pepper bacon cut into 1/2 in pieces
1 fillet fresh salmon cut into 1inch pieces with bones and skin removed
1 fillet smoked salmon (optional)
1 teaspoon red pepper flakes (optional)
Zest of 1 lemon
1 tablespoon dried dill
2 tablespoons Italian seasoning
2 tablespoons kosher salt
2 tablespoons better than bullion chicken stock
1 can creamed corn
6 cups chicken stock
2 cups cream
2 cups whole milk
Fresh dill
Fresh chives

Salmon Chowder

Submitted by Shannon Scroggins

DIRECTIONS

- 1) Add potatoes to boiling water and cook 8 minutes. Strain out water and set aside.
- 2) In a large pot, cook bacon on medium heat until brown.
- 3) Add onions, celery, carrots and garlic to the bacon and cook until onions are translucent.
- 4) Add salt, zest, pepper flakes and dried herbs.
- 5) Add salmon and cook for 5 min stirring occasionally.
- 6) Add chicken stock, corn, and bullion and bring to a simmer.
- 7) Turn heat to low and add potatoes, then slowly add cream and milk. You don't want to boil the soup at this point as it will break with the milk and cream in it. Add smoked salmon if desired. Let the soup cook on low for about 15 minutes. You can also add more salt and pepper to taste.
- 8) Garnish with fresh dill and chives

6:00 PM - 9:00 PM

at Lucky Labrador
1945 NW Quimby St.
Portland, OR 97209

Wear your ugliest sweater, and bring your white elephant gift and join us for a fun evening at our annual holiday party! This is a social event so there will be no program speaker. Ugly sweaters, white elephant gift exchange and sharing of river stories are all optional. Pizza & Salad provided.

6:00 - 7:30 Social Time

7:30 - 8:30 White Elephant Gift Exchange

How to play the White Elephant Gift Exchange Game:

- 1) If you'd like to participate, bring an inexpensive gift to the party. Bring something laying around the house or garage that is funky, weird, cheesy or funny. It can also be utilitarian or rafting/camping related. If there is absolutely nothing you can part with in your house, then purchase under \$15.00. "Whether you bring a "hot" desirable gift or a funny "dud", both varieties make this game fun.*
- 2) All gifts should be wrapped with no outside markings. You shouldn't know who the gifts are from or what they are. All gifts will be placed in a pile on one table in the room.*
- 3) Participants will draw a number that will determine when they will take their turn.*
- 4) Number 1 goes first, picks and unwraps a gift.*
- 5) Number 2 can pick another gift or "steal" an unwrapped gift. When a player is trying to decide what to take, you should hold up your gift if its still eligible to be stolen (hiding gifts is not allowed). 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.*
- 7) A gift cannot be immediately stolen back by the person it was stolen from.*

8:30 - 9:00 Clean-up

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Knot of the Month

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

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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 New Years Float, Sandy, Class III	January 1, 2017	Val Shaul	val.shaul@frontier.com, 503-805-8991
2017 Nehalem River	February 4, 2017	Thomas Riggs	triggs@solenis.com
2017 Rogue River President's Day Trip, Class III/IV	February 18-20, 2017	Steve Oslund	stevilone@gmail.com, 503-709-7661
2017 Spring Break Trip - Lower Deschutes River, Class II/III	March 25-27, 2017	Scott Ogren	Scott@ScottOgren.com, 503-267-9785
2017 Tax Relief Float, Deschutes River, Class III/IV	April 16, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Lower North Umpqua Trip	April 28, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Grande Ronde River, Class II/III	May 5-7, 2017	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com, 360-931-4224
2017 Upper N Umpqua	June 22, 2016	Walt Bammann	wbamman@wizards.net, 541-817-7904

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



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