

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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The Plan "B" Trip: The North Fork of the John Day River

Submitted by Dave Graf

After a long winters sleep several rafters started plotting one of the ultimate Oregon river runs, the Owyhee River in SE Oregon. We were all watching the snow levels in January, February and throughout March hoping that there would be something to melt to bring this infamous river up to a boatable level. Plans were made, shuttles sorted out, meals planned, gear packed and repacked and then we all started coming to the conclusion that for the 2nd year in a row this trip was just not going to happen, again. We were all dressed up and had nowhere to go. So we started talking about alternate options. Last year we had a great trip on the Clar-no to Cottonwood section of the John Day River when the Owyhee didn't cooperate, so not a lot of interest in doing that again. Then we started looking really hard at the Lower Klamath River and the North Fork of the John Day River. Parts of the group really wanted the bigger whitewater of the Klamath, but since the section we were looking at was easily accessed by road the trips could be done as day runs from a base camp and might

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May Club Meeting:

Flying Pie Pizza
7804 SE Stark Street
Portland, OR 97215

Wednesday,
May 14, 2014
from 6:00-9:00 PM

Guest Speaker
Robert Delgado & Alec Reeves:

The planning and execution of running waterfalls.

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River Tip: The Results

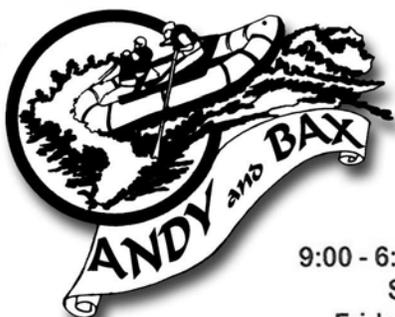
Submitted by Jim Collins

I asked the instructors at the River Safety Training how to reach a boat that is more than a throw bag away. The only practical solution was an expensive (\$150+) high tech mini grappling hook that can be used to capture a throw bag. However, Will Volpert replied with a low tech and practical solution. He suggested a baseball with parachute cord duct taped to it because you can throw it further than a throw bag and it's easy to carry a couple hundred feet of pcord. I'm going to try and modify that slightly by drilling through the baseball and running the cord through it then sealing the end with silicone. I love low tech solutions!

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Double the Clubs, Double the Fun! *by Bruce Ripley*

I would like to say thanks to everyone who attended our last two joint club trips and helped make them so successful. In addition I'd also like to thank NWRA and WRRR for hosting or joint hosting the events and for adding to the fun. OWA joined with NWRA in April to host our annual spring North Umpqua trip and it was a big success. We had a good turnout and the Dutch Oven cook-off was a success as well. We had groups on all three sections of the North Umpqua and everyone seemed to have a great time. We were even able to practice some of the safety skills that we learned at the river safety class! All in all it was a great time and we are all looking forward to the next joint event in June!

The first weekend of May saw a pretty large OWA group join with the WRRR folks on the Green River cleanup. It's a pretty unique situation where you can be on a Class IV river cleaning up trash and having some serious whitewater fun at the same time. The WRRR group really did a nice job of coordinating that event and they were most hospitable at the cookout after the event and at the campground. Thanks again to them for hosting that great event!

We have lots of members, 218 (families) at present, and we seem to be growing every month but there's lots of room for our other sister clubs. By working together we can build a stronger boating community and more chances for club trips. With all that the very best thing is that each of the clubs focuses a lot of attention on safety and by doing so we are all better off.

There are lots of multi-day trips coming up, some club affiliated and some private. When you are deciding on these trips just remember that spring boating often involves high water flows and the water is still very cold. You should think through your inventory of skills as well as the conditions you'll likely face and be honest with yourself about how well you'll perform. If you decide you are up for it then have fun and stay alert!

To Panic or Not...

So one of the most common points we try to cover during our pre-launch safety talk is what to do if you find yourself out of your boat in whitewater. We stress several points including keeping your feet up, and swimming aggressively to safety but the most important thing you can do is not panic.

If you panic you can compromise your decision making which means that everything else will get harder and more stressful. So if you find yourself in the water unexpectedly try to keep your head about you and concentrate on getting yourself out of the river!

OWA May/June Meeting

The next meeting is at at Flying Pie on Stark Street. The speakers will be Robert Delgado and Alec Reeves who will be about the planning and execution in running waterfalls. A video of them running some will be a highlight.

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John Day River Trip Report



John Day River Trip Report: Continued from page 1

be a good summer trip. We were all literally packed up for a multi-day trip and most of us hadn't boated the NF of the JDR, so the momentum started going that way.

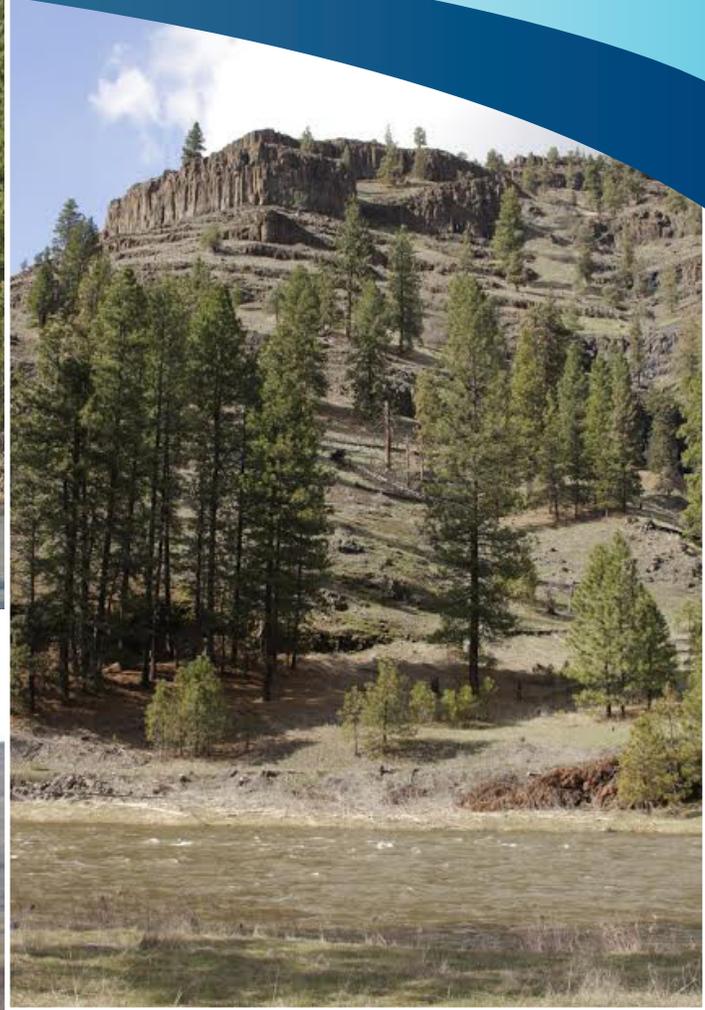
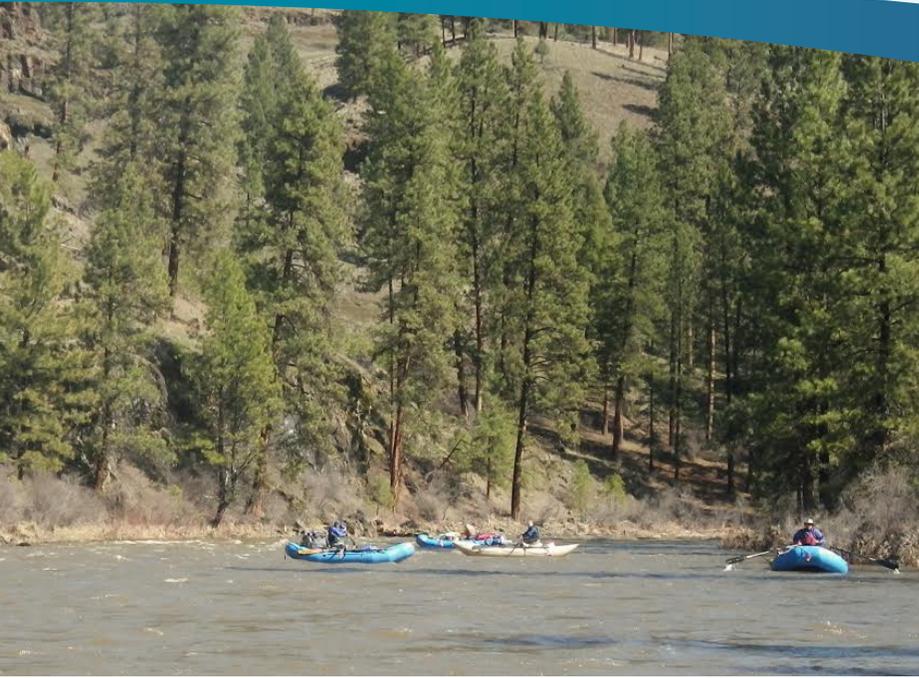
This trip starts in Dale on Hwy 395 and takes out in Monument. This is a 40 mile run with a gradient of 21 fpm. We put on at Camas Creek at a level of 5500 CFS on the Monument gage and the level dropped to about 3500 CFS. Our GPS often had us moving at over 5.2 mph so covering the miles was really easy. This is not a difficult river by any means and would be good for IK's, new rafters and families with kids. Certainly at lower levels the river would slow down and there would be more rocks and shallows to contend with. The run also generally needs to be done before the end of May. This is a campers dream river with so many places to camp no one bothers to name most of the camps. You just boat as long as you want, slow down to look for a place to land and there you go, you just found another great camp.

There is a dirt road along the right bank of the river that very few locals and ranchers use. During the four days we spent on the river we only saw a couple of vehicles on the top end of the run on the first day. This is a high mountain stream starting off at 2,770 ft. and falling a 1,000 ft. to Monument. Being as we launched on March 29th we knew that it could be pretty cold at night and we were not disappointed when we woke up to frozen water bottles and hand wash stations. We also saw the remnants of ice that had recently blown out from somewhere higher on the river when the river iced off. It also snowed lightly while we were on the river, rained heavily, cleared off several times during the day and at night so we could see the amazing star show on a moonless night.

As hardcore rafters we made sure the food was up to the challenges we faced, so we had barbecued steaks, beef kabobs, Beef Burginon and Chicken in a cilantro lime sauce for dinners. The suffering was just awful eating this fare, fortunately there were also substantial appetizers to tide you over if you didn't care for the night's dinner. Since we could make miles really easily there was even time for some pretty hardy breakfasts, who knew guys could cook so well!

Even in the rain this is an incredibly interesting place to see, so sometime when you need a good Plan "B" trip early in the spring put this one on the top of your list.

John Day River Trip Report



River Safety Training Report



It was only later that I was struck by the quality of the instructors. Now, we were just starting an informal knots lesson as the last participants straggled in. The assistants, who would so ably help us all weekend, were passing out lengths of rope and challenging us to tie knots from the “family of eights”. What struck me now was how patient they were. Showing us, over and over, how to tie the knot, to check that it was correct and to dress it properly. Always near, observing, ready to help and answer questions, their quite demeanor set the tone for all of the training ahead of us. These knots were to be the basis of all the rope work to come, they told us; and they worked with us, individually and in groups, to see that we were grasping at least the basics. These first 15 minutes started 16 hours of swift water river safety training that turned out to be as much fun as any river trip I have been on.

Sam Drevo introduced Travis Reid and Keith Gillespie the other two instructors. Then he introduced the six assistants who were volunteering their time and experience: Steve Oslund, Julie Nathe, Brian Elerick, Val Shaull, Mike Brown and Kyle Gersper. Many of these are or were commercial guides. Most have decades of experience, all of them bring additional training and a passion for whitewater. They devoted their weekend for our benefit with no compensation beyond river karma.

I still didn’t comprehend who was standing in front of us but as I looked around at the other club members with me I did some simple math: 33 participants, three world class instructors, 6 experienced assistants equals a teacher to student ratio of one trainer to less than four students. All for \$70.00.

I was reminded of the many emails I had seen in the weeks since first signing up for the OWA’s River Safety Training. Wet Planet is offering an SRT class with certification for \$370. There was a similar class, also in Minam for \$345. There were other similar offerings. Heck, all of our instructors offer these same classes on their websites. These classes are different than the OWA class: they are longer and offer the opportunity to receive a certificate but the curriculums, training and instructors experience and credentials are similar. But, at a much higher price.

As an OWA Board Member I am aware of the club history that lead to this class and the fall Wilderness First Aid Training the club also subsidizes. It was Bruce Ripley, then Vice-President with Past President Brenda Bunce, who first focused and formalized the club’s interest in River Safety to develop these classes. Without Bruce’s leadership and the development of

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River Safety Training Report: Continued from page 6

the Safety Director position, now most competently filled by Cat Loke, I couldn't be here.

Sam broke us into 3 prearranged groups, each led by one instructor and two assistants. We spent that morning in class, thankfully under a tarp, and discussed Scene Assessment, Incident Command and the nuts and bolts of Knots, Anchors and Mechanical Advantage Systems. The discussion was lead by the instructor but every participant contributed. These real life situations brought reality into the classroom and the woulda, coulda, shouldas taught us all valuable lessons. After lunch we suited up and now real life took precedence as we literally jumped in; first learning then doing, always under the tutelage of our instructor and observation of the assistants. Everyone helping, teaching, learning and moving us toward our goal. What a great day!

And, we got to do it all over again the next day. Fueled by Steve and Cat's fine coffee and tea we all reentered the classroom for discussions on Rope Management and Safety, Multi Point Anchors and Advanced Mechanical Advantage Systems. Then back into the river we went to put all of this into practice. The classes are great but this is really the fun part, safe, closely supervised but realistic and adrenaline raising, real life scenario training. Then, too early for me, it was over.

As we waited for the final debrief to begin we gathered under the afternoon sun and reviewed our days. It was then I fully understood who I had the privilege to train under:

Sam Drevo, owner of eNR Kayaking (www.enrgkayaking.com). Most OWA members know Sam or at least his reputation. If not, Google him, there is too much to tell for this space. What Google can't tell you is what a patient, humble man Sam is. Suffice it to say, if you want to raft or kayak the Grand Canyon of the Amazon next year you should talk to Sam.

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River Safety Training Report



River Safety Training Report: Continued from page 6

Keith Gillespie, owner of NW Rescue, (www.nwrescue.com). Keith works full time as a Firefighter/Paramedic for the Albany Fire Department. He is the no nonsense, get it done type instructor. He does this stuff for a living and knows what it takes to save lives and be safe. As a rafter and kayaker you might run into him on the river. He asks that people not confuse his boating skills with his rescue skills.

As someone so adroitly put it, "These are the guys who train the trainers."

I encourage all OWA members to take advantage of this subsidized opportunity to develop and hone your skills. Novice to expert, everyone can learn in this training. New members, this is a great way to meet and interact with other club members. There is no better way to fit in to the OWA and meet these wonderful people than to demonstrate your willingness to focus on River Safety also.

And a HUGE thank you to Cat Loke, the OWA's Safety Director. I can only say the Cat is aptly named as her ability to herd members and instructors alike kept us on schedule. Once again the logistics flowed as planned but don't be fooled that because it looks easy it is. Cat puts a lot of effort into making everything work so smoothly.

And another HUGE thank you to all of the volunteers. These are some of the kindest, most patient and generous people you will have the opportunity to meet. It is a tribute to the OWA and all of its members that these people give so freely of their time and energies. THANK YOU Kyle Gersper, Mike Brown, Val Shaull, Brian Elerick, Julie Nathe and Steve Oslund. This training, the Wilderness First Aid Training and the club in general, could never operate without you and all of the others who give so much of themselves.

And another HUGE thank you to our current President: Bruce Ripley. Not enough members know how much Bruce has done for the club. This training is only one example. His leadership is commendable.

An advertisement for Cascade Outfitters. The top half features the company name "Cascade" in a large, serif font, with "OUTFITTERS" in a smaller, sans-serif font below it. Underneath the text is a photograph of various outdoor gear including a kayak, a hat, a cooler, and a life jacket. Below the gear is the website address "www.cascadeoutfitters.com" and the phone number "800-223-7238". The bottom half of the advertisement shows a photograph of a river with a tent and other camping equipment on the bank. At the very bottom, a banner reads "Your Source for Top Quality Rafts, Kayaks, and River Equipment for Over 30 Years".

Oregon Whitewater Association



and gear swap

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- Picnic tables located right next to the beautiful Eagle Creek
- Throw rope competition (bring a throw rope)
- Located next to playground
- Well behaved DOGS allowed
- Alcohol is allowed in the park, so bring your own

Gear Swap and Sale:

Swap or sell your new or used boating gear. From boats to bags, all gear is welcome. There are great deals every year!

Provided: hamburgers, hot dogs, veggie burgers and non-alcoholic beverages (pop and juice)

You Bring: a pot luck side dish or dessert, lawn chair or beach towel, the whole family

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INGREDIENTS

Hummus

2 cups cooked chick peas or 1-15 oz can, drained & rinsed
2 cloves garlic
2 Tbs olive oil
2 Tbs tahini butter
2 Tbs fresh lemon juice or juice of 1 lemon, it doesn't really matter
1 cup chopped fresh parsley
1 tsp sea salt
1 tsp ground cumin
1/2 tsp ground cayenne or paprika, depending how much flair you prefer
1/4 cup fresh water

Mediterranean Stew

1 medium yellow onion, chopped
3 cloves minced garlic
2 tsp olive oil
1 1/2 Tbs Tagine spice mix (Frontier brand) or mix your own with 1/2 tsp ground coriander, 1 tsp cinnamon, 1 tsp paprika, 1 tsp cumin, 1/4 tsp ground ginger, 1/8 tsp ground cardamom
Pinch of cayenne or red pepper flakes
1/2 tsp sea salt
1 cup veggie broth or water
1/4 cup raisins
1-14.5 oz can fire roasted diced tomatoes (ok to use plain if you can't find those)
2 cups chopped fresh Crimini (button) mushrooms (can sub 2 cups chickpeas)
zest of 1 lemon & its juice
1/4 cup chopped & toasted almonds or pine nuts

Warm Couscous Salad

1 small yellow onion, chopped (about 1/2 cup)
2 tsp olive oil
1 cup Israeli couscous (do not use bulgar wheat for this - though for gluten sensitive you can sub quinoa or if you can't find Israeli couscous, you can sub orzo.)
2 cups veggie broth or water
1/2 cup chopped cilantro, parsley or spinach
1 cup cherry tomatoes
1/2 cup pitted kalamata olives
juice of 1/2 lemon (1-2 Tbs)
1-2 Tbs olive oil
1/2 tsp sea salt



The Mezza

Submitted by Michele Gila

Planning a multi-day trip and want to prepare a spectacular meal for one of your layover days? This might be what you're looking for. It's perfect for later in the trip, as there are very few fresh ingredients to have on hand. Made as outlined below, this meal easily feeds 6, particularly if you add in falafel. I skip making falafel riverside and instead order to go from one of Portland's many fine Lebanese eateries. They usually toss in the pita bread with the order. Plan for 2 falafel balls per person. You can easily heat them in a skillet with a little olive oil before serving. If you're really wanting to make good friends, this Mezza pairs with many types of wines. My favorite box wine for river trips is the Jack Tone California White Table Wine. Pull it out of the box and the bag packs flat in the bottom of your cooler. Each recipe can stand on its own, but combined, you have a well-rounded meal, filled with nutrition and flavor.

DIRECTIONS

For Hummus: Add all ingredients to your food processor fitted with a metal blade. Process until you achieve the desired consistency. Put in plastic container. Make in advance of your trip; Hummus can last a week on the river if you keep it chilled. Makes about 2 cups.

For Mediterranean Stew: In a medium sauce pan or skillet (I use 12" cast iron skillet) over medium heat, heat olive oil. Add onion and sauté until soft. Add garlic and the spices and cook for about a minute, being careful not to burn the spices.

Add sea salt, broth, raisins, tomatoes and mushrooms. Bring to quick boil, then reduce heat to simmer. Add lemon zest & juice and let cook about 10-15 minutes. Turn off heat. Add nuts to serves. Makes about 4 cups. Note: Mushrooms keep pretty well on a river trip. Just place them in a paper bag in the top tray of your cooler.

For Warm Couscous Salad: In skillet heat 2 tsp olive oil on medium heat. Add onion and cook until soft, 3-5 minutes. Add couscous and stir to coat with oil. Add broth, bring to boil, reduce heat to low and let cook about 15-20 min. You might have to add broth if your stove doesn't do low setting very well. Once couscous is soft, remove from heat and add cilantro, tomatoes, olives, lemon juice, olive oil & salt. Mix well. Makes about 4 cups. If you are serving with the Mediterranean Stew, make this first and set it aside while you prepare the stew.

A huge thank you goes out to Brenda Bunce for planning and directing another successful North Umpqua River Trip for OWA & NWRA. The water levels were a little higher this year and we had some swimmers but last year club member, Ben Nieves, had a very unique swimming experience that we are featuring in this month's river safety article.

An Oar and a Life Jacket: My Baptism to the Swimmer's World

Submitted by Ben Nieves

I've been rafting on and off since the 1970's but I've never flipped an inflatable or had to swim (canoes and sailboats are another story). But a bizarre encounter on last year's club trip on the North Umpqua river involving a life jacket and an oar was my baptism to the swimmer's world.

Deep in the forest above the Steamboat Inn fishing resort, the river features almost constant whitewater with eight class III drops and Pinball Rapids, the class IV highlight of the upper run from Boulder Flat to Gravel Bin, but we chose the equally interesting section from Gravel Bin to Susan creek. This run has a number of big rapids the BLM describes as class III including Steamer Lane, Burial, Bathtub, Island and Ledges. In between the river has more of a pool-drop character than the upper section.

Island Rapids is the biggest water on the run. Here the Umpqua splits into two channels around a large island and drops dramatically on both sides. The optimal run takes the right channel but boaters must fight to stay on the left side of this chute to avoid large waves and big holes. We turned on the GoPro camera to capture the action. It is here where things went wrong.

I was able to pull the boat in to the island in the calm water, so I quickly opened my camera box to photograph the boats that followed. I stood up and aimed my camera up river and snapped a frame – but before I could shoot again – disaster struck.

My downstream oar hit a rock and shot up through the oar lock and impaled me. The handle went right through the arm hole of my PFD and up through the neck opening pinning me to the oar. The oar blade caught the current hard with me attached and launched me over the bow of the boat into the river still connected. I tossed the camera to my wife as she watched in horror.

But others were watching as well. Vic LeGall launched his cat over to us as we drifted helplessly toward the next drop in this class III whitewater. I was still stuck underwater unable to free myself from the oar and my wife couldn't row with only one oar.

I lunged for the ring on the front of Vic's boat and hung on as he towed us to shore. Just as I felt bottom under my feet, the oar popped loose from my life jacket and our cat swung free. I yelled "Row!" as Jan dropped the oar back into the lock and turned the boat to face the next challenge.

She hit the whitewater perfectly and was able to swing the boat over behind a big rock just below, as I stumbled and slipped to shore. I was finally able to jump on a raft and ride down and join her below. Watching the video afterwards, it all seemed so simple and straightforward but at the time it seemed anything but. You can view the moment at: www.oregonstreetstudios.com/Umpqua-Impale.html

The important lesson here is that whenever you are around fast moving water things can happen quickly. Never take anything for granted if you are the one with the oars and always anticipate that the boat will move even in the calmest waters. I guess I will have to pick my picture taking opportunities more carefully in the future.

It is also obvious that it is important to surround yourself with fellow rafters with sufficient skills and poise to make the right moves when a rescue is required. Vic came to us immediately and Jan knew how to guide the boat safely through the rest of the rapids. I do not want to think what might have happened if we were alone or my passenger did not know how to row a boat in white water.

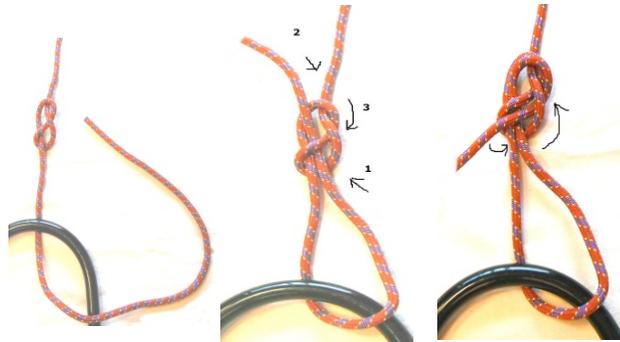
Figure 8 Follow Through

Overview

- It is a very strong knot & easy to tie
- Great for tying into a fixed anchor point, or around a frame or D-ring which you cannot pass a loop over/through

Use

- At the end of a rope as an anchor point, attach to a tree or raft frame or any other closed attach point
- To form a permanent loop



The key is to retrace the existing 8.



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Meeting Speaker

May/June OWA

Meeting Speakers: *Robert Delgado & Alec Archie Reeves*

Topic

R2 Rafting Over Waterfalls

Bio

Robert & Alec are both NW Boaters. Their topic will be their boating history. How they met. What possessed them to start risking it all. And when they finally decided to start making these big drops. This is not normally the kind of boating we do, yet is part of the whitewater experience!! Alec & Robert will have video and pictures with them and will thrill us with their exploits! See you on the 14th!



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Upcoming Trips

Submitted by Pat Barry,
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

5.16-19 Fri-Mon	Rogue River Lodge	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.22-26 Thu-Mon	Grande Ronde	III/IV	Dave Graf	dmgraf55@centurytel.net	
5.30-6.1 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
6.7 Sat	Klickitat River	II/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
6.13-15 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.26-29 Fri-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
9.13-14 Sat-Sun	Tieton River	II/III+	David Elliott	dce@dcell.com	
9.13-15 Sat-Mon	Hell's Canyon	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.20 Sat	Santiam Fall Colors Float	II/III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785

PAST OWA RAFTING TRIPS

5.10-11 Sat-Sun	Lower Cispus	II/III	Tina and Eric Myren	TNEMYREN@gmail.com	
5.9-11 Fri-Sun	Grande Ronde	III	Eric & Candace Ball	balle@pocketinet.com	509-529-6134
4.25-27 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
4.12 Sat	Deschutes River Tax Relief Float	III/IV	Bill Goss	zanng@msn.com	503-757-4659
3.22-24 Sat-Mon	Lower Deschutes Spring Break Float	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
3.8 Sat	Merrie's Deschutes Bday Float	III/IV	Merrie King		503-490-1743
2.15-17 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
1.1	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991



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