

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>Spring Break Trip</i>	1
<i>OWA Contact Info</i>	2
<i>Meeting Speaker</i>	2
<i>Newsletter Submissions</i>	2
<i>President's Corner</i>	3
<i>Recipe of the Month</i>	6
<i>Knot of the Month</i>	8
<i>OWA Trip Calendar</i>	10

Lower Deschutes Spring Break Trip Submitted by Kimberly Long Photo Credit: Dianne Staley Creager

On the first weekend of Oregon spring break, OWA members embarked on the 10th Annual Lower Deschutes Spring Break Trip. Most arrived at the Beavertail campground the night before, turning in early to be ready for the day ahead. This year the crew consisted of 20 people, 3 rafts, 8 cat boats, and 2 IKs. Most were regulars to this trip with our trip leader, Scott Ogren, and Brian Albers having floated all or most years since the first trip 10 years ago. There were a handful of new people to the group, including my son, Cooper, and me, Kimberly. This was my first experience in class 3 rapids (aside from commercial paddle trips), my first time on whitewater in an IK (graciously lent to me by a club member), and my first time on this stretch of the Deschutes. Matt McCormick and Sara Schroeder also ran this stretch of river for the first time this weekend as experienced boaters but new to OWA.

On the drive to the river and before we started I was informed of all the places I would swim. I would like to report that I stayed in my kayak with no swimming. I'd like to credit natural ability and mad paddling skills, but it is probably because the flow was high (>8000 cfs) and while the current was fast and the waves were high and "splashy," the rapids were a bit washed out and probably more forgiving than usual.

Continued on page 4

April Club Meeting

Flying Pie Pizza
 7804 SE Stark Street
 Portland, OR 97215

Wednesday,
 April 10, 2019
 from 6:00-9:00 PM

Speaker: Mark Morford

*Topic: Back country
 Emergency Communication and Rescue.
 (see page 2 for details).*

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Do you have something you would like to submit to the OWA newsletter? The tale of your latest rafting adventure? The recipe of the best dish you've ever cooked on the river?

Contact Christine Broniak
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.

April Meeting Speaker

Topic: Back country Emergency Communication and Rescue.

Speaker: Mark Morford

Description:
Back country Emergency Communication and Rescue. This presentation will explore technologies for emergency communications and what to expect during a back country rescue. Mark will also talk a bit about dealing with tragedy prior to availability of professional staff. He will conclude with some humorous stories that have happened on the mountain and believe me there are some great ones.

Speaker Bio:
Mark Morford is a rescue leader, board member and public information officer for Portland Mountain Rescue. Mark has been an avid back country user all his life and raised two gravity/wilderness junkies of his own. Mark was a scoutmaster for 15 years and still prefers adolescent humor. He enjoyed (sorta) a 35-year career as an environmental attorney with Stoel Rives and now characterizes his vocation as woodworker. When not in his shop, he can be found kite boarding in the Gorge, skiing, climbing, mountain biking, driving or working on sports cars, or touring on a tandem with his wife.

Spring Brings More Club Trips! *by Scott Ogren*

Now that spring is here, the water in most of the rivers is a bit more predictable and we can get out there on our local rivers! I've heard of trips on the Upper Clackamas, White Salmon and more. If you want to float a particular river, there's probably someone out in the club wants to float it too! You can find a trip or set one up using either of the club communication methods of the email group or the Facebook group.

We all know about the fire on the Lower Deschutes last summer and how the last several miles of the river corridor was burned. After floating it just a few weeks ago, I can tell you that the outhouse at Harris Canyon is gone as are several of the trees that provided shade right along the river at Harris and several other camps on the Lower Deschutes. From what I could tell, all of the other outhouses are still there and the only one that is missing is the one Phoenix outhouse that used to be at Harris. If anyone has any information about if and/or when that will be replaced, please pass it along to the club.

Look for the safety auction to start soon! It's been a very busy spring and we've been busy getting great items for you to bid on at this year's auction. It will be just like auctions in the past where you bid online, and we will then work to get you your auction winnings shortly after it's over. Look for an email from the club email group or in the Facebook group for a notification of when it starts and links to the auction. We have some great items on the list this year including gear from Aire, Cascade Outfitters, Sawyer Paddles and Oars and more! Also, several shuttle companies that we have donated in past years have donated again. It's going to be a great auction! Happy bidding and good luck!

You've heard this before and you'll hear it again. It's time for the monthly plug for the OWA first aid kit and AED. As a club, OWA has an extensive Wilderness First Aid kit and an AED that goes on all club trips and is available for club members to take on private trips as well. I encourage you all to take both with you on your next private trip. You can check them out by sending an email to firstaid@oregonwhitewater.org.

OWA Training Opportunities

This month, we are hosting our 9th annual River Safety Class. Since we expanded our program in 2011 we have facilitated training for over 275 members! Over the years, the safety program has expanded to include a Boater 101 class which will be offered May 4-5 this year. That is a great opportunity to float the North Santiam River and get tips and guidance from experienced boaters. Experienced boaters are also needed to assist with the class too, contact Matt Saucy if you are interested in helping assist with that. Also, this fall we are offering the Wilderness First Aid class that provides a very good skill set to have, and not just on the river!

April OWA 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 we will be hearing about back country rescue and communication.

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Spring Break Trip: Continued from page 1

On Saturday we floated back to the Beavertail campground under clear sunny skies. Wreck rapids was a fun and successful beginning to the trip. Given the speed of the river, we made record time, arriving at camp in early afternoon. The kids busted into a piñata and probably gorged themselves on candy. The Albers family then made what several people referred back to throughout the weekend as the best OWA trip meal ever, a Hawaiian feast of sautéed peppers, teriyaki meatballs, rice, and pineapple. People visited around the picnic table and campfire for a bit, but the early arrival led to an early night for most.

Scott was up with the sun, getting our caffeine needs met every morning. On Sunday morning no one slept in long, as the 6am train used his horn to make sure all campers were awake. Bill Goss fed us a healthy breakfast of oatmeal and fruit. We packed up camp, loaded up the boats, and headed out for the “long day,” 20ish miles of river to the next campsite again with amazing weather. I gave up my boat to ride passenger for a while to let the teen girls kayak together. They had a blast and I enjoyed watching the scenery. I hear that is one of the perks of a spring trip, the lushness of the hillsides as compared to summer. I spotted some wildlife (deer and bighorn sheep) and listened to Scott tell me stories about different spots on the river - good campsites and adventures from years past. As we passed into the area hit by last year’s fire, he pointed out places that used to be good summer campsites with the trees by the river providing a canopy of shade. Most of the trees now appear to be dead, so shade will be sparse in coming summers. We passed a campground not far from ours and were encouraged by the outhouse standing sturdy in the field. However, when we arrived at the Harris campsite we discovered no such outhouse standing - groover time! The groover would be in high demand as a Mexican feast was on the menu Sunday night, with me laying out chips, dips, and some quesadillas and the Ripley’s providing us with loaded tortilla soup. The teens explored the train tracks and laid out pennies to find smashed the next morning. We watched sheep traverse the hillside across from us and many sat around the fire into the night.

Continued on page 5

Spring Break Trip



Spring Break Trip: Continued from page 5

.Monday Matt and Sara fed us warm biscuits and gravy. We set off for a short day with the most fun water. The sky was overcast and it was pretty chilly (especially close to the water and getting drenched in an IK), finally seeing the sun in our last half hour on the river. I don't recall the names of all of the rapids, but they were all a lot of fun to run. I had one "oh s*&t" moment as I headed into a wave that towered over me, but quickly came to love wave trains and stayed in the center of them no matter how cold the water was. It's a bit of a shame that the biggest water falls at the end of the trip. I was ready to be done and not ready to stop at the same time.

I hear that this is a "kids trip." But in its 10th year, the kids have gotten older. There were teenagers on this trip, ranging in age from almost 13 to 16. My son (just shy of 14) was warmly welcomed into the group at camp and as a passenger on Carson's boat for much of the trip. I asked him what he enjoyed most he said the campsites were a lot of fun to explore. I enjoyed watching him take the oars and try out rowing for the first time.

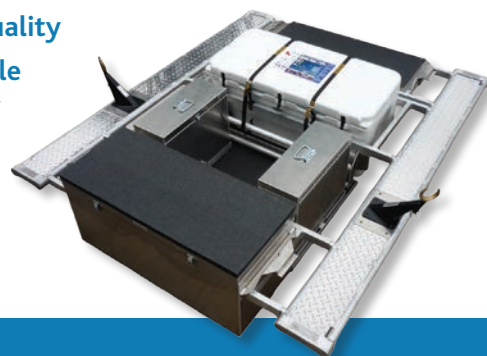
I am so thankful to every member of this trip. River people really are good people. I had some emotional moments on the river, a bit sad that I have not been doing this for the last 19 years I have lived in Oregon. A wise club member told me "Give up hope for a better past and don't regret what you haven't done. But don't continue not to do it." Now that I've had a taste of the river, I have to continue to do it. Hope to see y'all there.



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INGREDIENTS

- 6 slices bacon
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 4 cups water
- 1 ½ cups stone-ground grits
- 1 cup cheddar cheese, shredded
- 3 Tbsp butter
- 1 pound shrimp, peeled, deveined, cooked
- 3 cloves garlic, minced
- ¼ cup green onions, sliced
- 4 wedges lemon
- 1 tsp salt
- 1 Tbsp Cajun seasoning



EmRo's Shrimp & Grits

Submitted by EmRo

DIRECTIONS

Fry bacon in skillet over medium heat until crispy. Remove bacon from pan. Dice into bacon bits once cooled. Drain the majority of the bacon grease, leaving a small amount in the pan. Boil the water in a medium pot. Add salt and 1 Tbsp butter. Add grits to boiling water and cook until water is absorbed, around 20 minutes. Add cheese and remaining butter and cheese. Add the bell peppers to the skillet over medium heat. Cook about 5 minutes. Add mushrooms. Cook all vegetables until tender. Add shrimp, garlic, Cajun seasoning. Cook a few more minutes until shrimp heated through. Serve shrimp mixture over grits. Top with bacon, green onions, and lemon wedge.



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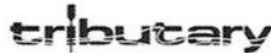
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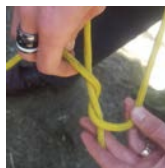
Knot of the Month

Adjustable Tension Hitch

1) Tie one end of the rope to the object to be secured. This is a good knot for tarps that require adjustment. Here, the water bottle represents the object to be secured in an adjustable way.



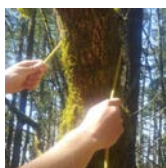
5) Pull the free end of the rope over the nonworking end to the left to make this shape.



9) Pay close attention here because this part is tricky. Pull the free end of the rope over both vertical ropes and through the hole made by the top coil. It could be tempting to pass it through the big hole but this is incorrect.



2) Loop the free end of the rope over the object you are tying to.



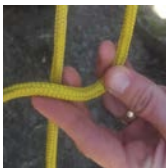
6) Repeat step 4; pull the free end of the rope under the nonworking end and through the loop again.



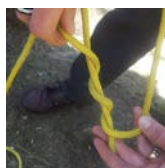
10) Dress the knot leaving the free end in a loop for a quick-release design. Simply pull on the free end of the rope to start untying. This is useful for tall or hard-to-reach anchor points.



3) Cross the free end of the rope in front of the nonworking end.



7) Repeat step 5; pull the free end of the rope over the nonworking end to the left to make this shape.



10) Alternatively, the loop can be pulled through and the knot has no quick release. This saves rope but is harder to untie.



4) Pull the free end of the rope through the loop.



8) Pull the free end of the rope behind both vertical ropes.



11) The adjustment works similarly to a prusik. Here, the knot is adjusted up and down with the top hand. The knot slides up or down the nonworking end of the rope to adjust the position of the secured object.



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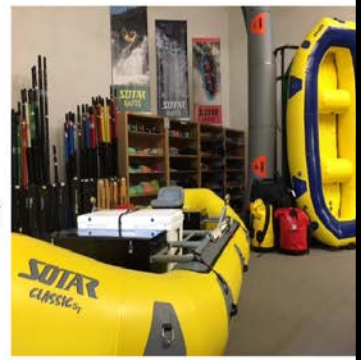


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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 Tax Relief Float, Deschutes River, Class III/IV	April 14, 2019 9:00 am - 2:00 pm	Bill Goss	zanng@msn.com , 503-757-4659
2019 John Day River, Stem to Stern, Class II	April 26-May 7, 2019	Tom Riggs	503-705-5783
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 Boating Skills 101	May 3-5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	vanm1@aol.com 360-737-3148
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		www.upperclackamasfestival.org
2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	zanng@msn.com , 503-757-4659
2019 McKenzie River Weekend Trip, Class II/III	June 20-23, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 Tieton, Class III+	Sept 13-15, 2019	David Elliott	dce@dcell.com
2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396

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



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Cathy Tyler on the Rogue River in September watching a fire fighting helicopter coming in to get water.

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