

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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North Fork John Day Owyhee River Trip Report *Submitted by Jeff Edwards*

The OWA Newsletter said "John Day River, Stem to Stern", but it was not to be. After a very wet few weeks, the North Fork John Day was flooding, so our trip leader (Tom Riggs) decided to switch the first part of the trip to the lower Owyhee River.

The moving target of a participant list was shuffled, and in the end 4 boats and 6 folks in the group showed up at the Owyhee: myself and my wife Margaret, Tom, Paul Morin (unofficial assistant TL) and brothers Van and Dennis McKay.

Arriving at the Rome put-in the evening of April 25 was a bit startling – cars and trucks and dust and people were everywhere! There were dozens of boats tied up at the ramp and up river. We found Tom and Paul rigging their boats, but it was too late for me to start rigging. The put-in at Rome is run by the BLM, and we found a place to set up our tent and cots – along with about 100 other boaters! They have drinking water available, and the Rome Station restaurant and gas station is nearby.

Day 1: Van and Dennis showed up with their boat on a trailer, but all had to wait for me to get my cataraft rigged. We got on the river about noon and floated about 8 miles down flat water and an upstream breeze to our first camp – a nice camp appropriately named "First Camp" on the BLM map.

Continued on page 4

OWA Summer Picnic & Gear Swap:

*Willamette Park
(Picnic A)*

SW Macadam Ave &
Nebraska St

**Sunday,
August 18, 2019
from 12 - 4 PM**

See page 8 for details.

Contact Information



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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
VicePresident-Newsletter@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.

Safety Weekend Song

Everybody Swims

A musical number by:

Jeremy Smith

Uploaded by:

Samuel Cochran

Sang to the tune of REM's

"Everybody Hurts"

<https://youtu.be/IfDTYKvPZJg>

OWA Commitment to Safety *by Scott Ogren*

One of the core functions of our club is our commitment to safety on the river. We host a Wilderness First Aid class and a River Safety Training class, both of which are weekend-long events. In addition, for several years OWA has had a very extensive Wilderness First Aid Kit and an AED that goes on all club trips and is available for club members to take on your private trips. At the last Board meeting held a week after the last club meeting in May, the Board voted to acquire a second First Aid Kit and AED! This is in keeping with the club's commitment to safety and due to the high demand of the club First Aid Kit and AED that are going on your trips. Supplies are being ordered and everything is being put together right now and the new kit will be available soon. As always, to reserve the First Aid Kit and/or the AED for your trip, send an email to firstaid@oregonwhitewater.org.

Looking ahead, the Wilderness First Aid class will be Saturday and Sunday, September 28 and 29 subject to confirmation of us getting Dodge Park. We can't confirm the location for a few weeks still, however that's the plan so mark your calendars if you haven't taken this class yet or it's been a few years since you've taken it. Look for the sign up to go on the website in late August or so. After completing that class, you will have WFA and CPR certifications. I have used the skills I learned in this training on more than one occasion.

We are trying something new this year with the Zip Line and Bungee jumping. This year, we are moving to a gift card system, so if the one day we pick for the OWA event doesn't work for you, you can use your gift card on the day of your choosing. Or, if you want to give a gift Zip Line or Bungee jumping gift card to someone as a gift, you will still be able to purchase a card through the club and everyone wins! We will still considering having a Zip Line and Bungee jumping day in the fall where we will have a picnic at the ZipLineX facility. The date hasn't been set yet, but it will probably be in mid October.

As mentioned above, OWA has a very extensive wilderness first aid kit that is available to all club members to take on your private trips. Send an email to firstaid@oregonwhitewater.org to check it out for your next trip!

OWA Board Turnover

Have you thought about being on the OWA Board? What? The elections don't happen until the fall, you say. Well, there is turnover on the Board every year and it's never too late to start thinking about serving your club by being on the Board of Directors. We are thinking ahead and looking for people who are interested in taking on a leadership role with the OWA. If you are wanting to take an active role in making decisions about how the club operates and be an active part of what we do, please send me an email and I can fill you in on more details about some of the upcoming roles and needs. If you don't want to be on the Board and still want to help with behind the scenes work, we have needs for that too!

Summer Picnic

The next club event is the summer picnic and gear swap. Join us at Willamette Park and share some of your summer river stories. Our next club meeting will be September 11 at Flying Pie Pizza. See you there!

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Owyhee Trip Report: Continued from page 1

Day 2: We started running a bunch of fun Class II rapids and going through some beautiful canyons. The geology of the area is not only fascinating but has produced variably colored volcanic rocks and ash layers. We went about 17 miles and camped at "Pruitt's Castle" in the Lambert rocks area, a small high camp. This would have been a good place for a layover day as there are hiking trails that lead to Lambert Dome, a riverside mountain with especially spectacular scenery.

Day 3: We had more Class II's and a few Class III's; we scouted Whistling Bird and Montgomery rapids. After more sublime scenery, we went about 15 miles and camped at "Morcum", another nice camp with shade – not that we really needed shade, as it was relatively cool with the fairly constant upstream breeze. That night Van broke out his Dutch ovens and cooked up a great meal (game hens, potatoes, asparagus) and desert (cobbler).

Day 4: We had a few Class II's and we floated 11 miles down to the Birch Creek takeout. There were only a few other boats taking out there as we all de-rigged and then had lunch. Haylett had shuttled my Jeep and Tom's truck down there. My Jeep had apparently gotten a flat on the way in to Birch Creek, as the car jack was on the Jeep floor and the tire on the back was flat. Hmmm... this was a little concerning.

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Owyhee Trip Report: Continued from page 4

We took off before Tom as his truck and trailer were being loaded with the 3 deflated rafts. The first 5 miles out of Birch Creek are very steep and rocky, and sure enough I got another flat, which did not go totally flat until we were up on the plateau. After a while, Tom came by, and all 6 of us piled into his truck. Tom suggested we take the spare so we could get it fixed – a very good idea!

Tom went out of his way to drop us off at a hotel in Ontario, we all had a late dinner, and then he continued on towards the John Day River for Part 2 of the trip. Margaret and I were not planning to do that part anyway. We ended up renting a car, getting the spare repaired, drove 2 hours back to the Jeep, put the spare on, drove back to Ontario, got the other tire replaced (the hole was too big for Les Schwab to repair), returned the rental car, and drove on to Burns.

Once we had internet service, I checked the Owyhee flows; at Rome the flow went from 3400 cfs to 2800 cfs during our 4-day trip – a really nice level. I had run it in 2017 at about 1800 cfs and it was rockier and slower.

We had a day of birding at Malheur Lake Wildlife Refuge. As we left Burns, thinking about the switch to the Owyhee and help with our tire problem, Margaret remarked: "That Tom Riggs, he's a good problem solver."



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North Umpqua Trip Report



North Umpqua Trip Report *Submitted by Cathy Tyler*

The annual joint trip of OWA and NWRA members on the North Umpqua was a huge success with a wonderful dutch oven cook-off pot luck held Saturday evening.

This was my husband, Brett's, and my first OWA trip. We rolled into Horseshoe Bend Campground about 7:00 PM Friday evening, where we were greeted by Walt Bammann of NWRA. He directed us to a campsite, where we soon started making new friends. We had not brought our raft with us, but soon secured rides for Saturday. Brett was on Walt's paddle raft, and I was on Bill Goss's cataraft. We thank them both for a great day!

The weather was wonderful with temperatures in the low 80s, with the occasional thunderhead for interest, and water temps in the low 50s, to keep us cool.

Saturday we had one paddle raft, four catarafts, four oar rafts, and four IKs. The river flow at 1,500 CFS was wonderful. Plenty of water, lots of fun. To add interest here and there, a little rock kissing was done. A few swims from the IKs added excitement. Nothing was too serious. Much fun was had by all.

A Merganser Mama was spotted, with very young ducklings in tow. We saw Canada geese with large goslings, many little gray dippers, and assorted other birds. Beautiful steep forested banks were covered with ferns and other greenery with one lovely waterfall coming in on river right. There was some fire damage, but it barely detracted from the beauty of the lovely canyon. Did I mention the crystal clear water?! If you have not been on this river, you need to get there soon!!

For the Saturday evening pot luck and dutch oven cook-off, a few more NWRA members arrived, as well as OWA member Chrissy, who had car trouble and so missed Saturday on the river. The food was plentiful and delicious! First place in entrees went to a yummy chicken pot pie.

NWRA members took all but one of the prizes. I managed a modest second place in desserts with my pineapple upside down cake. Sunday there were fewer of us on the river. One cataraft, two oar boats, and two IKs. We had cleaner runs, and I didn't see any swims from the IKs, I don't think I missed any. We got an earlier start, and were off the river by 2:10 PM. It was another wonderful day!

Thank you Carl and Reed for taking us in your oar boat, and letting us paddle assist! A big "Thank You!" to OWA and NWRA for a great weekend on a beautiful river!

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North Umpqua Trip Report



North Umpqua Trip Report: Continued from page 6



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Oregon Whitewater Association

PICNIC



and Gear Swap at Willamette Park (Picnic A)

SW Macadam Ave. & Nebraska St. Portland, OR

Sunday, August 18th 12-4 p.m.

Details:

- There are picnic tables and we also have the shelter reserved
- Picnic tables located In Picnic Area A (Shelter)
- Throw rope competition (bring a throw rope)
- 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 potluck side dish or dessert, lawn chair or beach towel, the whole family

RSVP: VicePresident-Events@oregonwhitewater.org

Directions and park maps:

[get directions](#)

<https://www.portlandoregon.gov/parks/article/631117>

Park Website: <https://www.portlandoregon.gov/parks/finder/index.cfm?action=ViewPark&PropertyID=861>

INGREDIENTS

10 Large flour tortillas

1 pack Nori (you'll want to make sure it has at least 10 sheets)

1 batch Super Goo

5 packs Papa G's Sesame Tofu or any choice baked tofu (These come vacuum packed so again, they pack & stack well into the cooler.) Substitute your favorite "cold cut" or diced chicken if you're a carnivore

1 batch Chopped Salad



Vegan Wraps

Submitted by Michele Gila

These are a perfect lunch and great way to get some salad while on a river trip. Stop trying to keep sliced bread in tact or mold free. Tortillas pack flat in the cooler and last a long time. This recipe is for 10 wraps or 2 people for 5 lunches, or 1 lunch for 10 people. I prepare them in the mornings before I pack up the kitchen and put them in freezer zip lock bags in the top of my cooler. Flavors mingle and this avoids having to make lunch on the go. Include side of potato chips & pickles and you've got a lunch packed with energy & nutrition.

DIRECTIONS

In advance you'll want to make the Super Goo and the Chopped Salad. You can make it riverside, but you'll be stoked how easy it is from here if you take some time at home to do this.

Super Goo:

In bowl combine 1/2 cup almond butter, 1/2 cup chickpea miso, 1/2 cup hot water, 1/4 cup nutritional yeast. Stir until smooth and well combined. Pack into plastic container. This can go in cooler or dry box as it won't go bad.

Chopped Salad:

2 cups thinly sliced purple cabbage, 2 cups coarse chopped kale, 1/2 cup Italian flat leaf parsley, 1/2 cup green onions. Toss into freezer zip lock and store in the top shelf of your cooler. You can double this recipe and use 1 cup per wrap if you think this is going to be the bulk of your vegetables intake for the day.

Place tortilla flat on plate. Smear 2 Tbs of the Super Goo down the middle of the tortilla. Lay flat one piece of Nori on the goo. Squeeze out 1/2 bag of the Papa G's (if you used baked tofu, you'll want to chop up one brick per wrap) down the center. Add 1/2 cup of the Chopped Salad (as noted above, add 1 cup if this is it for your veggies!). Roll it up, making sure you have tucked the ends as you roll, so you don't lose any of the goodness to the ground. Stuff in zip lock and voila! Lunch is ready.

You can skip the Nori if seaweed isn't your thing. Option to sub other protein for the tofu. Any "cold cut" will do. Great lunch food if you have a mixed diet crowd on the river. And if you suddenly find you have a Gluten Free river companion, you can skip the tortilla and just use the Nori. Or really impress your GF friend and buy rice tortillas instead!



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Knot of the Month –Water Knot

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

Overview

- Used to join 2 ends of webbing together to make a loop
- Start by tying a basic overhand knot
- Finish by retracing the not in the opposite direction
- Ends must be on opposite side of the knot to be correct
- Be sure to leave a long tail on each side of the knot in case it slips, or tie it off with overhand knots on each side



Normally tied with 1 piece of webbing, 2 were used here for illustration purposes

[Click for Step by step directions](#)

[Click for a Video](#)

Steve K 2012

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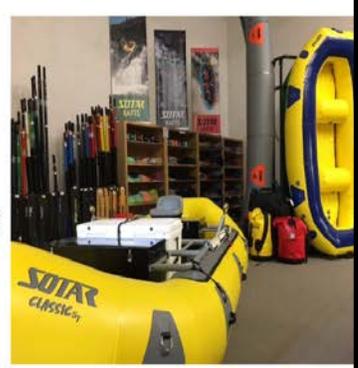


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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 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

PAST OWA RAFTING TRIPS

2019 McKenzie River Week-end Trip, Class II/III	June 20-23, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	zanng@msn.com , 503-757-4659
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		www.upperclackamasfestival.org
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	vanm1@aol.com 360-737-3148
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	balle@pocketinet.com , 509-525-6134
2019 Boating Skills 101	May 3-5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	brenda.bunce@gmail.com
2019 John Day River, Stem to Stern, Class II	April 26-May 7, 2019	Tom Riggs	503-705-5783

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



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