

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.



French Broad River

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### **Week of Rivers II - The Reckoning** *Submitted by David Elliott*

Every year, the Carolina Canoe Club has an event the week of July 4 called the Week of Rivers (WOR). This event takes place in Bryson City, NC, where hundreds of people gather at a large campground to boat the rivers in the NC/TN/GA area. In 2017, Toria and I went to this event, but a rain and wind storm soaked all of our camping gear and we left after only one day. In 2019, we reckoned (get it?) we would try again.

This time, we rented a very nice cabin up the side of the mountain above the event campground, about 5 minutes from the campground. The cabin was awesome - it had a kitchen, air conditioning, laundry, and a hot tub where we could relax and watch the lightning bugs at night. With the 85-95 degree heat and the high humidity (that we thankfully don't have in WA), it was so much better than the campground.

Each day, the club members meet at a covered patio to get news of the day. There are club announcements, clinic announcements, event information, raffles for trip leaders from the previous day and giveaways for whatever reason, river flow information, and finally trip announcements. Trip leaders come up and say what they are running that day. There is a field full of signs for the most popular runs, and after the meeting, people go and get onto trips. It's very well organized and pretty easy to get onto a trip.

*Continued on page 4*

### **October Club Meeting**

**Flying Pie Pizza**  
 7804 SE Stark Street  
 Portland, OR 97215

**Wednesday,  
 October 9, 2019  
 from 6:00-9:00 PM**

**Speaker:  
 Bob McKeon**

**Topic: Pictures and Stories  
 (see page 2 for details).**

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## Your OWA Officers and Volunteers

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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](mailto:VicePresident-Newsletter@oregonwhitewater.org)

To show our appreciate 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.

## October Meeting Speaker

**Speaker:** Bob McKeon

**Description:**

Bob is a former smokejumper that just can't stay out of the woods. He has done many a pack raft trip down the South Fork of The Flathead River in Montana in search of large cutthroat trout. He will share some of his pictures, stories and adventures with us.

## Foot Entrapment and Wilderness First Aid on a Backpacking Trip by Scott Ogren

Have you every been in a situation where you pressed the emergency button on your Spot or InReach Device? While I wasn't the person who pressed the button, I was recently the emergency contact for someone who did and I have to say, the service was awesome. It was a Saturday evening and I was in the middle of making dinner when I received a phone call from an unknown number, so I let it go to voicemail. Typically, spam callers don't leave a message, but this caller did leave me a voicemail, then they called back about 10 minutes later and this time I answered. The emergency response center asked me several questions about the person who owned the Spot – what their back country experience was, what kind of shape they are in, who they were with, and if I knew their plans so they could pass it along to the responding sheriff department. While there is a lot to go into and there's not enough space to write about all of it here, the summary is the emergency response center followed up with several phone calls and updates to me as they learned more information. In short, the person who owned the Spot was on a backpacking trip and someone in an adjacent camp slipped off a rock while he was filling his water bottle. When he slipped, his foot got caught between two rocks and his body fell in an awkward direction breaking his ankle. You just never know when you're going to need to put your emergency skills to use – a foot entrapment and WFA incident on a backpacking trip for one of our club members.

We recently had the Wilderness First Aid class and it was amazing, as always. Travis Reid of Oregon Rescue does an incredible job teaching the class and makes it fun to learn some very valuable skills. The more people in the river community that have rescue skills and are trained in first aid and CPR, the better off we all will be when things are going wrong.

As many of you know, OWA has two extensive Wilderness First Aid Kits and a AED's that both go on all club trips and are available for club members to take on private trips as well. To check out either or both, send an email for [firstaid@oregonwhitewater.org](mailto:firstaid@oregonwhitewater.org) and Steve Oslund will work with you on the availability and you checking them out.

### OWA Meetings

Have you been to a meeting recently? If not, you should consider coming to the next meeting. After a busy summer, it's always great to get together with some friends – new and old – to eat FREE (well sort of free) pizza and tell stories that start something like “No...this really happened...” If you haven't been to a meeting, I make it a point to stand near the entrance to the room to meet all new members. If you have been wanting to meet some new people to run new rivers with, I can point you in the direction of people who might know the river you are interested in. The best way to learn about boating or to get invited on trips is to come to a meeting and introduce yourself to some like-minded people. Whether you are new or haven't been to a meeting in a while then come on down we would love to see you.

### October 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 the meeting!*

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*All smiles on the Nantahala River*



*Our trip leader for the Tuckaseegee Gorge, Ada*

## **Week of Rivers II Trip Report: Continued from page 1**

We tempted fate by running the Nantahala the first day. This was the only river we had run in NC, and I didn't want that to happen again. We found a group and headed up to the put-in. Everyone in the group was either a hardshell kayaker or a canoeist, and they were a little wary of the people in "duckies". The group we were in was too big to boat as a single group, so the leader separated us into 3 pods. Toria and I ended up in the second pod, which consisted mostly of people running the Nantahala for the first time. Our pod leader didn't think of herself as the pod leader, and she wasn't prepared to lead us. Luckily, Toria and I knew the run and were able to help out. A group of 4 boaters from St. Louis started calling Toria "mama duck" (which meant I was "papa duck"). That stuck after one kayaker flipped and lost his paddle, and I gave him a ride across the river in my IK and lent him my spare paddle to get himself all situated again. We spent the rest of the day having fun on the run. This section of the Nantahala is fairly continuous class II with a handful of II+ rapids and an easy class III at the end. Due to some miscommunication, Toria and I ran this last rapid close together, and when I dropped into a hole and climbed out, it flipped her. An inexperienced kayaker tried to get her to shore, and after getting banged around a bit, she got back into her boat to finish.

The next day, we chose to try a trip on an obscure river named the Swannanoa, a tributary of the French Broad. The trip leader was named Ed, and we were appropriately warned about going on an "Ed-venture". Ed had run the Swannanoa the day before, but I didn't realize that we would be running a different section of the river. We ran shuttle, and on the way back I noticed a dam on the river. We stopped to scout and found that we would need to portage (the IKs could have probably run the fish ladder, but if we missed the lead-in, we'd be going through a pipe that would barely accommodate a boat and ended in a nasty drop into a rock pile). In the end, Toria and I decided not to do the run. The long, weed-filled portage would be very difficult, and it didn't help that we saw many potential strainers on the shuttle, or that the run was mostly flat. On the way back to the cabin, I said I hoped that this was not a foreboding that we would only be running the Nantahala again...

On day 3, one of the trip announcements was for the Tuckaseegee Gorge, and our trip leader was a cute little 8 year old girl named Ada. How could we resist? The road into Bryson City follows the Tuckaseegee River, and I wanted to get a chance to see it. The run is pretty easy - lots of slow-moving flat water with a few class II rapids and a handful of class II+ rapids. It was fun watching Ada and her 11 year old brother kayak the rapids, and fun to do silly IK surfing in the little ledges. I kidded Ada when someone would pass her that people weren't allowed to pass the trip leader, and she would put people in their place. It was a fun day to relax and meet new people.

We had decided that for day 4 we would take a train ride on the Great Smoky Mountains Railroad, which we had seen traveling through the Nantahala Gorge when we kayaked it. We opted for the deluxe package that included lunch and air conditioning. The train goes around Fontana Lake, whose sources are the Nantahala and Little Tennessee rivers. We traveled up the Nantahala and

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## **Week of Rivers II Trip Report: Continued from page 4**

got to watch all of the people boating. On the way back, we got to see one of the reasons that kayakers don't think much of "duckies": A couple in a 2-person IK headed sideways into a rock without paddling, fell out of their boats, and swam through a rocky rapid while the boat stuck to the rock for a while. We got to visit the Nantahala Outdoor Center and hike a section of the Appalachian Trail (OK, so it was maybe 100 yards of it, but still...).

When we finished the train trip, the exit was through a model train museum. There was a huge layout of trains with lots of different buildings and things to see. I noticed that a young kid had some sort of checklist, and found out that there was a scavenger hunt. Toria loves games, so we spent about 30 minutes doing the scavenger hunt, looking for things like a car with graffiti, a squirrel in a tree, and Tom Hanks and Wilson on an island. We got a prize for finding them all!

The next day, Toria took a break and I hooked up with a group running the French Broad River. This run is a class III on a wide river (as much as twice the width of the Wenatchee). The hardest rapids begin with large boulder fences, but once you are past these, the lines are obvious. At the flow we had, there are wide ledges with limited options. It was a hot day, and after people got used to me blasting through the holes they were trying to avoid, it was great fun.

For July 4, we chose to run a lower section of the Tuckaseegee River called the Town Tuck (because it goes through Bryson City - I guess City Tuck was too awkward). We used the upper put-in, which meant we would run a class III+ rapid called Whittier. We had a few class II+ rapids to warm up, and then people pulled over to scout. Most of them were planning to run the rock garden on the right, avoiding the double ledge drop on the left. Since I am lazy and dangerous, I opted to boat scout the left side with a bad ass kayaker named Sheila who showed me the great line. After that, Toria ran the ledges, and the other kayakers began to follow her. We still had a couple of class III rapids on the run, but it was mostly moving flat water. One of the most interesting things was the crushed cars used as erosion control (if you've run the SF Stillaguamish below Granite Falls, you know what I am talking about). The next day, we took a trip on the Lower Green, which is class II+ and filled with inner tubers. The class III Upper Green has a terrible takeout, and the run between is the class V Green Narrows. This run is a lot like the first few miles of the Cedar River, meandering through the forest with the trees overhead. We really enjoyed this run, though the road down into the river is several miles of sharp switchbacks - not easy in a big SUV.

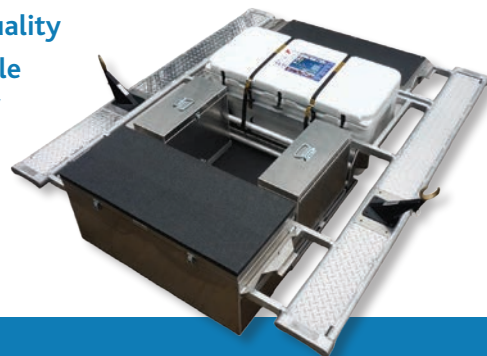
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*Whittier Rapid on the Tuckaseegee River, "Town Tuck" Run*



*Lower Green River*

## **Week of Rivers II Trip Report: Continued from page 4**

On Saturday, I considered 3 runs - the Ocoee, the Chatooga, and the Nolichucky. The Chatooga was low, and the trip leader on the Ocoee was worried that he would have to rescue the old guy in a ducky, so I went with the Nolichucky trip. This began with a 2 hour drive, followed by a 30 minute shuttle. We hired shuttle drivers to make the trip easier. The Nolichucky starts in NC and ends in Tennessee, and the shuttle goes up over the mountains. At first, I felt a hint of "uh, oh - are we going to have to save the old guy in the ducky", but this wore off as they realized I probably wasn't going to swim. The run is class III-IV - I would say it's similar to the Skykomish, though the hardest rapid is longer and a little easier than Boulder Drop. The first hard rapid is blind with a sharp turn in the middle that has two possible routes, but one is messy. The biggest rapid is called Quarter Mile, and it is indeed that long. We ran the entrance drop and then went to an eddy on the left with a nice scouting ledge. The trip leader pointed out the sneak route, which one person took, but I didn't see a reason not to run the normal line. The danger was that there was a big rock with a hole behind it and a smaller rock backing up that hole. As we scouted, a kayaker flipped in the first hole, right next to us, and proceeded to swim the entire rapid while the boat got stuck below the big rock for a few minutes. The rest of the run was read and run class III with good current between the rapids. It was very hot, and I hit a lot of drops sideways to cool off. This is definitely a run I'd like to do again, hopefully with more water (we had 1400 cfs).

On the final day, most of the people were leaving, but there was a trip on the Tuckaseegee Gorge that I decided to join. While waiting for the shuttle, I got a personal first descent running laps on the little creek that comes into the Tuckaseegee at the put-in. Something I didn't mention before is that the access road for the put-in is crazy. You turn left onto a road and then take an immediate left onto another road - when I say "immediate" I mean you just keep turning to get onto the road. I missed it the first two times I tried to get there. The run was supposed to be a quick one, but our trip leader was concerned that some of the boaters were not experienced enough to do the run, so it ended up taking twice as long as expected. Near the end, I broke away from the group, keeping them in sight most of the way. At the end of one rapid, I noticed a really nice air mattress stuck in the rocks. I went over and grabbed it, put it onto the front of my IK, and paddled with it to the takeout. The air mattress is frankly quite awesome. It is a blue lounge with pink flamingoes on the surface (to make Homer jealous) and a cup holder. This may eventually become my main boat...

The next day, we headed to South Carolina to visit my sister for a few days. I did another day at the US Whitewater Center park near Charlotte, NC. I did 5 laps and even ran the hard channel without a swim (though I did have to make 7 attempts to get out of a huge eddy). If you ever go there, make sure to get your runs in early, because the rafts are a major pain and will not hesitate to surf while you are trying to run the rapids.

Our second shot at the Week of Rivers went so much better than the first one, and maybe we'll get a chance to go back. The heat and humidity convinced Toria that there was no chance we would be moving there to retire. Oh well, I reckon I'll have to put up with the Pacific Northwest for a while longer.



*Rogue River Kitchen*

## Equinox on the Wild & Scenic Rogue River

*Submitted by Michele Gila, Photos by Don Smith*

On Wednesday Sep. 18th, we leave Portland and drive to Alameda where The Wonder Twins (aka Cathy & Don) have spent the day rigging their boats. Most of the drive is in dumping rain and Mark and I laugh regularly, imagining them getting soaked with each downpour we encounter. We spend the whole drive with me at the wheel and Mark on his iPad and iPhone negotiating a contract for our clients, going Sale Pending just as we took the Wolf Creek Rd. Exit. We decided to take the scenic one lane road over the mountain and come out at the Graves Creek Bridge. Shortly after arriving at Alameda, EmRo makes her way to camp, coming in from Olympia. As an added bonus, my cousin Taira shows up. She has recently moved to Grants Pass from CA. We hadn't seen each other in about 30 years, though we've kept in touch pretty regularly. We enjoyed sakè & avocado rolls & nuts for dinner. Shortly after dark, our 6th crew mate Scott Harvey aka Riverbear, rolls in and though we have a fire going for a while, the rain finally extinguishes it and we all retreat to our dry beds for a good night's sleep.

### Thursday Sep 19th Launch Day

Cathy & Don rise early and head to Smullin Center for the 7 am check in. Got the groover - we're good to go. We each receive new maps. Which of course have a different calculation for RM, making communication on the river a little challenging until we all get on the same page, so to say. We chit-chat a bit with Class Five Dave while he waits for his custies in from Hawaii. For fun, we rename him Riffle Dave. He was a good sport about that. Our plan for today is to make it to Little Windy for a nice layover. Tomorrow is supposed to be sunny. Five of us wrestle our way through Fish Ladder at Rainey, though Mark buries his raft in the middle chute. I missed that moment as I battled rocks river right. All make it through unscathed. Well distractions happen and two of our crew (who shall go unnamed) cruise right by Little Windy. Meaning, we push on. Luckily there are two really cute river otter playing hide & seek with us in the eddy and tensions turn to laughter. We make our way to Upper Horseshoe Bend and eddy out to hike over to the camp to see if it's available. Score! All boats tuck in, we take our time in the sunshine to unload and set up camp. Today I counted a total of 12 turtles basking in the sun. And we all agree, this is a way better camp for layover. Luck looks odd at first, sometimes.

Oh ya, this will be our first trip where the whole crew agrees to eat vegan & gluten free meals, as a means of being inclusive. I was determined this was possible and because of the nature of celiac disease and because I love my EmRo so much, we went to great lengths to be sure we kept her safe the whole trip. And to do so, and partly because I'm a control freak, and mostly because I love to cook riverside for people I cherish, I take on the position of crew chef. So this trip report is told through the experience of dining together out of one kitchen safe for its entire crew. Up until first dinner, which is tonight, we've all been on our own for food. The basic gist is everyone makes their own lunches and keeps that food & dishes separate from the main kitchen. And if you're my meal helper, you also cannot have beer (gluten) in the kitchen. We have a few other rules, like you gotta rock a cute apron, and river water for dish cleaning Must Get Boiled, we don't use bleach. Other than that, it's a pretty kick back set up. And because it's all vegan & GF, we have no other risk of contamination from basic human acts like double-dipping in the guacamole.

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Group Photo at Rainie Falls



Michele and EmRo in the Kitchen



Cathy on the River

## Rogue River Trip Report: Continued from page 7

**Appetizer:** beet & rice crackers with homemade Boirsin-style cheese. **Dinner:** homemade corn & wild mushroom chowder; tomato & feta & shredded kale salad with creamy cilantro dressing; homemade bread & pesto. **Dessert:** homemade zucchini bread with chocolate chips & toasted hazelnut crust.

### Friday Sep 20th - Layover Day!

No one is in a big hurry to get up. Except maybe \*that guy\* who forgot his sleeping bag. The river has been quiet and there is fog in the tree-tops. Don & Cathy put together a new coffee system so they are up brewing and I get to linger in bed, not having that task to tend. Which I consider a huge luxury. But I'm a morning person and I'm pretty excited to get breakfast going. So I rise & shine & head down to the river's edge where we set up the kitchen.

**Breakfast:** white bean, lion's mane mushrooms & sun-dried tomato frittata, with roasted squash & beets in chipotle sauce, with Egrane's "Tali sauce" to top it all. Yummy!

We spend most of the day hiking around, staring at the bend in the river, watching a GBH for what seemed like an eternity, and of course a heated round of bocce. We also knew that we had other friends on the river today and hoped we'd see them as they made their way around the bend. And by noon, Matt, Heather, Torrin, Zach, Kean, Whitney and Whitney's dad Whit float up. Her mom is hiking in with the family dog. There's just something sweet about being out on the Rogue and having friends stop by to visit, as they make their way further downstream to Kelsey Canyon to camp. I hear it was extra fabulous as the boys are now grown men and they took on the planning duties. Multi-generational boating has got to be special!

**Appetizer:** hummus, homemade Romanesco sauce & Mary's Gone Crackers, carrot sticks, mixed olives & homemade pickles plate.

**Dinner:** homemade makdous; stuffed mini-sweet peppers with cashew cheese & herbs; chickpea flatbreads (made at camp), (rice)macaroni salad with sundried tomatoes/Italian sweet peppers/celery/white beans; arnabeet; homemade tahini sauce.

**Dessert:** 2 chocolate bars around the fire.

### Saturday Sep 21st - The Last Day of Summer

And it doesn't disappoint. We wake up to clear sunny skies and take our time packing up camp. We have another long day ahead but feel no rush.

**Breakfast:** Build your breakfast bowl - roasted red taters in coconut oil & garlic; pinto beans with fresh oregano; pico de gallo; homemade Oaxahacan hot sauce; roasted pistachios.

We find ourselves floating through Kelsey Canyon at a nice pace. There's current but it's not so fast that we miss any beauty. 6 rafts and the late summer sunshine. Mule Creek was gorgeous as ever. We encounter a few more turtles taking us to 18 sightings for the whole trip. Oh ya, this is my first time rowing the Rogue. I've been on it two other times, but only as a passenger. It's like a whole new river to me and I'm having a blast. As anyone who knows the Rogue knows, up next is Blossom Bar. This is Cathy's first time on the Rogue and my first time rowing it, so scouting is a must. The line looks obvious, though not intuitive. But I'm prepared and make the slot with relative ease.

**Continued on page 8**



## Rogue River Trip Report: Continued from page 8

Noting of course that at higher water, I could see how one could get pushed pretty quickly into that picket fence of boulders. All totaled, I tap two rocks with my right blade tip the whole way through. I consider that a pretty damn clean run. There are high fives in the eddy below as we all let our heart rates settle back down. There's something eery and wonderful about making your way through that jumble of boulders and glancing over your upstream shoulder to see your friend emerge from behind that rock. A relief few humans get to enjoy. Today's hopeful camp is Half Moon Bar but as usual, it's already camped. And of course who do we see at the lower end? The Saucy Clan. So we stop for another round of hugs and laughter and get to meet Whitney's mom & dog this time. The light-tilt for last day of summer is evident and while we wanted to hang out longer, we felt the call to find a camp upon us. Scott stopped at Half Moon Lodge to take in a tour with Mike, the new owner. Sounds like it's going to be a real nice place. What a huge endeavor to clean up, repair, restore & improve the land and buildings in such a remote location. I look forward to visiting it next time! With few options on camps, we settle in at Upper Solitude. It's a rocky shoreline with a small hike up to the bear fence.

We're all a little tired and hungry, but we get the work done and just before dark, Scott finds us and dinner is ready! **Appetizer:** good ol' reliable chips & salsa & guacamole! **Dinner:** Jamaican black beans & sweet onions in coconut milk; homemade pupusas stuffed with shredded cheese; toasted walnut meats in olive oil with dried herbs & sea salt, Dorfi's slaw with corn/ sweet peppers/cilantro. **Dessert:** chocolate chip & cinnamon crisp cookies

### Sunday Sep 22nd - My birthday and the First Day of Fall

Around midnight the clouds and rain move back in. The 3 tents are huddled together and as I hear the first drops on my bivvy sack, I hear someone rustle around installing their rain fly. Mark and I are out under the clouds on our cots. I snuggle deep into my bag staying warm & dry. Around daybreak I start to emerge, hoping to see a bear. There are 3 deer across the river, but no luck with the bear. Maybe next time. Of course part of me thinks we also lucked out having no bear in camp. We heard there was a cinnamon bear getting a little too cozy in camps this summer. Maybe that would be more stress. The rain lets up here and there and we get a break for breakfast.

**Breakfast:** Ramen bowls with seaweed & miso; chopped fresh bok choy; kimchee; toasted almonds; shelled edamame; spicy crunchy noodles. Our last official meal together and I figured Why Not Go Weird on them with this finale. No one complained and maybe it was the sleep in their eyes, but I think I nailed it with the weird part. haha! If you've never had ramen for breakfast, give it a try! You might just like it.

As we pack up, the Saucy crew cruises by heading to the take out and the drive back out to reality. We aren't long behind them. A few rapids to enjoy and lots of waterfalls and more GBH and a final river otter, making the total 5 for this trip. About a mile from the take out a few rafts are on the cobbles and in an effort to help, Mark manages to sprain his ankle. But doesn't tell me. Until much later. We get to Foster Bar and in the rain, manage to wet pack all the gear, get all the rafts loaded onto trailers and make the drive up out of the canyon to the beach, where our crew will spend one more night together at Cape Blanco State Park. If you've never been there, it's worth the extra trek west from 101. Incredibly beautiful. We luck out and get 2 sites across from each other, sort of dry out some gear, watch a great sunset and start a fire. I have leftover beans and soup to offer up for dinner and a special bottle of apple cider wine to share. It's my birthday, after all! And what's this? Do I see candles and hear my friends singing? Yep! Along the way they manage to find a grocer who has vegan and gluten free ice cream. What luck! I felt so loved. Celebrating this One Wild Life with some mighty fine friends, on a wild & scenic southern Oregon river that winds it's way to the mighty Pacific. It's a wish come true. Buono Appetito!

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## INGREDIENTS

### White Bean Feta:

- 1 15 oz can great northern or any other white beans
- 1.5 tsp dried thyme
- 1/4 tsp each of garlic powder and onion powder
- 1/4 tsp salt
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- a very generous dash of black pepper

### Chickpea batter:

- 3/4 cup chickpea flour
- 1 Tbsp cornstarch or potato starch
- 1 Tbsp coconut flour or chickpea flour
- 1 Tbsp flaxmeal
- 1 Tbsp nutritional yeast
- 1/2 tsp salt or to taste
- 1/2 tsp each of chipotle pepper powder, mustard powder, garlic powder, oregano
- 1/2 tsp baking powder
- 3/4 cup coconut milk
- 1/4 cup water

### Veggies:

- 2 cups chopped Lion's Mane mushrooms, sautéed in olive oil til browned (you can use any type of mushroom, I just like the shredded texture of lion's mane in this dish. That said, you can use any combo of vegetable including broccoli or chopped carrots. Just use about 2 cups total.)
- 1/4 cup chopped sweet peppers
- 2 Tbsp chopped sun dried tomato

### Crust:

One pre-made frozen gluten free/vegan pie crust. I used Wholly Wholesome brand. Remove from freezer and unwrap and bake at 350 for 5 minutes, then remove from oven and fill it with the filling, once you've mixed it.



## Vegan + GF Frittata

*Adapted from Vegan Richa, submitted by Michele Gila, photo credit Don Smith*

## DIRECTIONS

- Preheat oven to 350 degrees F / 180°C.
- Add all the ingredients under Bean feta in a bowl. Mix and mash the beans a bit. (mash at least half the beans well) and let sit till you prep.
- Chop up & prepare the veggies and keep ready.
- In a bowl, mix all the dry ingredients of the chickpea batter (all ingredients through baking powder). Whisk well to combine. Add the coconut milk and water and mix to combine.
- Add the chopped veggies, and white beans to the batter. Fold in.
- Drop batter into pre-baked pie shell. Even it out.
- Bake for 40 to 50 minutes or until the center is not jiggly and the edges lightly brown.
- Once cooled, I then dropped it into a firm metal pie pan and placed another pie pan inverted over it and wrapped that in aluminum foil and placed it in the nesting shelf of my Yeti. It kept 2 days in cooler before I served it. I then placed it over a pot of simmering water to reheat it to serve for breakfast. I included a Tali sauce to go on top, but any sauce (even hummus!) can work as long as it's vegan & GF.



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Steve K 2012

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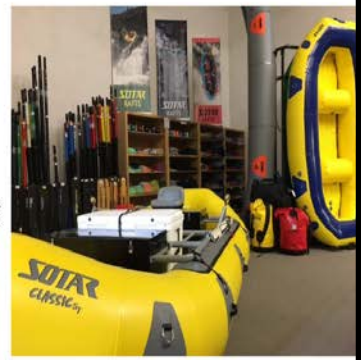


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# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2019 Veteran's Day, Rogue, Class III/IV	November 9-10, 2019	<a href="http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606">http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606</a>	

## PAST OWA RAFTING TRIPS

2019 McKenzie River Weekend Trip, Class II/III	June 20-23, 2019	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>
2019 Upper N Umpqua, Class III/IV	May 31- June 2, 2019	Bill Goss	<a href="mailto:zanng@msn.com">zanng@msn.com</a> , 503-757-4659
2019 Annual Upper Clackamas Whitewater Festival	May 18-19, 2019		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2019 Rogue Lodge Trip, Class III/IV	May 17th-20th, 2019	Van McKay	<a href="mailto:vanm1@aol.com">vanm1@aol.com</a> 360-737-3148
2019 Grande Ronde River, Class II/III	May 10th-12th, 2019	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a> , 509-525-6134
2019 Boating Skills 101	May 3-5, 2019	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2019 Lower North Umpqua OWA/NWRA Trip, Class II/III	April 26-28, 2019	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>
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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Scott Ogren flips at Boxcar Rapid on the Deschutes River

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