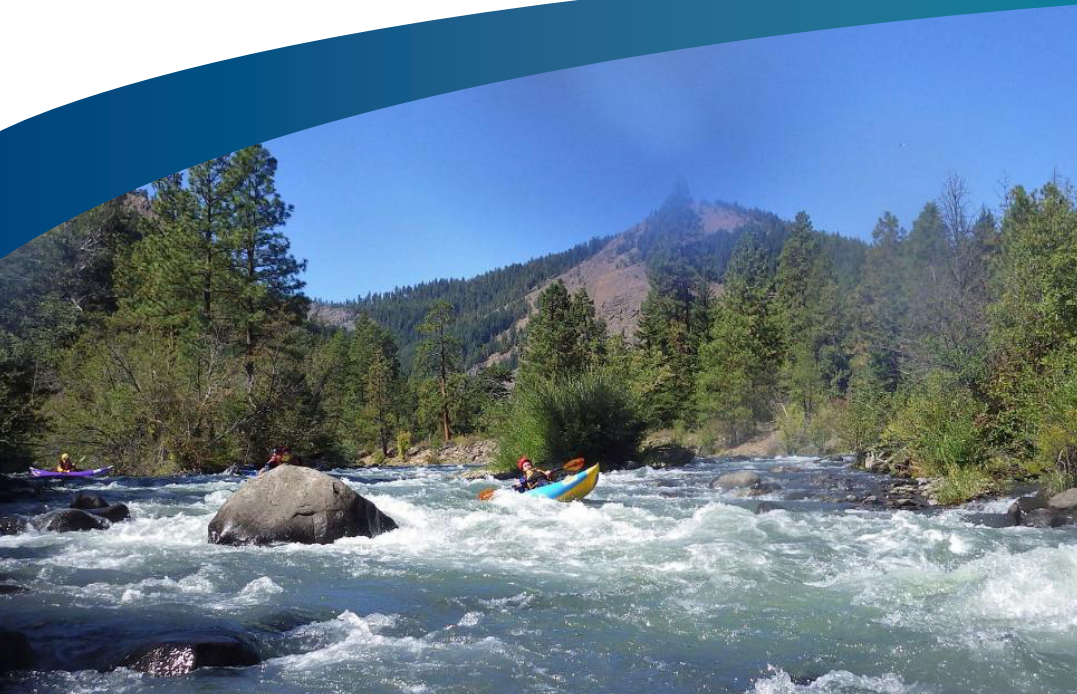


The Oregon Whitewater Association brings private boaters together for the enjoyment of whitewater boating. Our vision is to promote whitewater safety and training for all of our membership in an effort to provide safety awareness and confidence when executing river rescue skills. OWA is the community of choice where fun and river adventures thrive and where people and rivers connect.



(Low water high into the run - photo: Lyles Larkin)

Tieton: The Good, the Bad, and Providence

Submitted by David Elliott

2019 was a very different year for the Tieton. Weeks before the flip-flop was expected, people were already asking whether it would happen at all. The reservoir was low, yet releases were higher than inflows. The early Labor Day weekend saw low flows in the 650 cfs range. I went with a group of people who ran from the uppermost put-in down to a takeout above the dam, and a couple of us did a second lap. It was technical boating in small boats (the big boat in our group was a Super Puma), and still lots of fun. We heard rumors that commercial rafts got stuck at Waffle Wall.

The second weekend saw higher flows - around 1250. This is still low for the Tieton, but good enough for rafts running the entire run. I took some family in the raft and my wife Toria ran the 11x20 Sotar cat.

For the Rally weekend, the flows dropped to 1150, but that didn't dampen the enthusiasm of the river running community. When we got to the put-in, it was already crowded. There must have been 80 boats at the put-in at one point, and people were coming and going all day.

Continued on page 4

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November Club Meeting

Flying Pie Pizza

7804 SE Stark Street
 Portland, OR 97215

**Wednesday,
 November 13, 2019
 from 6:00-9:00 PM**

**Speaker:
 Paul Diaz**

**Topic: Hydrology and
 River Gauges
 (see page 2 for details).**

Contact Information



Your OWA Officers and Volunteers

Scott Ogren, President
president@oregonwhitewater.org

Mark Lewis, Vice President - Events
VicePresident-Events@oregonwhitewater.org

Christine Broniak, Vice President - Newsletter
VicePresident-Newsletter@oregonwhitewater.org

Dennis Schultz, Secretary
secretary@oregonwhitewater.org

John Lemke, Treasurer
treasurer@oregonwhitewater.org

Shakya Baldwin, Membership Director
membership@oregonwhitewater.org

Paul Diaz, Technology Director
techdirector@oregonwhitewater.org

Matt Saucy, Training Director
safety@oregonwhitewater.org

Cheryl Ford, Trip Editor
tripeditor@oregonwhitewater.org

Cary Solberg, Advertising Editor
advertisingeditor@oregonwhitewater.org

Jennifer Ogren, Newsletter Editor
newslettereditor@oregonwhitewater.org

OWA list server address:
H20Addicts@OregonWhitewater.org

OWA web site address:
<http://www.OregonWhitewater.org>

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.

November Meeting Speaker

Speaker: Paul Diaz

Description:

Paul is a Hydrologist for the US Department of Interior which manages the network of river gauges around Oregon. He will spend an evening with us explaining how they work and how to utilize all the information that is available to the rafting community.

New OWA Member Benefit and Club Elections! *by Scott Ogren*

If you haven't seen the emails I have been sending out lately, OWA has one more benefit of being a club member. We will be able to shop in the Columbia Sportswear employee store! They offer us limited windows of time and our first opportunity will be from November 15 to December 8, 2019. Everyone who receives this newsletter email and who's dues are current will receive an invitation to shop in their employee store. A lot of information is in the two emails I have sent regarding this, however the most important thing to know is you will need to show photo ID to get in and your name must on your ID match the name on the email invitation. That means if you are receiving this email and your spouse wants to go shopping, they will need to follow a few steps outlined in the second email I sent.

The November meeting is when we nominate for the club officer positions that are coming open. This year we have VP, Events, VP Newsletter and Treasurer positions open. If you are wanting to be in a leadership role with your club, this is your chance.

Also, OWA has two extensive Wilderness First Aid kits and AED's that goes on all club trips and are available for club members to take on private trips as well. I encourage you all to get a hold of Steve Oslund to arrange to take both with you on your next private trip. You can reach Steve by sending an email to firstaid@oregonwhitewater.org. There are some rules associated with checking them out and Steve can fill you in on those.

Did you know that if you suggest a speaker and they make a presentation at a meeting, you will be entered into a drawing at the end of the year for \$150? We are always looking for meeting speakers. Did you go on a river trip that you want to tell the club about? Nominate yourself to be a speaker! Let a board member know if you know someone who is willing to speak at one of our meetings and if they speak you will be entered into the drawing. And doing the math on this drawing, your chances are good as there are only eight meetings a year that we need speakers for! There is also a newsletter drawing for everyone who submits a trip report to the newsletter. Each article is a chance to win that drawing for \$150! This is your chance to be published!

OWA Communications

The winter boating season is almost here! This beautiful fall weather we have been having means no rain to fill the rivers, so enjoy the fall sunshine because the rain will be here soon enough. When it does rain and we have water in the rivers, the H20Addicts email list server which sends an email to everyone in the club and the OWA Facebook page are both great ways to look for trips and invite people to yours. If you are newer to the club and are looking to run a river section that you've never done before, I can promise you that someone in this club has run every river you can think of around here. The best way to find them is to ask!

November 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 hear Paul Diaz talk to us about the river and stream gages we all depend on to tell us the water flows in our rivers we all know and love.

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dues.html](http://www.oregonwhitewater.org/dues.html)**

Tieton Trip Report

More boats than you can shake a stick at.
Photo: Lyles Larkin



Tieton Trip Report: Continued from page 1

I made the mistake of not setting up a shuttle and drove to the takeout at Tim's Pond without a plan. I have done this kind of thing before and not been so lucky, but this time providence stepped in. I made it to the takeout just 5 minutes after my friends had left, so I put on my drysuit and stuck out my thumb. Within a minute, I had a ride from a nice couple from Yakima who were going as far as Windy Point. When they let me off, my thumb went out again, and within a few minutes I had a ride with BEWET (the Boeing club). The only problem there was that I didn't realize that they would be stopping a couple of miles upstream and on the other side of the river from where I wanted to be. Once again, I walked to the road and stuck out my thumb. It was only 2 minutes before a friend stopped and gave me a ride directly to the regular put-in. Even better, my wife and friends had already loaded my IK and gear and we headed up to the uppermost put-in.

Providence does have a way of making you humble. Below the second rapid, I picked up a loose paddle from someone in our group, and on the way to taking it back, I flipped. I hadn't practiced IK self-rescue for a while, and was happy to find out that I was still good enough to get back into my boat in the middle of a rapid. We made it down to the Dust Bowl put-in and joined a larger group... or started to, when the D-ring that holds in my backrest broke and I had to rig up a camstrap to hold it in. Continuing down, we saw crowds of people everywhere.

We would try for a lunch stop only to find it too crowded to stop. We made it to High Noon and I made a last-second decision to take the left slot. I didn't make a decision which way to go when I got in there, and providence (or karma) decided to send me for a second swim. Again, I was happy to find that I could still self-rescue. My wife just shook her head. "Of course you swam".

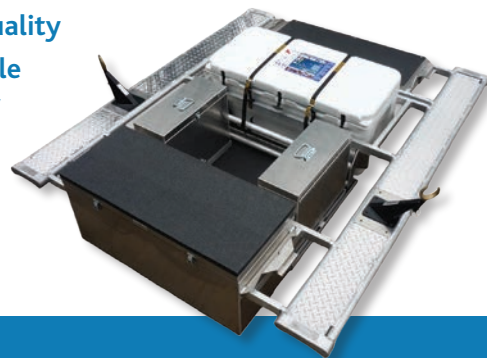
So there you have it - low water, but lots of people and lots of fun. For some people, the Tieton is the end of a fun season of boating. For me, it's another fun month in the never-ending boating season in the Pacific Northwest. See you next time!



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“The Offset” is a performance feature that brings oarsman's wrists, elbows and shoulders into a more neutral alignment, significantly minimizing rower fatigue by utilizing efficient body mechanics throughout the power portion of every stroke.

“Dual Thumb Control Technology” safety/performance feature provides a comfortable, contoured, dedicated thumb location when holding the Grip in the traditional thumb-under hand position. Or, oarsman can safely and securely utilize Gilman Grips Power Position, with the Thumb Drive on the end of the Grip.

The **“Thumb Drive”** safety/performance feature allows oarsmen to row in the Gilman Grips Power Position with a thumb on the end of the Grip, by providing a secure contoured hold between the thumb and index finger. The Thumb Drive feature provides unprecedented oar control and prevents the oarsman's hand from slipping on or off the Grip. In the Power Position oarsman are much less likely to lose control of the oar or be ejected from the boat because Gilman Grips do not easily slip in or out of your hand like traditional grips.

The **“Power Pad”** safety/performance feature puts comfort and control in the palm of your hand. This feature eliminates the need for oar rights by stopping unwanted oar spin through a large surface contoured to fit the palm of your hand. The additional palm surface area maximizes push-stroke power and efficiency, minimizing hand fatigue. On the finger side of the Power Pad, the Gilman Grip diameter has been reduced to the most efficient size to transfer all the pull-stroke energy through the strongest part of your fingers minimizing hand fatigue.

Compatible with but eliminating the need of oar rights, the Grips can be retrofitted onto any composite oar shaft after removing the factory grip. Gilman Grips can be purchase at gilmangrips.com [Koffler Boats](#) [Andy and Bax](#) and are available as a factory-direct upgrade from [Sawyer Paddles and Oars](#) or from any Sawyer products retailer.

Planning a trip down the Grand Canyon? Don't forget to ask for Gilman Grips, available as a rental option from Grand Canyon Painless Private Outfitters. [Pro River Outfitters](#) [Moenkopi Riverworks](#) [Ceiba Adventures](#) [Canyon REO](#)



The Bull Run: OK, Now I am Confused

Submitted by David Elliott

Photo Credits: Lee Chavez - Slalom Gates, Ash Cliff, David Elliott - A rapid on the Bull Run



In the summer of 2012, a couple of us Washingtonians decided to take a trip down to Oregon for some inflatable kayaking. We started with the Clackamas, then went to the Santiam, followed by two days on the N. Umpqua, a quick run on the Row, and had decided to finish up on the Sandy before heading back to Washington for a couple of days on the Sauk and Stillaguamish.

On the last day in Oregon, we wanted to run the Sandy. We got out our copy of "Soggy Sneakers" and read the details. The Dodge to Oxbow run was shorter than we wanted, so we decided to add a section above it. The description for the Bull Run was more interesting than the Revenue Bridge section on the Sandy, but the flow on the Bull Run was low and we had no information on wood or dangers on the run, so we opted for Revenue Bridge.

We got to Oxbow and dropped our takeout vehicle. I had a new smartphone with a GPS, and the American Whitewater web site had a new feature where I could click on a link and it would set up the GPS to go there. I clicked on the put-in and we headed out. We didn't take another look at the guidebook - I trusted technology to get me there.



We reached the bridge over the river, but the GPS told us to keep going up the hill and take the next right. We went up a half mile and we were supposedly there, but there was no visible river access. We figured that there had been an access that got closed. We headed back to the river and parked in a parking lot next to an old power house. We then looked around the bridge until we spotted a trail down to the river. We inflated our boats and prepared for the run. The hike down to the river was long and steep, so we decided to do it in one go. About halfway down the trail there was a sign warning us of a fish trap on the Bull Run near the confluence with the Sandy. I thought it was odd that they would be warning us about it, but it could be for fishermen, so we didn't let it bother us.

On the river, we paddled up to some caves in the cliff and then prepared to head downstream. We went under the slalom gates and headed into a long boulder garden. We ran several fun class III rapids, passing by beautiful waterfalls in a steep canyon. The difficulty of the rapids made us decide that we had made the right decision - if the Revenue Bridge section was this hard, the Bull Run would be a lot harder. Someone must have under-classed the run.

Continued on page 7

The Bull Run Trip Report: Continued from page 7

We continued down to the confluence. When we got to Dodge Park, I was a little confused by Dodge Park being on the left and I also had expected the Bull Run to be on river right, but I figured I must have forgotten the description after a week of river running. The pipeline rapid was a lot of fun, and we made the most of the rapids below. One of the most amazing sites was a huge ash hillside with trees buried in it. I wondered how long those trees had been buried there.

We made good time to the takeout, packed up, and went back to the put-in. We then headed north. At one point, we went over a different bridge that had a sign saying "Revenue Bridge". That was strange - was Revenue Bridge the name of a specific bridge, or was it a type of bridge, which would explain why there was another one.

That evening, we decided to spend the night at my house near Seattle so we could do laundry and resupply for the final leg of our trip. I checked the American Whitewater web site and reread the Soggy Sneakers information. Sure enough, WE HAD RUN THE WRONG RIVER! Unbelievable. I checked the GPS coordinates on the AW web site and noticed that both the Revenue Bridge and Bull Run put-ins were off by several miles in the same direction. It was as if the GPS used to gather the coordinates was miscalibrated. If we had tried to go to the Bull Run put-in coordinates, we would have been somewhere on a mountainside. It was a complete coincidence that the coordinates for the Revenue Bridge put-in ended up being so near the put-in for the Bull Run.

I have heard stories of other people going to the wrong put-in and finding themselves running unexpected waterfalls and hiking out. We could have ended up in some crazy wood-choked class V canyon with no way out, but as luck would have it, we got to run the Bull Run. I look forward to getting to do this run again someday. It was a great run!

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This is our annual Holiday Party. Join us for our annual ugly sweater contest and the white elephant gift exchange as well as the end of year prize give aways!

The holidays are upon us once again which means it is time for our annual party. It will be held at the Lucky Labrador Beer Hall on NW Quimby street. You can start showing up at five but the first food will not be served till six. We will have the time honored white elephant gift exchange as usual.

How to play the game:

1. Everyone brings an inexpensive gift to the party. Bring a river or camping related item or something hilarious that someone "other than you" MUST HAVE. Preferably it is something you already own laying around the house or garage.
2. All gifts should be wrapped with no outside markings. You shouldn't know who the gifts are from or what they are.
3. Everyone puts their gift in a pile on the table and will draw a number.
4. Number 1 goes first, picks and unwraps a gift.
5. Number 2 can pick a gift off the table or "steal" an unwrapped gift from another person. If an unwrapped gift is "stolen" the person it is stolen from can then steal or pick a wrapped gift.
6. A gift cannot be "stolen" more than twice. So whoever steals it second gets the gift.

INGREDIENTS

6 C Chicken Broth

4 Cloves Garlic

6 T Olive Oil

2 Pounds Wild Mushrooms
(Chanterelle/Porcini (King Bolete)/
Maitake (Hen of the Woods)/Lion's
Mane/Lobster/Cauliflower, etc)

2 Shallots, Diced

1.5 C Arborio Rice

1/2 C dry white wine

Sea Salt to Taste

4 T Butter

1/3 C Grated Parmesan



Wild Mushroom Risotto

Submitted by Christine Broniak

DIRECTIONS

There has been a bumper crop of wild mushrooms to harvest this year. Learn the species in your area and learn about safe identification and you can collect your own. Another option is to buy them at the grocery store but they will be more expensive. You can use ordinary crimini mushrooms for this recipe but remember to skip the first step (dry sauté) as it is not necessary with these species. In this case, sauté with oil, salt, and garlic immediately.

1. Clean and slice the wild mushrooms, put them in a pan by themselves and cook at medium heat until the water is gone. Then add 3 T oil, salt to taste, and diced garlic cloves. Cook for a few more minutes until the flavors are cooked into the mushrooms. Put them in a bowl and set aside.
2. Heat up the chicken broth on a low setting in a saucepan next to your frying pan. It will bubble just a little when it is ready.
3. Warm up 3 T Olive Oil in pan and add sliced shallots. Cook for a few minutes and then add Arborio Rice, stirring to coat the grains with oil. Add the dry white wine and allow it to soak into the grains.
4. Begin to add the warmed chicken broth 1/2 C at a time to the Arborio rice and stir, allowing the grains to absorb the warmed liquid each time. The key to risotto that is not soggy is to prewarm the broth and to add it very slowly (1/2 C at a time) until the grains absorb it each time.
5. Sample the grains to ensure they are well-cooked but with a slightly firm "al dente" quality. You may or may not have added all of the broth at this point.
6. Melt the butter into the grains, Add the mushrooms you set aside, and cook on low heat. Add salt and pepper to taste. Remove from heat and stir in grated parmesan cheese.



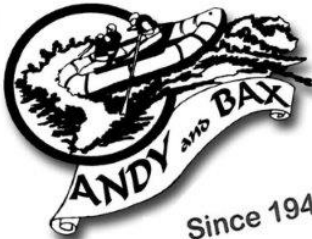
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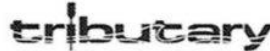
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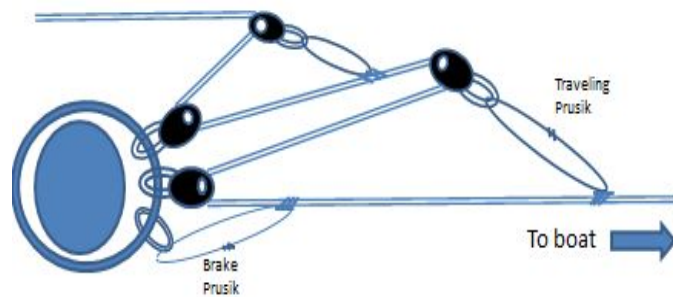


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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2019 Veteran's Day, Rogue, Class III/IV	November 9-10, 2019	http://oregonwhitewater.org/calendar/trip-calendar/2019-veterans-day-trip-rogue/?eID=12606	

PAST OWA RAFTING TRIPS

2019 Fall Colors, North Santiam, Class II/III	October 5, 2019	Matt Saucy	sawdusty9@yahoo.com , 971-241-5396
2019 McKenzie River Weekend 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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Ashland Creek, Lithia Park, By Will Volpert

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