

*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.*

## Survey Says!

What an incredible response rate on the club survey. We received 115 responses, well above what we were expecting. Well done, everyone! All of the elected board members have had the chance to read each of your responses, and have already been inspired to change some ways we interact with the club around a bit. We were also happy to read about what we have been doing well and of course where there is still room to improve. With that, we wanted to offer some of the survey results to the whole club, in an effort to keep you informed.

- We are happy to see that most folks visit the website somewhat regularly, either weekly or monthly. And it appears that the most frequented page to visit is the Trip Calendar. An adventurous bunch!
- It was clear that we really need to focus on website navigation, which is well underway. We also heard that many have a hard time signing up for trips and making payments, another process that we are working hard to correct. The new website should make so many “glitches” go away. The technology director and the rest of the team have a lot of work ahead but have great plans to offer better tools for the members.
- I’m personally delighted to know that so many read the newsletter and it was interesting to learn that many of you read it via the facebook link. Glad to see that benefit is growing strong and helping members connect more socially. We’re going to need to be changing it up on the newsletter as our technology changes. We are absolutely dedicated to doing this with grace and with tips for the user. It is certain to be a more useful tool and we aim to show you all how to navigate it and find the information you seek. Plus the photos you submit will look fantastic!

*Continued on page 4*

## In This Issue

<i>Survey Says!</i>	<b>1</b>
<i>OWA Contact Info</i>	<b>2</b>
<i>And The Winner Is</i>	<b>2</b>
<i>President’s Corner</i>	<b>3</b>
<i>River Safety</i>	<b>5</b>
<i>Wild Rivers Night</i>	<b>9</b>
<i>Recipe of the Month</i>	<b>10</b>
<i>Knot of the Month</i>	<b>12</b>
<i>OWA Trip Calendar</i>	<b>14</b>

### February Club Meeting:

**Clackamas Aquatic Park**  
7300 SE Harmony Road  
Milwaukie, OR 97222

**Wednesday,  
February 8, 2017  
from 7:00-9:00 PM**

*Pool session to practice knots, flipping boats, throw-bagging and other rescue skills in the water. Please remember to bring your helmet, PFD, and river shoes. No food is provided at this meeting.*

**See page 5 for details**

# Contact Information



## Your OWA Officers and Volunteers

**Scott Ogren, President**  
[president@oregonwhitewater.org](mailto:president@oregonwhitewater.org)

**Skip Currier, Vice President - Events**  
[VicePresident-Events@oregonwhitewater.org](mailto:VicePresident-Events@oregonwhitewater.org)

**Michele Gila, Vice President - Newsletter**  
[VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org)

**Tom Lofton, Secretary**  
[secretary@oregonwhitewater.org](mailto:secretary@oregonwhitewater.org)

**John Lemke, Treasurer**  
[treasurer@oregonwhitewater.org](mailto:treasurer@oregonwhitewater.org)

**Shakya Baldwin, Membership Director**  
[membership@oregonwhitewater.org](mailto:membership@oregonwhitewater.org)

**Ben Corrado, Technology Director**  
[techdirector@oregonwhitewater.org](mailto:techdirector@oregonwhitewater.org)

**Bill Warncke, Training Director**  
[safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org)

**Cheryl Ford, Trip Editor**  
[tripeditor@oregonwhitewater.org](mailto:tripeditor@oregonwhitewater.org)

**Cary Solberg, Advertising Editor**  
[advertisingeditor@oregonwhitewater.org](mailto:advertisingeditor@oregonwhitewater.org)

**Jennifer Ogren, Newsletter Editor**  
[newslettereditor@oregonwhitewater.org](mailto:newslettereditor@oregonwhitewater.org)

**OWA list server address:**  
[H2OAddicts@OregonWhitewater.org](mailto:H2OAddicts@OregonWhitewater.org)

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

**Do you have something you would like to submit to the OWA Newsletter?**

Contact Michele Gila at  
[VicePresidentNewsletter@oregonwhitewater.org](mailto:VicePresidentNewsletter@oregonwhitewater.org)

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for \$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.

## And The Winner Is...

Thank you for all of your newsletter submissions throughout the year, for the excellent speaker & topic suggestions and of course most recently, your thoughtful responses to our club survey. We all make this club SHINE!

The winners for the 2016 drawings are Shannon Scroggins for her chowder recipe and Steve Kasper for his meeting speaker suggestion. And our survey drawing winner is Jessica Smith.

A round of applause for the winners and for all of you who took the time to contribute.

That said, we're taking submissions for 2017 so if you have a recipe to share, a river trip to tell us about, a meeting speaker or content you think the whole club would enjoy, we're ready!

## Club Survey Comments

by Scott Ogren

The survey has been a great success! We have had a large number of responses and some very good ideas in the comments sections. I have read every response and very much appreciate the input you have given to us. There are two comments that have come up several times that I will address.

The first comment that has been repeated several times is new club members have expressed difficulties in breaking into such a large group. I get it – you show up to a meeting and it can be intimidating walking into a room full of people where seemingly everyone knows each other except you. I had a first meeting too and experienced that very thing. As a board, we are all committed to welcoming new members and those visiting us at meetings to decide if they want to join up. I invite you to show up to a meeting and if you walk into the room and have that look like you don't know anyone, someone will approach you and introduce themselves.

The second reoccurring comment is beginning boaters have said it is difficult to find people to boat with and some of the club trips and events are beyond their skill level. OWA has people of all skill levels. While some people prefer class 5 whitewater, there are many people who are looking to go on class 2 and 3trips. In addition, the safety program is aimed at building skills from the ground up – beginners are always welcome! We offer a beginning boating trip, a River Safety Training class and Wilderness First Aid class where no experience is necessary.

In addition, we have two primary ways to find people to boat with and set trips up. First is our email list server, if you send an email to [h2oaddicts@oregonwhitewater.org](mailto:h2oaddicts@oregonwhitewater.org) it will be sent to everyone in the club. The second is our Facebook group at [www.facebook.com/groups/oregonwhitewater/](http://www.facebook.com/groups/oregonwhitewater/). If you are not enrolled in either, please send an email to [membership@oregonwhitewater.org](mailto:membership@oregonwhitewater.org) and Shakya will verify your membership in the club and enroll you.

We will be holding our annual auction in early April, culminating at the April club meeting. We have some great items on the list this year. We are also having another adventure day this spring at Bungee.com and ZipLineX! Watch for more info on that soon!

## Incentive Prizes

I'd like to take just a minute to remind you about our incentive prizes and how easy it is for you to win one. We will have two \$150 prizes up for grabs for two club members that put in just a little extra effort in support of the club in 2017. The first is our newsletter submission prize. If you submit material to the newsletter and it's included in any issue your name is included in the year end drawing. The second prize is for anyone providing leads for a meeting speaker. We only have 7 meetings each year with speakers so your odds are great to win this one! So write an article or introduce us to a speaker and get into one or both of the drawings! Good Luck!

## FEBRUARY MEETING

*The next meeting is our annual safety skills training at the Clackamas Aquatic Park. We have some great things scheduled this year and we think it will be a great refresher for you and the instructors. We're looking forward to seeing you there!*

**Are you current on your dues?  
Pay online with PayPal!**

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

## Survey Says: Continued from page 1

- **Safety Safety Safety.** It was clear this is a high value membership benefit. We understand the distance for some members to travel is preventing some from participating in the programs offered and the club events. We also fully recognize getting together the fees can be challenging. With our generous donors, club sponsors, club trips, and annual auction, we will focus on keeping those costs to you as low as we can. It was clear most plan to participate at some level, keeping up on their skills and some of you even asked for More More More... more pool sessions, more skill building, more safety training.
- We received some excellent recommendations for guest speakers and monthly meeting topics. It was obvious that the overwhelming response is for more information about rivers. Rivers Rivers Everywhere! Camping tips, wildlife experts, safety trainers, river ecology, weather & mapping, boat care, gear care and tips, cooking tips, and more and more river trips details and photos. Skip will be taking a closer look at all of this for the coming year.
- Speaking of rivers, you want to go more frequently. There were even a few of you who are wanting to step up to be a Trip Leader. Well we are ready for that! Past leadership has put together very specific tips for how to lead a trip and we're ready to coach you through. We were all amazed at the overwhelming request for more day trips on the local rivers around the region. And it was clear that we have new boaters wanting more coaching & time on easier skill building runs, and the other end of the spectrum, more boaters seeking information and support for some of the class IV & V runs. H2O and facebook are a great way to gather momentum for a day trip or to ask for what you need. And always check that Trip Calendar for additions. 2017 is already shaping up to be a busy year on the water, to take advantage of all that snow melt ahead.
- In your final words, we felt the love and heard the ask. Some we will figure out ways to implement, others are great dreams but hard to achieve for the club. It turns out it really is hard to meet everyone's needs 100%. Suggestions to shift locations or days for meetings were submitted, hopes for more summer trips were included, and a few even want more opportunity to meet the club members. So if you're at a meeting or event and someone nearby looks unsure or is a new member, go shake their hand and introduce them to someone else too. We've all been that new person at a meeting. If you're used to sitting in the same spot, mix it up, meet someone new. Try a new slice of pizza. Bring your practice ropes to events and during social time, show a friend a knot or two and work on mastering that knot. Our Knot of the Month is a good source of ideas. We were asked to consider creating a section on the website for posting private weekend trips or to communicate about river hazards. And even to consider networking for other related trips, for when those river levels are too low (or too high), like snowshoeing or group hikes along a river. There was an outpouring of love and appreciation for the whole organization and its members, and gratitude was expressed for all of us at the Board level. Thank you. And well, you too could be one of the next leaders, so if you're considering taking the reigns for a term, let one of us know. Keeping a fresh rotation of ideas combined with the deep wisdom for the long time members is key for a club to thrive.

OWA February 2017 Meeting

Topic: Pool Practice Session

Location: North Clackamas Aquatic Center 7300 SE Harmony Road, Milwaukie

All skill levels welcomed and encouraged!

Everyone in the pool must have the following gear (if you don't have it you can't get in the pool): **Helmet, PFD, River Shoes/Sandals**

Details: This is a great time to bring your families out, update skills and get some refresher training from some extremely knowledgeable folks who have graciously donated their time. The Pool Session will begin promptly at 7:00PM and run to 9:00PM. This year we are again offering two tracks. We will divide into groups and then rotate through the stations.

The schedule looks like this:

7:00pm- Introductions

7:30pm- 1st rotation

8:00pm- 2nd rotation

8:30pm- 3rd rotation

9:00pm- Gear breakdown and packing

The Basic track will include three rotations:

Basic Knots - Bruce Ripley

Throw Bagging - Sam Drevo

Paddle Raft Flipping - Zach Collier

Children should all be in the Basic track.

The Intermediate track will include:

Cat Flipping - Steve Oslund

Rigging - Michael Hughes

Mechanical Advantage - Dave Nissen

You are encouraged to do a solid self-assessment and determine the right group for you. I will redistribute as necessary to have relatively even groups. Children should all be in the Basic track. If you have questions prior, please contact me at [safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org).

## Fueling the Fires Within

*Submitted by NRS Representative*

Cold weather and water present a variety of challenges to boaters who want to extend their season into fall, winter and spring. Just as important as the right apparel and gear for your safety and protection are proper nutrition and hydration to keep your body fueled and warm. Your body produces heat in three ways: the metabolism of food, shivering and exercise. The “thermostat” that regulates your heating and cooling systems is located in the part of the brain called the hypothalamus. The sensors that feed information to the hypothalamus are located in your skin and body core.

Your baseline heat production from the digestion and metabolism of food goes on around the clock with most of the heat being produced by the internal organs in your body core. When you get chilled, the sensors rev up your metabolic rate, as much as doubling it. The “fuel” needed for a quick crank up of heat is glycogen, a form of the carbohydrate glucose, which is stored primarily in the muscles and liver.

When your core temperature drops 2-3°F, your thermostat triggers that uncontrolled contraction and relaxation of muscles that we call “shivering.” It can increase your baseline heat production five to seven times. It too depends on your body’s supply of glycogen to fuel this heat production.

The most efficient way your body produces heat is by voluntary exercise, a heating process up to 15 times more abundant than your baseline heat production. Exercise is not only more efficient than shivering; it does useful work – like paddling or rowing, or in a survival situation, building a fire or an emergency shelter. Once again, you need that glycogen fuel to power your exercise activity.

Cold weather itself doesn’t increase your body’s need for more food calories. However, some cold induced conditions necessitate more fuel intake. It takes a surprising amount of heat energy to warm the air you breathe in during activity in the cold. Heavier, more restrictive clothing causes you to burn more calories. And as mentioned earlier, shivering and exercise draw down your glycogen reserves. Much of the research on calorie need in cold weather has been done by the military. Their studies show that soldiers operating in cold conditions require up to 40% more food calories than in temperate conditions.

Surprisingly, dehydration is all too common in cold weather. Cold temperatures interfere with the proper metabolism of food and reduce your appetite. Cold weather impairs the shivering response and leads to lethargy and low energy levels. Cold also reduces your urge to drink fluids. We often avoid drinking because increased clothing layers make it more difficult to pee. Dry winter air pulls a lot of water out of our body. As we breathe, water humidifies the air going into our lungs and is then exhaled (hence, “seeing your breath”).

Another form of fluid loss in cold weather is “cold induced diuresis.” When you get cold, your heat regulatory system constricts blood vessels in your extremities to protect the body core from heat loss. With this shrinkage of volume of the vascular system, the signal goes to the brain that there’s more blood than the body needs. The brain tells your kidneys that they need to get rid of some water. This explains your needing to pee more often when out in the cold. So, you can see the importance of good nutrition and hydration to keep your body in the most efficient and comfortable condition for high performance in cold weather. Here are some dos and don’ts to help you stay warm and safe; so you can get the maximum enjoyment during cold season boating:

- Do eat nutritious high-carbohydrate foods prior to boating or other exercise in cold weather. High carb intake one to four hours before exercise will restore liver glycogen. To get glycogen to the muscles, the carbs need to be eaten several hours earlier.



# CENTRAL IDAHO RIVER SHUTTLES

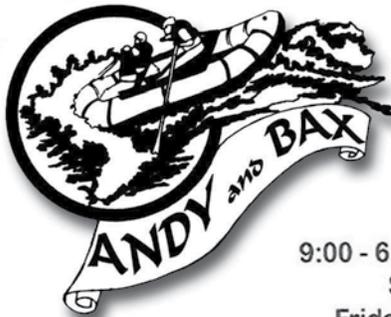
Shuttling the Salmon River: Middle Fork, South Fork, Lower Gorge, and the Main. Also Hells Canyon and the Selway River.

**(208)507-1830** pat@centralidahorivershuttles.com  
www.centralidahorivershuttles.com

## Whitewater Specialists

— Sales & Service —

Since 1945



9:00 - 6:00 Monday thru  
Saturday  
Friday 'til 9:00 pm

OWA MEMBERS

# 10% Discount



324 SE Grand  
Portland, Oregon 97214  
503-234-7538  
www.andyandbax.com

*"Not for Children or the Faint of Heart"*

# ZiplineX

 503-520-0303  
*"The Experience"*

Eight Zip Lines  
Eight Aerial Bridges



www.bungee.com  
at the intersection of NE Healy Rd.  
and NE Belvins Rd., Amboy, WA 98601

# BUNGEE jumping



## *River Safety: Continued from page 5*

- Do continue to eat snacks high in carbohydrates throughout the day. There are numerous energy bars, gels, and granola bars on the market. Dried fruit, trail mix, crackers, and cookies are good sources. Choose sources high in complex carbohydrates and low in simple sugars for a steadier supply of energy. Simple sugars provide a quick spike in energy, with a corresponding dip or crash.
- Do drink lots of fluids during the day. Drink small amounts often. Drinking a large volume in a short amount of time is more than your body can absorb, so most of it just passes out through the kidneys. Some sources say consume at least 5 ounces every 20 minutes. As long as you're eating a well-balanced diet, plain water is sufficient. During prolonged heavy outdoor exercise you may want to supplement an electrolyte/carbohydrate replacement sports beverage.
- Do try to consume warm foods and beverages when out in the cold. Your body has to use energy to warm cold food and drinks, creating a chilling effect. Warm stuff is also a great psychological morale booster.
- Do moderate your caffeine consumption. Caffeine is a diuretic; it draws water out of your system. Hot cocoa is a great winter drink, as well as hot cider and soup.
- Do replenish your energy supplies at the end of a day's boating. Take in some good carbohydrates and a bit of protein within two hours of hitting the beach. Eating some food before you go to bed will help you stay warm when you're curled up in your sleeping bag.
- Don't practice any restrictive diets during times when you'll be spending significant times outdoors. You need to keep your body supplied with lots of good fuel for cold-weather comfort.
- Don't consume excessive alcohol when out in the cold. It may feel like it "warms" you up, but it actually causes your peripheral blood vessels to dilate, bringing more blood to your body's surface and radiating your heat out into the cold.
- Don't adopt a high-fat diet right before going on a boating trip. Yes, it works for the Eskimo and other northern natives, but it takes at least a couple of months for your body's metabolism to adapt to the diet and give you the glycogen fuel you need for those winter conditions.

Modern layering, insulating and technical outer garments have opened up the entire year for boating and enjoying the great outdoors. Dress right, eat well, drink often and enjoy some great cold weather boating!

RESCHEDULED DUE TO SNOWPOCALYPSE...  
LET'S TRY AGAIN ON FEBRUARY 15TH

# WILD RIVERS — NIGHT —

FILMS, IMAGES, & PRESENTATIONS ON WILD RIVERS

~~JAN. 12, 2017~~ | PATAGONIA PORTLAND | 907 NW IRVING ST. PORTLAND, ORE.

*Get Your Tickets Today @ [www.wildriversnight.org](http://www.wildriversnight.org)*

patagonia



## INGREDIENTS\*

4 Tbsp. Oil

1 Large Yellow Onion

2 Red/Yellow/Orange Bell Peppers

3 Tbsp. Ground Garlic

1 tsp Salt

3 tsp black pepper

4 to 6 lbs. Pork Ribs

1 Cup Red Wine OR ½ Cup Vinegar

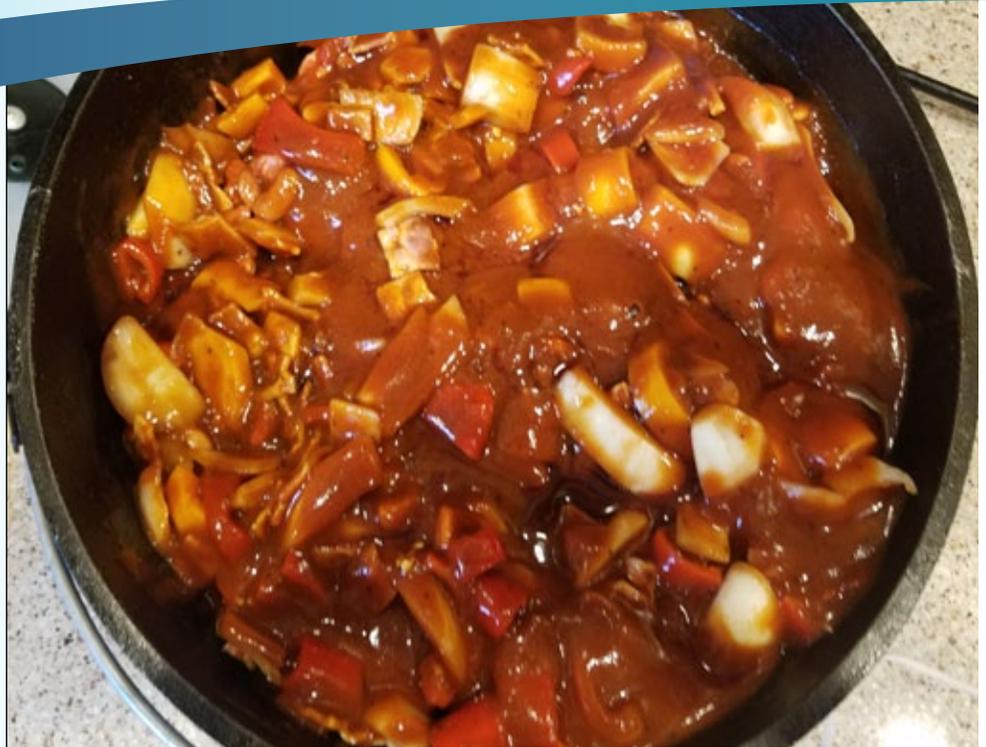
You need something to tenderize the meat – either vinegar or something that turns to vinegar when heated

36 to 48 oz BBQ Sauce

¾ lb to 1 lb Dry Kidney Beans

¾ lb to 1 lb Dry White Navy Beans (or white bean of your choice)

\*Completely Fills a 12" Dutch Oven



## Dutch Oven Pork Ribs

*Submitted by Scott Ogren*

**Feeds 10 to 12. Best with served between a river and campfire.**

## DIRECTIONS

1. Soak beans overnight before. I recommend not using canned beans.
2. Cover bottom of Dutch oven with oil and garlic.
3. Dice onion and peppers and place over entire bottom of Dutch oven.
4. Slice ribs into small pieces – two to three rib sections – and place all ribs in Dutch oven raw.
5. Mix all beans and intermittently place layers of beans with layers of ribs.
6. When all ribs and beans are in Dutch oven, pour all BBQ sauce, wine and remaining ingredients in Dutch oven.
7. Cook for 4 to 5 hours or until meat is thoroughly cooked with 8 to 10 coals below the Dutch Oven and 15 to 18 coals on top. The meat is done when you try to lift a rib by the bone and the bone comes cleanly out of the meat.

## NOTES

1. The beans can begin soaking at home and sit in their container for a few days if you are making this on a river trip. Soak beans in a sealed container and the containers provide a way to take home leftovers.
2. This essentially turns into a chili and rib mix – get creative with the ingredients and spices you add to enhance the flavor.
3. This takes long enough to cook that the first set of coals will need to be replaced with a second set, so be prepared with fresh hot coals roughly half way through the cooking process.

# MADCATR

MADCATR CREATIONS - CUSTOM FABRICATION

CUSTOM FABRICATED STAINLESS STEEL AND ALUMINUM  
**RAFTING & RIVER EQUIPMENT**

Rowing Frames    Dryboxes/Kitchen Boxes    Fold Down Oar Towers    Cargo Modules    Specialized Gear

## DAVID NISSEN

Designer - Fabricator - River Rat

**madcatr.com**  
 madcatr@aol.com

Phone: 509.588.4082 (Home)  
 509.947.1862 (Cell)  
 PO Box 5013 Benton City, WA 99320



## SOTAR

Custom Inflatables  
 Since 1980

### Rafts, Catarrafts & Kayaks

Full Store Featuring:

- Helmets: ( Shred Ready, ProTec & WRSI )
- Paluski Paddles - Coolers: (Yeti & Igloo)
- Pelican Boxes - Aquabound - Patagonia - MTI
- Immersion Research - Jet Boil - Eco Safe
- PETT - Restop - Whitewater Designs Inc.
- Lite Cylinder Propane Tanks - Chaco - Teva
- Steel and Aluminum Frames: ( Vic's Custom Welding, Pro's Choice, Madcatr, DRL, RecreTec )
- Oars: ( Sawyers, Cataract, Carlisle )
- Drysuits: ( NRS, Kokatat ) & Much Much More!

### Store & Showroom Hours

- \* Spring Hours: 9 am - 5 PM Mon-Fri
- \* Summer Hours: 8 am - 6 PM Mon-Sat



**White Water Mfg.**  
 724 Ort Ln. - PO Box 649  
 Merlin, OR. 97532  
 1-800 GO SOTAR - WWW.SOTAR.COM



Whitewater rafting down one of the most  
 challenging rivers in North America?  
 Your journey begins and ends at Scotty's!

**Scotty's Hells Canyon Outdoor  
 Supply and Shuttle Service**  
 P.O. Box 149 • Highway 86 • Oxbow, OR 97840  
**1-800-785-3358**

## 2:1 System

- 2:1 systems are quickly set up and double the pulling force over just a straight pull, they require minimal gear.
- Benefits: Quick & Easy, also can be added to another system to effectively double the force being applied to the load.



### Minimal Requirements

- Haul line and a Pulley Carabineer and Webbing to attach to boat

Steve K 2012

**NEXT ADVENTURE**  
*Portland's Alternative Outdoor Store*

Come visit our:

**PADDLE SPORTS CENTER**

704 SE. Washington St. | 503.233.0706  
Portland, Or. 97214 | [kayaks@nextadventure.net](mailto:kayaks@nextadventure.net)

**10% OFF EVERYDAY FOR OWA MEMBERS**  
(EXCLUDES KAYAKS)

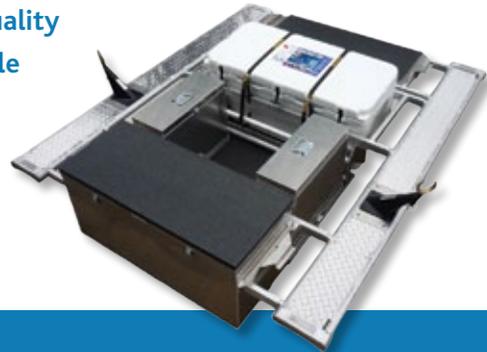
A background image showing several kayakers in white water rapids, with their kayaks and paddles visible.



29342 Highway 34  
Corvallis, OR 97333  
541.757.7567

## World Leader in Whitewater Products

- Custom aluminum frames to fit you
- All American made quality
- 43 years of dependable delivery and integrity
- Conscious green manufacturing
- Large inventory now in stock



## Suncloud Optics

Save 50% off with a Suncloud  
pin number code for up to two pairs.

Contact Steve Oslund at [stevilone@gmail.com](mailto:stevilone@gmail.com) for your code.  
Click on the link <http://www.suncloudoptics.com/vip> to order.

Pick from injection molded, rimless, metal alloy or reader frames. Through advanced lens technology, Suncloud polarized lenses selectively filter horizontally reflected, visually interfering light waves known as 'glare'. The elimination of direct and ambient glare results in superior visual clarity, definition, color transmissions and optical comfort. All Suncloud lenses are manufactured from optical grade Polycarbonate material with high grade polarizing film incorporated into the lens. The results are glare free viewing through a lightweight lens with high impact resistance for added protection. Suncloud Polarized lenses are manufactured with filters to provide 100% protection from the sun's harmful UVA/B/C rays. Each Suncloud polarized lens is manufactured with optical grade Polycarbonate using an injection molding process to ensure exceptional clarity and associated optical properties. This process helps to create a rigid polarizing film carrier and eliminates distortion.

# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 Nehalem River	February 4, 2017	Thomas Riggs	triggs@solenis.com
2017 Rogue River President's Day Trip, Class III/IV	February 18-20, 2017	Steve Oslund	stevilone@gmail.com, 503-709-7661
2017 Spring Break Trip - Lower Deschutes River, Class II/III	March 25-27, 2017	Scott Ogren	Scott@ScottOgren.com, 503-267-9785
2017 Tax Relief Float, Deschutes River, Class III/IV	April 23, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Lower North Umpqua Trip	April 28, 2017	Brenda Bunce	brenda.bunce@gmail.com,
2017 Grande Ronde River, Class II/III	May 5-7, 2017	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org
2017 Upper N Umpqua	June 2, 2016	Bill Goss	zanng@msn.com, 503-757-4659
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com,
2017 Fall Colors, North Santiam, Class II/III	October 8, 2016	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>



## DUSTY'S RIVER LOGISTICS

CUSTOM WHITEWATER ROWING  
FRAMES & ACCESSORIES  
SPECIALIZING IN  
**SOTAR AIRE NRS**  
RAFT AND CATARAFT PACKAGES

**WE ARE OREGON'S SOTAR DEALER**  
WITH MANY SOTAR BOATS OVER 20% OFF.

ADDITIONAL ITEMS ARE 10%-20% OFF:  
EDDY OUT FRAMES AND DRY BOXES,  
YETI, NRS & CANYON COOLERS, CATARACT  
& SAWYER OARS, NRS GEAR AND APPAREL,  
WHITEWATER DESIGNS GEAR, SOTAR GEAR

541-979-5646  
DRLRIVERGYPSIES@GMAIL.COM  
WWW.DRLRIVERGYPSIES.COM

OWA MEMBERS RECEIVE 10% OFF!



Top Quality River Gear Since 1979.



# Cascade

RIVER GEAR

The River Specialists formerly known as Cascade Outfitters.

CascadeRiverGear.com | 800-223-7238  
604 E. 45th St. Boise, ID 83714

## Need Assistance?



Grand Canyon Outfitting

Let Ceiba handle  
"The Whole  
Shabang!"

equipment - food  
shuttles - logistics

RIVER EQUIPMENT RENTAL



www.ceibaadventures.com  
1-800-217-1060

# Join the OWA!



**Join Oregon's Premier Whitewater Club Online!  
Sign up or renew your membership with PayPal**

*Existing Members:* <http://oregonwhitewater.org/about/pay-dues>

*New Members:* <http://oregonwhitewater.org/about/join>