

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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New Year's Day Float

Submitted by Cheri Holman & Julie Nathe

OWA's annual New Year's Day Paddle could not have asked for a more beautiful start to 2014. In spite of unusually low water levels, sunshine, blue skies and friendly smiles filled the river with fun. Cfs levels under 1,800 made for a more technical run for the Sandy River's, requiring low water level skills and serious rock dodging from put in at Dodge Park to takeout at Oxbow Park. River guide, Julie Nathe upped the ante with a pirating snatch of Vet, Chris Gray out of Shane Testerman's raft.

Continued on page 4

February Club Meeting:

Pool Session

North Clackamas Aquatic Center

7300 SE Harmony Road
Milwaukie, OR 97222

**Wednesday,
February 12, 2014
from 7:00-9:00 PM**

**Guest Speaker
Cat Loke**

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

Contact Information



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River Tip: Permits

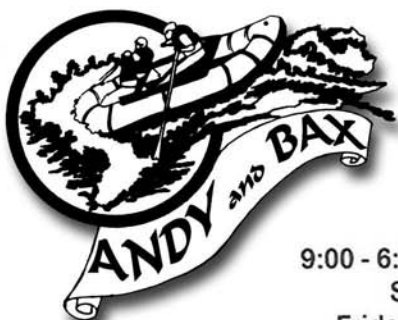
Submitted by Jim Collins

Now that you have your permit applications submitted to the various managing agencies (except the Grand Canyon which is now just opening for the 2015 permits) it's not time to just sit back and wait for the good news. If you're like me the only answer I get is: "unsuccessful" if they bother to answer at all. However, now is a good time to look at the regulations and get very familiar with the cancellation process so you can use it to your advantage. In the past I have done Middle/Main combinations, the Canyon and Rogue (multiple times) and other trips all by cancellation. Last year our group cancelled a Middle Fork trip because of low water but were able to grab a Main cancellation a few weeks before the launch and had great water and weather. If you like boating don't rely on luck to pick your lines or your trips. Do your homework and you can have a great trip.

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Boating Opportunities Abound for the Hearty!

by Bruce Ripley

The new year has kicked off much like last year ended, dry and cold. So far, through the end of January the Portland area is about 10" behind in rainfall. Eventually it will rain but it's pushed for some creative solutions to help fill in the winter boating plans for a few of us. Despite the cold and dry conditions there have been trips almost every weekend, so if you are up for it just watch your email for opportunities.

For those looking forward you'll see that there are several club trips on the horizon. The next big trip is the February Rogue trip which is now filled and well into the planning stage. There are also trips being planned in March, April, and May. If you haven't been on the river in a while it would be a great time to take advantage of that a bigger group offers and hit the rivers with some of your friends.

Sometime in the next couple weeks you should see that we've opened enrolment for the spring SRT class. This is always a great class but this year should be even better with the quality of instructors that we have, as a group they are the most experienced group we've ever put together. I just want to say thanks in advance to all of them, Sam, Dan, and Keith for taking the time to come and help out the club and all of you. If you are new, or have not taken the class in a while please sign up early, the enrolment is limited to 36 to ensure that everyone gets to enjoy a quality experience.

It's interesting, I talk with a lot of boaters and there's a feeling that they don't really need to take safety classes because nothing ever happens on their trips, or they have others on their trips who take the class. Safety training and awareness is an interesting thing, the more you train the less you need the skills because you are proactively avoiding those situations that get you into trouble in the first place! I think the reason we see such infrequent events is our focus on safety! Remember to think safety first and you might not need your training!

New OWA Incentives

The board has been talking about ways of not only getting more people involved in activities but also recognize the time and effort that they contribute.

One of the new ways that we are going to recognize people is by entering anyone who contributes an original article to the newsletter in a contest to win a gift certificate to one of our sponsors. We will draw that person's name at our December meeting, just in time for the Christmas season.

The board would also like to recognize the significant contributions made by our volunteers. We are creating a list of positions that will qualify for free dues for the year.

OWA February Meeting

Our next meeting is our Pool safety session to be held at the Clackamas Aquatic Park, near the Clackamas Mall. If you don't know where it is check the announcement in this newsletter, or the website for details.

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

New Year's Day Float



New Year's Day Float: Continued from page 1

To finish a great day on the water, DAV's Don Smith supplied us all with hot steamy pulled pork to go with a fantastic buffet. Thanks Don and all contributors, we all appreciate a plate of great food around the fire.

Special thanks to Val Shaul for coordinating another successful paddle and for all his hard work in providing and transporting rafts. Thanks to OWA for hosting this awesome traditional float and Team River RunnerPDX volunteers for their support. A shout out to eNRG's, Sam Drevo for running safety and Dan Alsap for running shuttle. And our thanks to DAV Chapter #1, VFW Post 180, NWRA, Reed College and all of the volunteers that make this event happen.

Continued on page 9



January 21, 2014

Contact: Kate Daniel
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Planning begins for new whitewater surf park on lower Clackamas River



We Love Clean Rivers (WLCR) recently was awarded a grant from Clackamas County Tourism and Cultural Affairs to develop a plan for a whitewater surf park on the lower Clackamas River. Such a park will make the lower Clackamas River a destination spot for whitewater kayakers, stand-up paddlers (SUP), surfers, river boarders, and canoeists.

“A whitewater surf park on the lower Clackamas River will offer great tourism benefits to the local area,” says Sam Drevo, President of WLCR. “Whitewater parks across the country have created booms in tourism and economic development by promoting recreation, training, commerce, improved safety, and fish habitat,” explained Mr. Drevo.

One example is a whitewater park in Golden, Colorado. This investment has had an economic impact of \$1.8 million a year and improved fish habitat in Clear Creek.

Whitewater and stand up paddling have been growing in popularity in Oregon yet are a largely untapped target for river tourism. Shortened commute time and easy access could generate an “after work” crowd on the lower Clackamas, serving a pent-up demand for outdoor whitewater recreation.

The project will also benefit fish habitat on the lower Clackamas. “A well designed and constructed water feature could provide habitat benefits for fish and aquatic life as well as for boaters,” said Tim Shibahara, the Supervisor Fish Biologist with Portland General Electric (PGE).

WLCR will partner with McLaughlin Whitewater Design, experts in whitewater park design, on this project. They will conduct preliminary engineering, design, and cost analysis and will create a presentation for the various agencies overseeing fish and wildlife. In addition, an economic impact study will be conducted that examines community benefits such as improved tourism, environmental awareness, fish habitat, and safety.

We Love Clean Rivers, Inc. is a 501c3 nonprofit organization dedicated to cleaning and restoring high use rivers by mobilizing the river recreation community in partnership with local environmental, recreation, and educational organizations. More info can be found at www.WeLoveCleanRivers.org

PGE, American Whitewater, Metro Parks, Oregon Whitewater Association, Oregon Kayak and Canoe Club, Northwest River Guides/eNRG Kayaking, All About Rivers, Reed College, and Popina Swimwear support this project. For more info about Clackamas Country Tourism and Cultural Affairs go to www.mthoodterritory.com



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



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INGREDIENTS

- 1 large yellow onion, diced
- 1 14oz can pinto beans
- 1 14oz can black beans
- 6 oz chopped tempeh
- 1 24oz can fire roasted tomatoes
- 2 tsp chili powder
- 2 Tbs olive oil
- sea salt



Three Bean Chili

Submitted by Michele Gila

This one is the perfect river meal for a long day on the river, and you need something tasty and nutritious to come together quickly. From start to finish, it can take as little as 15 minutes to prepare. It's the best 'cheat' on chili I've ever made. Your friends won't know the difference.

DIRECTIONS

Heat olive oil in pot or deep skillet. Add onion and cook until starting to brown, about 5 minutes. Add chopped tempeh and continue to cook 5 minutes. Stir in chili powder. (Note, I use a mix that is equal parts cayenne, paprika, cumin, oregano). Add pinto beans, black beans and tomatoes. Stir until well mixed. Let cook another 5 minutes to blend flavors. You might have to add a splash of water to get it to the thickness you desire. Add sea salt to taste. You can omit the tempeh and/or sub another can of beans and still have lots of nutrition, particularly if you are at the end of your trip and you need a meal without 'fresh from the cooler' ingredients.

For garnish, set out bowls full of chopped fresh cilantro, Daiya Cheddar Shreds, chopped green onions, lime wedges and more hot sauce! Great served with corn bread if you're getting fancy with your dutch oven.

Makes about 8 cups.

Throw Bags: Best Friend and Evil Serpent

Submitted by Julie Munger

As boaters, we all know what a throw bag is, and have a variety of abilities in actually being able to throw the rope. As new boaters, we are asked to purchase a throw bag, along with our PFD and Helmet, perhaps not ever realizing the potential dangers of that new tool that we are putting into, or attaching to our boats.

In reality, this new tool should be treated with the same respect as any weapon that someone may carry with them. Used improperly, it can wrap around arms, feet or necks, and entrap someone mid-current or inside a boat. If it washes away, it may also lay in wait under the water, or floating, to snag someone else on their way by. As a Swiftwater Rescue Instructor for 25 years, I know personally of over 10 people who been entrapped in OTHER people's throw-bags. who when throwing them had the best of intentions. We all know where the path of "good intentions" can lead us...

Here are some basic MUSTS for throw bag safety:

- Make it your goal to NEVER have to throw the rope, but at the same time be EXCELLENT at throwing your rope.
- Practice in the current with both ends of the bag, coil tosses, and bag tosses, and then hope you NEVER have to throw the rope.
- You must know how far you can and CAN NOT throw so that you make good choices. Be good at it. It is an important basic skill. More importantly, KNOW YOUR LIMITS.
- Do not EVER rely on a throw bag for downstream safety as your only option. Boats need to be positioned on eddy lines to retrieve swimmers, and swimmers need to know how to SELF RESCUE. Your best rescue options are always trying to get TWO HANDS on the victim. A rope should be one of your LAST options.
- Take good care of your throw bag. Stuff it properly, and when storing your rope in, or on a boat, keep ALL THE ROPE INSIDE THE BAG. It is magic, but the end of the rope will always be available INSIDE the bag if the rope is stuffed properly. DO NOT let rope, or a loop, trail out of the bag. Keep the toggle securely closed, and attach the rope to a place in your boat where it will not be easily agitated by current. If a raft, do not attach the rope to the bow, or stern, as these will be far under water if the boat flips.
- Your throw bag, and any rope or strap on your boat needs to be paid attention to at all time.

Remember, as Mike Mather says, "A rope in the water is an EVIL SERPENT looking to do nothing but harm". Ropes swim upstream, wrap around arms, feet, heads, paddles. Do not allow any rope, or any part of your rigging on your boat, to in any way create a tangle hazard. Have a reason for EVERY rope you put onto your boat, and be sure bowlines are stowed properly, and that your boat could survive a giant washing machine with everything staying in its place.

We carry throw bags for those times where we can't physically access someone. If, like me, at sometime in your paddling career you are exhausted, and floating towards another rapid, there will be no better feeling than looking to shore, and seeing your buddy, who is scouting, grab his/her rope, and land it in your lap.



Knot of the Month

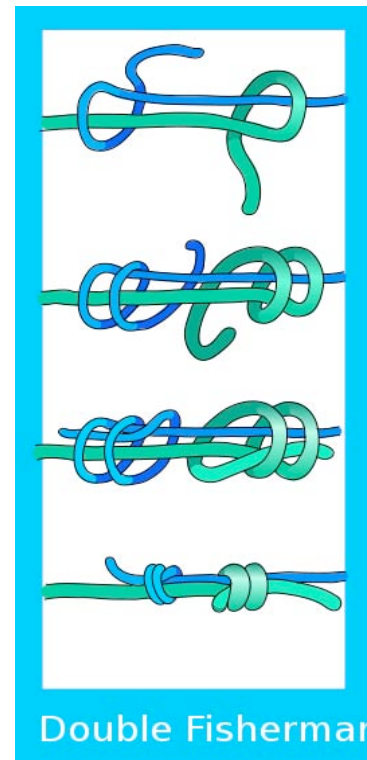
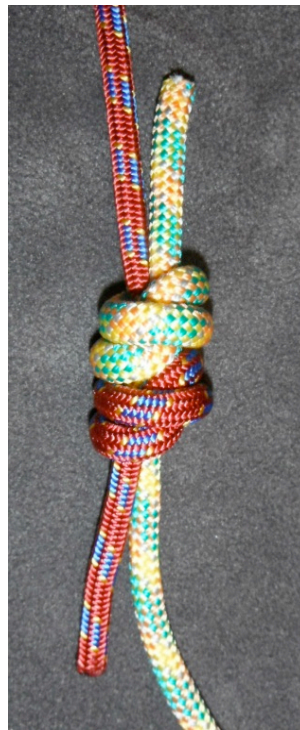
Knot of the Month - Double Fishermans

Overview

- Used to form high strength loops from cords
- Tied correctly you will see a double XX on one side and a smooth barrel on the other

Hints

- Tie the first half on your left side, then flip the knot over and tied the second half exactly the same way. In this way you can easily tie the knot correctly always complete the wraps in the same direction. The tails will come out on opposite sides.



Double Fisherman

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Upcoming Meeting



Don't Miss the February 12th OWA Pool Session!

North Clackamas Aquatic Center
7300 SE Harmony Road
Milwaukie, OR 97222

Cat Loke, OWA Rescue Training Coordinator, along with Val Shaull, Sam Drevo, Dave Nissen, Bruce Ripley and Zach Collier will lead this pool session to practice knots, flipping boats, throwbagging and other rescue skills in the water.

***Please remember to bring your helmet,
PFD, throw bag and river shoes.***

No food is provided at this meeting.

Upcoming Trips

Submitted by Pat Barry,
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

2.15-17 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
3.8 Sat	Merrie's Deschutes Bday Float	III/IV	Merrie King		503-490-1743
3.22-24 Sat-Mon	Lower Deschutes Spring Break Float	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
4.12 Sat	Deschutes River Tax Relief Float	III/IV	Bill Goss	zanng@msn.com	503-757-4659
4.25-27 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
5.9-11 Fri-Sun	Grande Ronde	III	Eric & Candace Ball	balle@pocketinet.com	509-529-6134
5.10-11 Sat-Sun	Lower Cispus	II/III	Tina and Eric Myren	TNEMYREN@gmail.com	
5.16-19 Fri-Mon	Rogue River Lodge	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.22-26 Thu-Mon	Grande Ronde	III/IV	Dave Graf	dmgraf55@centurytel.net	
5.30-6.1 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
6.7 Sat	Klickitat River	II/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
6.13-15 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.26-29 Fri-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
9.13-14 Sat-Sun	Tieton River	II/III+	David Elliott	dce@dcell.com	
9.13-15 Sat-Mon	Hell's Canyon	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.20 Sat	Santiam Fall Colors Float	II/III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785

PAST OWA RAFTING TRIPS

7.4-6 Thu-Sun	Lower Salmon River	III/IV	Eric and	balle@pocketinet.com	509-525-6134
9.13-15 Thu-Sun	Tieton River	III+	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
9.14-16 Fri-Sun	Hell's Canyon (Snake River)	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.28 Sat	N. Santiam	III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
1.1 Wed	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991



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