

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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Futaleufu Trip Report

Submitted by Zach Collier

I was first drawn to the Futaleufu River after watching the kayak film "Kavu Day" in the late 90's. This film featured some of the best kayakers in the world paddling down a turquoise blue river with huge rapids surrounded by snowy mountain peaks. I knew I had to go there.

In 2001 I bought a plane ticket to Santiago, Chile to seek out and paddle this legendary river. What I didn't realize was how long Chile is and how long it would take to get to the Futaleufu. Chile is a long, narrow country west of the Andes. If you took the land mass of Oregon and California and stretched it out so it was the distance from the tip of Cabo San Lucas to Juneau you would get Chile.

Our two day trek to the "Fu" started with a 12 hour bus ride from Santiago to Puerto Montt, a city near the northern edge of Patagonia. We then caught an overnight boat from Puerto Montt to Chaiten and then spent the next day hitchhiking up to the town of Futaleufu. I expected a river town like Coloma, Hood River, or Asheville so it was shocking to come across a small, remote village with a couple of small rafting companies. The larger, well known companies have private camps on land that they own.

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November Club Meeting:

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

**Wednesday,
November 12, 2014
from 6:00-9:00 PM**

Guest Speaker Cat Loke:

Cat recounts her recent paddling and rafting trip on the Zambezi River in Africa

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River Tip

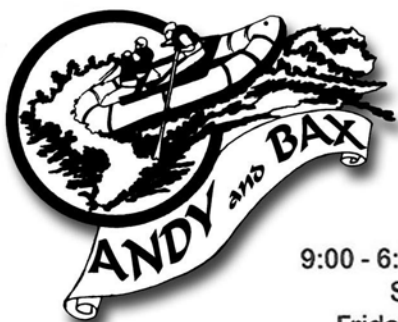
Submitted by Jim Collins

Just a few quick tips this month on food for longer trips. If you've been around boating for any time you have probably experienced (or at least heard stories) about food going bad before it appeared on the menu. Bread products are often a problem. I used to take pita for sandwiches but had bad experiences with mold on more than one occasion and that was just on Rogue trips. Oroweat Bread will last a month on a Grand Canyon trip without any problem. Dave's Killer is good for a couple of weeks. Tortillas all depend on the brand...especially the flour ones. After checking expiration dates on a variety of brands I have settled on Reser's. You still need to check the expiration dates but they are often 3 or 4 weeks out. I also use Bear Creek dry soup mixes as a base for a variety of one pot dinners that are especially good in cooler weather.

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A Great Time To Learn New Rivers

by Bruce Ripley

Every now and then something happens that leads to people running new and exciting sections of river. During the late summer and early fall we've had just one of those "something's". The 36 pit fire burned a significant portion of the Clackamas river watershed between Promontory Park and Carter Bridge. The long term impacts of the fire are yet to be seen, but the short term effects on the boating community look to be significant.

Oregon 224 is closed to the public between mileposts 31 and 37, and there is no timetable for its re-opening. Here is part of the official statement on the website:

"A nearly seven mile section of OR 224 east of Promontory Park (milepost 31) is closed indefinitely due to hazard trees that are in immediate danger of falling into the road due to damage caused by the 36 Pit Fire."

There are pilot cars operating in that area to escort local residents and workers with proper identification but even those have been shut down at times due to slides and trees falling into the road.

So! What to do. I've heard several suggestions from people but it looks like the Molalla, North Santiam, and maybe some of the Coastal and Southern Washington rivers will be seeing more action this fall and winter for sure.

As you explore new rivers just remember to try and touch base with some other people in the club who have some experience there and reach out to them. There are lots of great alternatives to the Clackamas but they each are different and deserve a great deal of respect, especially if you haven't run them in awhile.

Don't forget that our 2nd just around the corner and we'll be hosting the white elephant exchange as well. We hope to see you there!

Live to fight another day

In this issue of the newsletter you'll read about the adventures of Cha-Cha, a wayward IK that decided to run off on its own little adventure a couple weeks ago. Just a couple things to take away from this. Several of the individuals had been to the club training and while they learned a lot in the training on how to rescue gear and people maybe the most important thing they learned was when it was safe to proceed and when it was not. It's great to know that not only did they go back with a crew later and rescue the boat, but they did it safely and without incident! Great job to all involved!

OWA November Meeting

The next meeting is at our normal location, Flying Pie on Stark Street. The speaker, Cat Loke, our current Training Director will be reliving her recent paddling and rafting trip on the Zambezi River in Africa. Please plan on joining us!

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Futaleufu Trip Report



Futaleufu Trip Report: Continued from page 1

To our surprise, it was impossible to rent or borrow a kayak or a raft. Everyone we talked to told us that previous visitors have underestimated the difficulty of the Futaleufu and lost boats. Since it was so difficult to get equipment down there nobody would rent gear to strangers like us. Luckily, I ran into a friend who let me borrow a kayak and paddle along on a trip with Bio Bio Expeditions.

We did “Puente a Puente,” or “Bridge to Bridge,” a Class IV section with one Class V rapid (Mundaca). We were an intrepid group so we also tacked on two Class V rapids just past the second bridge: MasoMenos and Casa de Piedra. It was awesome and I very quickly understood why nobody would lend out boats. This section of the Futaleufu is comparable to paddling all the biggest rapids in the Grand Canyon (and harder) back to back for 7 miles. If you made a mistake, your boat could easily be lost.

After paddling just one day on the Futaleufu, we packed up and decided to head back north to Pucon, where we had heard that boats and rivers were plentiful for visitors. We never made it to Pucon, but that’s another story.

My memories of that day on the Fu were vivid and I vowed to return. So in 2008 I organized a commercial trip with my friends at Earth River Expeditions. We spent six days rafting the river, hiking, canyoneering (a fancy word for hiking up creeks), zip lining, rock climbing, and rappelling. This is known as a “multisport” trip in the biz, but I call it an all around great time. I loved the whitewater, but to be honest, the river was a bit high so I woke up every morning a little scared. The other “multisport” activities were a welcome break.

The Futaleufu is typically broken down into 3 sections.

- First is Inferno Canyon, a series of five Class V rapids in a narrow canyon followed by two V+ rapids (Zeta and Throne Room) and the Wild Mile. This is a full on 14 mile section with at least 2 portages that makes for a long day.

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Futaleufu Trip Report: Continued from page 4

- Next is the Terminator section which begins where the Rio Azul meets the Futaleufu. This 4 mile section includes a bunch of Class IV rapids plus Terminator, a Class V rapid which is the longest on the river. It was named Terminator after the first raft descent flipped in the entrance causing them to terminate the rest of their trip.
- Finally, the “Puente de Puente” section downstream is the most commonly done stretch since it has no portages, easy river access, and a relatively easy shuttle. If you continue past the second bridge you can add on two Class V rapids. This is where you will warm up and get used to the power of the Futaleufu before going upstream.

You could do all the whitewater on the Futaleufu as 2 day trips, but there is so much to see in the Futaleufu River canyon that it's worth spending a week there. Our friends at Earth River own private camps along the river that allow us to spend time exploring and relaxing in this very special canyon. My favorite part was the tree camp. In between river days we hiked to an alpine lake where cabins were built in the trees just like an Ewok Village. It was amazing.

Even though I've checked the Futaleufu off my bucket list, it's a place I want to keep visiting throughout my life. Chile is a safe and welcoming country that's easy to travel in. I love photographing the turquoise water of the “Fu” and I enjoy seeing the river at different water levels.

You may have heard that the Futaleufu River is at risk. The water in the river is owned by the multinational corporation, Endesa, who has plans to dam this river in three places. There has been overwhelming public support against the dams thanks to great outreach work by the nonprofit Futaleufu Riverkeeper.

Just a few weeks ago Endesa announced that it will not be pursuing the dams. This is great news, but there is much work to do to protect this place since the land around the Futaleufu is private and can be developed. Endesa can also sell the water to someone else who could dam it someday. I feel lucky that there are organizations like Futaleufu Riverkeeper out there working to protect the natural resources I hope to recreate on for many years to come.



ChaCha Lives to Dance Another Day!

Submitted by Stacey Strausberg

On the last Sunday in October, a small group of boaters headed out to run the Nehalem River. Chris, Michele, and I were in our IKs and Mark was in his round boat. As we paddled/rowed down the river, it poured rain. The river was great, and the colors of fall were all around us. The rain even stopped long enough for us to stop to have a quick lunch. A couple miles past Salmonberry Rapid we came up to an unnamed rapid with a gigantic hole followed by a wave train choked with boulders. I remember looking down the hole in my IK (ChaCha) and four letter words were all I could think. It was a washing machine hole and I knew I was going swimming. I held onto ChaCha for a period of time but I was bouncing on boulders and had to let go but at least I still had my paddle. Mark pulled me into his boat, in the middle of the rapid, and I moved forward to catch ChaCha as she moved down the river. In slow motion I saw my ChaCha wrap on a midstream rock. We all pulled over into what was barely an eddy, on river right.

Our Swift Water Rescue Training and Wilderness First Aid training (which all of us have taken through OWA) kicked in. First things first, everyone made sure to check on me. I was okay, bumped and bruised and out of breath. Boats were tied up and we examined the situation. ChaCha was up river and the only way to get to her was to climb a very steep embankment and then climb back down. ChaCha was wobbling, wrapped on a rock, with several rocks around and a log pinned to the boulder next to that. Mark took lead, asked Michele to stay in her IK downstream, in case the boat or gear came loose, and he and Chris headed up the embankment; Michele and I had throw ropes ready. Mark tried to dislodge ChaCha by throwing large rocks at it, as it looked like she was only slightly pinned. No use. The thought of putting someone in the water came up (since two of us just swam the rapid), but due to the speed of the water and the log in front of the rocks it was determined to be unsafe. ChaCha was face down and a rope had no way to anchor. After some time we realized it was getting late and we still had 4 miles down river before the takeout. Based on the safety of the group it was decided to leave ChaCha on the rock. It was a tough decision but in retrospect it was the only decision. A boat is not worth our lives. We all made it safe off the water, dealt with an awful takeout, and mourned the loss of ChaCha.

Cha Cha: Continued on page 7



Cha Cha: Continued from page 6

On the way home from the river I placed messages on H2O Addicts, FaceBook pages of PDX Boaters and OKCC. The outpour of support was amazing, with people sending their condolences and offering to help in any way. My friend Dianne mentioned to call the Forest Department and the Sheriff and see if they could help. I called both on Monday morning. The Forest Department directed me to the Sheriff's Department. When I spoke to the officer I explained the situation but more importantly I told him there was no life in jeopardy. I am not sure in trainings if it was ever mentioned to call the Sheriff to make sure they don't risk their life, when no person is at risk, but it seemed the right thing to do. The officer assured me he would speak to the SWR team when they were on duty at the end of the week, and that if they had any information I would receive a call.

Based on my work schedule, there was no way for me to get back to the Nehalem until the weekend. To be honest I was in mourning for ChaCha and accepted the loss. I had lost a York drybox, my "river purse" (Pelican Box) which held my prescription goggles, a K-Pump, both my OWA Hydroflasks, a throw bag, spare paddle, book, and my lunch. Nothing worth risking lives to retrieve.

On Friday I received a call from Mike letting me know he and a couple guys were going to go out on Sunday and try to rescue the IK. They wanted to know if I would like to join them. Seriously, OWA members were calling me to help, NOT me calling them! Before I could send out a note to H2O Addicts seeing if anyone else wanted to join I received a call from the Sheriff's department. They had spotted what looked to be an IK on a rock by milepost 10 on Foss Road. Oh yeah, ChaCha may be alive! I sent out a note to H2O Addicts and received several emails back. We would actually have a crew on Sunday to rescue my boat.

Cha Cha: Continued on page 11

INGREDIENTS

1 onion (8 oz), peeled and chopped

2 teaspoons minced garlic

1 tablespoon olive oil

2 cups dried lentils (about 13 oz.)

2 pounds sweet potatoes or yams, peeled and diced (1/4 in.)

2 tablespoons curry powder

1 tablespoon ground cumin

About 1 teaspoon salt

About 1/4 teaspoon pepper

1 1/2 quarts vegetable broth or chicken broth



Lentil & Sweet Potato Curry

Submitted by Katie Watry

This easy, nutritious dish is ideal for any rafting trip. First, it is full of protein, giving you that needed energy boost on your journey down the river. You can serve this dish with hot basmati rice for added filler. Second, for longer trips or limited cooler access this dish does not need refrigeration. For shorter river trips, you can also serve it with plain yogurt or sour cream and garnish with chopped fresh mint leaves.

Prep and Cook Time: About 1 hour.

Makes: 10 cups; 8 servings

DIRECTIONS

1. In a 5 to 6 quart pan over medium heat, stir onion and garlic in oil often until onion is limp, about 5 minutes.
2. Meanwhile, rinse and drain lentils. Add lentils, sweet potatoes, curry powder, cumin, salt, pepper, and broth to onion mixture. Bring to a boil over high heat; reduce heat, cover, and simmer until lentils are tender to bite and sweet potatoes are tender when pierced, 25 to 30 minutes. Add more salt and pepper to taste.



Wilderness First Aid

Submitted by Clayre Thompson

WOW, what a weekend. It was beautiful weather for the Wilderness First Aid training at Dodge Park. I was unable to attend on Friday night due to a family emergency but when we arrived Saturday morning, they had everything set up for those who missed the sign up, ran through initial information about what to expect of the training and meet the staff. There was an initial meeting with the whole group, then those of us who missed Friday night CPR training, went off with one instructor and the rest of the group went off with the other two.

CPR was a refresher for me as I have been certified before. It was good to run through the process as the numbers seem to always change. We also discussed head wounds and how to best “dress” them.

My favorite part of the day was cleaning and dressing a “wounded” chicken leg. It was harder than I thought it would be to get the wound clean. It made me really appreciate running water! It also made me reassess what I carry in my first aid kit.

There was a lot of information given and we were fortunate that OWA provided each couple/family unit with a great first aid guide that is waterproof so we can add it to the first aid kit we are putting together. By the end of the first day we had done a number of scenarios that got us using these guides to figure out what to do to help the “patient”. From bee sting to fatigue to hyponatremia, we had the first aid guide to refer to. It was a way to understand how to use this guide as well as getting our minds to work on what questions gave us the most useful information. When the first full day was over, a lot of us seemed to be overwhelmed with all the information we had just loaded into our brains. I know my hubby and I came home, ate dinner and crashed.

River Safety: Continued on page 11

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River Safety: Continued from page 9

Sunday was yet another dry cool morning. We started with coffee and a refresher of what we had talked about the day before. Abby stressed that we did not need to remember everything we had learned, just remember how to use the guide. The morning was spent bandaging and splinting. What a kick. To figure out how to make do with what you would have on a rafting trip. To end up with a compression bandage out of a Camelback reservoir, bandages made out of a tshirt, slings made out of a jacket and splints made out of a stick, pole or paddle.

The last half of the day was group scenarios. Half of us got gear together while the other half were “placed” and made up with different rafting type injuries. We had some amazing actors and some very brave souls (as a few of them ended up in the water as drowning victims). It was good to work with different people and sort out what we needed to do for each person. We had picked an overall leader and discussed what we thought would be a good way to deal with whatever scene they had thought up. Beyond that, we just tried to remember what we had learned. I am a short woman with little upper body strength but to be able to get a large man onto a tarp (with minimal neck/back movement) and move him up a wet river bank to a flat area with three other people was amazing.

The skills I learned during the Wilderness First Aid weekend will definitely stay with me for a long time to come. First and foremost, I am definitely going to make sure I have a basic first aid kit put together even for a day trip.

Cha Cha Rescue



Cha Cha: Continued from page 7

It was the end of daylight savings time weekend so getting to the Nehalem River to meet up at 8am on Sunday was much more palatable for many. We had 13 people ready to rescue. Everyone was excited to use his or her pin kits! Dan and Brian took lead and decided it was best to start shuttle and scout for ChaCha. Around milepost 10 we found ChaCha upside down on a rock but not the rock I had left her a week ago. We continued driving down the river to the takeout. At the takeout we stacked boats 3 and 4 high and headed back to the launch.

When we launched we had 3 round boats, 6 cats and 1 hard shell kayak. The excitement of “the rescue” was on everyone’s mind. I would say it was “pin kit fever”. It turns out we launched after Salmonberry Rapid right before the rapid which I swam. (BTW, the rapid has been lovingly named “ChaCha Rapid”.) I figured my boat would be just down stream. After about 2 miles we spotted ChaCha. Brian was on the rock immediately. ChaCha was still fully inflated, upside on the rock, the dry box lid was off, but my “river purse” was still there! What an amazing moment. Unfortunately for the “rescue team”, no pin kits were needed.

Down the river we go with rescue completed and the Nehalem Falls ready to run. We all pulled over and scouted the falls. Oh my, it was big, fast, and the fish ladder was visible. We needed to get all the boats past the falls. Everyone but Brian and Candace who ran the falls (wow), did a sneak past the falls. We thought the rescue was over, the rapids done, but wait, the top of the drybox was found, as was the K-Pump! We still needed to get all the boats off the river and the take out was steep but everyone helped. Trip: Success!

I personally want to thank Dan Alsup, Mike Brown, Greg Goodhart, Mike Scherlie, Shakya Baldwin, Chis Massey, Brian Elerick, Candace Bethel, Mark, Pat Berry, Linda Slattery, and Shannon Scroggins for their support on the rescue. I also want to thank Michele Gila, Mark Wheeler, and Chris Paine for being the best river buddies.

OWA Holiday Party

Wednesday, December 10th at 6:00 p.m.
Located at The Central Hotel
8608 N Lombard Street, Portland, OR 97203

Bring your best river story and join us for our annual holiday party!

This is a social event and there will be no program speaker.

In addition to holiday stories, there will also be an optional white elephant gift exchange hosted by Brenda Bunce.

We will provide hearty appetizers. If you plan on having dinner, you can always order off the menu. Check out The Central Hotel's website www.centralhotelstjohns.com for menu options.

6:00 - 7:30 Social Time

6:15 Appetizers

7:30 - 8:30 Adventures from 2014 (misc presentations)
& Gift Exchange

8:30 - 9:00 Clean-up

Here's the appetizer lineup....

Flautas with braised chicken, potatoes and cotija cheese wrapped in a tortilla and fried.
(served with fresh pico de gallo, and Mexican crema)

Thai Pork Meatball with cilantro and peanut sauce.

Mini Turkey Bon Mi's with pickled slaw and spicy aioli.

Veggie Platter with a mix of fresh, marinated & grilled veggies, hummus and pita.

Bruschetta with fresh mozzarella, balsamic reduction and olive oil.

**RSVP to Skip Currier at VicePresident-Events@oregonwhitewater.org.
We need to give Brent and Risa a headcount. It sure will make their life easier!**

Parking is available along the street and (after 6:00 p.m.) in the US Bank parking lot across the street.

Children and members under the age of 21 are welcome in the back event room until 10:00 p.m.

Knot of the Month –Water Knot

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

Overview

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



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

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Meeting Speaker

November OWA Meeting Speaker: Catherine (Cat) Loke

Topic

Zambezi River

Bio

Cat recently returned from an epic 2 week trip to Zambia (ebola free) to paddle and raft the Zambezi River and general adventuring. This river is well known for it's huge water, beautiful gorge and crocodiles in the eddies. The rafting section starts at the bottom of Victoria Falls and offers 25 named class 36 rapids. Unfortunately, the river is in danger of being dammed for power generation in the next 5-10 years.



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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>

11.9-11 Sat-Mon	Rogue River	III/IV	Ann Stephenson	astephensn@hotmail.com	360-771-5288
1.1 Thurs	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991
2.14-16 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
3.21-23 Sat-Mon	Lower Deschutes Spring Break Float	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
4.11 Sat	Deschutes River Tax Relief Float	III/IV	Bill Goss	zannng@msn.com	503-757-4659
4.24-26 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
5.8-10 Fri-Sun	Grande Ronde	III	Eric & Candace Ball	balle@pocketinet.com	509-529-6134
5.9-10 Sat-Sun	Lower Cispus	II/III	Tina and Eric Myren	TNEMYREN@gmail.com	
5.21-25 Thur-Mon	John Day River	II/III	Dave Graf	dmgraf55@centurytel.net	

PAST OWA RAFTING TRIPS

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
6.26-29 Fri-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
6.13-15 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.7 Sat	Klickitat River	II/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
5.30-6.1 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
5.22-26 Thu-Mon	Grande Ronde	III/IV	Dave Graf	dmgraf55@centurytel.net	
5.16-19 Fri-Mon	Rogue River Lodge	III/IV	Van McKay	vanm1@aol.com	360-737-3148



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