

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.



In This Issue

<i>OWA Youth Newsletter</i>	1
<i>River Tip</i>	2
<i>OWA Contact Info</i>	2
<i>President's Corner</i>	3
<i>Jeffrey Steehler Bio</i>	6
<i>Static Haul Line</i>	7
<i>Recipe of the Month</i>	10
<i>Safety Tip</i>	11
<i>Knot of the Month</i>	12
<i>New Editor</i>	13
<i>OWA Trip Calendar</i>	14

Future OWA Youth Newsletter

Submitted by Jeffrey Steehler

My plan and format to set up the OWA Youth Newsletter is to have several stories including youth and their adventures, safety information, river news and updates as well as my recent adventures and any programs or classes happening. The last thing I will include is a question to get the youth thinking about whitewater and their plans for the future. Here is an example of what to look forward to.

In the Featured Youth Section I will include other young paddlers and their exciting stories. I would love to hear from any water loving youth to tell their stories. They can contact me at JeffSteehler@gmail.com if interested.

Safety is the most important part of kayaking, rafting or any other water sport. I will have a section dedicated to river safety and include any courses being taught in the area. In this part of the newsletter I will give tips on staying safe and skills you can practice on your own to help awareness in different situations that could happen on the water.

A river news and updates section would target local rivers. Here you will learn about anything new that may be happening on our rivers such as log jams, dam removals or other important and interesting information.

Continued on page 4

January Club Meeting *Wild Rivers Night*

Keen Great Room
515 NW 13th Ave.
Portland, OR 97209

*Join us for the 3rd Annual
Wild Rivers Night!*

**Wednesday,
January 9, 2013
from 6:00-9:00 PM**

Wild Rivers Night is free to attend but you must obtain a ticket at:
<http://wild-rivers-2013.eventbrite.com/>

Contact Information



Your OWA Officers and Volunteers

Bruce Ripley, President
president@oregonwhitewater.org
503.522.7470

Paul Morin, Secretary
secretary@oregonwhitewater.org
503.348.6310

Merrie King, Treasurer
treasurer@oregonwhitewater.org
503.490.1743

Josh Hollander, Membership Director
membership@oregonwhitewater.org
503.358.1752

Scott Ogren, Technology Director
webmaster@oregonwhitewater.org
503.267.9785

Catherine Loke, Training Director
safety@oregonwhitewater.org
503.998.5255

Jim Collins, Tips Editor
rivertips@oregonwhitewater.com
503.238.7646

Pat Barry, Trip Editor
tripeditor@oregonwhitewater.org
971.222.5422

Cary Solberg, Advertising Editor
advertisingeditor@oregonwhitewater.org
503.222.6718

Jennifer Ogren, Newsletter Editor
newslettereditor@oregonwhitewater.org
503.317.7162

OWA list server address:
H2OAddicts@OregonWhitewater.org

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

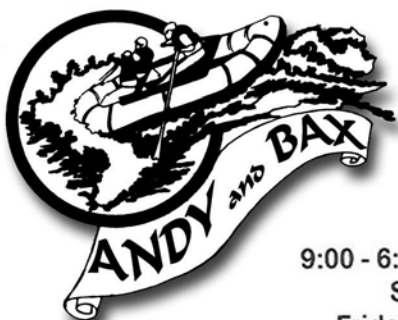
River Tips

Just because you own it... it doesn't mean you need to bring it. Loading a raft is an important (there will be more on this in the future) component in how it performs. A big heavy boat is great on the Grand Canyon but not on a technical river where frequent maneuvering is required. When in doubt leave a few of the toys at home and enjoy the row!

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OWA MEMBERS

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New Officers, New Plans and a New Year *by Bruce Ripley*

Hello Members! New and Old Alike,

Well a new year is upon us and we are all making plans for what will undoubtedly be another exciting year of rafting, camaraderie and excitement! While I've been a member of OWA for some time now, and I've been on the board as well the new adventures of President are sure to deliver a whole new range of experiences, all of which I'm looking forward to. For those who missed the December meeting we thanked Brenda for her service and dedication with a cake, some hearty words of praise and a small token of our appreciation, we are all certainly the benefactors of her 4 years at the helm of the club. In addition I'd like to thank Karen O'Neal for her years of service editing and publishing the newsletter, Karen for her two years as secretary, and Mary Cooper for her service as membership director. It takes lots of energy, enthusiasm, and new ideas to run a club this size and I only hope the next two years go as well as the last two.

The club calendar is beginning to fill up but there are certainly opportunities for anyone who wants to sign up and lead a trip. Most of our regular trips are already set but if you have an idea for a trip please sign-up it's what makes the club special.

We are going to be making a couple changes to any trips on the club calendar this year. The most obvious change will be that ALL participants on club trips will be required to either be a current member of OWA or sign a liability release before joining us. The board has been looking into liability issues and we are going to be making some changes and this is the first of those changes. We will refine that process as the year progresses, but we're looking to make it simple.

Thanks again for each of you, it's what sets this club apart from so many others. Let's watch out for each other and make 2013 a year to remember!

Thinking Safely

Life is lived by balancing risk, exhilaration and excitement. There are a variety of things you can do to reduce risk and tip the odds of a successful adventure in your favor.

OWA strongly encourages you to avoid alcohol and illegal drugs while on the river. Intoxication of any type dulls reflexes and survival responses and is highly correlated with river injuries and fatalities. If you plan to celebrate please do so safely and legally at camp so all your friends can join in the fun.

Join us for our January meeting at Keen Footwear in downtown Portland. Instead of our normal meeting we are combining this meeting with "Wild Rivers Night".

You will need a ticket to attend, please see the event flier for more details. Please be sure to double check the address as Keen Footwear has changed locations. Hope to see you there!



Future OWA Youth Newsletter (continued from page 1) I am a busy teen and love to share my adventures. I will share a story of a fun trip or competition I have been to. Here is a story about my trip to Davenport, California.

Chris Bensch and I drove to California on November 8th at four in the morning for the "2012 Davenport Surf Classic". Now for those of you that don't know Davenport Surf Classic is a Surf Kayak Competition, one of five in the Pacific Surf Paddle Series. This is one of the bigger ones. The biggest one in the Pacific Northwest is the Santa Cruz Paddle Festival being held on March 22nd-24th next year.

Chris and I arrived in Santa Cruz, California later that day (twelve hours later to be exact) and looked at the surf for Steamer Lane. We both wanted to get in the water but did not want to be shoved in a Surf Kayak after being shoved in a car for twelve hours. We both decided to get up early in the next morning to go because you can't go to California and not surf at The Lane. After that we went to our hostel, The Pigeon Point Lighthouse, which was not what you expect from a hostel but much better and would be our temporary home for the next 4 days. We unloaded the boats and our supplies from the car and went to bed for the busy weekend was just ahead.

We got up at about five thirty or six to go to the Lane for a surf session (the surfers don't like us kayakers). Luckily we didn't have any problems and we had some great rides, The Lane is always a good time. After our fun surf session we planned to go to Davenport to get some practice in before the competition the next day. When we got there we met up with Bryon Dorr. Bryon travels all over with Exploring Elements living out of his Sportsmobile van. We caught up with him and looked at the surf that Dan Ward caught earlier that morning. It was all over the place as well as a carnage fest. And again we decided that the bed seemed so much better. What was supposed to be a quick nap turned into several hours, at least for me. A spaghetti dinner hit the spot after a busy day and was just what we needed before we hit the hay.

The next day we needed to get up early for a competitors meeting then we were off to compete. I had afternoon heats while Chris had the first heat of the day at six. It was a tough day of competition with the waves not being the best, it was difficult for some to choose the best waves but always fun surfing with the best ocean surf kayakers in the world (of course they didn't have any problems). At this time I was taking pictures of Chris in his heat and all the others before mine while trying to figure out my own strategy. When my HP heat was up, I got geared up and ready to go.....it didn't go as planned. Everyone told me how weird the waves were to catch but you really don't know till you get out there. I caught one wave in that heat and soon realized to make it to finals I would have to get out

first the next day. I also had an IC heat which I thought went way better! But being in a heat with Matt Hoffman made it hard to keep up. I ended up with third in my HP and IC heats for day one. The day still went on till six pm.....I was staring to get worn out but kept my eyes open a little longer as we still had a party to go to at a local diner and farm. The party was great and you can't beat free and delicious food (even if I didn't know what it was). After that we went to our hostel to edit photos and we got a lot of good ones but there were so many I fell asleep while editing.

Again we had to wake up at around five a.m. which I've done before, but hard after being as exhausted as I was. But we did it and were on are way to Davenport beach hoping the surf was going to be better. We arrived to a surprise, there were no waves at that break! They decided to move the competition down the beach to a different break which had waves I was use to, but a small problem was some of the waves ran into a reef. My first heat was at eleven, so I had time to figure out my game plan. My first heat was my HP heat and I felt much better about my surfing as so did a lot of the other competitors, but sadly that still only got me third. Next was my IC heat which am known for from Pacific City and Hobuck Hoedown. I did very well the previous month finishing first at Pacific City Surf Off and second at the Hobuck Hoedown, so I was pumped! However after getting out there to get ready for my heat to start I ended up getting a little pummeled and was no big deal as I rolled up. I then realized my skirt had came up on one sideband and with a leaky skirt in the first place I put it back on thinking it would be alright as I didn't have enough time to empty it. Once my heat started I instantly felt a lot of water in my boat and my leaky skirt also started to fill it even more. I fought it my entire heat! Not feeling as good in that heat as I hoped I still finished and I got third again. The day finally ends and the awards ceremony has come! With me being he only Junior I got a first place Junior Davenport Surf Classic Water bottle (trophies this year) and to my Surprise Geoff Jennings also greets me with a new pair of fins. I was definately excited about this! After awards, Chris and I said our goodbyes and headed for our twelve hour drive back to our real home.

Everyone likes to know about programs and classes that could help them. In a program and class section I will talk about what is happening along with contact information. Coming up in January, the Columbia Gorge Kayak School is starting pool session classes geared at ALL levels of kayaking. These sessions will be happening at the Hood River Community Pool on the following dates: January 5th, February 9th, March 9th, and April 13th. These all fall on a Saturday afternoons and are taught by Todd Anderson, owner of the school, along with Heather Herbeck. Heather has been my instructor and is amazing with kids. Their contact info is gorgekayaker@gmail.com and heather@smp-tv.com. The session information can be found on Facebook and gear is available upon request.

I would like to end every newsletter with a question where responses could be emailed to me and I could share on the next newsletter. This is also a great way to get the mind thinking about future whitewater plans and goals. With the new year right around the corner ask yourself this one question: What is one river or river section you would like to experience in 2013 and why? Let me know your thoughts and maybe we could get some fun trips organized.

See You On The Water,
Jeffery Steehler



Youth Newsletter

Editor Bio



ABOUT ME

JEFFERY STEEHLER

My name is Jeffery Steehler, and my life in whitewater started when I was about 6 years old. That was the first time I started trying to kayak but due to a bad swim on the Klickitat River it stopped me in my tracks. And then I started living a normal child life..... but that didn't last long. At 10 years old I decided on my own to ask my dad to try to get back into it. We had a few rough spots but about after that I was hooked and it was just up hill from there. I very quickly, like most children do, got past my dad's skill level and found mentors throughout the whitewater community.

At 12 years old I entered my first ocean surf competition at the Hobuck Hoedown, which became a big part of my life. The following spring I entered the 2010 Santa Cruz Paddle Festival and was able to be a junior for 2011 Surf Kayak World Championships with the US West Team. The event was held in North Carolina and was an experience I will never forget. The amazing people, support and fun we all had helped The US West team take 3rd place. Currently I am working to go to 2013 Surf Kayak World Championships in Australia. I have had a lot of help from Chris Bensch, Bryon Dorr, Buck Johnson, Dan Ward, Jim Grossman and many more. I have even been given the nickname "Maverick" among my ocean kayaking buddies. They all encourage and continue to teach me as I push forward in my ocean surf kayaking skills. I have gained a ton of knowledge and life long friends through ocean surf kayaking.

My creek boating has been doing very well and I am looking at competing in The Western Whitewater Series this year. From the beginning Heather Herbeck has been a great mentor. She works with me on my skills as well as guides me through tough creeks while teaching me safety. I have ran rivers from the Kalama to Canyon Creek and the Truss section of the White Salmon. I have competed in local competitions such as The Northwest Creeking Competition and the Sandy River Showdown.

As for playboating, it is fun but hard knowing the closest good playboating spot is four hours away. I made several trips this year to Wenatchee Washington to playboat. I have enjoyed competing the last 3 years at the Wenatchee River Festival in the freestyle event. This year my family took a vacation to Cascade, Idaho for the 2012 Freestyle Nationals. There I spent about 5 days before the competition practicing at Kelly's Whitewater Park. It was a ton of fun learning what I could accomplish in my Jackson Rock Star and found out it is much harder to balance on a SUP than it looks. After day one I had made it into the finals and in the end I placed 2nd overall. I plan to work on playboating as much as I can and revisiting Kelly's Whitewater Park soon.

Kayaking has inspired me in many ways. I was involved in First Descents with Heather in Hood River, Oregon this past summer. I helped with the progress of teaching cancer patients how to whitewater kayak. This inspirational event will have my support and dedication for many years to come as I will never forget the week I spent with such a fun group of people. I attended the National Whitewater Symposium as well and that was a big event that Heather put together. This was a three day event where the community, distributors, manufacturers and instructors all came together to talk about the direction of the sport. It was an amazing opportunity and had a lot of great information. We all came together and decided that "Whitewater is Community". Some of us may be in a kayak, others in a canoes, some in rafts and some like SUP's but we all love the sport and it has affected all our lives in a positive way. This means we all play a role in each others lives. I have been helping my dad in organizing five or six events a year to get new people into whitewater kayaking through World Kayak. It's a great way to have fun at a skill level everyone is comfortable with and meet new friends. We also give out some cool freebies given to us by our sponsors such as Kokotat, Jackson Kayak, Chaco and many others, just for coming out and having fun!

Outside of kayaking I do other activities when the water levels don't look good or when the ocean surf looks mean. I enjoy longboarding as I can do that right up the road from where I live. I am not the only kayaker that has found the fun in longboarding as I ran into



CHOOSING A STATIC HAUL LINE *by Bruce Ripley*

Recently I've had the chance to think over some important criteria when considering a new haul line. Haul lines in our world are primarily intended to serve as a main line when unpinning a boat, though they are used for countless other uses. One thing I'll say is that if you have a specialized haul line I'd recommend not using it for any other purpose unless you have no alternative. Every time you use a rope you degrade it, if only slightly, so the less you use and the more you care properly for it the more likely it is that it will be ready when you need it. So what do you need to consider? There are several things that you need to think about and they fall into two different categories: Technical Factors and Practical Factors. Like most things in life this is a delicate balance and your choices will certainly depend on your answers to these questions. The following suggestions are just a few things you should think about, please take them as guidelines only and if you have more questions you should consult a pro! These specs should not be confused with the needs of a professional search and rescue crew.

Technical Factors

- **Construction** – All haul lines should be static kernmantle ropes, meaning they have a protective sheath over a strong core and they should have very low stretch. A rope with less than 3% elongation at MBS (Maximum Breaking Strength) should suffice in most cases.
- **Diameter** – For practical purposes a rope in the 9mm – 15mm is adequate for haul lines that will meet the needs of most rafters.
- **Strength** – A static line with a MBS of 5000lbs will normally be sufficient under most of the loads you are likely to generate.

Practical Factors

Probably the #1 question is "How long should my rope be". Well, it depends.

- **Length** – If you don't have any other ropes and the boat is 100' away then 100' really isn't going to do the job. Generally speaking 100' would be a minimum, and 200' would be a maximum for recreational boaters.
- **Weight** – Weight is a factor of Strength, Diameter, and Length. Here is the important question, how much are you willing to carry? If you are willing to carry 10 lbs. then you need to size your kit accordingly, and the same would go for 20 lbs.
- **Carry Bag** – Containing the rope in a clean and dry place is important to keeping your rope fresh. If you don't want to carry a big bag then size your rope accordingly.

Here are my personal guidelines. I currently carry 150' with pulleys, carabineers, prussic and anchor webbing in the same bag. I try to keep my kit under 10 lbs, and I want to fit it in the custom bag the club had made last year. That really limits me to a line that is 4-5 lbs/100'. In order to fit those criteria most I've chosen a 9.5mm, 6000 MBS Sterling static line. My rope represents what I feel are reasonable compromises across a range of attributes, in the end weight is my #1 criteria, I know that if it weighs too much I won't carry it with me and if I don't have it with me I might as well have a 25,000 MBS rope cause it won't be helping me on the river. The other thing I've done is replace all of my dynamic throw lines with static water safety line that can serve as haul line in a rescue situation.



About Me, Jeffrey Steehler (continued from page 6) Michael Stratton on the hill one day. I have kayaked with Michael several times with both our fathers and never knew he long boarded. I entered the push race this last summer in the Cathlamet Corral in Cathlamet, Washington and plan on entering the push race again as well as entering their downhill race. There are several other competitions that are fairly close and if I get a chance I know I will be there.

This time of the year is a great time to find water in the form of snow. Last season was the first time I tried out snowboarding and fell in love with fresh powder. This year I got a Fusion Pass so any weekend I can not kayak I can snowboard. I am hoping to learn some tricks this year.

I am a Freshman in High School and currently am taking photography classes as it's a huge interest to me as well as making films of my kayaking and sport adventures. I play the saxophone for Concert Band and the trombone for Jazz Band. I stay busy with school as I know good grades will help me find my way into a college of my choice that I hope will be close to lots of water for my kayaking addiction.

I am very excited to be involved in the OWA newsletter. I will be producing a quarterly Youth Newsletter and I hope to learn about the youth in the area and hear about their adventures. I can't wait to meet new people and share my own adventures to help guide and entertain everyone along the way. I am open to ideas and will seek out information to help the progress and fun of youth in our community.



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An advertisement for Cascade Outfitters. The top half shows various outdoor gear including a kayak, a hat, a cooler, and a life jacket. The text "Cascade OUTFITTERS" is prominently displayed. Below the gear, the website "www.cascadeoutfitters.com" and phone number "800-223-7238" are listed. The bottom half of the ad shows a river scene with a tent and a tarp set up on the bank. At the bottom, a banner reads "Your Source for Top Quality Rafts, Kayaks, and River Equipment for Over 30 Years".

~ SPECIAL JANUARY OWA MEETING ~

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- Springhouse Cellars will provide wine

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Karen O'Neel cooks crepes on the Rogue River

INGREDIENTS

- 20 cups all-purpose flour
- 40 eggs
- 20 cups milk
- 1.5 tablespoons salt
- 2.5 cups butter, melted
- 5 teaspoons vanilla
- 2 tablespoons cinnamon
- 1 teaspoon nutmeg

SUGGESTED TOPPINGS

- Butter and sugar/cinnamon
- Nutella chocolate spread
- Peanut butter
- Strawberry (or other fruit) jam
- Berries and whipped cream
- Sweetened cream cheese and fruit

My favorite way to eat them is simply butter and sugar, but most people prefer assorted toppings listed above.

“Thin Pancakes” a.k.a Crepes

Yields: 120 crepes

Submitted by Karen O'Neel

This is a Romanian family tradition from my childhood that my mother made on weekends and special occasions. It was known in our family as “thin pancakes,” more commonly referred to as crepes. As my mother grew older, she continued to make these by popular demand when the house filled up with family.

Eventually my son (OWA member Chris Paine) took over the duties and I learned to make them as well. Last fall I posted a photo on Facebook, Sherry Ripley requested them on the river (something that never occurred to me) and I shared them with my “river family” on the Rogue trip as part of breakfast last November.

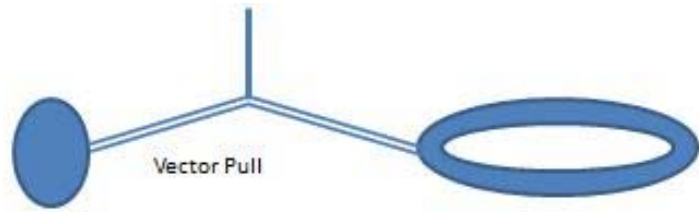
DIRECTIONS

I'm lazy. For years, I've been making this batter in the blender and storing leftovers in a pitcher in the refrigerator. For this large group of people (around 60), I needed to make this in five batches. I stored them in empty one-gallon milk jugs - perfect for hauling in an ice chest on the river and also for pouring the batter.

1. In a blender, whisk together 8 eggs and one cup of flour. Add one cup milk, stirring to combine.
2. Gradually add 3 more cups of flour and 3 more cups of milk in increments and keep blending.
3. Add almost 1 teaspoon of salt and half a cup of butter, 1 teaspoon of vanilla, 1-1/4 teaspoons of cinnamon and about 1/4 teaspoon of nutmeg.
4. The batter should be thin.
5. Heat a lightly oiled griddle or frying pan over medium high heat.
6. Pour batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
7. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Vector Pull

- Benefits: Quick & Easy to set up, doubles your pulling power
- Secure the haul line to the boat with a figure 8
- Secure to fixed anchor on shore with a no-knot (tree) or figure 8 around a rock etc..
- Attach the second line to the mid point of your haul line. Can use a figure 8 in the haul line to attach to, girth hitch etc..
- You can add a vector pull into a haul system thus doubling the power of your haul system for instance a 3:1 Z-Drag becomes a 6:1



Minimal Requirements

- Haul line and a secondary line

Steve Kasper 2012

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Knot of the Month –Bowline

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

Overview

- Bowline creates a fixed loop at the end of a rope
- A very strong knot but generally considered weaker than a Figure 8 loop

Use

- Quick knot to make a permanent loop
- Can be tied around an object
- Can be used to join 2 ropes together, to pass a haul line out to a boat etc..



[Click here for step by step directions](#)

[Click here for a video](#)

Steve Kasper 2012

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Newsletter Editor

My name is Jennifer Ogren and I am pleased to be the new OWA newsletter editor. Our family has been an active part of the club for many years now and I am thrilled to take on a more active role.

I'd like to thank Karen O'Neal for her wonderful job being the newsletter editor these past years. I hope to continue with the great work she has done. Have a safe and happy 2013 boaters!

SPECIAL OFFER
Receive a Signed Copy of
"Anything Worth Doing"




Jo Deurbrouck was OWA's popular guest presenter at the November meeting. Her book won the National Outdoor Book of the Year award. This book also won praise from a surprising range of voices, including acclaimed novelist and river curmudgeon David James Duncan, who called the book "...a white-knuckled adventure classic."

Don't miss this great story!

Here's how to get your signed copy:

www.anythingworthdoing.com

"Anything Worth Doing" tells the true story of two wilderness raft guides who believe "anything worth doing is worth overdoing," and spend 10 years trying to prove it on the West's great rivers. These aren't the guys who summit Mount Everest once and mark it off their bucket list, or haul a refrigerator around Ireland on a lark. They're not even the gonzo expedition paddlers who astound us with feats that seem beyond the reach of mere mortals. These are men who, simply but with certainty, year after year, live and fiercely defend a dream.



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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>

1.16-18 Sat	Wilson River	III	Tom Riggs	triggs@ashland.com	503-647-0690
2.16-18-13 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
3.23-25 Sat-Mon	Lower Deschutes	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
4.20 Sat	Deschutes River	III/IV	Bill Goss	zanng@msn.com	503-757-4659
4.26-28 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
5.2-5 Thu-Sun	South Fork Owyhee	III/IV	Jerry Smith	crossfox21@gmail.com	541-429-1580
5.3-5 Fri-Mon	John Day River	II/III	Eric and Candace Ball	balle@pocketinet.com	509-525-6134
5.10-12 Fri-Sun	Grande Ronde River	III/IV	Eric and Candace Ball	balle@pocketinet.com	509-525-6134
5.25-26 Sat-Sun	Lochsa River	IV/V	Steve Herring	steve@raftalot.com	
5.31-6.1 Fri-Mon	Upper North Umpqua	III/IV	Bill Goss	zanng@msn.com	503-757-465
6.8 Sat	Klickitat River	III/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
6.14-16 Fri-Sun	Lower Deschutes Annual Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.27-30 Thu-Sun	McKenzie River	III	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
7.4-6 Thu-Sun	Lower Salmon River	III/IV	Eric and Candace Ball	balle@pocketinet.com	509-525-6134



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