

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

With temperatures below freezing and an east wind to make it even colder, OWA's New Year's Day Float got us whitewater enthusiasts off to a frigid start for 2013. We put in at Dodge park to lower water levels than usual (1,600 cfs), for the time of year, making the trip a little less rambunctious but far more technical. As we approached a difficult, narrow passageway between two rocks, Val's precision guiding mitigated the risks and we easily move through the rock and the hard spot without getting pinned or flipped. Thanks Val it was way too cold for a swim.

Scott Ogren powered a raft with paraplegic, Kelly Tadlock and her friend Matthew. It wasn't Kelly's first trip on the water, but it was by far, her coldest.

Riding in Val Shaul's raft was Salina Norton, DAV's Service Officer. She is next in line as Chapter #1's Commander.

Continued on page 4

February Club Meeting Rescue Operation of a Pinned Boat

Flying Pie Pizza
7804 SE Stark St.
Portland, OR 97215

**Wednesday,
February 13, 2013
from 6:00-8:00 PM**

Recap and overview of a rescue operation of a pinned boat. Safety and procedural issues will be discussed.

Contact Information



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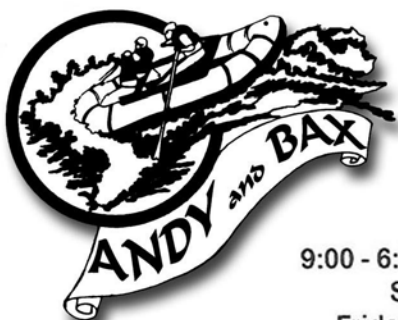
River Tips

When loading your boat try to balance the load from front to back, left right and keep the weight as low as possible. I use a suspended floor in the stern and the rowing compartment to save wear and tear on the fabric and provide secure tie down points. I even have a suspended floor for the front if I need extra capacity or to balance the load if I'm running solo.

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New Board Members *by Bruce Ripley*

OWA Members,

In December we elected several new members to the board, and we created a new board position. Josh Hollander was elected to fill the membership director position, Paul Morin was elected as Secretary, and Cat Loke was elected to fill the new training director position. In addition to those changes I abdicated the position of vice-president and I'm happy to announce that the board has voted to appoint both Skip Currier and Bee Tyree to fill the remainder of that term. After researching our options we found that Roberts Rules (when applied to small boards) allow for more than one person to fill a particular office. I want to welcome all of these new officers and think they'll do a great job for us. If you have any questions or ideas please feel free to approach any of us.

Coming up in February we have our regular meeting at Flying Pie and the subject will be "The Anatomy of a River Rescue". We will have an informative and lively discussion about what equipment we used, how we made decisions, what we were thinking, or why we were ultimately successful in our rescue attempt.

Our new membership director Josh has been busy trying to soak up all the details associated with managing our ever growing membership. In 2012 we grew by nearly 80 member households. Our current estimate is that we have over 400 boaters affiliated with the club, that's incredible when you think about it. Through the end of January we've had about 50% of the membership renew their dues, if you have not renewed your dues it's only a mouse click away. If you don't remember your login info there is a button on the sign-in page that will send it to your registered email address. If that does not work send Josh an email at Membership@OregonWhitewater.org. Thank YOU for choosing to belong to OWA, without you there'd be no OWA!

Over the past 2 years we've been adding more and more ways for you to pay for memberships, trips, invasive species permits, or the occasional auction item. You can now pay for all of these items on the website through PayPal with your credit card. Not only does this speed up the processing speed but it greatly reduces our workload and the errors associated with recording payments. For those that prefer to use checks we are happy to accommodate you, simply mail it or hand it to the board member collecting those orders.

Lastly, if you are experiencing difficulty in signing in as a member simply enter your registered email address under the "Forgot your password?" banner on the sign-in page and you will be emailed your userid and a link to reset your password.

Thinking Safely

One of the things that becomes clear when you are going to use your safety skills, in a class or on the river is how important it is to practice. If you have not practiced your skills you really should not rely on them in an emergency. The fact is that your skills begin to erode as soon as the class or practice is over and the only way to stay polished is to practice. Professionals learned this a long time ago and it's why you see them re-certify on a regular basis regardless of their skill level.

The March meeting will be held at the Clackamas Aquatic Center located at 7300 SE Harmony Road in Milwaukie near the Clackamas Mall.

This safety refresher is always a great way to brush up on some of your less used skills and to learn a few new ones. Cat Loke and Brenda Bunce are busy putting the agenda together but it will certainly be a fun night. Just don't forget your life jacket, rubber soled shoes, and helmet!



New Year's Day Float (continued from page 1) After experiencing the fun and adventure of rafting in really cold temperatures, she is ready to incorporate whitewater rafting and camping trips into the Veteran's recreational program.

Taking the helm was Kay Sutherland, who could paddle the Grand Canyon if she had to. Since there were only three of us ladies in the raft, I greatly appreciated her strength and leadership. Kay is best friend's with Val's wife, Linda. Not content to leave Kay sitting and quilting, Val invited Kay for some whitewater action and this is what Kay has to say, "Val is the best. I would not have found out what a blast white water rafting was without him. He started taking me a year ago. Can't wait to go again."

Two weeks prior to the New Year's Day Float, Val scouted the river, spotting a dangerous tree that blocked 3/4 of the way. Luckily, high waters washed out the strainer. A big thank you to Val Shaull for taking the time to look out for everyone's welfare.

Waiting for us, at the take out in Oxbow park, was DAV's, Don Smith and his outrageous Pulled Pork. Wow. Many other delicious contributions were enjoyed by the fire due to shivering, freezing cold airs. A heartfelt thanks to everyone who contributed to Disabled American Veterans, raising \$233.00.

2013 is looking to be a great year for whitewater sports!



Cold Water Gear

It's early February. At NRS we're already getting the phone calls and emails..."I want to start boating in the colder months of the year. What kind of gear do I need?"

Hmm, that's a darn good question. But you know what? It's hard to give you a darn good answer.

It would be a lot different if you told us, "I have an NRS 14' Otter. What kind of frame should I get that would allow me to carry a cooler and a dry box and a set-up for a friend fishing in the front of the raft?" With that much info, we can dial in your needs very easily.

So why can't we easily do the same for the protective apparel you need to wear when boating in the colder months? Because the question is much more complex and it involves your safety, something we take a very personal interest in. Here are some of the factors, in no particular order, that figure into what you need to wear:

- Water temperature: Water conducts heat away from your body 25 times more efficiently than air. The best advice is "dress for the swim." The colder the water, the faster your body will lose heat.
- Personal comfort range: Here at NRS, in northern Idaho, we have some folks that wear shorts even in the winter. And, we have others that have heaters running under their desks in the summer months. Only you know how your body works.
- The conditions you are boating in: Are you fishing from a raft, in Class I-II waters or running a remote Class IV river? Are you paddling the inlets of a lazy river or lake observing wildlife or on a multiday trip making open ocean crossings?
- If you do go for a swim, how long are you likely to be in the water: Are you in conditions where you won't be in the water long and can get to shore easily to warm up and get into dry clothes? Or are you on that open ocean crossing, in heavy seas?



A group of NRS Sales Associates, wearing splashwear and HydroSkin, prepare for a cold day of boating on the Clearwater River.
© Pam Rogers

The bottom line is: "cold water kills." As internationally recognized water safety expert Charlie Walbridge points out in Cold Water Protection and Hypothermia, as the body's internal temperature drops, automatic responses begin in the attempt to keep the major organs and functions protected. These responses rapidly lead to loss of manual dexterity, uncontrollable shivering and diminished mental facilities. These inhibit your ability to self-rescue and make the decisions necessary for your survival.

And while a cold water swim is probably the worst case scenario, you don't have to go in the drink to suffer hypothermia. If you get wet from splash or rain and don't have on the proper clothing, evaporative cooling can also rapidly draw heat from your body.

Continued on page 8

Using a Deadman to Anchor a Tarp or Tent in Sand

by Tom Hanson

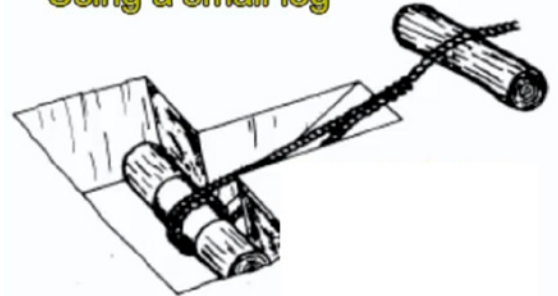
A deadman stake can be made from things found on site, such as driftwood or a tree branch. The stick should be about as big around as your forearm and a bit longer. You could bring 2X4's already cut to size.

Dig a T-shaped trench at one tarp/tent stake location. The leg of the "T" needs to point to the tarp/tent. The trench should be about a foot deep or deeper depending on how loose the sand is.

To get maximum pull resistance put the deadman in the trench so the guy line is at about a 45-degree angle going toward the tent. The guy line cannot be bent as it comes out of the trench. Rather, it needs to be straight between the deadman stake and the tarp/tent.

Fill the trench, tamp it down and test. To test, grasp the guy line and give it a good hard tug. If the deadman comes out of the sand, rebury it deeper. Retest until it stays. Bury the remaining deadman stakes in the same manner.

Using a small log



It can take many hands to properly set a deadman. Tom Hanson and the group set one on the Salmon River.

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Cold Water Gear (continued from page 6)



Guy, Retail Sales, sporting a Farmer John Wetsuit and HydroSkin Shirt on a Salmon River raft trip.
© Ashley Niles

In addition to protective clothing, proper nutrition and hydration play an important role in keeping you warm and safe. [Fueling the Fires Within](#) lays out guidelines for the food and beverage needs your body has.

Okay, so at this point you're probably saying, "Alright, I hear all that, but my original question still stands. What kind of gear do I need for cold water boating?" If you call or email us with the question, we'll do our best to help you get outfitted.

Here's some "homework" you can do that will also help you make the best choices in gear and at the same time possibly lead to some new boating buddies!

First read [Layering for Cold Water Boating](#). It describes the various types of apparel that you need to consider: base layers, insulating layers and protective outer layers.

Next – become informed about local conditions. Talk to your local boating shop, you can find them by using our [Dealer Locator](#) feature. They're familiar with conditions in your area and have our apparel in their store that you can try on and purchase.

Talk to other boaters. Look for a boating club in your area. Go to boating forums like [BoaterTalk](#), [Paddling.Net](#), [MountainBuzz](#) and [Playak.com](#) to find other boaters. Find out what other boaters are wearing.

If there's no boating shop in your area, give us a call, 877.677.4327, and we'll help you get outfitted for safe and enjoyable boating. Help us out by having answers to the questions we posed earlier: local water temperatures, boating conditions, etc.

Here are some hints to assist you:

- Just as with outfitting yourself for other outdoor activities in cold weather, plan your boating apparel with layers. If you're wearing a [wetsuit](#), consider adding a [HydroSkin shirt](#) for extra body core and arm warmth. With a [drysuit](#) you can add and subtract [HydroSilk](#) and [WaveLite](#) base layers to match the boating temperature conditions.
- Pay attention to your extremities. The head is a major source of heat loss. [Mystery Helmet Liners and Hoods](#) are a great addition to your gear bag. [Insulated footwear](#) and [neoprene socks](#) protect your feet from the cold and [neoprene gloves](#) keep your hands warm.
- Each of our product pages has a sizing guide. Always look at them to find the best size for you. In snug fitting items like wetsuits, if some of your measurements fall in two different sizes, usually your weight is the best determiner of a good fit.



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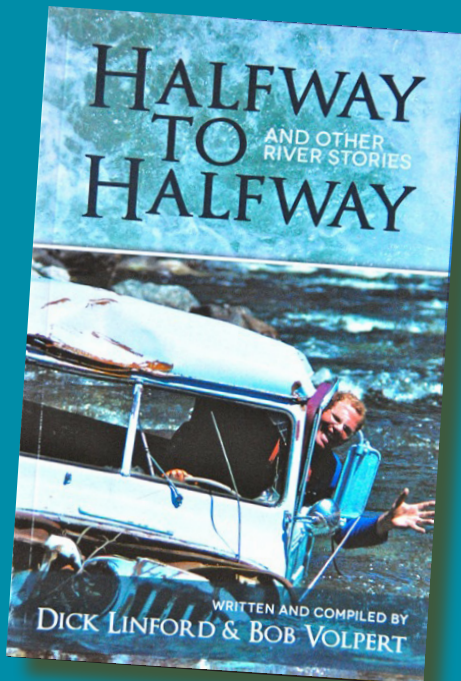
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Halfway to Halfway (& Other River Stories)

Book Review
by Big Sky Journal



Halfway to Halfway (& Other River Stories) (Halfway Publishing; \$18.95). The 31 exciting, bizarre, tragic and weird river tales in this collection are told by a bunch of happy, healthy - and often hung over - guides and outfitters who make their meager livings on, in and along the great rafting rivers of the West.

Do the guides survive when the ride a raft over a dam - just to see if they can land right-side up? Did the young guide really see the ghost of a little boy who, with his entire family, was killed at that pool the year before? Just how does one outfitter deal with then-VP George Bush and 80 of his close friends - without remuneration? What does Mickey Mantle have to do with an outfitter's nightmare customer? And where does tequila fit into all of this?

Halfway to Halfway is filled with ghost stories, poignant episodes, laugh-out-loud headshakers, coming-of-age sagas, drunken mishaps, and is peppered with salty lingo and insider river-rat speak (no worries, there's a handy glossary at the end of the book).

Unlike a lot of similarly constructed collections, the quality of the writing in *Halfway to Halfway* is consistently solid and highly readable. Informal snapshots of the smiling guides are a nice touch, too, beaming because they love what they do and where they do it. Be forewarned: If you read enough of this book, you'll smile too, and may just find yourself booking a trip.

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Rafting Chili

*Yields: (20) 2-cup Servings
Submitted by Jenny and Scott Ogren*

INGREDIENTS

- 6 pounds ground beef
- 6 cups chopped onion
- 3 cups chopped green bell pepper
- 1.5 cups dry red wine or water
- 6 tbsp chili powder
- 6 tsp sugar
- 6 tsp ground cumin
- 1.5 tsp salt
- 6 garlic cloves, minced
- 6 15 oz. cans kidney beans, undrained
- 6 14.5 oz. cans stewed tomatoes, undrained

SUGGESTED TOPPINGS

- Shredded Cheddar Cheese
- Sour Cream
- Chopped Onion
- Assorted Hot Sauces
- Fritos
- Cornbread Muffins

Have a great rafting recipe you'd like to share? We need your submissions! Email them to Jenny Ogren at newslettereditor@oregonwhitewater.org. Thanks!

DIRECTIONS

1. In a large stockpot (or two), cook the beef over medium high heat until browned, stirring to crumble. Add onion and next 7 ingredients and cook 7 minutes or until the onion is tender.
2. Stir in beans and tomatoes. Bring to a boil and then reduce heat and simmer, partially covered for 1-1/2 - 2-1/2 hours.
3. Cool chili and ladle into double-bagged ziplock bags. Freeze bags laying flat overnight.
4. In camp, empty bags of chili into a large stockpot or two and heat until hot.
5. Serve with cornbread muffins and assorted chili toppings.

TIPS FROM THE COOK

1. I substitute up to half the required chili powder with Penzey's Northwoods Fire Seasoning. It's my secret ingredient! It adds some heat so use your judgement. Penzey's has great spices and 2 Portland locations or you can order off their website at www.penzeys.com.
2. To make vegetarian chili, I substitute the beef with other types of beans such as black beans. I also throw in other vegies like frozen corn and extra peppers.
3. For easy cornbread, I prefer Marie Calendar's mix. I just bake them into muffins and pack them carefully in gallon ziplocks. Take care when packing into the raft - they crumble!



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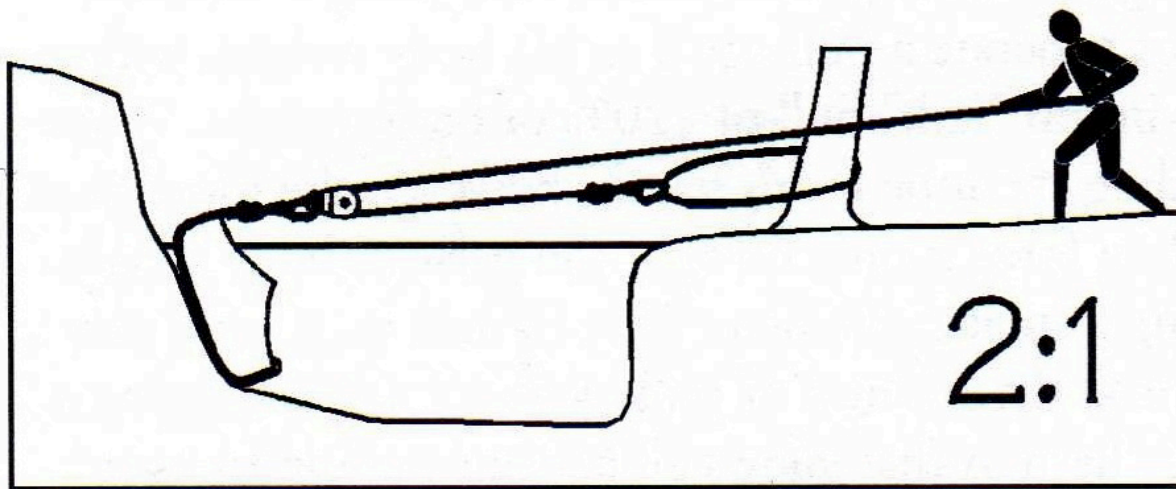
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February Safety Tip

Haul System: — 2:1 Mechanical Advantage

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 PMP Pulleys: Yes, 1
 Prussic cords: No
 Anchor rope or strap: Yes, 1
 Carabiners: No

(Next month: The 3:1 haul system)



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Knot of the Month

Knot of the Month

Summary table of the 4 key knots you should know to set up a rope rescue system. Listed in order of use.

Usage	Knot	Tying	Video
Closing webbing for an Anchor	Water Knot	Steps	Video
Forming a loop for a Klemheist	Double Fisherman's	Steps	Video
Friction knot for gripping and pulling a rope	Klemheist	Steps	Video
Permanent loop for tying to a boat or anchor	Figure 8 follow through	Steps	Video



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Q&A with Scott Ogren on pinning in Blossom Bar *by Steve Kasper*

We take to the water for a number of reasons, to get away from life, to seek out nature, for the thrill of adventure. Regardless of the reason each time we venture down the river there are some risks involved. Many of us have been rafting for years without incident but as events of the past year have proven even experience rafters are susceptible to being pinned. Being pinned is not a lot of fun, but I think we can all have some take-aways from recent experiences of our members to hopefully help you should you become pinned in the future.

With that in mind I asked Scott Ogren about his most recent unexpected experience of being pinned in Blossom Bar. His answers are listed below under SO, my responses are listed as SK (I pinned in Blossom bar right near where Scott did in Feb 2012)

Q: Did you ever think you were going to be pinned?

SO: I hoped to never be pinned, but I also knew that the possibility was always there.

SK: I always had it in the back of my mind especially on rapids like blossom bar. I was pinned once before in the middle of wildcat also on the Rogue and didn't really want to do it again.

Q: How did it feel to be stuck?

SO: It's quite a helpless feeling to see your boat pinned to a rock and not be able to move it at all. The most reassuring thing to see was all of the people who came to help me and knowing all of the training we put ourselves through I knew somehow it would all work out.

SK: I can't agree more with Scott. I felt very helpless, very small and very frustrated at being stuck there. Not being able to communicate effectively with the people on the shore also was frustrating. I was also worried about running out of day light though that didn't prove to be an issue in my case.

Q: Is there something you know now that you wish you would have known then?

SO: Absolutely. I have always heard that letting air out of a pinned boat can sometimes pop it loose but never really believed it. After my boat had been pinned for about an hour and a half, I let air out of the top tubes mostly out of desperation and the bottom tube came very close to rising out of the water. If I had let air out of the top tubes almost instantly as soon as the pin happened, that might have been enough to pop it loose at the very beginning. I would have never believed it if I didn't see it, but the bottom tubes rose up about 2 feet when I let air out of the top tubes.

SK: Don't cut the haul line unless it is for sure going to mess you up again. Its better to hang there as live bait if it is not putting you into additional danger.

Q: What do I plan on doing differently having gone through the experience?

SO: One of the biggest things is I had always thought splash gear was enough for a winter trip and if someone in splash gear took a swim they would live through it but be cold and wet afterwards. Having two people in splash gear on the rock with me forced me to face the reality that the possibility of us swimming in Blossom Bar was high. Fortunately for the people on the rock with me, they were able to get onto other boats as they passed by and not have to swim. At the very end of my rescue, I ended up swimming a little and it could have been a much longer swim, but I was in a drysuit and was prepared for a swim like that. I will think long and hard before I take people in my boat on winter trips that are not in a drysuit because you never know what can happen and when you will have to take a swim you don't want to take. Wet clothes weighing you down and hypothermia are very real issues that need to be considered before getting into a raft with all of those clothes on under splash gear to keep warm.

SK: Helmets! Most of the time I have not carried a helmet while rafting on the Rogue. Having them for each passenger I think is critical and you might as well put them on if you are going through a tricky area, no one intends on get pinned else we would put a helmet on and maybe a better PFD, just as no one intends on getting in car crash, but if you are not using them they do you no good. Also having a helmet in case you need to walk on the bank to help others out is a key to keep you safe. The other point would be make sure you raft with friends who know what they are doing and are capable of helping you out of a jam.

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>

2.16-18 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
5.17-20 Fri-Mon	Rogue River Lodge Trip	III/IV	Van McKay	vanm1@aol.com	360-737-3148
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
9.14-16 Fri-Sun	Hell's Canyon (Snake River)	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220

Upcoming Trips Continued on Page 15

UPCOMING TRIPS CONTINUED FROM PAGE 14

11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
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PAST OWA RAFTING TRIPS

1.26 Sat	Wilson River	III	Tom Riggs	trriggs@ashland.com	503-647-0690
1.1 Tues	Sandy River	II/III	Val Schaul	val.schaul@verizon.net	503-805-8991
11.10-12 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785



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