

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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Veteran's Day On The Rogue

By Chris Massey

We couldn't have had better weather this time of year! Absolutely gorgeous! Highs in the mid 50's and lows couldn't have gotten much below 40. Mostly clear and sunny, and no rain!

The trip started Friday morning loading up gear and driving to Galice where we were greeted by a very friendly lady, Alisha, that in the absence of Miss Mary Lou, kept the Galice accommodations, breakfast, and shuttle service going very smooth. Many thanks to these wonderful ladies including those that got up early and cooked us a hearty breakfast. I hear that Miss Mary Lou was off visiting her Grandkids; I hope that visit went as good as our trip did.

Saturday morning started off with us all congregating at the Graves Creek put in. Some were just getting started and others had put on upstream and were floating in. We had a review of the trip, how it was going to be organized, and then a safety talk. We started out kayakers in front with Bruce Ripley to get the Fish ladder organized at Rainy Falls. With the awesome support we had at the Rainy Falls Fish ladder we got all boats through in about 30min.

We then preceded the rest of the way to our first camp Horseshoe bend campground about 10.3 miles for our first day on the river. Camp was set up very quickly and appetizers and dinner were served. A big thank you to Cary Solberg and the Tyrees for quesadillas and cowboy caviar and to the dinner crew (Brian Elecrick, Candace Bethel, Tara Haug, Brian Tobin, Steve Oslund and Sam Watry) who made Chili, Corn bread muffins, salad, and dessert. I was stuffed!

Continued on page 4

December Club Meeting

The Central Hotel
 8608 N Lombard Street,
 Portland, OR 97203

Wednesday,
December 11, 2013
from 6:00-8:30 PM

Holiday Party and White Elephant Gift Exchange!

Fun for all! Share and listen to river stories and indulge in delicious appetizers. See page 13 for more details!

Contact Information



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RIVER TIP

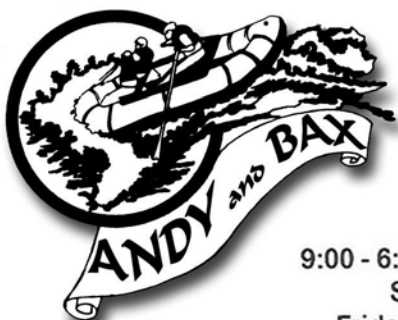
Strap Maintenance Submitted by Tom Hanson

Are your straps hard to feed through your buckles? Here's a solution, gather up your good straps that have worn ends and cut them at an angle. Then get an old iron, plug it in and let it get hot. Iron both sides of the end of your straps until the strap smokes. Result: a stiff, smooth end that will easily feed through the cam buckle.

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Holiday Boating Is Just Around The Corner!

by Bruce Ripley

Holiday season is here again!

Can you believe it, it seems like we just finished up holiday season and it's on us again. We were fortunate to get some early fall rains but those have tapered off and we are once again waiting for boating season to resume at full speed. The Holidays are a great time to get back out on some of the local rivers that we can only run in the Winter and Spring, I hope you make time to get out and enjoy the unique opportunity we have to run our rivers in the colder months.

Speaking of holidays we have had several requests to hold one of our meeting dates open for people to simply mingle, trade stories, and have a little more social time. Taking that to heart Skip Currier has upgraded our December meeting to a much more social event. Instead of a regular meeting with a single speaker we are going to have a Christmas party at the Central Hotel (Dads) in St. Johns. We plan to have a few people tell some of their river stories from 2013 and generally just have a great time. The club will be supplying some appetizers but if you want to eat dinner plan to order that on your own.

Don't forget not only is this a season of celebration but it's also election season, we have several board positions open and even if those individuals are running unopposed it's still a good idea to vote when the email comes to you. I want to thank all those that are running for their support of the club, it does not go unnoticed. In addition we've had some interest in helping coordinate the OWA online gear orders, the board will be working with those individuals to see what we can get out to members over the next couple months.

For all the board I'd like to say thanks to everyone who's volunteered to help or supported the club by supporting our fundraising efforts. In the end the club is about all of us and if we chip in just a little we can all go a long way.

Safety Calendar

I thought I should point out that most of our organized safety program is set for next year. We are going to hold our annual SRT class in April and we will be holding our Wilderness First Aid class in September. If you have attended these classes in the past you know just how valuable and surprisingly fun they can be. If you have not taken one recently you really owe it to yourself to get signed up. OWA makes it absurdly cheap to take such a high quality class. So this year give yourself a present that can give back and sign-up!

OWA December Meeting

Our next meeting is at Dads (Central Hotel) in St. Johns. Brent and Risa Davis will be our hosts on Wed December 11th. For the most part this is a Christmas party and social event though we plan to have a few people talk about their 2013 adventures so please join us for a great time!

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

Veteran's Day Trip Report



Veteran's Day on the Rogue Continued from page 1

Sunday morning I woke up got a fresh cup of coffee and watched as the sun came up, yet another beautiful day was beginning! Another big thank you to Steve and Kevin Herring for organizing breakfast, and to Steve Kasper and the rest of the crew who helped out. We had scrambled eggs with ham and cheese, pancakes, and pears. Yet another filling meal! Sunday was a long day about 18.7 miles. Our first large set to get through that day was Mule Creek Canyon, about 10 miles into the day. I hear that the Kayaker's had 2 swims in Mule Creek Canyon, as they say "We are all between swims". That's not too bad considering all the turbulent water and continuous nature of that canyon.

The second set to get through was Blossom Bar, about 1 mile below Star Creek Falls (the end of Mule Creek Canyon). I personally have to thank Steve Kasper for scouting Blossom Bar with me and a few other first timers. As I entered Blossom Bar I came too close to a rock at the entrance and got spun around. I remember voicing my opinion at that moment of the predicament that flashed before my eyes, and then not giving up and putting all my strength into getting through this set in my boat. We got past the Picket Fence only to get stuck on a pour over rock, after a weight shift and some jiggling the Raft, with the guidance of others we came off. I know that another raft snapped an oar in Blossom Bar, and prior to Blossom Bar I lost an oar to the bottom of the river. We only offered up 2 oars to the Rogue River this year. I always say if the worst thing that happens is we go for a few swims, and lose a little bit of gear. We have had a good trip!

After we all got through Blossom Bar the group headed for the second camp, we got there about 4pm. Delicious mini pizzas made by Kevin Buck, Evan Weiss, Chris Weiss and Lauren Summers curbed our appetite before the big feast. Then it was Russ Pascoe & the Kayakers turn to make dinner. Another big thank you to Russ for organizing this dinner, you really made it easy breaking it down into smaller pieces and letting your fellow kayaker help you pull it together. Another big thank you to the kayakers that prepared stuff for dinner and the rafters that helped with the transport. It was another hit with shrimp cocktail appetizers, spaghetti, 3 different kinds of sauce, Garlic bread, salad and cookies.

Monday morning we woke up to yet another beautiful day and of course HOT COFFEE and a filling breakfast. Thank you Jim Terry & your Volunteers for a most awesome breakfast burrito/taco bar. We all appreciate that you stepped up to take care of us on our final morning on the river. As we were packing up camp we were blessed with a Black Bear & Cub sighting from across the river, right where I would like to see them, NO CLOSER. We got in our boats and made the last stretch of our journey about 5.4 miles to Foster Bar take out where we loaded up our gear and headed home.

45 Souls – 44 adults and 1 teenager (15 years old)

7 Rafts, 15 Cats

9 Hard Shell Kayaks, 4 Inflatable Kayaks

All made it down and off the Rogue River safely

This was me and my Partner's first trip on the Rogue River, and we can't wait to do it again. Thank You OWA / OKCC. We would also like to thank all those that took the time to talk about the trip beforehand. Knowing a little about what was ahead of us was very useful. We cannot thank you enough!





Cold Weather Boating

By Charles Walbridge & Wayne A. Sundmacher Sr.

Cold-Water Protection

Water draws heat from the body 25 times faster than air. Like windchill, the effects of cold water increase when the current is fast. Sudden immersion in snowmelt or spring runoff is extremely debilitating, causing a substantial loss of strength, coordination, and judgment rather quickly. All cold-weather paddlers should select the gear needed for the insulation required to stay warm.

Drysuits and wetsuits both work effectively in cold water. In a wetsuit, air is trapped inside the neoprene material, and the suit fits snugly enough to keep most cold water out. What little water gets inside is quickly warmed by the user's body heat. Drysuits create an actual barrier between the environment and the paddler, eliminating that initial "cold-water shock." Paddling drysuits are made of a waterproof material with latex seals at the neck, wrists, and ankles. The paddler regulates the inside temperature by adding or removing layers of insulation, such as pile or polypropylene. In milder weather, a water-proof shell top or paddle jacket can be combined with pile clothing or a wetsuit for comfort.

The first goal is to protect the torso, which shelters the "core" of the body. The greatest heat loss occurs in the armpits and crotch. Next, pay special attention to the extremities. The head radiates a surprising amount of heat. If the helmet alone is not warm enough, pile or neoprene liners can be worn inside. Neoprene booties cover the paddler's feet, and if the sole is thick enough they can be used alone. Another alternative is to wear lightweight neoprene socks inside sneakers. In cold weather a boater's hands quickly lose the strength and sensitivity needed for effective paddling. Neoprene gloves or mittens are one answer; mittens are warmer than gloves, but more awkward and harder to find. Pogies (mittens that cover both the hand and the paddle) permit direct hand-to-paddle contact for maximum control with a kayak paddle. In borderline weather, carry hand protection along for possible use later in the day.



Hypothermia

The human body functions only within a narrow temperature range. Warmth must be maintained to support the chemical and metabolic functions sustaining life. When the body cools below acceptable levels (hypothermia), there is a significant loss of strength, coordination, and alertness. Patients suffering from hypothermia may become unable to paddle effectively or to assist in their own rescue.

Paddlers must often contend with water that is dangerously cold. The effects are felt with surprising speed. Just like the effects of windchill, those of moving water produce an enhanced cooling effect that multiplies the impact of cold water. But hypothermia does not always occur in cold weather. Unexpected summer storms can soak an unprepared boater, or the wind can steal heat from his body. An unprotected boater who takes a long swim on a cool, overcast day may find it hard to rewarm. An injured victim may experience hypothermia as shock sets in.

See next month's continuation of Cold Weather Boating for the Levels of Hypothermia

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- * Summer Hours: 8 am - 6 PM Mon-Sat



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Recipe of the Month

INGREDIENTS

- 15 oz. black eyed peas (drained)
- 15 oz. frozen sweet corn
- 2 large avocados (diced)
- 2/3 cup chopped cilantro
- 2/3 cup chopped red onion
- 1/4 cup olive oil
- zest of two limes
- 1/4 lime juice
- 2 cloves of garlic (minced)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon cumin



Ashley's Cooking Adventures

Cowboy Caviar

Submitted by Bee Tyree

DIRECTIONS

Mix all ingredients and chill before serving. Can be enjoyed as an appetizer with tortilla chips, pita chips or veggies. Can also be used to top tacos and quesadillas and you can add the leftovers to your eggs for breakfast.



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Gear Considerations

- Unless you are the fire department who rolls in with a truck you won't be able to carry every bit of gear for every situation
- However a few pieces of good gear will go a long way
- At a Minimum you should have
 - 100' of 3/8" rope or better
 - 2 pulleys, 1 should be a Prusik minding pulley
 - 20' of 1" tubular webbing or 20' of 8mm rope
 - 2 4-5mm Prusik loops about 5' long each
 - 3 Locking Carabineers



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Knot of the Month – Figure 8 on Bight

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

Overview

- The figure 8 on a Bight forms a permanent loop in the rope.
- It is a very strong knot and can be tied anywhere on the rope (not just the end)
- Drawback: It cannot be tied around anything so you must clip into it with a carabineer or tie another knot/webbing into it.

Use

- At the end of a rope as an anchor point. Anywhere within the rope for a pig rig. In the middle of a haul line to pull against



bight

Tied: The same as a Figure 8 but you start off with a bight

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Join us for our Holiday Party

December 11th at 6:00 p.m.

Located at the Central Hotel in the Heart of St. John's
8608 N Lombard Street

**Please bring your best river story from 2013 and join us for the OWA Holiday Party.
This is totally a social event and there will be no program speaker.**

We will be serving hearty appetizers and if you plan on having dinner, you can always order off the menu. The Central Hotel's website is www.centralhotelstjohns.com if you want to check it out.

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 vice-president@oregonwhitewater.org.
We need to give Brent and Risa a headcount. It sure will make their life easier!**



White Elephant Gift Exchange



How to play the game

1. If you'd like to participate, bring an inexpensive gift to the party. *Bring a river or camping related item or something hilarious that someone "other than you" MUST HAVE* and preferably something you already own laying around the house or garage.
2. All gifts should be wrapped with no outside markings. You shouldn't know who the gifts are from or what they are.
3. Everyone puts their gift in a pile and will draw a number.
4. Number 1 goes first, picks and unwraps a gift.
5. Number 2 can pick another gift or "steal" an unwrapped gift. If an unwrapped gift is "stolen" the person it is stolen from can then "steal or pick a wrapped gift.
6. A gift cannot be "stolen" more than twice. So whoever steals it second gets the gift.
7. A gift cannot be immediately stolen back by the person it was stolen from.

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.



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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>

1.1 Wed	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991
2.15-17 Sat-Mon	Rogue River	III/IV	Dave Graf	dmgraf55@centurytel.net	503-543-5743
3.22-24 Sat-Mon	Lower Deschutes	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
4.12 Sat	Deschutes River	III/IV	Bill Goss	zann@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	
6.6-8 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
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

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