

IN THIS ISSUE

Rogue River Trip Report 1
 River Tip 1
 OWA Contact Information 2
 President's Corner 3
 Passing the Baton 6
 Special Book Offer
 "Anything Worth Doing" 7
 Special January OWA Meeting
 Third Annual Wild Rivers Night . . . 9
 Recipe of the Month 10
 Safety Tip 11
 Knot of the Month 13
 OWA Trip Calendar 14
 Membership Application 16

NEXT OWA MEETING

Wednesday, December 12, 2012

Flying Pie Pizza

7804 S.E. Stark Street
Portland, OR 97215

6:00pm

Social hour begins

6:30pm

Club business and announcements

7:15-8:15pm

Featured presentation

RIVER TIP

Submitted by Tom Hanson

How old is your life jacket?

If it could stand replacing, consider getting one with 26-27 pounds of floatation. These high-end jackets are much safer than 16-18 pound kayaker vests. Also consider using crotch straps so the jacket does not get pulled over your head in nasty water.



Oregon WHITewater ASSOCIATION

Volume 13 Number 10

December 2012



**MORE
INFO**

[Click here for more Rogue River information at the OWA website](#)

TRIP REPORT: Annual Veteran's Day on the Rogue River

November 10-12, 2012 • Submitted by Rick Carman

Fifty seven hearty boaters, men, women and a few children in about 35 boats plus kayaks headed for Galice on Friday, November 9 for the annual OWA float from Grave Creek to Foster Bar in search of adventure, fun and frivolity. Some might see problems with that many boaters on one trip but on the whole it turned out to be a blessing. I was lucky enough to be one of "The Clampetts" riding with Sandi Alcantara in her 11-passenger van with the back seat removed. All eight of us rallied at Pat Barry's house and



Two of "The Clampetts" - Sandi Alcantara and Tara Haug

>> CONTINUED ON PAGE 4

PICTURED ABOVE: Julie Nathe, Tara Haug and Roberta Grant

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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Your OWA officers and volunteers

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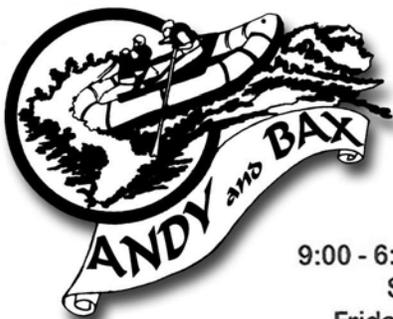
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OWA web site address:
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PRESIDENT'S CORNER

BY BRENDA BUNCE

Hello Fellow Club Members,



Two-term OWA president Brenda Bunce says farewell – and we will see her on the river

As I come to the end of my final term as club president, I reflect on what an awesome experience it has been for me on all levels. The joy it has been for me to serve this club for four years has shown me what dedicated members can be to each other in supporting each other on the river and keeping a healthy club thriving. To all the new members I have not yet met, I welcome you and I know that our exceptional and dedicated board will continue to serve this club with style, fun and a commitment to river safety.

The highlights for me this year include organizing and running the McKenzie river with 70 fantastic people, participating in the Wilderness First Aid and Swift Water Rescue training, playing in the Clackamas pool for best cat boat re-flip, flipping burgers for the annual picnic, and learning something new from every guest presenter at our monthly meetings. The best part has been meeting so many new and wonderful people, making my river adventures such an enriching experience.

I would like to call your attention to the club's new mission statement and vision. The board of directors has revamped our message that better defines who we are and what we stand for.

"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."

Thank you to all who have volunteered in anyway to our club. As we grow by leaps and bounds remember that a healthy club only thrives by its volunteers. As Ghandi said "Whatever you do may seem insignificant, but it is most important that you do it."

That can include your voice and feedback. Consider joining us for our next board meeting on December 4 .

See you on the river,
Brenda



"Night and day the river flows. If time is the mind of space, the River is the soul of the desert. Brave boatmen come, they go, they die, the voyage flows on forever. We are all canyoneers. We are all passengers on this little mossy ship, this delicate dory sailing round the sun that humans call the earth. Joy, shipmates, joy."

*~Edward Abbey,
The Hidden Canyon –
A River Journey*

Join us for our December 12 meeting at Flying Pie Pizzeria. Sam Drevo will be covering a large portion of his rescue training agenda on River Hydrology. We will also conclude our final vote tally on new board of director positions.

Veteran's Day Trip on the Rogue River

CONTINUED FROM PAGE 1

loaded two inflated rafts, three deflated cat boats, their frames and all the gear we could not fit in the back of the van onto the trailer. It was piled high, to say the least, and that look is where the name comes from. That many folks means lots of lively conversation plus big savings on gas and shuttle costs. We arrived in plenty of time for the party at Galice house and enjoyed Mary Lou's fabulous breakfast and our last shower for a couple of days.

In order to avoid overcrowding the small ramp at Grave's Creek some folks, including The Clampetts, launched a mile or two upstream. We became the tail

Two cat boats and one raft decided to brave Rainie Falls and one raft made it through the middle chute. Brian Albers in the cat and Jake Szympruch in the raft got pushed a little too far left and flipped almost as they were going over the falls. Tom Riggs in the raft that went through the middle chute needed to get out and give a little shove to coax his raft into the chute and then dive into his boat as it started to drop down the chute and almost left without him.

I do remember how cold it seemed to be. Julie and I kept debating whose turn it was to row as the front of the boat seemed to be 20 degrees colder

Rock-in On the Rogue

SUBMITTED BY BRUCE RIPLEY

AT BLOSSOM BAR: Just five more boats and we can relax, 4, 3, 2, 1 whew! Glad that's over!

Only three or four more pods of boats and it we'll have a relaxing evening at Tate Creek. Then came the following words, "Bruce, I think Scott is stuck on a rock", "No way - he'll bounce off and be down in a minute". "NO, he's STANDING on the rock. I think they are REALLY stuck!"

That was the very beginning of the latest four-hour rock-infused ordeal at Blossom Bar. I arrived on scene about 20 minutes after the pin and accepted the role of incident commander after a brief discussion. I'll just recount a couple things.

First, without the help of a patient and capable crew and victims the outcome might not have been so successful. It's one thing to practice this stuff and an entirely different thing to pull it off in real life. The top priority on scene was to do everything as safely as possible.

The other thing we did was discuss our rigging options as we readied our gear. In the end we tugged/pulled from four different locations, two different heights, and seven pulleys to get the boat off that rock. If you want to hear more about what we did, and ask questions why we did not do certain things please plan on coming to the February meeting and we'll recount a humbling experience for you - **one rock at a time!**



Brian Albers (on the right) after flipping at Rainie Falls

end of the group. The weather was cloudy and cold but no wind and very little breeze and a flow of 2200 CFS. Julie Nathe managed to drench me within two minutes of passing Grave's. Man, it was chilly.

than the back and the only way to stay warm was to row. We settled on an old trick I used to teach my kids to row when they were too little to handle both oars. We sat side by side

[>>> CONTINUED ON PAGE 5](#)



OWA members – the entire group on this trip – joyfully participate in a Veteran’s Day salute

on the dry box and each rowed one oar. There was surprisingly little disagreement on which way to go and we were both reasonably warm from the effort of even one oar.

The trip through the fish ladder was very smooth. Lots of those 57 bodies were available to help guide the boats through and pull off those that got stuck. Once dinner was over and the circle set up and with the sun down, some of oldsters and over-recreators retired around 6:00 pm. That’s what time I was told it

was but it seemed later than that. *Pathetic!*

Sunday’s weather was significantly warmer and free of carnage until we got to Blossom Bar. As our group approached, we saw party members up on the scout point signaling to stop. We did and climbed up to see what was up. It was Scott Ogren’s boat fully – and I mean fully – pinned on the left rock on the picket fence. Scott and his two rookie passengers were moving back and forth from the boat to the rock. Talk about giving the newbies the E ticket

ride! I would have bet anyone \$100 the boat could not be pulled off and would have to be abandoned. And the boat was partially blocking the channel to boot. Fortunately Bruce Ripley had already gone through and was pulling safety on the left, joined by most of the kayakers and some more rafters.

We watched helplessly from river left as attempts were made to pull the boat off, with ropes breaking, additional gear being added and new angles of pull worked out.

Daylight was starting to get a little short. We looked long and hard at the right channel but there was no way. Not enough water over the numerous large ugly rocks. We finally decided the only option was to try the normal left to right run and try to squeeze between Scott’s boat and the downstream side of the large center rock. Someone else ran first while I set up mid stream to get the go sign from those still on the scout point. The first boat



Linda Slattery transits the fish ladder

>> CONTINUED ON PAGE 6

Passing the Baton

Submitted by Scott Ogren

This issue of the OWA newsletter marks the end of an era for our club in two major ways.

First, this is Karen O'Neel's last issue as the newsletter editor. Karen took over the newsletter editor duties about seven years ago and transformed what was more or less a Word document that got printed and mailed in the US mail to the club members into a professionally produced publication that has received praise from many people. Throughout her many years of service to OWA, she continually improved the newsletter and it is what you see today. As a club, we can really say that we have one of the best newsletters of any volunteer organization there is and we have Karen to thank for her tireless



Karen O'Neel

efforts and constant desire to make the newsletter better and better.

Also, Brenda Bunce is at the end of her two terms as OWA President. According to club bylaws, she will step down and let someone else take over the reins but her shoes will be very difficult to fill. Under Brenda's leadership, our club has made many vast improvements and the membership has more

than doubled. Under Brenda's outstanding leadership, OWA offers more club sponsored trips, offers Swiftwater Rescue and Wilderness First Aid training, and has built several significant relationships with vendors and other leaders of the whitewater community. But maybe the most important thing Brenda achieved as President is to foster a community – a family of whitewater boaters. Everyone new is welcomed with open arms and older members are reached out to as you would a family member just to see how things are going.

While neither Karen or Brenda are leaving the club, both have left lasting footprints on our club that won't soon be forgotten. The next time you see either of them, please take a minute to thank them for their tireless dedication to our club and for helping to make it what it is today.

Veteran's Day Trip on the Rogue River

CONTINUED FROM PAGE 5

entered left and disappeared behind the center rock. A few seconds later a big roar went up from the folks on the scout point. It sounded positive and they gave us the go sign and off we went. I have never been so focused on this rapid as I was that day. I sneaked around the big center rock, faced the fence and pulled back with the pedal to the medal, mindful to not back into the big rock and getting bounced back into the fence or Scott's boat. My bow came with about a foot of Scott's boat and Julie had moved way over to the left side of the bow. We slid past

the boat and a 220 body belly flopped with a huge thump onto the right side of the front dry box. It was TJ, the male passenger in Scott's boat. I realized that the roar we had heard when the first boat went through was TJ's wife doing the same thing.

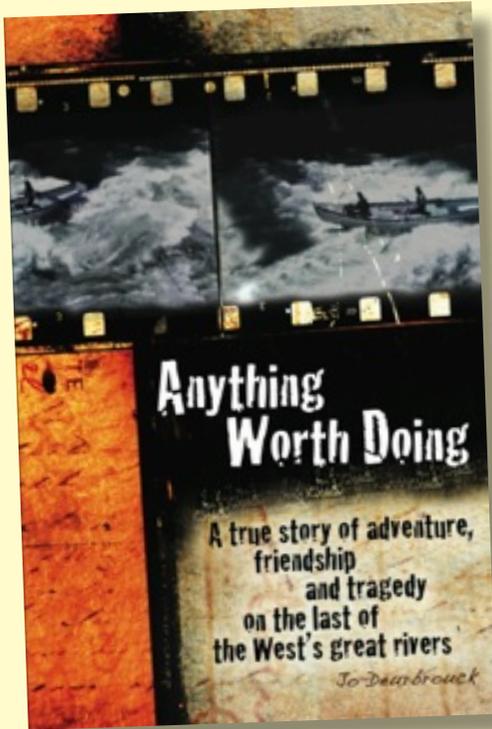
The rest of the group also made it through with a couple of boats staying above the rapid in case Scott needed rescuing. With darkness not far away most of the rest of us headed downstream to set up camp at the first available spot, the very rocky Paradise (I call it Half Moon) Bar. We set up camp and got dinner prep going, ready

to help the rest of the party. About 15 minutes after it got really dark we saw headlamps on the river. All the remaining boaters, including Scott rowing his boat, pulled in. Again, having all those boaters helped provide bodies for the rescue and for setting up camp. I will leave it to Bruce "Mr. Z Drag" Ripley and Scott "Rockhound" Ogren to tell the full story of the rescue at the February OWA meeting. Thank goodness no one took my \$100 bet and thank goodness Bruce has the skill set to pull this whole thing off.

A longer than usual and fairly rainy row out Monday morning brought our adventure to an end. We can go do it all over again in just a few months.

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."

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Here's how to get your signed copy:
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"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.

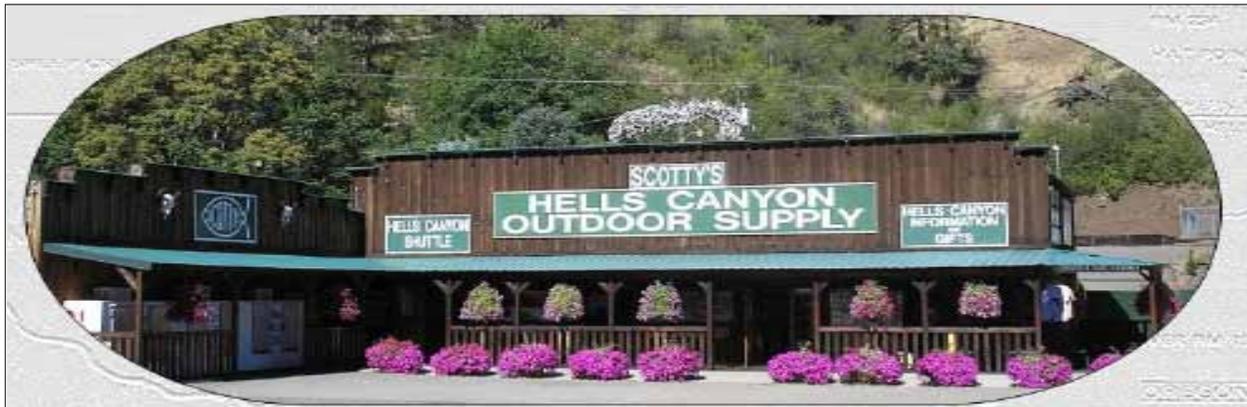
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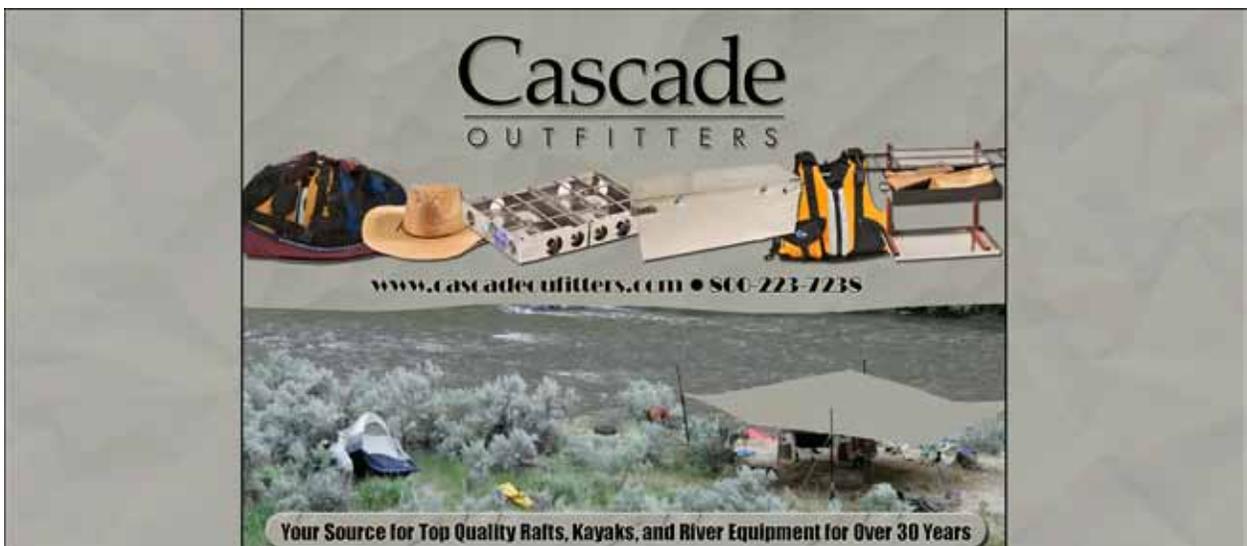
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~ SPECIAL JANUARY OWA MEETING ~

Join Us for the Third Annual Wild Rivers Night

**Wednesday, January 9
6:00-9:00 p.m.**

**Keen Great Room
515 NW 13th Avenue
Portland, OR 97209**

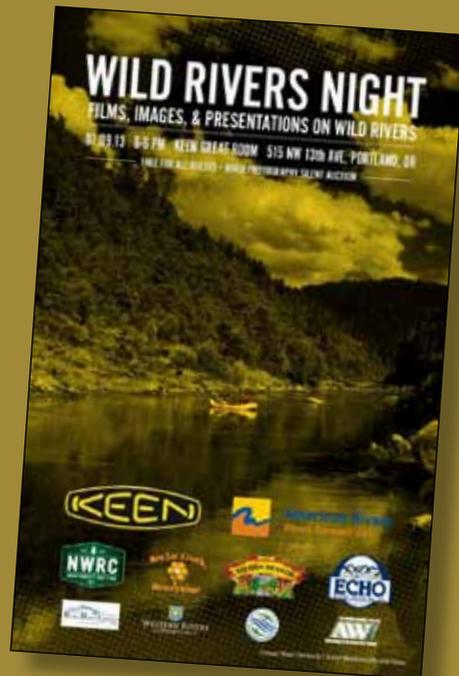
SEATING IS LIMITED TO 102 PEOPLE
Free – but you must have a ticket

**CLICK HERE TO BE ADDED
TO THE WAIT LIST**

FOOD AND DRINKS:

- Sierra Nevada will provide beer
- Nectar Creek will provide mead
- Springhouse Cellars will provide wine

The non-profits involved (five) will be selling mugs for the beverages.



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RECIPE OF THE MONTH

Hearty Beef Stew

By: Chef Bernie Danylchuk • Submitted by: Karen Eichhorn

YIELD: 45 SERVINGS - 1-1/2 CUPS TO 2 CUPS PER PERSON



Beef cubes in a rich red wine beef sauce with tomatoes, carrots, mushrooms, onions, potatoes and peas

INGREDIENTS

2-1/2 cups flour
 1-1/4 tablespoons black pepper
 10-7/8 pounds beef chuck, boneless or top sirloin, trimmed and cubed
 5/8 cup oil
 5 pounds onions, medium, diced
 1-3/4 pounds celery, diced
 1 7/8 tablespoons garlic, minced
 5 cups red wine
 9-5/8 pounds diced tomatoes
 7-3/4 cups beef stock, extra strong
 5/8 cup tomato paste
 1-1/4 tablespoons thyme, dried
 1-1/4 each bay leaves
 1-3/4 pounds carrots, medium
 6-1/2 pounds new potatoes, small
 1-3/4 pounds pearl onions, small
 3-1/4 pounds mushrooms, small
 5/8 cup butter
 3-1/4 pounds peas, frozen

** Note: If freezing this entree, omit the potatoes*

TIME-SAVING TIP

Prior to our river trip, Ernie and I cut and cubed all the sirloin, browned it, placed it in a seal-a-meal bag and froze. We sliced and cooked the potatoes, carrots, onions and mushrooms, and we froze all in a seal-a-meal bag. The stew was transported in 2-gallon buckets to the river and reheated slowly on the camp stove.

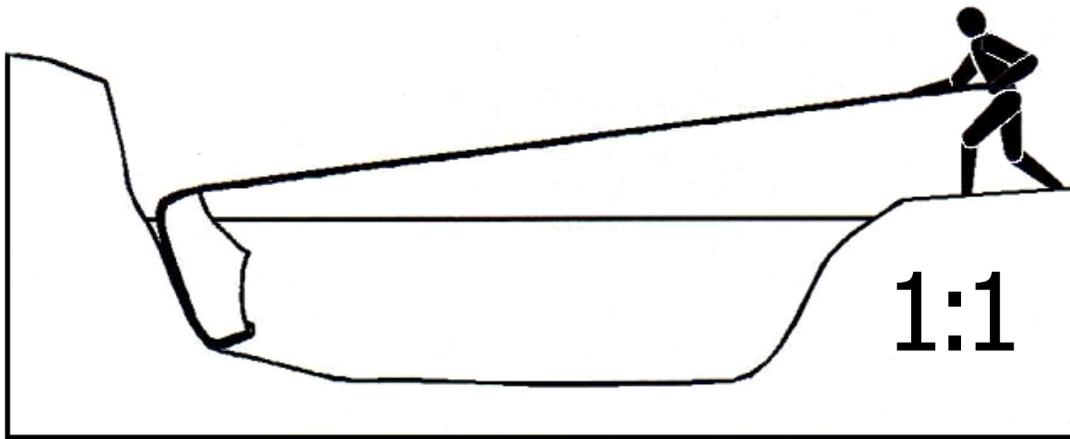
DIRECTIONS

1. Mix flour with black pepper in a bag and add portions of the beef stew cubes. Shake bag to coat all sides of meat with flour until no more flour will stick to meat. Shake off any excess flour and place beef cubes on a large baking sheet not touching each other. Let stand for 10 minutes.
2. Heat 3 tablespoons of the oil in a large heavy Dutch oven over medium-high heat until fat is hot and just beginning to smoke. Add beef cubes in a single layer, without crowding, and let cook without disturbing for about 3 to 4 minutes to create a crusty layer on the bottom of the cubes; stir the cubes to turn them over and allow them to cook again, undisturbed, to create another side of the dark crust on them. Remove when browned. Repeat until all beef cubes are browned.
3. Lower heat to medium-low and cook the celery and onions until soft, about 6 minutes. Add the garlic and cook one minute longer, then add the red wine. Turn heat up again and boil the liquid, scraping up. Browned bits from the bottom of the pan, until the liquid is almost completely evaporated.
4. Drain the tomatoes, reserving half of their juice, add to onion mixture along with the beef stock, tomato paste, thyme, and bay leaf. Mix well, then add the beef. Cool and store in hotel pans. Or, transfer to freezer for later use. Do not add vegetables or potatoes at this time.
5. Prepare vegetables. Peel and cut the carrots into 1" or 2" chunks and cook in boiling, salted water until crisp-tender. Drain and refresh in ice water.
6. Quarter new potatoes and place them in a saucepan with water to cover, cook at a gentle simmer until tender, yet still firm. Refresh in ice water.
7. Cook pearl onions in boiling, salted water until tender, drain, and refresh in ice water. When cool enough to handle, peel.
8. Sauté mushrooms in butter over medium heat until browned all over. Cool.
9. Heat beef, tomato, onion mixture on a very low setting (mixture should bubble gently) stirring occasionally until meat is tender, but not falling apart, about 1-1/2 hours on your camp stove.
10. When meat is done, gently stir in the cooked vegetables, including the frozen peas approximately 30 minutes. Season to taste with salt and pepper.

SAFETY TIP Submitted by Tom Hanson

HAUL SYSTEM: 1:1 Mechanical Advantage

Requires: Static rope: Yes
PMP Pulleys: No
Prussic cords: No
Anchor rope or strap: No
Carabiners: No (Next month: The 2:1 haul system)



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Knot of the Month

Water Knot

By Steve Kasper

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

OVERVIEW

- Used to join two 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



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

[Click for a video](#)



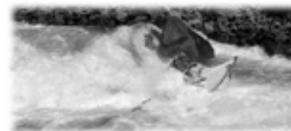
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Upcoming Trips

Submitted by Pat Barry, Trip Editor

Please go to the OWA website for additional details on each trip.

[CLICK HERE](#)

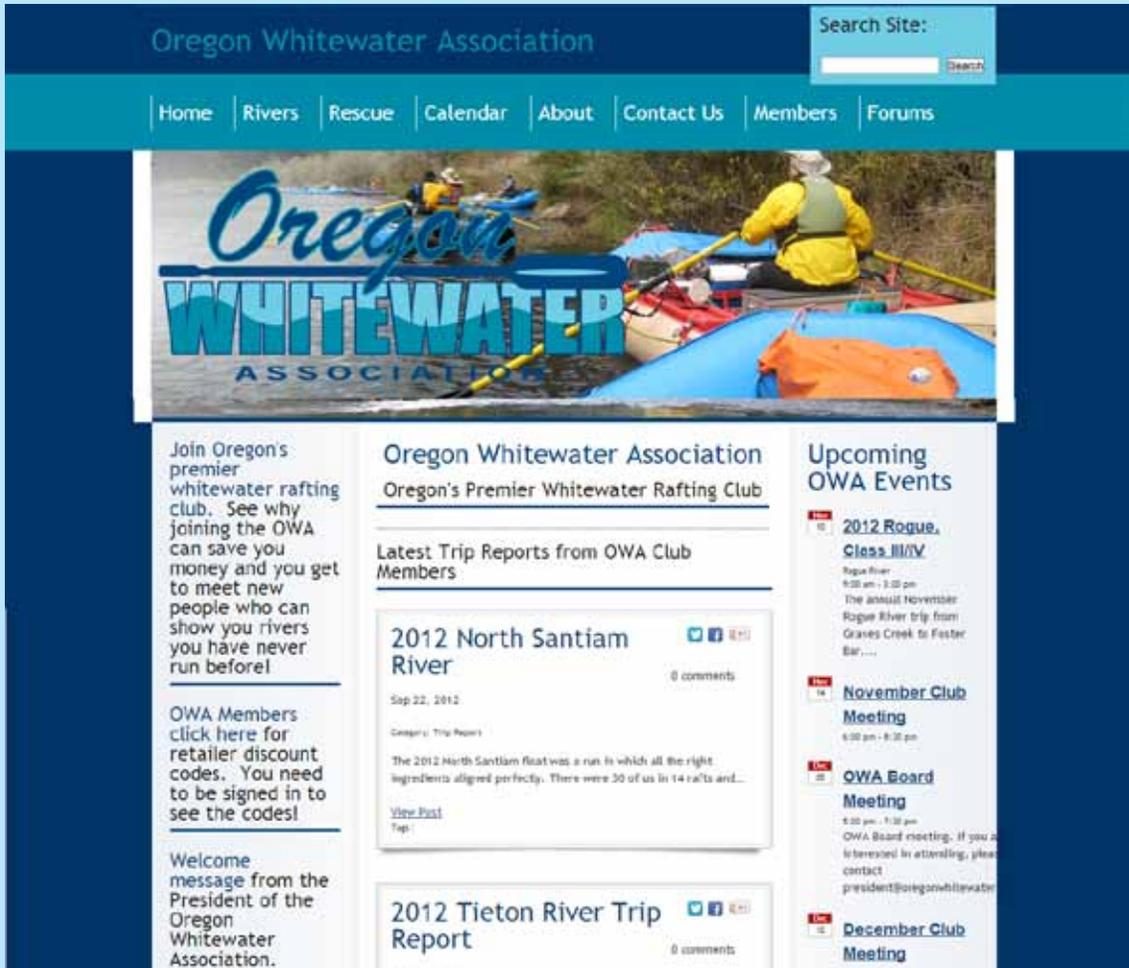
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>



1.1 Tue	Sandy River New Year's Day Float	II/III	Val Schaul	val.schaul@verizon.net	503-805-8991
1.16-18 Sat	Wilson River	III	Tom Riggs	trriggs@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	zannq@msn.com	503-757-4659
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	
6.8 Sat	Kiickatat 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

Past Trips

11.10-12 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
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www.oregonwhitewater.org

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Oregon Whitewater Association Membership Application Form

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A household membership is \$28.00 for one year, from January 1 to December 31.
You may go to our website at Oregonwhitewater.org to sign up and pay your dues online.

Membership

1 Year – \$28

2 Years – \$56

3 Years – \$84

I hereby state that I wish to participate in courses and/or activities offered by Oregon Whitewater Association (OWA) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, OWA would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by OWA, I hereby release OWA and its leaders, officers, and members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OWA. I personally assume all risks in connection with these activities, and further agree to indemnify OWA and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

All participating adult members of the household (age 18+) must sign. Guardians must sign for minors.

Participant	Printed Name	Signature
Member #1		
Member #2		
Member #3		
Member #4		

Participant	Email Address	Preferred Phone(s)
Member #1		
Member #2		
Member #3		
Member #4		

Make your check payable to the
Oregon Whitewater Association
and mail to:

Oregon Whitewater Association
P. O. Box 2137
Beaverton, Oregon 97075-2137