



OREGON KAYAK & CANOE CLUB CURRENTS

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ABOUT THE OKCC

The Oregon Kayak & Canoe Club is a group of boaters in the Portland area who have joined together to pursue a common interest in whitewater boating. Our primary focus is to organize river trips at various skill levels. Safety, as well as enjoyment, is considered important on all club-sponsored trips. We are also involved in creek races, slalom races, instruction, and river conservation. Membership entitles you to all issues of our newsletter, trip schedules, conservation updates, social events, affiliation with the American Canoe Association and American Whitewater, and an outlet/source for used equipment.

We encourage all OKCC paddlers to give something back to the club. Not only is the club here for you, the club is you! It's the active members that make organizations like ours tick. There are opportunities to lead trips, coordinate progressions, manage the website, and even edit this newsletter!

Check us out at www.okcc.org where you can keep up with our calendar of events as well as other paddling resources! We also have an active Facebook page and Yahoo! Groups email distribution list you can join.



OKCC POSITIONS

2013 Board of Directors

- Russ Pascoe, *President*
- Patty Bolden, *VP/Secretary*
- Courtney Wilton, *Treasurer*
- Gonzalo Velasquez, *Board 1*
- Bruce Thompson, *Board 2*

Support Member Positions

- Denny Egner - *Clinics*
- Sue Scheppele - *Intermediate Progression*
- Bruce Thompson - *Beginner Progression*
- Bill Auchterlonie - *Website*
- Erin Bloomquist - *Website*
- David Johnson - *Slalom*
- Amy Cornett - *Newsletter & Kayak Polo*

Monthly Board Meetings

All members are welcome to sit in on monthly board meetings. They are held on the second Monday of the month from 7 - 9 pm – come at 6:30 if you want to eat and socialize. Currently the location is the Chapel Pub, located at 430 N Killingsworth. Check the OKCC calendar to confirm dates and location.



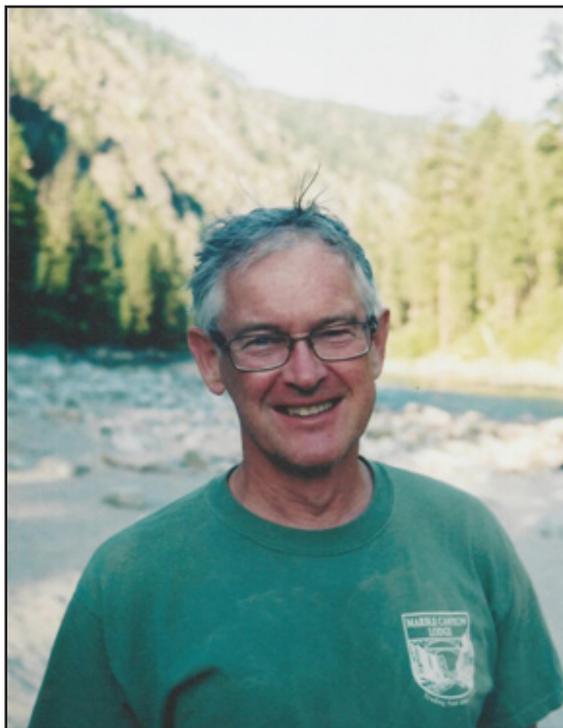
Photo Credit: David Pool

TRIBUTE TO DICK SISSON

-by Courtney Wilton

Kayaking lost a good friend when Dick Sisson died Christmas day, 2012. He was sixty nine years old.

Dick was a long time member of OKCC, past president and newsletter editor. He loved kayaking and paddled often – often over 150 days a year. A chemical engineer by training and profession, he kept meticulous records of practically every run he ever did including date, level, fellow paddlers and general comments. He lived on the Washougal River in Washington State and knew certain sections better than anyone. I asked him recently about how many times he had run the Washougal. Of course he emailed me a few days later with an exact number: 681. He literally knew every obstacle and fun feature at every water level and was fond of introducing new paddlers to the river. So much he wrote this [article](#) (you must be an AW member to view the article) last year on the subject. It was fitting that Dick spent his last days watching it flow past his home.



In addition to the Washougal he made a habit of kayaking many of the western classics including almost annual runs on the Rogue, Middle Fork of Salmon, Main Salmon and the Colorado (Grand Canyon). He also boated internationally in Costa Rica, Ecuador, Mexico, France and Bhutan. He was a very organized and a meticulous trip planner - putting together numerous trips for he and friends that otherwise never would have happened.

While his paddling resume was impressive, so too was his generosity; he gave back to the sport in many ways. In the past he also served as board member and president of the Lower Columbia Canoe Club. He successfully mentored many beginning boaters with his calm demeanor, analytical mind and wry sense of

humor. When a good friend of his finally received a coveted Grand Canyon private permit only to then suffer a serious stroke and give up hope due to physical limitations, Dick analyzed the risks, took appropriate safety precautions, and made the trip

happen by taking over leadership and flawlessly rowing the whole canyon with his friend as a raft passenger.

Dick was also extremely safety conscious and a guy you wanted with you in a crunch. He and I were the lone kayakers on a low water middle-fork trip a couple of years ago. Joining us were four rafts, two of which were significantly overloaded given water level. Suffice to say Dick and I spent much of the first few days on rope duty - which was somewhat stressful and frustrating. Dick's expertise with the z-drag literally saved the day. He

didn't complain and saw his contributions as river karma. He also had a fantastic river memory and was generous in leading others whose knowledge or rivers and rapids wasn't the same.

Finally, he was also simply a fun and interesting guy. For someone so linear, he also had a wonderfully creative side and a great appreciation nature, art, culture and music – especially Neil Young and Bob Dylan. He was the kind of person you could enjoy spending hours with on the river or around the campfire.

Fare thee well, Dick Sisson. You will be missed.

He is survived by his wife Cindy, a son, daughter, grand- daughter and a garage full of kayaks. As Dick always signed off: SYOTR (See you on the river).

ANNOUNCEMENTS

2012 OKCC Awards

A fantastic time was had at the Annual OKCC meeting held at The Iron Horse restaurant in November. We discussed club business, clinics, elected the 2013 board members as well as recognized the following people for their exceptional contributions to the club:

Michele Adams
 Shannon Crosswhite
 Denny Egner
 Dave Hoffman
 Rufus Knapp
 Paul Kuthe
 Sue Scheppele
 Roger Sharp
 Dick Sisson
 Joey Thomas
 Bruce Thompson
 Brian Thompson
 Michael Williams

Thank you again for dedicating your time and skills to making the OKCC outstanding!

New Website

We heard you loud and clear last fall when current and former members shared their thoughts and interests for the club in an OKCC survey. Based on your feedback we focused our efforts on building a brand new website that launched this month! Much thanks to Bill Auchterlonie for volunteering his time and skills to make this happen! Enjoy!

Newsletter

Submissions such as photos, trip reports, book reviews, feature articles or ideas are always welcome and can be directed to editor@okcc.org. Newsletter editor position is open! Our newsletter is now entirely electronic, which greatly simplifies publishing. Here is an opportunity for you to practice your writing and editing skills, while contributing to the paddling community.

2013 Pool Sessions

Columbia Pool
 7701 N. Chataqua Blvd. PDX
 8:15pm-9:30pm
 Every Other Wednesday
 January 30
 February 13, 27
 March 13, 27
 April 10

OKCC Members \$5
 NonOKCC Members \$10

You are entitled to one free pool session if you sign up or renew your OKCC membership at the pool!

More Trips Wanted

Everyone loves river trips, so if there is a run you want to do feel free to post it on the OKCC Facebook page and/or our Yahoo! Groups page to invite more members to enjoy the run with you!



MEMBERSHIP

Don't forget to renew or start your OKCC membership for another great year of paddling!



The OKCC is a non-profit 501c organization. Our annual dues are only \$20 per individual or household, and provide funding to allow an all-volunteer organization to continue to do great things for the local paddling community. This includes pool sessions, monthly river progressions, clinics by local professionals, newsletters, discounted safety training and social events such as the annual meeting/dinner and summer picnic. OKCC's facebook and email list makes it easy to coordinate trips and pass on important river information. Membership also provides discounts at a number of local kayak shops as well as American Whitewater and the

American Canoe Association. When membership numbers are high we also donate to local conservation groups. Most importantly, by belonging to the OKCC you are paying it forward to help the next generation of paddlers learn and experience the amazing local rivers we've all been very fortunate to enjoy.

There are two easy ways to join the OKCC!

Electronic - Paypal & Email:

1. Fill out the **OKCC membership form**
2. Email the completed and signed form to info@okcc.org .
3. Pay by clicking on the "Join Now" link to the right.

-OR -

Paper - Check & Snail Mail:

1. Fill out the **OKCC membership form**
2. Print and mail it to the address on the form along with your dues.
OKCC, P. O. Box 692, Portland, Oregon 97207-0692

Note: Existing ACA and American Whitewater members will receive renewal information directly from those organizations. For those wishing to join these organizations for the first time, you may do so in conjunction with your OKCC membership. ACA requires the following **waiver**.



2013 OKCC CLINICS

The OKCC is fortunate to offer kayaking clinics to its members again this year. The clinics are free to OKCC members, but to participate, you must be an ACA member and commit to volunteer to help the OKCC become a stronger club. Potential volunteer activities include: leading club trips, helping with progression trips, hosting pool sessions, participating in river cleanups, helping with organization of the club or event planning.

Most clinics have a limit on the number of participants so act fast. Those who attended the annual meeting in November got a head start on registration. Download the registration form at <http://www.okcc.org/classes/>

Int/Advanced Progression Clinic

Leader: Paul Kuthe

Dates: Jan 12, Feb 16, Mar 9, April TBD

Paul is Program Director at Alder Creek Kayak and Canoe. He is offering a four-part monthly progression beginning in January with each session occurring on progressively more difficult water. The sessions will start on flat water and a Class II river and will progressively move to more advanced runs. Paul requests that everyone should have a solid roll and be familiar with safe swimming and self rescue practices. Swimming should be a rare occurrence. Students should have had some formal instruction in class II whitewater and have their own gear. The sessions will be limited to 10 participants.

- January: Flat water stroke clinic and a short Class II+ run (N. Clack Reservoir then Bob's to Memaloose)
- February : Class II-III (Wilson River or something similar to upper clack difficulty)
- March: Class III-IV (Molalla if river levels permit)
- April: Class IV+ (EFL or Opal)

Advanced Whitewater Boating Clinic

Leader: Luke Spencer

Date: April 6

Topics include:

- Proper Gear: boat, river-wear, safety equipment.
- Team Paddling Skills: psychology and skills for team paddling.
- Conditions: weather conditions/river conditions, how to make informed choices and where to find the info, and hazards on advanced whitewater.
- Basic Rescue Techniques: scouting, portaging, swims, rescue bags, and mechanical advantages.

The session will be limited to 12 participants. Luke intends to recruit two other expert paddlers to assist with the session.

How To Teach Rolling & Roll Improvement

Leader: Dave Hoffman

Date: Teaching Jan 8, Improvement TBD

Dave runs the kayak school at Next Adventure. He will be offering two rolling clinics. The first is aimed at the accomplished kayaker and is intended to provide instruction on teaching a beginner how to roll or helping someone improve their roll. There will be an emphasis on teaching safe roll techniques. The second clinic will allow the newly trained roll instructors an opportunity to work with kayakers learning to roll or trying to improve their rolling. This clinic will be perfect for folks who are learning to roll or can roll but are looking to improve (and specifically get their combat roll more reliable). These will be pool sessions. There may be an additional on-water component if there is interest.

2013 OKCC CLINICS - Continued

Basic Skills Clinic

Leader: Joey Thomas

Dates: Jan 20, Feb 17, Mar 10

This clinic is appropriate for any level of paddler that wants to work on dialing in the fundamentals of paddling. We'll work on basic paddle strokes, eddy turns, bracing, ferrying, body position and using your whole body when you paddle. You'll also get some tips on reading water, your roll, and the mental side of kayaking. Clinics will include a full day on an easier river practicing the harder moves needed to be more comfortable on tougher runs. Participants should know how to roll. Joey intends that everyone: Practice...Practice...Practice.

Forward Stroke Clinic

Leader: Sam Drevo

Date: TBD (Originally scheduled for Feb 9)

Flatwater clinic: This clinic will offer an opportunity to get your forward stroke analyzed by experts. The forward stroke is an intricate movement that requires years to master for your body type. Sam Drevo will lead the clinic and there will be other top eNRG Kayaking instructors present. They will offer insight into perfecting the forward stroke specifically for your body type, boat type, and paddling interest. Location: eNRG Kayaking- Oregon City OR- time duration 2 hrs. The clinic will be limited to 12 participants.

Bull Run Slalom Clinic

Leader: David Johnson's

Date: TBD (Originally scheduled for Jan 19)

Kayak Safety for Raft Support Clinic

Leader: Sam Drevo

Date: Feb 23

This class will focus on the skills necessary for becoming a valuable asset when paddling with rafts. Learn strategies for best interacting with rafts that will help you get invited on more multi-day trips (gold in the Northwest). Location: Upper Sandy, 5-7 mile paddle. Time duration – full day, 10am meeting. The clinic will be limited to 12 participants.

Advanced Paddling Sessions Clinic

Leader: Michael Williams

Date: TBD

Michael will be offering a series of five “leaders choice” river trips in the class 3-4 range. He will post them on the OKCC Facebook page and people will have to contact him for details. The participants will be expected to work on skills on these trips. These trips are not part of the formal OKCC clinic program. Michael's goals are to: 1. Paddle some different runs and 2. Work on skills.

Clinic leaders reserve the right to determine if you have the necessary skills to participate in a clinic.

All dates are dependent on the weather, levels, etc.



Photo Credit: David Pool

MONTHLY PROGRESSION TRIPS

*So you have been paddling awhile and you have a roll...
Where do you go next?*



The OKCC Progression trips are a means for kayakers to develop their skills by gaining experience, learning from other paddlers and boating challenging runs. They are great opportunities to meet other boaters, practice your rescue skills, impart some of your knowledge to new paddlers, and have an enjoyable, leisurely day on the river. We encourage experienced paddlers to sign up as trip leaders or safety boaters. It's a fun and great way to give something back to the paddling community!

Beginner Progression Trips

Beginner trips are designed to give less experienced boaters the opportunity to participate in a group paddle on class II to III- whitewater while having more experienced boaters available for assistance. They also provide an opportunity for experienced paddlers to practice harder moves on easier water. These trips are not intended to be instructional classes.

Example runs include:

- Clackamas, Bob's to Memaloose
- Washougal, Mile Post 5 to Hathaway Park
- Nehalem River, Spruce County Park to Salmonberry Confluence
- North Santiam, Mill City to Mehama
- White Salmon, Lower Run

Expectations: Paddlers should have taken a basic class, be capable of wet-exiting a kayak, doing a T rescue and have some river experience on class II water. All paddlers should be prepared for cold water. A dry suit is recommended. Other mandatory gear includes a kayak/IK/canoe, paddle,

helmet, life vest (pfd), spray skirt, throw rope and knife. Bring water to drink and something to eat on the river.

Schedule: The Beginner Progressions are scheduled for the first weekend of the month, but the schedule can vary. We post these on the [OKCC calendar](#), [OKCC Facebook page](#) and also on the [OKCC Yahoo Groups! list](#). Trips tend to begin about 10 a.m., and average trip length is about 3 hours, but can be more or less depending conditions and events.

Contact: "I took my first OKCC BP trip in June, 2011 and have participated in most of them since then. Along with my brother Brian and Roger Sharp, we now coordinate the BP's. The trips are always a good time. Come out and boat and safety boat!!! Questions and suggestions are always welcome."

- Bruce Thompson at begprog@okcc.com

Intermediate Progression Trips

Intermediate trips are designed to provide experienced paddlers a group paddle environment on Class III-III+ whitewater. These trips are not intended to be instructional classes.

Example runs include:

- Clackamas, Fish to Bobs
- White Salmon, Middle Run
- Wilson River, Devil's Lake Fork
- Washougal, Big Eddy Section

Expectations: Intermediate paddlers are expected to have a combat roll and have experience on class III whitewater. All paddlers should be prepared for cold water. A dry suit is recommended. Other mandatory gear includes a kayak/IK/

canoe, paddle, helmet, life vest (pfd), spray skirt, throw rope and knife. Bring water to drink and something to eat on the river.

Schedule: Intermediate Progressions are regularly scheduled for the 4th Sunday of each month, but the schedule can vary. We post these on the [OKCC Calendar](#), [OKCC Facebook page](#) and also on the [OKCC Yahoo Groups! list](#).

Contact: Sue Scheppele at intprog@okcc.org

ACA annual membership or a waiver and \$5 ACA event fee is required for all progression trip participants.



Photo Credit: Alistair Hather

Check the [OKCC Calendar](#) for current information on club trips and events. Club trips are sanctioned by the American Canoe Association. Non-ACA members pay a \$5 insurance fee to participate.

SLALOM AND KAYAK POLO

2013 NW WW Slalom Cup

www.nwwhitewater.org and www.okcc.org

Come out and compete or just learn some moves, and have some fun!



Photo Credit: Neil Schulman

1. Cedar River Slalom, near Maple Valley, WA
March 16, 17 - Contact: [Marin Millar](#)
2. Rich Weiss Slalom, Chilliwack River, near Chilliwack, BC,
March 23, 24 - Contact: [Jon Allen](#)
3. Riverhouse Slalom, on the Deschutes River

in downtown Bend, OR,
March 30,31 - Contact: [Bert Hinkley](#)

4. Bull Run Slalom, near Sandy, OR,
April 27, 28 - Contact: [David Johnson](#)

5. Salmon la Sac Slalom, near Roselyn, WA,
June, 1, 2 - Contact: [Jennie Goldberg](#)

6. Roaring River Slalom, on the Clackamas River, near Estacada, OR,
Aug, 23, 24 - Contact: [Carl Poston](#)

7. Chilliwack Slalom, near Chilliwack, BC.
Sept. 14,15 - Contact: [Jon Allen](#)

8. Nooksack River Slalom, on the Nooksack River near Glacier, WA,
Oct, 5,6 - Contact: [Ken Daugherty](#)

The Northwest Slalom series continues with points awarded for results at each race. The best 6 out of 8 race results are totaled and a trophy is awarded in each class (K1, K1W, K1Masters, K1Junior, C1, K1Rec, etc.). Awards for 2012 will be presented at the Cedar race and posted on our websites.

2013 Indoor Portland Kayak Polo

www.portlandkayakpolo.com

Everyone is welcome! No experience or gear required!

- Matt Dishman Pool - 77 NE Knott Street, PDX 97212
- Cost: \$10 per session
- Time: 6:15 pm - 8:00 Sunday Nights
January 13, 20, 27
February 17, 24
March 3, 10

Dry off and meet us for post polo social hour down the street at Fifth Quadrant! (3901 N Williams Ave)

If you have gear bring your own ww kayak, PFD, paddle & spray-skirt.

If you don't have gear, don't worry! Alder Creek Kayak and Canoe generously provides helmets with face masks for everyone and can also provide boats and gear for FREE!!!

If you have any questions or need gear please email play@portlandkayakpolo.com to ensure we bring the proper equipment for you!



RIVER CONSERVATION

American Whitewater

<http://www.americanwhitewater.org/>

Founded in 1954, American Whitewater is a national non-profit organization with a mission “to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.” American Whitewater is a membership organization representing a broad diversity of individual whitewater enthusiasts, river conservationists, and more than 100 local paddling club affiliates across America. The organization is the primary advocate for the preservation and protection of whitewater resources throughout the United States, and connects the interests of human-powered recreational river users with ecological and science-based data to achieve the goals within its mission.

OKCC strongly encourages your support of AW's mission to conserve and restore America's whitewater resources. OKCC members may join American Whitewater at a discounted membership price. AW members receive a subscription to AW magazine and member-only discounts.



American Canoe Association

<https://aca.site-ym.com/>

The American Canoe Association (ACA) is a member based, national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling; stewardship support to help protect paddling environments; and sanctioning of programs and events to promote paddlesport competition and recreation. The heart of the ACA is the people who paddle, cherish, protect, and enjoy the diverse waterways of America.

OKCC members have the option to join the ACA at a discounted membership price. The ACA's Paddle America Club provides liability insurance for OKCC trips and events. OKCC members who choose ACA membership do not need to pay a \$5 per event fee for liability insurance, as well as other benefits. Sign up [here](#) then bring your ACA number to OKCC paddling events!

American Rivers

<http://www.americanrivers.org/>

American Rivers is a leading organization working to protect and restore the nation's rivers and streams. Rivers connect us to each other, nature, and future generations. Since 1973, American Rivers has fought to preserve these connections, helping protect and restore more than 150,000 miles of rivers through advocacy efforts, on-the-ground projects, and the annual release of America's Most Endangered Rivers®. Headquartered in Washington, DC, American Rivers has offices across the country and more than 100,000 supporters, members, and volunteers nationwide.

Through our work in five key program areas - Rivers and Global Warming, River Restoration, River Protection, Clean Water and Water Supply - American Rivers is working to protect our remaining natural heritage, undo the damage of the past and create a healthy future for our rivers and future generations.

MAKE THE MOST OF YOUR POINT AND SHOOT

By Neil Schulman

For years, kayak photographers have been stymied by the demands they place on cameras. No longer. Small, submersible, and halfway-decent cameras are now in every paddlers' hands, or at least price range. They do, however, have their limitations... but not as many as you might think. Here's how you can use these little waterproof wonders to unlock some serious photographic potential.

Zone Defense

The most critical task in photography is controlling exposure. Imagine the silhouette of a kayaker on a golden dawn, or a beam of light bursting through storm clouds—situations that fool auto-exposure meters. Since most point and shoots use auto-exposure, this is a difficult situation to expose properly, right?

Wrong. Most point-and-shoots have a spot meter that measure light hitting a tiny section at the center of the frame. They all have exposure compensation, which allows you to make the photo as much as 2-3 stops lighter or darker. Now you can control exposure just like a big DSLR. You can use the Zone System, a classic imaging technique described by Ansel Adams, to get precise exposures in challenging light. Here's a simple overview of the digital Zone System: spot-meter off the most important highlight. Use Exposure Compensation to make it one stop or so lighter, depending on your desires, than the metered value. Make sure the mid-tones aren't too dark. Then shoot.

Delay of Game

Shutter lag is one of the constant complaints about point and shoots. Its often half a second between hitting the button and image capture, which can be a decade in running whitewater. My

point-and-shoot will never be as fast as my DSLR, but I've made it operate significantly faster. The secret lies in camera settings.

First turn off the automatic review and the flash. This will give the camera less to think about between shots, and extends battery life. Set your camera on "burst" mode. Lastly, put the camera in "Action" or "Sports" mode. This maximizes shutter speed. Now I can get about 2 shots/second: not 8 frames/second, but fast enough to catch some kayak surfing action.

You're Smarter than the Machine

The hallmarks tools of creative photography are controlling camera position, shutter speed and F-stop. They control motion and visual depth. And they're absent from the submersible, consumer-oriented point-and-shoots, in favor of various automatic settings. Purists who grew up shooting in manual mode often think of automatic settings as blasphemy. However, once you know what they mean, you can outsmart the camera and exert some creative control.

My D10 has auto modes like "sports", "landscape", "portrait", and so on. These modes are basically pre-set parameters. Sports mode is a fast shutter speed (as fast as the ISO you've selected will allow) and a wide aperture that creates a shallow depth of field. Landscape mode is small f-stop to hold foreground and background in focus, with a slow shutter speed. Portrait is often the same as Sports mode, but with a less saturated color balance.

Five Legs Are Better Than Two

Another way to get the most out of your point-and-shoot is to pretend it's not a point and shoot. When I encounter a scene that moves me, I set my tiny camera on a tripod and pretend it's an old-school clunky camera. This does more than allow slower shutter speed and greater depth of

field. It helps me slow down and think. I'm far more likely to get a clean shot. And you can get away with a very small and light tripod.

The RAW Truth

Point and shoots do have limitations. A big one is that the submersible cameras are aimed at the consumer market, and only capture JPEG files. Unless an open-source hack kit is available for your particular camera, your shots will be lower resolution, and you'll miss out on some nifty post-processing options.

Lens Loss

DSLRs still shine is the versatility of lenses available. Submersible point-and-shoots generally have focal lengths of around 35-150mm (35mm equivalent). As Robert Capa said, "if you don't like your photos, get closer."

Above all, photography is about light and vision. Nobody asked Picasso what kind of paintbrush he used, after all.

This article was originally published in a longer form in California Kayaker in 2010.

Neil Schulman is a local photographer and writer. His images are available at www.neilschulman.com/neilschulman2



Photo Credit: Neil Schulman Paddler: Chad Price