

# On The Eddy Line



Idaho Whitewater Association

**FEBRUARY  
2016**

## A Letter to Our Members

By Jennifer Atteberry

**H**ello 2016!! It makes me a little nostalgic to think that it has already been a year since I typed up my first newsletter as IWA president. I have seen a lot of growth in not only myself, but the IWA during this past year, and I look forward to once again trying my hardest to meet the expectations of the IWA members, while still fulfilling the core mission of the Idaho Whitewater Association. It truly is an honor to serve as President of an organization that I care so much about.

In January we held the Annual Member Meeting and Board of Director Elections at Cascade River Gear (aka Cascade Outfitters). I would like to thank everyone who volunteered to take on the task of continuing to steer the IWA in a proactive and positive direction for 2016. The previous board of directors established several new goals for the IWA and implemented several significant changes for our organization. I have no doubt that the 2016 board will continue this forward momentum. We were sorry to see several of you step down, and would like to thank each one of you for the dedication and hard work given to the IWA. The time commitment required of board members is recognized, and we appreciate your willingness to volunteer your personal time. We also thank you for all of your assistance in transitioning the 2016 board into their new roles.

So without further ado, let's meet the 2016 IWA Board of Directors!



### **Jennifer Atteberry – President**

I relocated to Idaho almost 15 years ago from N. California. It was there where my love of the outdoors began. Much of our summers were spent in a tent, along various parts of the Pacific Crest Trail in the Sierra Nevada's. Idaho has instilled in me a passion for the rivers and a need to preserve our beautiful Idahome; while still being able to enjoy everything that this incredible state has to offer. I care and am passionate about the IWA, and look forward to continuing and contributing to its mission.



### **Signe Jensen – Vice President**

Hi, I'm Sig and I am addicted to H2O! My addiction started when I was 4 and got up on my first pair of skis, it has continued with adventures in the Pacific, Atlantic, Caribbean, lakes, streams, rivers, and even mud puddles. I'm so excited to be involved with the IWA. It's an organization that supports my love of the river and its surroundings.



### **Howard Miller – Treasurer**

As an Idaho native I remember seeing the pioneering kayakers on the Payette in the early 70's and thought it looked like a lot of fun. I started whitewater boating much later in life, in my late 30's. I got involved with IWA about the same time and have been passionate about both activities ever since.



### **Jamie Wright - Secretary**

There is something that happens in my soul when I push my boat off of the riverbank. Nature surrounds me. Birds are floating on the winds above, the sun is sparkling across the ripples of the waves, and a calmness envelops. My soul is consumed with becoming a part of this ever moving, ever changing flow of nature.

It is my great honor to serve this organization whose members know exactly this experience that I refer to. They continue to support and promote our sport, share ways to be safe and fun, and work to protect this resource for those who follow in our footsteps in the future.



### **Alissa Palmer - Director**

I started my love affair with the outdoors and rivers at a very early age. I learned to water/snow ski at the age of two, and have been going ever since. My dad was one of the first whitewater rafters in the northwest. He instilled in me an intense respect and love of the river, and the environment. I have had the honor of being part of the great mission of the IWA for many years and hope to for many more to come.



### **Katie Stone - Director**

As an Idaho native, I grew up playing in, and appreciating, the outdoors. Although I've only been rowing for a few years, my husband Mike and I try to get out on as many rivers as possible. Combined with our love of travel, we hope to splash our way across the globe. I'm looking forward to meeting new people this year, and am excited to be part of the IWA team!



### **Jesse Fisher - Director**

I am an Idaho native enjoying my 16th year of rafting. In the past, I have been a guide with IWU, am WFR (Wilderness First Responder) certified, and have taken several swift water rescue courses.



**Scott Laxson - Director**

Lifetime Boise Idaho resident and running our rivers for over 35 years. Joined the IWA 6 years ago, the Board of Directors last summer, and honored to be elected to another term. I enjoy being part of an organization that shares and appreciates the incredible rafting opportunities our state and region have to offer. I look forward to seeing everyone at our events and on the river!



**Shelley Coleman - Director**

I've lived in Idaho for twenty five years and each day I am grateful for the amazing mountains, rivers, and wildlife that are right here in my back yard. I started rafting with my Step-dad at age fifteen and have been hooked ever since. I constantly find myself in awe as I sit on

my raft and admire the scenery that we are each lucky enough to experience, and therefore I feel very strongly about protecting it.



**David Hurley – Director**

I was born in Des Moines, IA and raised all over the U.S. After serving in the US Army and going from Idaho to Texas and back again, I now call Idaho my permanent home. I started rafting casually with friends and would really like to step up my game and learn more about

the rafting community. Aside from rafting I enjoy spending time with my daughter, cooking, brewing beer, and hanging with my animal family.



**Crystal Sistoni - Director**

I have lived in Idaho most of my life and feel super fortunate that I live in a place that has all my favorite things to do! I'm truly an Idaho girl living the life!! Clearly I love rafting, but a few other things that I enjoy are hot springs, camping, and music!! When I put all these fantastic things together, WHOA what a time that is!!! I also love to meet new people, so I

am very excited to be on the board this year! It will give me the opportunity to meet many new adventurous people and hopefully make many new friends! If you see me around say hi, you never know what kind of fun and laughs we might have!!

## Dutch Oven Cook-Off - Recap

By Jennifer Atteberry

**W**e had a great turn-out for the annual February member meeting and Dutch Oven Cook-Off at Cascade River Gear. This year, the top three finishers received cash prizes (and a year's worth of bragging rights) of \$100, \$75 and \$50, for the first, second, and third favorite dishes. In addition, a donation jar was passed around collecting money for all of our chefs to help offset some of the personal cost that is incurred by volunteering to participate in this very popular IWA event.

It was an extremely close competition due to the amount of incredible dishes served. Most of us had a difficult time narrowing down whose dish we liked the most. **A huge thank you to all of our chefs. Without you, this event would not be as wonderful as it is!**

Here are the winning recipes from our top 3 contenders.



**Chile Verde Tacos with Cilantro Lime**

**Relish**  
*Robert Fehlau*

**Ingredients:**

5 pounds boneless pork loin, chopped into three-quarter inch cubes.

**Seasoning mix:**

- 1 Tbsp. onion powder
- 2 Tbsp. ground Mexican oregano
- 1 Tbsp. ground cayenne pepper
- 1 Tbsp. smoked paprika
- 1 Tbsp. ground cumin

- 1 Tbsp. coarse kosher salt
- 3/4 Tbsp. ground black pepper

Seasoning mix - mix all ingredients together, then add to meat, tossing in large bowl. This can also be prepped at home and placed into Ziploc bags.

**Directions:**

- Put 12 briquettes under Dutch
- Heat 2 tablespoons vegetable oil in a 12 inch Dutch oven.
- Crosscut thickly sliced bacon into quarter inch pieces
- Cook bacon in Dutch until translucent.
- Add seasoned pork cubes
- Brown until slightly crispy.

**Add:**

- 2-30 ounce cans of gold hominy drained of liquid
- 2- 7 ounce cans of mild diced green roasted chilies
- 2- 7 ounce cans of salsa verde
- 1- 12 ounce can of Tecate beer

Cover and place 10 briquettes on top. Simmer for 1 hour.

**Cilantro / Lime Relish Topping**

- Two bunches fresh cilantro finely chopped.
- 1 large yellow onion finely chopped.
- 1- 7 ounce can of chunky red salsa of your choice.
- 1 teaspoon ground cumin
- 1 teaspoon ground oregano
- 1/2 teaspoon salt
- Juice from 3 squeezed limes
- 1 - 12 ounce package of prepared guacamole.

Serve pork on warm yellow corn tortillas. Top with shredded sharp cheddar cheese.



### Sausage and Pasta *Dean and Linda Schlomer*

#### Ingredients:

- 3 lb. sausage
  - 30 oz. corkscrew noodles (cooked)
  - 36 oz. Alfredo sauce
  - ½ onion
  - 1 Red bell pepper
  - 10 cloves garlic
  - \*\* 2 jalapenos
  - \*\* 1 jar bacon jam
- \*\* for spicy version*

#### Directions:

Brown sausage. Add onion, pepper, and garlic. Continue cooking until tender. \*\* If you are making the spicy version, add the jalapenos and bacon jam. Add Alfredo sauce and noodles.

Stir to coat.

Cook for 30 minutes in Dutch oven at 350 degrees.



### Dutch Oven Blueberry Cinnamon Rolls *Megan Hudson*

#### Ingredients:

2 tubes refrigerator big cinnamon rolls with icing

#### Filling:

- 1 pint blueberries
- 3 Tbsp. granulated sugar
- 2 Tbsp. cornstarch
- 2 tsps. fresh lemon juice
- 1 tsp. lemon zest
- 3/4 cup water

#### Directions:

Coat the Dutch oven in non-stick cooking spray, you can also line the Dutch with tin foil and coat with non-stick spray.

For the filling, use the Dutch oven to combine the blueberries, sugar, and cornstarch. Stir in lemon juice, lemon zest, and water. Cook over a full spread of coals, stirring often, until mixture begins to thicken slightly. Remove from heat and allow to cool.

Unroll each individual cinnamon roll. Place 2 spoonful's of blueberry filling on the strip of cinnamon roll dough and re-roll the dough back into the cinnamon roll shape.

Place all 10 blueberry filled cinnamon rolls inside. Cook for 25 minutes, or until cinnamon rolls are cooked through. Remove Dutch oven from heat.

Drizzle cinnamon rolls with icing. Serve warm.

**The IWA Board would also like to extend a great big thank you to Cascade River Gear for graciously hosting the event again this year. We appreciate all of the time and effort you contribute to this event. Last, but certainly not least, a big shout out and a huge thanks to all of our amazing chefs, Deme Dellairo, the IWA Board, and Bob Newman for organizing the event.**

## Other Member News

### Life Flight Membership Discounts

Once again, IWA has secured the special discounted rate of only **\$45** per family/per year (a **25% savings**) to the Life Flight Network for IWA members. These savings almost cover the cost of your yearly membership to the IWA! Life Flight Network is a nationally recognized, not for profit air medical service with 16 bases in Idaho, Oregon, Washington, and Montana. If EMS or healthcare providers determine that air medical transport is needed, your membership protects you and your family from having any out-of-pockets expenses. Life Flight Network works directly with your insurance company for their portion of the payment, and the rest is covered by your membership. The short and easy application is available at the monthly member meetings or by request for interested IWA members.





# Annual ~~Used~~ Spring Equipment Sale

By Jennifer Atteberry

Spring is almost here, and with it comes the biggest event sponsored by the IWA. But first, some big news!! We have made the decision to change the name of the Used Equipment Sale to the Spring Equipment Sale (SES). The SES will be on April 23<sup>rd</sup>, 2016. **Online registration for sellers will begin on April 1<sup>st</sup>.** This marks our fourth year of using the online system, and it keeps getting easier for all of us as organizers, and for you as the seller. We still need your help to make the sale run smoothly. Please **read the rules and helpful tips** available on our website at [www.idahowhitewater.org](http://www.idahowhitewater.org). Being familiar with the process will help us ensure a smoothly run SES. We will be taking all kinds of quality outdoor gear again this year. IWA retains 15% of sales on items less than \$1,000, and 10% on items priced above \$1,000. Bring down that raft or kayak, PFD's, helmets, splash gear, wet/dry suits, oars, frames, camping gear, bikes, backpacks, etc., that you haven't used in years, and we will help you find it a happy new home (plus, put some money in your own pocket for new gear).

**Cascade River Gear aka. Cascade Outfitters** will be hosting the event again this year, and will be having an awesome sale on new gear, so be sure to check them out too! Their location is **604 E 45th St, Boise, ID 83714 (off of Chinden, down by the river).**

Last year we saw many local vendors at the event and plan on hosting them again, along with a few additional this year! We will be announcing these awesome vendors as the event gets closer. Watch our website and Facebook page for additional updates.

We had so much fun giving away free SWAG last year, that we decided to continue the fun in 2016 with hourly games of Rock, Paper, Scissors. Winners will walk away with several awesome prizes. We look forward to playing that again, along with an additional drawing for a sweet giveaway. This special item will go out to the one lucky person who turns in their SES postcard for a drawing at the SES. Postcards are set to be mailed out in early April.

All gear offered for the sale must be in good working condition. We are not going to take your garbage for you. PFD's and other gear have a lifespan. If it is junk and you don't trust your life with it, don't offer it to someone else! Gear not fit for sale will be refused.

This sale could not happen without the incredible help we get from our IWA member volunteers. I will be contacting my usual list of amazing volunteers, but if you would like to be on that list, contact Sig Jensen at [sigjensen@yahoo.com](mailto:sigjensen@yahoo.com). You **must** be an IWA member to volunteer, and since you will be too busy to shop once the sale starts, volunteers get first pick of the sale items prior to the sale. It is a great deal!

## 2016 Used Equipment Sale Timeline

**April 1<sup>st</sup>** – Online registration opens. Go to [www.idahowhitewater.org](http://www.idahowhitewater.org) and follow the link. **All sale items must be registered online!**

**April 20<sup>th</sup>** - Training night for key volunteers

**April 22<sup>nd</sup>** - Seller check-in from 3pm to 9pm. Register your items and print your tags ahead of time to make this process faster for you!

**April 23<sup>rd</sup>** - Seller check-in from 7am to 8:30am. After 8:30am, you will **not** be able to register and/or check in your gear. Please plan ahead! The sale starts promptly at 9am, and goes until 3pm.

All unsold items must be picked up by 4pm on Saturday, April 23<sup>rd</sup>, or they will become the property of IWA! Donated items are tax deductible.

Go to [www.idahowhitewater.org](http://www.idahowhitewater.org) to **read the rules and helpful tips**, then follow the link to the online registration site.  
**Call Jennifer Atteberry at 208-871-3139 with any questions.**



### Vendors!!

Interested in having a booth that the Spring Equipment Sale? Contact Jesse Fisher for additional information at:  
[jfisher@classvgear.com](mailto:jfisher@classvgear.com)



# Upcoming 2016 IWA Events

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## March 2<sup>nd</sup> – River Predictions and Safety Skills Night

**7pm @ Cascade River Gear**

See how these warm temps and the current snow-pack will affect your 2016 boating season. Has El Nino worked in our favor? Ron Abramovich will be giving a presentation outlining how several of our favorite rivers are looking for the 2016 boating season!

We will also be having interactive stations to practice your knot tying, and an awesome game of Whitewater Jeopardy.

## March 12<sup>th</sup> – Spring Thaw Event

**10am-5pm @ Cascade River Gear**

**Written by Renee Zettle**

Cascade River Gear... formally Cascade Outfitters is gearing up for another Spring Thaw celebration. We will be offering storewide savings for the biggest sale of the year! We'll be serving up FREE BBQ lunch, and Crooked Fence will be joining us again this year with local brews for sale. Our vendors have outdone themselves yet again with the swag and gear that we are giving away in the FREE raffles happening all day. This year we've added a FREE KAYAK to the raffle. We are giving away a Rocky Mountain IK this year, watch our social media to learn how to enter! Join our vendors and local River Riders in celebrating the 2016 Peace, Love and Whitewater season!

## April 6<sup>th</sup> – Movie Night – **NEW LOCATION!!**

**7pm @ AIRE Factory Store**

Time to put together the footage from your best river carnage! Movie night is here again! IWA will be providing movie popcorn to enjoy while you watch! We won't have an internet connection, so you'll need to bring your footage on a disk (DVD, CD, Thumb Drive). Please keep the content exciting! Usually 10 minutes of whitewater footage per person is about perfect for keeping the viewers engaged. The more carnage, the better!

**Not getting IWA emails? Please message Sig at [sigjensen@yahoo.com](mailto:sigjensen@yahoo.com) and let her know!!**

## April 9<sup>th</sup> – AIRE Faire

**10am-4pm @ AIRE Factory Store**

**Written by Sara Dellairo**

The AIRE Factory store would like to invite you to our most fun event of the year...the AIRE FAIRE! Lunch will be provided with your favorite AIREheads BBQing burgers and dogs. Sockeye will be here with delicious Boise brewed beer for sale. We will have great savings all day and even a chance to win your purchase. Yes that's right, when you buy a boat your name is entered into a drawing to WIN IT! All of our vendors will have fun games and prizes to win as well. Hope to see ya'll there!

## April 23<sup>rd</sup> – Spring Equipment Sale

**9am-3pm @ Cascade River Gear**

Details listed above. We will need volunteers for Friday and Saturday! Contact Jennifer Atteberry @ 871-3139 for additional information.

## May 7<sup>th</sup> – Adopt a Highway Cleanup and Member Float

**10am @ Main Payette River – Meet at Beehive Takeout**

Help keep our beautiful Idahome Clean! Float for volunteers after the cleanup ends. Be prepared for Spring Boating conditions.

## May 27<sup>th</sup> – 30<sup>th</sup> – Lochsa River Madness and Movie Night/Competition

**@ Wilderness Gateway Campground**

Carnage movies start at dusk on Saturday, and Sunday evening will be the BIG Movie competition. One winner will be chosen Sunday night for each category: Best Video and Best Flip. IWA will once again have some sweet giveaways in addition to the prizes!

## July 16<sup>th</sup>– Safety Saturday

**10am – 2pm @ Main Payette River**

Mark the date on your calendar. More information will be coming! Once again, the IWA will have safety stations to practice your skills along the Main Payette river.

## Our Mission

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The purpose of the Idaho Whitewater Association, Inc. (hereafter, IWA) shall be to promote the appreciation, understanding, and safe recreational use of the whitewater river resources within the State of Idaho among its members and the general public, and to inform the members of issue affecting whitewater rivers and their use. In essence, the IWA is for whitewater boaters and paddlers, who have a passion and experience in whitewater and others who desire to explore that passion.



# Drysuits Don't Make You Bulletproof

[http://www.nrs.com/safety\\_tips/drysuitsdontmakeyoubulletproof.asp](http://www.nrs.com/safety_tips/drysuitsdontmakeyoubulletproof.asp)



Drysuits are a wonderful innovation for boaters. They have been used by divers for decades, but models suitable for kayakers, rafters and canoeists have only become popular in the last 15 years. Breathable fabrics, double tunnel designs, built-in socks, relief zippers and competitive pricing have caused more and more boaters to move up to a drysuit for cold-water protection.

And the breathable drysuit is a wonderful protective garment. It keeps water away from your body core and limbs, allowing

you to add and subtract insulating layers so you stay comfortable and warm. The US Coast Guard requires them for their small boat crews when water temperatures are 50°F or lower. They are definitely life-saving devices.

Talking to NRS customers and reading recent posts in various boating forums, I see many boaters singing the praises of the drysuit.

- “Greatest investment I’ve ever made!”
- “My drysuit has opened up more months of boating for me.”
- “I don’t know how I ever did without a drysuit.”

All true and I can say “ditto” to each of those statements. However, I’m led to also give the cautionary warning, “A drysuit doesn’t make you bulletproof.”

My concern is that feeling the warmth and protection that a drysuit gives us can lead to overreaching the limits of our skills and equipment. Something that happened almost a year ago still nags at the edge of my mind. Some time back, I wrote about a mid-March trip several of us took on the Hells Canyon stretch of the Snake River, where it cuts between Idaho and Oregon. We drove through snow to the put-in, and while it only rained on us along the river, snow coated the canyon walls above. The water was frigid. At Granite Rapid, Paco and I chose to run right into the center hole in the rapid. I thought later, and still think, we wouldn’t have made that choice had we not been wearing high-end NRS drysuits. While the hole looked clean, and we made it through fine, I don’t think we would have chanced a flip had we been less protected against the cold.

We’ve written a number of [safety articles](#) for the e-News, and called out some of the more relevant ones on this page’s *Related Articles* section. Take a look at them for good advice on all the other safety considerations a wise boater adopts. These articles and others stress the broad range of considerations you’ll be wise to consider. They’ll help keep you and your boating companion’s safe when you venture out on the water, no matter what the season.

My charge to you is this: by all means, add a drysuit to your gear bag. It will open new horizons to your boating life. And it may save your life. It will certainly increase your comfort level. *However*, merely look at it as one piece of your boating safety arsenal.

Boat Often & Boat Safe,

—Clyde  
NRS e-News Editor



# Thank You Sponsors!

Spotlight on:

## Idaho River Sports

Idaho River Sports is the complete on-water center for kayak, canoe, raft, surf & SUP. We also offer SUP intro, SUP Yoga, fitness & special events!

## Class V Adventure Gear

Class V Adventure Gear is a white water gear manufacturing company. We make Aluminum Cataract and Raft frames, Cargo Modules, Platforms, Fire-pans, and Tables.

## Idaho Storage Connection

We have been serving our clients storage needs since 1994. If you are looking for affordable self-storage, please call us today. We would be honored to help with your storing needs. Our facilities offer affordable storage for your boat, car, RV, trailer, and household items.

## BANANAink

We are a local company that gears their designs to native Idahoans and Idaho enthusiasts. We just wanted to see more clothing made for people who lived in and loved Idaho and decided we'd make our own!



**Cascade**  
RIVER GEAR

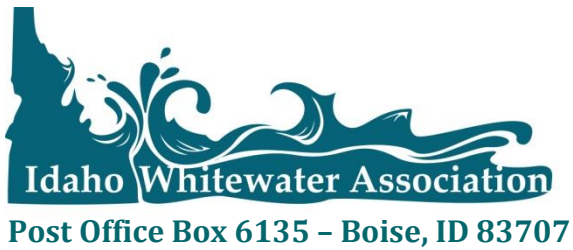


[www.classvgear.com](http://www.classvgear.com)



If you are interested in becoming an IWA sponsor, please contact Jennifer Atteberry at: [sponsorIWA@outlook.com](mailto:sponsorIWA@outlook.com)

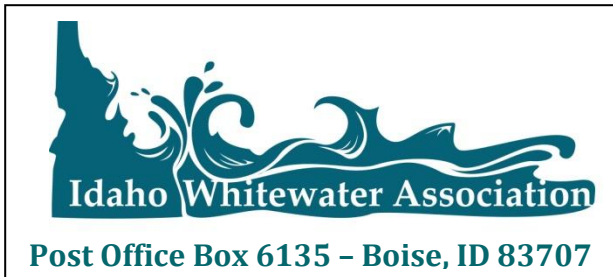
*Please remember that the Idaho Whitewater Association is a 501(c)(3) non-profit organization. All contributions are tax deductible as allowed by law and are greatly appreciated.*



[FNAME] [LNAME]  
[ADDRESS 1]  
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**Note: If your membership is not current, this will be the last Newsletter that you receive. Please consider renewing your membership with the IWA, in order to continue receiving these!!**

Membership paid through: [PAID THROUGH MONTH]/[PAID THROUGH]



**JOIN!! IWA Annual Membership Dues  
\$20 Individual / \$25 Family  
MEMBERS! PLEASE VERIFY YOUR  
INFORMATION FOR OUR RECORDS**

Check one:  New Membership  
 Renewal  
Member since: \_\_\_\_\_

Date: \_\_\_\_\_  
Name(s): \_\_\_\_\_  
\_\_\_\_\_  
Street: \_\_\_\_\_  
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Check one:  Individual Membership (\$20)  
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Please Check ALL that apply:

- Raft
- Cataract
- Canoe-whitewater
- Canoe-touring
- Kayak- whitewater
- Kayak-touring
- Kayak-inflatable
- SUP
- Other: \_\_\_\_\_

**VOLUNTEERING:** I am interested in volunteering: \_\_\_ Used Equipment Sale; \_\_\_ Setting up events;  
\_\_\_ Safety Saturday; \_\_\_ Guest Speaker; \_\_\_ Board of Directors; \_\_\_ Newsletter; \_\_\_ Getting Sponsors;  
\_\_\_ Adopt A Highway; \_\_\_ Social Media/Graphic Design; \_\_\_ Lochsa River Madness

Other: \_\_\_\_\_