



AUTUMN 2010 NEWSLETTER

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Annual OKCC Meeting

The 2010 OKCC Annual Meeting will be held on **Wednesday, December 1st**, at the Iron Horse Restaurant, **6:30 to 9 pm**. New Board members will be elected. Upcoming clinics and other club news will be announced. Snacks will be provided. See you there!

Iron Horse Restaurant
6034 SE Milwaukie Avenue
Portland, OR 97202

Membership Reminder

All OKCC memberships expire December 31st. Memberships run through the calendar year. Please use the form and address on the last page to renew your membership. You can also bring your form and renew at a pool session, and that session is free.

Welcome New & Renewing Members!

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. Check us out online at www.okcc.org! Also sign up for the club's Yahoo! Groups email list at groups.yahoo.com/group/okcc.

We have several means of communication - the Yahoo! group, the Google calendar, and the OKCC.org website. Check it out at: <http://www.okcc.org/>. Get current information on club trips and events.

OKCC Board President's Message

Please consider "giving back" to our paddling community by joining our Board. YOU can make a positive difference. Lots of opportunities to bring forward kayaking projects, be a voice for your paddling community, and add positive energy to our Board meetings.

We meet once a month on the third Monday, from 7 to 9 pm. Should you be interested, have questions, please visit our OKCC website <http://www.okcc.org/>, click on the "About" link on left side of page, then shoot us an email.

Your 2010 Board President
Chris Watson

Use the form on the last page to join the OKCC or renew your membership. Mail the completed form along with the appropriate amount to:

Oregon Kayak & Canoe Club
PO Box 692
Portland, OR 97207

OKCC Board of Directors

Chris Watson, President
president@okcc.org

Markus Fant, VP/Secretary
vice-president@okcc.org

Dick Sisson, Treasurer
treasurer@okcc.org

Russ Pascoe, Conservation
board1@okcc.org

Dee Brodigan, Events
board2@okcc.org

Honorary Positions:

David Johnson, Slalom

Liane Owen, Editor

Sue Scheppele, Intermediate Progression

Denny Egner, Clinics

Shannon Crosswhite, NWCC

Note from the Editor

OKCC is once again publishing a Newsletter, but please have patience while we tune up! Your contributions are appreciated. This Newsletter will come out only in e-mail form. No paper copies will be mailed. Using e-mail saves a lot of money and effort. This edition of the Newsletter goes out to all members who have an e-mail address on record. If you don't want to receive any more, please let us know at editor@gmail.com.

American Canoe Association Membership

Although not required, 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 in addition to OKCC membership will receive OKCC benefits - newsletter, social events, and meetings - in addition to the benefits of ACA membership - paddling magazine, ACA paddling events, and member-only discounts.

Newsletter Advertising & Submission

If you would like to advertise in an upcoming newsletter, please contact us at editor@gmail.com for advertising rates and guidelines.

The next newsletter deadline is January 15, 2011 Submissions, photos, trip reports, book reviews, and ideas or suggestions should be directed to editor@gmail.com.

American Whitewater Membership

OKCC members may now also join American Whitewater at a discounted membership price. OKCC members who join American Whitewater will receive a subscription to American Whitewater magazine and member-only discounts as well as support American Whitewater's mission to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

Club Trips / Events

Check the OKCC [Calendar](#) or [Yahoo! Group](#) for up-to-date 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.

Date	Location	Contact
November 16	Roll Practice – N Clack Aquatic Center	Chris Watson
November 17-19	OWA & OKCC Rogue Trip	
November 21	Beginner Progression - TBD	Markus Fant
November 23	Roll Practice – N Clack Aquatic Center	Chris Watson
November 28	Intermediate Progression - TBD	Sue Scheppele
November 30	Roll Practice – N Clack Aquatic Center	Chris Watson
December 7	Roll Practice – N Clack Aquatic Center	Chris Watson
December 14	Roll Practice – N Clack Aquatic Center	Chris Watson
December 19	Beginner Progression - TBD	Markus Fant
December 21	Roll Practice – N Clack Aquatic Center	Chris Watson
December 26	Intermediate Progression - TBD	Sue Scheppele
December 28	Roll Practice – N Clack Aquatic Center	Chris Watson
January 16	Beginner Progression - TBD	
January 23	Intermediate Progression - TBD	
February 19 - 21	OWA & OKCC Rogue Trip	

Trip Leaders Wanted! Experienced and safety-conscious paddlers are needed to lead trips of all classes! Contact Markus at vice-president@okcc.org to put your trip on future trip calendars.

OWA & OKCC Veterans' Day Weekend Rogue River Trip

November 17-19, 2010

Nine kayakers joined 33 OWA rafters on another Rogue River trip over Veterans' Day!



The rafters of the Oregon Whitewater Association have continued to be gracious enough to invite OKCC kayakers on these multi-day trips.



We've always provided entertainment, sometimes by running Rainie Falls, sometimes by our hilarious antics, and we've helped in the kitchen, usually bringing appetizers and meals.



Rain or shine, it's always fun...



The next Rogue River trip is scheduled for Presidents' Day, February 19th, 20th and 21st. Be there or be square!

Summer's Coming!

Looking forward to the long lazy days of summer and multi-day trips? The lottery period for most rivers runs from December 1st to January 31st. Here's the information you need to get a 2011 permit. Good luck!



Check out the Access page on the OKCC website at: <http://www.okcc.org/access.htm>

Event Report

Roaring River Whitewater Slalom

Clackamas River, August 28th & 29th

Friday was course set-up day for the Roaring River Whitewater Slalom event. Two teams were setting the gates, one on the first half of the course and the other on the second. Once we had 3 people on the road side and 2 on the far side, things went pretty smoothly: wire - crossbar - poles - repeat. And it was done soon enough for a few of us to try some practice runs.

Although set in class 2 water, Jim Bollerman's course had its challenges, 2 side-by-side downstream gates, and 2 upstreams on river right shore that required no-second-chance ferries.

Dozens of paddlers turned out Saturday for practice and for Paul Kuthe's clinics. We divided the clinics into 3 pods. One group was simply learning the technical paddle strokes required for slalom, a second running practice on a straightforward series of gates, and the third taking the challenge of a difficult series of gates that could be recycled. Fortunately, there were several places where a series of 4 to 6 gates could be run and then recycled. At the end of the day, I was really tired - slalom practice does that.

Sunday was the competition day, the timed runs. Thirty boaters competed, most from the Portland area, but a number from the Puget Sound area, and a group from Bend. Steve Cameron had the fastest time, 158.06 seconds, in the K-1 Race Master class. Both his runs were clean and consistent, with his first run less than 2 seconds longer.

Paul Kuthe showed his paddling stamina by competing in 4 events, placing first in OC-1, K-1 Race and K-1 Rec. Nick Jacob competed in 3, placing first in C-1 Race. Marin Miller placed first in K-1 W Race, and Kate Ross came in first in K-1 W Rec. Down from up north, Marc Leonard placed first in OC-1 Masters. Event

organizer Carl Poston and his boating partner Jennie Johnson took first in OC-2 Mixed, and Jennie also took first in OC-1 W. Myself, I was just happy to run all the gates and to have 2 clean runs.

All of us who participated were very appreciative of all the volunteers who helped make the event such a success.

Dick Sisson



Event Review

WKCC Safety Weekend

Written by Makaila Fant

WKCC Safety Weekend is a great way to start off, or refresh, how to boat safely. This two day class allows you to have the ability to have hands-on experience. You'll experience the fun, the exhaustion, and a raffle at the end of the weekend. All these wonderful things are waiting for you on the next safety weekend.

When I went to the safety class for the first time, they made me feel welcome. At registration, they gave each of us a shirt and a name tag. After we warmed up with some stretches, we broke into three groups to throw ropes, learned what to bring to the river, and practiced tying knots. They gave everyone a piece of rope to practice with and to make into a prussik. All of that was packed into Saturday morning.

Later in our learning, we did some things on the river. We did things like river crossing, live rope throwing to swimmers that went over, (or under), the strainer. (Note: Don't take sharp

things on strainer practice!) If none of the safety ropes got to you, then safety boaters would come rescue you. There was some daylight left to go do a run down the river, and we came back barely in time for dinner. We gorged on tasty, delicious food. We then watched some safety videos for some more tips.

The next day, in the morning, we studied reach and recovery. Then we studied several mechanical advantages, or a z-drag. After lunch, we rescued staff members as an exercise. Then we did boat-based rescues and swam down part of the river. At the end, I am sad to say, they give you a test of what you have learned. It is a fun test, just pay attention in each lesson. At the end the day, before saying good bye, we ended with a raffle. Most years, most people get prizes from sponsoring companies.

I had fun, made friends, and learned lots of new things.



Favorite Run Report

Washougal River – a Backyard Run

Literally my back yard run, I've paddled the Washougal roughly 500 times in the last 23 years. Considering how close it is to the Portland metro area, it seems to get little whitewater use. One thing, it's a little too easy for a lot of boaters. Another thing – it's been hard to tell what level it's at. But it has had an Internet-reported gauge for the last few years, making it a lot easier to plan a run. This gauge is at:

<http://www.nwrfc.noaa.gov/river/station/flowplot/flowplot.cgi?WASW1>

Rain-fed, the Washougal rises and falls quickly. Trips are likely to be different one day to the next. What is a rock one day will be a wave the next, a hole the day after.

These observations and opinions of mine are intended to give local boaters a reason to check the river out. At most levels, there will be frequent playspots. I have tied these opinions to the WASW1 gauge readings. And I'm just going to write about the lower 13 miles of river. Above river mile 13, the river and its tributaries are punctuated by waterfalls and class 4 rapids. These parts are less frequently run, and usually by advanced boaters. The road is more distant, and there are few access points.

Probably the most popular put-in is the fisherman's access about a half mile above MP 8. Another access, on river left 200 yards downstream from the bridge by the Washougal River Mercantile at MP 10, gives the boater 2 miles of scenic cruising before any action.

Several class 2+ rapids in this stretch are likely to have playspots. When you reach the large pool at the confluence with Winkler Creek, you have reached the entrance to Big Eddy rapids, usually class 4, flowing out to the left. The right bank is now a Clark County park. Most boaters will take at least a quick look from the road on the drive up, since the logical routes change drastically with flow. At lower flows, below 6 feet, a common route is to pass just to the right of the Twin Rocks, and then cut left with the main flow.



At low flows, readings of 4.5 to 5 feet, there are many eddies in this rapid that provide an exciting slalom challenge, but there are also lots of pinning opportunities. At moderately high flows, gauge readings of 6.0 to over 7, there is a sneak on the right. At very high flows, scout carefully to pick a path through the holes and exploding waves.





Below Big Eddy, the river swings to the right into a class 3 rapids. A powerful hole forms just below where it turns back to the left. Most paddlers avoid it by cutting sharply left. The next mile of class 2+ water can be pretty playful.

At the Vernon Road (aka Mt. Norway) Bridge, the river lets up. This bridge is a good take out when the water is really low, but can be a put-in when the water is really high. There is also a good high water, or easy day, put-in right by the Mile Post 7 marker.

Just below the bridge, on river left, there is a good, easy spin reversal, with a nice service eddy, at gauge readings of about 5 to 6 feet.



In an easy 2 miles, as the river sweeps right, it is split by a gravel island, and class 3 Cougar Creek rapids begins. About 30 yards below the end of the island, as the river swings back left, a rock ledge extends out from the right bank. Usually there is a strong reversal behind it, but there is a tongue near the left bank.

At moderate to low levels, below about 6 feet on the gauge, you can catch the eddy on the right, and then peel out crossing the river. First timers may want to scout this rapid from the road on the way up. Often there are a couple surf waves part way down the little gorge, and there are almost always lots of eddies to zigzag through.



Past Cougar Creek, the river eases up to mainly pool and drop class 2. There is a good put-in for beginning and intermediate paddlers at the corner below Cougar Creek, MP 5. Some of these rapids have a lot of definition and are good practice for intermediate paddlers. But in a mile, there is a notable drop. At Rock Island, most of the river flows right, creating a play hole

as it passes over a small ledge. But then the river turns blindly back to the left, dropping over a large, but shallow, ledge. The best run is down the left bank.



In a rapid below Rock Island, but above the MP 3 take-out, there may be a few surf waves at levels around 5 feet. In this stretch there are a few nice rest spots where I'll sometimes open a PBR. A popular take out is the fishermen's access at MP 3, right at the bottom of a Class

2+ rapid. This access, as well as the ones at MP 10 and above MP 8, requires a Washington Department of Fish and Wildlife Access Permit, available wherever fishing licenses are sold for about \$12 annually.

Beginning and intermediate boaters may want to continue down to town. When the flow is high, there will be a number of surfing waves. Otherwise, this is a mild beginner run, although there are still a few play spots. About a quarter mile below MP 3, a large hole forms at the remains of the Upper Cottrell Dam. Easy passage is left.

There are several take-outs in town, at Hathaway Park, the Sandy Swimming Hole and the skate park. The Sandy Swimming Hole also accesses a renowned squirt feature know as The Buffet. None of these require the parking permit.



After a trip, try the Bigfoot Inn in downtown Washougal, a friendly local tavern that has great burgers and fries, and hefeweizen on tap.

- Dick Sisson

Conservation Update

Let's get Wild in Washington!

For the last three years a group of paddlers, fishermen and other recreation interests along with environmental advocacy groups have been working to protect the best rivers just north of the Columbia River. We formed the Volcano Country Wild and Scenic Rivers Coalition and hope to get legislation to protect them soon. We looked at all the free flowing rivers that originate in the Gifford Pinchot National Forest.

The GP covers the cascades from the Columbia to Mt Rainier National Park. Many of our favorite rivers and sections of some are missing from this proposal. Some were removed to make our proposal politically palatable, unfortunately. But we still have a wonderful proposal with over 200 miles of rivers.

Major portions of the most unique and wild rivers in Volcano Country have no permanent protection from new hydropower, water storage dams, or other harmful projects. Protecting the wild rivers of Southwest Washington's Volcano

Country under the Wild and Scenic Rivers Act - the strongest protection we can give to rivers - would permanently safeguard this region's unique and treasured natural heritage. In Oregon, 60 of the state's most exceptional rivers are protected as Wild and Scenic. Yet in Washington, only six rivers have this status. In 1990, the U. S. Forest Service evaluated over a dozen rivers in the Gifford Pinchot National Forest and found them eligible for inclusion in the national Wild and Scenic Rivers system. We hope this proposal goes part way to catch Washington up to Oregon and California.

To find out more go here:

<http://volcanocountryrivers.org/> To get involved you can contact me. If you want a copy of the Coalition's brochure which the OKCC helped pay to print let me know. Some of these rivers such as the Green are under immediate threat.

Russ Pascoe
Conservation & Access Issues
russ.bec@gmail.com



Check out our public Google Calendar ([OKCC Calendar](#)) for up-to-date information on events that might be of interest.

International Rating System for Swimming Rapids

©2002 by David Petterson of Calgary Paddlers

Class I, Easy. Fast-moving water with riffles and small waves. Swimming is pleasant, shore easily reached. A nice break from paddling. Almost all gear and equipment is recovered. Boat is just slightly scratched.

Class II, Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Swimming to eddies requires moderate effort. Climbing out of river may involve slippery rocks and shrub-induced lacerations. Paddle travels great distance downstream requiring lengthy walk. Something unimportant is missing. Boat hits submerged rock leaving visible dent on frame or new gash in plastic.

Class III, Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid. Water is swallowed. Legs are ground repeatedly against sharp, pointy rocks. Several eddies are missed while swimming. Difficult decision to stay with boat results in moments of terror when swimmer realizes he is downstream of boat. Paddle is recirculated in small hole way upstream. All personal possessions are removed from boat and floated in different directions. Paddling partners run along river bank shouting helpful instructions. Boat is munched against large boulder hard enough to leave series of deep gouges. Sunglasses fall off.

Class IV, Advanced. Water is generally lots colder in Class III. Intense, powerful but predictable rapids requiring precise swimming in turbulent water. Swimming may require 'must' moves above dangerous hazards. Must moves are downgraded to 'strongly recommended' after they are missed. Sensation of disbelief experienced while about to swim large drops. Frantic swimming toward shore is alternated with frantic swimming away from shore to avoid strainers. Rocks are clung to with death grip. Paddle is completely forgotten. One shoe is removed. Hydraulic pressure permanently removes waterproof box with all the really important stuff. Paddle partners running along the stream look genuinely concerned while lofting throw ropes 20 feet behind swimmer. Paddle partners stare slack-jawed and point in amazement at boat which is finally pinned by major feature. Climbing up river bank involves inverted tree. One of those spring-loaded pins that attaches watch to wrist band is missing. Contact lenses are moved to rear of eyeballs.

Class V, Expert. The water in this rapid is usually under 42° F. Most gear is destroyed on rocks within minutes if not seconds. If the boat survives, it is in need of about three days of repair. There is no swimming, only frantic movements to keep from becoming one with the rocks and to get a breath from time to time. Terror and panic set in as you realize your paddle partners don't have a chance in hell of reaching you. You come to a true understanding of the terms maytagging and pinballing. That hole that looked like nothing when scouted, has a hydraulic that holds you under the water until your lungs are close to bursting. You come out only to realize you still have 75% of the rapid left to swim. Swim to the eddy? What %^&#* eddy!? This rapid usually lasts a mile or more. Hydraulic pressure within the first few seconds removes everything that can come off your body. This includes gloves, shoes, neoprene socks, sunglasses, hats, and clothing. The rocks take care of your fingers, toes, and ears. That \$900 dry suit, well it might hold up to the rocks. Your paddle is trash. If there is a strainer, well, just hope it is old and rotten so it breaks. Paddle partners on shore are frantically trying to run and keep up with you. Their horror is reflected in their faces as they stare at how you're being tossed around! They are hoping to remember how to do CPR. They also really hope the cooler with the beer is still intact. They are going to need a cold one by the time you get out! Climbing out of this happens after the rapid is over. You'll probably need the help of a backboard, cervical collar and Z- rig. Even though you have broken bones, lacerations, puncture wounds, missing digits and ears, and a concussion, you won't feel much pain because you'll have severe hypothermia. Enjoy your stay at a hospital: with the time you take recovering, you won't get another vacation for three years.

Class VI, World Class. **Not recommended for swimming**

Pool Session Information

OKCC fall pool sessions are on Tuesday evenings from 7:30 to 9:00 p.m. at the North Clackamas Aquatic Center. They run October through January 25th. Next Adventure and Alder Creek alternate weeks bringing demo boats, and the first Tuesday of the month is Kids Night, when Alder Creek bring small size boats.

Club members there are available to coach roll technique.

The club also has available two different DVD's

teaching kayak rolling. These DVD's may be checked out for a week at the pool sessions.

In February, pool sessions will start up again at Columbia Pool on North Lombard. They will run weekly on Wednesdays from 8:15 to 9:15 p.m. from February 9th through May 25th.

Many local pools have open hours for kayak practice. Check out our OKCC website for current information:

<http://www.okcc.org/pool.htm>

Monthly Beginner & Intermediate Progression Trips

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

The OKCC Progressions are a vehicle for developing paddlers to improve their skills by gaining more paddling experience, learning from more skilled paddlers, and boating more difficult runs.

Newcomers to the Beginner Progressions should have a pool roll and some whitewater experience. Paddlers joining the Intermediate Progressions should have a river roll and some class 3 whitewater experience.

Experienced intermediate and advanced paddlers are always welcome on the Progression trips. It's a great place to meet other boaters, to practice your rescue skills, to

impart some of your knowledge to new paddlers, and to just have an enjoyable, leisurely day on the river. ACA insurance is required for all participants.

Experienced paddlers are encouraged to sign up to lead or run safety on both the Beginner and Intermediate Progression trips. It's fun and a great way to give something back to the paddling community.

Beginner Progressions are normally scheduled for the 3rd Sunday of each month. For more information, contact [Markus Fant](#).

Intermediate Progressions are normally scheduled for the 4th Sunday of each month. For more information, contact [Sue Scheppele](#).

Check the OKCC Calendar for updates and changes at: [OKCC Calendar](#)

Fall Kayak Polo



One of the best ways to work on maneuvering skills and have fun is Kayak Polo. Currently, Alder Creek is sponsoring sessions on Sunday evenings at Marshall Pool. No experience is required and equipment can be provided if you call the day before. Contact Amy Cornett at 503-522-9108. Cost is \$10

Where: Marshall Community Pool -- 1009 East McLoughlin Blvd, Vancouver, just off Mill Plain Blvd about 1/4 mile east of I-5

When: Sundays 5:30pm - 7pm. Come 30 minutes early to set up your gear. No polo on Nov. 28th. Runs through December 19th.



Membership Application/Renewal

The Oregon Kayak and Canoe Club (OKCC) is a group of boaters in the Portland area who have joined together to pursue a common interest in whitewater boating. The OKCC's primary focus is to organize river trips at various skill levels. Safety, as well as enjoyment, is considered important on all club-sponsored trips. The OKCC is also active in river conservation, slalom races, and instruction.

Membership entitles you to discount at the OKCC Pool Sessions, trip schedules, conservation updates, social events, affiliation with the American Canoe Association and American Whitewater, and a discount at Next Adventure. Membership is contingent upon the receipt of

dues and a signed waiver. **Each adult member of a household must sign the waiver below.**

The ACA's Paddle America Club provides liability insurance for OKCC trips and events. OKCC members who choose ACA membership in addition to OKCC membership will receive OKCC benefits in addition to the benefits of ACA membership (*Paddler* magazine, ACA paddling events, and member-only discounts). **Each member must sign the ACA waiver when joining the ACA for them to have on file and as an enrollment form.**

OKCC members who are not ACA members will be charged \$5.00 for every club trip or event in which they participate. This fee covers the cost of liability insurance.

OKCC members who join American Whitewater will receive a subscription to *American Whitewater* magazine and member-only discounts as well as support American Whitewater's mission to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

OKCC MEMBERSHIP			
\$20	<input type="checkbox"/> INDIVIDUAL	<input type="checkbox"/> NEW	Memberships are January through December, those purchased in October go through December of the following year
	<input type="checkbox"/> HOUSEHOLD	<input type="checkbox"/> RENEWAL	
AFFILIATE CLUB ENROLLMENT (NEW ENROLLMENT WITH OKCC MEMBERSHIP <u>ONLY</u>)			
\$30.00 ACA Individual Membership			
\$40.00 ACA Household Membership (2 adults and children 18 and under)			
\$25.00 American Whitewater Individual			
\$35.00 American Whitewater Household Membership			
TOTAL AMOUNT ENCLOSED:			

PLEASE WRITE LEGIBLY

Participant's Name: _____ ACA No.: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____ **IMPORTANT - WRITE CLEARLY**

Additional Household Members: _____ ACA No.: _____

_____ ACA No.: _____

_____ ACA No.: _____

Please check those you would be interested in helping with	
<input type="checkbox"/> Leading a river trip	<input type="checkbox"/> Volunteer time for River Clean-ups or Clinics
<input type="checkbox"/> Being a Board Member	<input type="checkbox"/> Write a Blog Entry
<input type="checkbox"/> Hosting a meeting	<input type="checkbox"/> Being listed on a posted Club Roster
<input type="checkbox"/> Working on River Conservation	

I have read, understand, and am familiar with the American Canoe Association Waiver and Release of Liability and the American Whitewater Safety Code. I agree to be bound by the terms of the ACA Waiver and Release of Liability and to follow the guidelines of the AWW Safety Code as a condition of membership in the Oregon Kayak & Canoe Club, Inc.

Signature: _____ Date: _____

_____ Date: _____

**Please make checks payable to "OKCC" and send your completed application and waiver(s) with check to:
Membership, OKCC, P.O. Box 692, Portland OR 97207**

rvw 11-24-2010