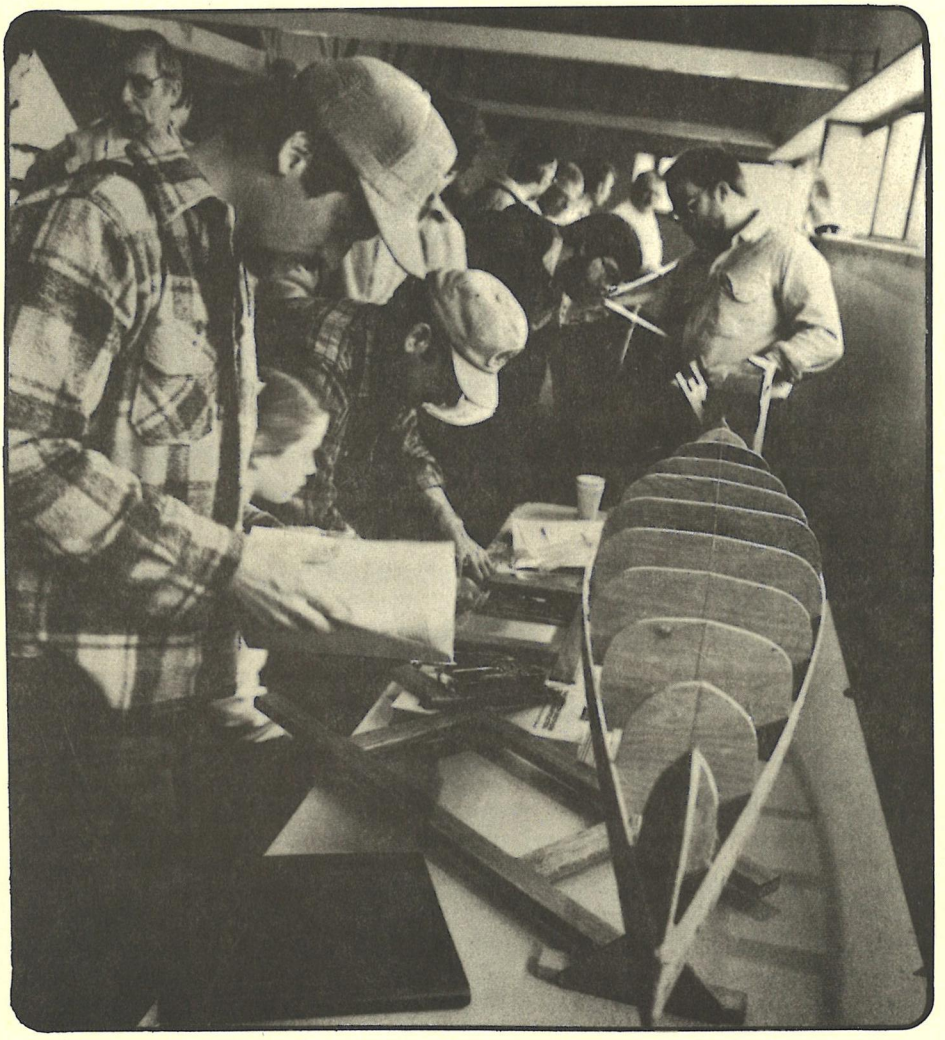
MINNESOTA CANOE ASSOCIATION

HUT!

ISSN 0739-7445

May 1985/Volume 21, Number 5



Checking out the plans. (Photo courtesy of Wayne Martin.)

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HUT! is the signal on which paddlers change sides. It was first used by Tom Estes and Eugene Jensen in the 1940s as they won four Aquatennial canoe races. It was adopted as the title of the MCA magazine because it symbolizes the teamwork and coordination necessary for effective canoeing.

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Deadline for Each Issue: Submit articles to the Editor no later than the 10th of the month preceding publication. Send submissions to: John Wexler, 5341 Harriet Avenue South, Minneapolis, MN 55419.

KETTER CANOEING

KETTER CANOEING
(612) 561-2208

101 79th Avenue North
Minneapolis, Minnesota 55444

Before we sold any canoes, we paddled them. Before you buy any canoe, you paddle it.

Canoes: We-no-nah, Sawyer, Peterson, Jensen Racing. Training, touring, solo, tandem.

Paddles: Cadorette, Peterson, Waddel, Hidde, Clement, Grey Owl. Bents, straights, lightweights, laminated.

Equipment: Custom canoe covers, sliding seats, footbraces, yokes, Quick 'n Easy carriers.

Accessories: Paddle covers, grey tape, t-shirts, hats, Seda and Omega life vests.

Materials: Resin and fiberglass, thwarts, gunwales, foams, wood and aluminum parts, strips.

Source: MCA Resin Depot, gathering place for Minnesota's long distance racers. Lessons and coaching in canoeing, racing and building. Free catalogues and magazines.

FROM THE BOW

The plans for Family Canoe Day 1985 are completed, and this third annual event has all the earmarks of being an event to remember. Lt. Gov. Marlene Johnson will be the host of this year's cruise down the Mississippi from Brainerd's Kiwanis Park to the Crow Wing State Park, a distance of about nine miles.

Starting at 10 a.m. with the traditional coffee and doughnuts, the cruise itself will begin at 11 a.m. with a picnic to finish it off about 1:30 at the Crow Wing park.

For those who want to make a day of it, there will be entertaining historical and naturalist programs offered at the picnic grounds. We may also have folk singer and entertainer Doug Wood performing at the picnic.

Free shuttle service will be provided back to Brainerd from the picnic site.

This year, Canoe Day is also affiliated with the "Summer Pleasures" program of things to do sponsored by Mpls./St. Paul Magazine and WCCO, and they will be a big help with media coverage.

The MCA is planning to reserve a campsite for our members (much like the color cruise,) and we will also continue on down the Mississippi in an extended cruise for those who find nine miles to be only an appetizer. Sunday we will paddle about 17 miles from Crow Wing State Park to Fletcher Creek. Contact Jim Robinson FMI.

Tonight's paper reminds me that April-May are some of the windiest months of the year. So often we consider whitewater canoeing to be the real challenge of our sport—all that foam and spray, etc. But don't forget that a big lake in a big wind can present just as many problems for a canoe and its occupants as anything the Kettle may have to offer. The unexpected big wind dumps more boats each year than our justly famous rapids. Don't let yourself and your group be caught out in avoidable circumstances. . . . When we say come paddle with us, we want you and yours along! See you June first on the Mississippi with Ms. Johnson. — **Al Gustaveson, President**

MAJOR UPCOMING MCA EVENTS

May 19	JENSEN HANDICAP
May 17-19	MCA CANOE SCHOOL WEEKEND
May 20	SOLO CANOE NIGHT
June 1	GOVERNOR'S CRUISE
June 8-9	MINNESOTA CANOE CONVENTION
June 26	SPECIAL CANOE NIGHT WITH WILDERNESS INQUIRY
July 24	CANOE NIGHT
August 14	SOLO CANOE NIGHT
September 7	MISSISSIPPI CLASSIC
October 12-13	COLOR CRUISE

MARCH BOARD MINUTES

The meeting was called to order at 8:00 p.m. by Al Gustaveson, President.

Tim Loose, from the Boy Scouts Exploring Division, wants to start a "canoeing post" in the St. Paul area. What he is looking for is to set up a steering committee to look at this. Al said we could get an article in the HUT! and ask for MCA members who would be willing to volunteer in a post and have the MCA as a sponsor.

Tim works with Boy Scouts ages 14 to 21. He has a lifetime interest in Exploring. He is working with the DNR for camping, etc., to set up programs. He did some surveys and asked boys in that age group what their career plans were and what their lifetime hobbies were. Four hundred kids ranked canoeing as #1.

General Discussion: We had a very good turn out for the Builders Show. The Banquet was a success. John Nosek and Cliff Jacobson will be doing parts of the BWCAW program March 9th. Debbie Murphy is the contact person for flyers—phone (612) 431-5569.

Other Business: We discussed the MCA logo. There was a motion made that the official logo be the one that has existed for years: the canoe with crossed paddles. This is to be used on all official publications, flyers, business cards, T-shirts, etc. The motion was passed.

We discussed the letter from Bruce Kunz. We discussed whether we wanted to be recognized nationally. We decided that we should have a photographer at events and a writer. Some of the events we would particularly want to have a photographer at would be: the Governor's Cruise, Handicap Night, Solo Night, and the Jensen Handicap.

There was a motion made that we allow Bob Brown to have $500 worth of West System products in inventory. The motion was seconded and passed.

There was no further business, and the meeting was adjourned at 10:15 p.m. — **Verna Robinson, Secretary**

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Nora Springs, Iowa

"I don't have the strength, time or money to win canoe races. I'll have to do it with skill and knowledge."

THE DULUTH TRAVELER



Newsletter of the Twin Ports Chapter
President: David Spencer, (218) 624-3413
9 St. Louis Court, Duluth, MN 55808
Cruising: Gardner Ellis, (218) 728-5304
Whitewater & Membership: Rick Luck, (218) 724-7992
Racing: Jim Wheeler, (218) 728-3368
Building: Greg Furtman, (218) 727-7242

The Twin Ports Chapter is off and paddling. Our schedule for the next couple of months is complete, allowing for a sufficient number of spontaneous trips on local rivers. With a warm spring, paddlers have a tendency to cluster around open water, and boaters from the Duluth area have been no exception. Weekends have found canoes on the Brule, Cloquet and St. Louis Rivers despite some sections of ice. Duluth and Superior canoeists have lived up to their reputations as the "Die-Hard Paddlers of the North."

May 14 is the night of the annual General Membership meeting at Godfather's Pizza on London Road. This is the evening to bring family and friends and learn about canoeing in the Twin Ports area. Members are asked to bring a few slides to show what kind of canoeing we do. Invite friends and spread the word as this is the time for us to meet new canoeists. It starts at 7:00.

Another important date to mark down is June 7-9, the MCA Canoe Convention at the YMCA Camp on Lake Nebagamon in Wisconsin. This event, first of its kind in the MCA, is open to all canoeists from all over the area. Flatwater, whitewater, poling, slalom gates, square dancing, canoe films, etc., will be available for all. There is even the possibility of a day care center for the kids. Reps from some of the major canoe lines will have boats to try.

The MCA Convention is the chance for paddlers from all over the area to meet and swap stories, paddle together and enjoy being around other canoeists. It is the canoe event for the hardcore and the occasional paddler. See the article in this issue of HUT! or call Tom Nicodemus in Superior at (715) 394-6024.

For information on our trips or spontaneous day cruises on both flat and white water, call one of the Twin Ports officers. Enjoy spring paddling, and we hope to see you all June 7-9. — **David Spencer**

CRUISE RESPONSIBILITIES

Duluth Traveler Trip Leaders

Know the rivers or lakes that the trip covers. Have paddled the route at least once and be familiar with conditions at various water levels. Be aware of potential hazards, closest medical facilities, and have a basic evacuation plan thought out.

Have along an adequate first aid kit and emergency gear when appropriate.

Question participants regarding their abilities and equipment to make sure both are suited for the trip. If doubtful, the trip leader has the final say on who goes.

Make the pace, schedule, or time frame for the trip clear to all participants in advance.

Designate lead and sweep canoes. Keep the trip together within the time frame established at the beginning.

Participants

Where reservations are indicated, call well in advance and discuss the outing. Know your limitations and assure yourself of your capabilities for the trip.

Have the minimum required gear, including life jackets, spare paddle, clothes, etc. If borrowing equipment, have it arranged beforehand.

Be punctual and considerate of others' time.

Always keep the canoe behind you in sight. Don't let the group get too spread out.

Have a flexible attitude. None of the trip leaders are professional guides or in the business of leading trips. Things don't always go as planned, especially when the weather, bugs, and water levels have to be considered. Don't expect perfection.

Be responsible for the fair share of expenses (gasoline, food, park permits, etc.). Work out a system with the other members of your group.

If uncertain about anything—ask questions!

If you'd like to deviate from the group, let the trip leader know. They're flexible too, but they've got to know! — **David Spencer**

TOUCHSTONE

Sunday, June 16, 1985 — Noon to 7 p.m.

Join the festivities at Carpenter Nature Center as they honor the St. Croix River with a grand celebration. Visitors of all ages can enjoy the music of singing voyageurs, listen to theatrical productions, watch trained birds of prey in flight, take a short houseboat ride down the river, and learn about the cultural and natural history of the St. Croix from expert speakers. Specialty food and drink concessions will be available for purchase. TOUCHSTONE is a free event, open to the public. RAIN OR SHINE.

Take U.S. Highway 61 to U.S. Highway 10 in Washington County near Hastings. Go east on 10 for three miles to County Road 21 (also St. Croix Trail). Go north one mile to nature center entrance. Approximately 40 min. drive from downtown St. Paul. For more information, call (612) 437-4359.



Newsletter of the Sperry Chapter
President: Ron Dahl, (612) 888-4797 (h), 635-5598 (w)
Secretary: Tom Olson, (612) 786-9076 (h), 635-6278 (w)
Treasurer: Bob Breeden, (612) 454-2440 (h), 456-2094 (w)

The Sperry Canoe Club is happy to announce that we have become an official chapter of the MCA. We wish to invite MCA members to join us on our sponsored trips. Please note the difficulty of trips before signing up with the trip leaders.

Flambeau River May 4th (Saturday) (2K-3C)
Montreal River May 5th (Sunday) (3K-4C)

This series of one day trips will traverse the spectrum of whitewater. Choose one or both!! The weekend begins on Wisconsin's Flambeau River where the intermediate and experienced paddler will encounter 10 named rapids in the space of four hours. Large standing waves should be anticipated. Next we move further west to the Upper Peninsula of Michigan.

On Sunday we will take on the Montreal, considered by past trippers to be one of the premier rivers of the Midwest! The trip takes us through a beautiful canyon with sheer cliffs of weathered sandstone. The scenery alone is worth the trip and the action is continuous. Because of the number of rocks encountered on this river, no aluminum canoes will be allowed. FMI call Ron Dahl (635-5598 w, 888-4797 h) or Bruce Nye (572-3251 w).

Kettle (Hell's Gate) May 11th (Saturday) (3K-4C)

Out of the frying pan and into the fire!! This trip is a near constant series of difficult rapids requiring skill and daring. The river drops through a keep gorge from Banning State Park to Sandstone. In high water, this trip is inspiring. In low water, it still requires deft and skill!! FMI call Ron Dahl, 635-5598 (w), 888-4797 (h).

Rum River May 18th (Saturday) (1C)

This early quietwater trip is designed to get your blood running and dust off your canoe. It is an easy paddle/float trip. We canoe a section south of St. Francis. FMI call Tom Reischel, 456-7195 (w), 698-2872 (h).

Vermillion Raft Trip May 18th/19th

The raft trip features the Gorge with 50 ft. canyon wall and large standing waves. The second day we challenge the spectacular 20 ft. cascading thunder of Table Rock Falls followed by over half a mile of continuous roller-coaster-like standing waves.

We have limited space available. Reserve your raft early so rental arrangements and pick-up can be made. You must be a good swimmer and an experienced paddler to qualify for this trip. Wet suits are advised for added warmth. FMI call Ron Dahl, 635-5598 (w), 888-4797 (h).

Mississippi River June 8th (Saturday) (1C)

This is a float trip. The trip leader will pick either a section just north of Minneapolis or in Minneapolis. FMI call Roger Gillette. — **Ron Dahl**

ST. CLOUD CANOE CLUB

Newsletter of the St. Cloud Chapter
President: Dale Schleppenbach, (612) 685-8490
216 South Third Avenue, Cold Spring, MN 56320
Vice President: Bob Ellinbecker, (612) 251-7967
Cruise Director: Elaine Thrune
Chapter Publicity: Mike Zapf, (612) 251-5807

A very seasonable March opened the local rivers and gave several chapter members an extra early chance to give those long unused paddling muscles a brisk workout. It also provided a topic of lively conversation among those gathered for our March 25 meeting. Talk of high water, strong currents, flocks of goldeneyes and early wood ducks filled the air.

New business at the March meeting included the announcement of Bob Ellenbecker as the new chapter vice president and director of educational programs. Elaine Thrune agreed to be the new cruise director, and Mike Zapf, long time chapter president, agreed to direct chapter publicity. The highlight of the meeting was a slide presentation given by Mike Vande Vyver about his landmark expedition on South America's Amazon River. Thanks again, Mike!

The next chapter meeting will be held on April 29 at 7:30 in the Herbert Itasca Room, Atwood Center on the St. Cloud State University campus. Activities include discussions of upcoming cruises, including the Upper Mississippi and Sauk Rivers, and a presentation concerning wilderness canoe tripping, with an emphasis on the BWCA. Topics included will be equipment selection, safety tips, wilderness ethics and etiquette, and minimum impact camping techniques. The presentation is being put together by Bob Ellenbecker, and all persons interested are encouraged to come and bring a friend or two. — **Bob Ellenbecker**



Newsletter of the Whitewater Canoe and Kayak Chapter

Membership: Paul Rem, (612) 645-3538

DESERT CANOE CLUB

AUSTIN CANOE CLUB

President: Ardell Gorman, (507) 433-7465
Vice President: Jerry Novak, (507) 433-1392

CHAPTER NEWS



NEWSLETTER OF THE LONG DISTANCE CANOE RACERS

President: Karl Ketter, (612) 636-8116
Race Calendar: Warren Thunstrom, (612) 780-3284/522-3395
Coordinator: Betty Ketter, (612) 561-2208

1985 Weekday Training Sessions

6:00 to 8:00 p.m. —
MONDAY: Rookies (Minneapolis)
TUESDAY: Old Pros (Anoka) and Rookies (Owatonna)
WEDNESDAY: Solos (Chaska)
THURSDAY: Hoigaard's Series (Lake Calhoun) and Old Pros (Anoka)
FRIDAY: Women & Juniors (Betty's landing)
SATURDAY: Anoka, LSD (until May 30)
SUNDAY: Anoka, LSD (until May 30)

Other canoe racing groups are active in Hastings/Prescott, Stillwater, Grand Rapids, Duluth, Ely and Winona.

STRAIGHT RIVER DAYS CANOE RACE

All paddlers are invited to the 13th Annual Straight River Days Canoe Race. The race will be held Sunday, June 2nd. This race includes a 4.5 mile race for Jr. Boys, Jr. Girls, and a Women's class. During the afternoon, a Mixed Couples and Open Amateur class race will be held on a 9.2 mile course. MCA racing standards and specs will be used, and trophies will be awarded by the Medford Civic Club to all competitors finishing best in their class.

Each year this race attracts more than 200 canoes. It is only one hour south of the Twin Cities. For more details contact Medford Agency Inc., 223 North Main Street, Medford, MN 55049, (507) 451-4322.

FARIBAULT HERITAGE DAYS CANOE RACE

Faribault Heritage Days Canoe Race will be held on June 16th on a 7.5 mile stretch of the Straight and Cannon Rivers near Faribault. MCA standards and specs will be used. Trophies will be awarded to the best junior, women's, mixed, men's and local aluminum finishers. For more information contact Tom Schema, 1049 Carlton Avenue, Faribault, MN 55021, or call (507) 334-9091 or 332-2808.

SOLO TRAINING NIGHT

A weekly C-1 training session has been established on Wednesday nights at 6:00 p.m. beginning at the part 100 yards north of the bridge over the Minnesota River in Chaska. Anyone interested in a two hour session and an occasional informal race later in the summer should call Dave Zink at 431-7462. C-2'ers are welcome, too! Everyone should bring water, and a change of clothes in a waterproof bag until the water warms up. — **Dave Zink**

HOIGAARD'S THIRD ANNUAL CANOE DERBY

The Hoigaard's series will kick off with an introductory meeting/race clinic on Thursday, May 30, at 6:30 p.m. at Lake Calhoun. Except for July 4th, races will be held every Thursday through August 8th. This year's races have been extended to Cedar Lake for all classes. A number of classes will be included, so almost everyone has a chance to win. If you have any questions, please contact Jim Lind at Hoigaard's, 929-1351.

THE SIZE OF CASH PRIZES

In the sport of long distance canoe racing not all events have the same appeal. In fact, each event is competing for contestants. The "best" race is one which presents a combination of appeals to attract the largest number of the most competitive racers. Such a successful event encourages more people to practice and participate in racing canoes. Race sponsors must consider the length of the contest, water conditions, location of the event, number of local competitors, media coverage, local support for canoeing and racers, race administration and cash prizes.

Cash prizes in this sport do not support full time racers. The prizes are small but do help the paddlers defray some of the costs of competition. It is a small percentage of paddlers who earn enough to pay for trip expenses like fuel, lodging and food. A good young racer might earn enough to pay for paddles (at $65.00 each) in one season. A very successful racer may pay for his canoe in three years. But the prize list remains the most effective means of attracting active racers to an annual event and developing a competitive sport. This racing group hopes to have six or eight events in Minnesota each year with some cash prizes. This will be a strong circuit to balance the 50 citizen, local or standard events held in the state. In recent years Minnesota racing prizes have ranged from $300 to $8,000. Race sponsors should know that the size of first prize is of lesser importance to many racers because only a couple of teams are that good. The farther down the prize money goes, the more new and developing teams are enabled to participate. It is a good policy for awards to be larger than the entry fee. Also, race sponsors should secure funding from commercial sponsors and not count on entry fees to cover the event as is done in citizen's races.

NEWS FROM MUCK

Mississippi River Youth Expedition

Celebrate the International Year for Youth! Youth 16-21, join the 1985 Mississippi River Youth Expedition. Paddle America's mainstream in huge voyageur canoes. Choose one of ten river legs 7-13 days long. Participate in a voyage of adventure, cross cultural understanding, experiential learning, community service and leadership training. A group from Mankato will be canoeing from St. Paul to LaCrosse. June 28—July 9th. For more information contact Bob Sutter in Mankato, 625-3031, ext. 302.

ORC/MUCK Canoe Race Set For May 11

The ORC/MUCK "Blue Earth River Ramble" from Rapidan Dam to Sibley Park will be held May 11th. Michael Morgan, MUCK race coordinator, expects a good turnout. He says, "If MUCK and ORC members work and compete as they did for the kayak slalom, we're sure to have a top-notch event." There are slated to be men's, women's and mixed categories in three canoe divisions: (1) aluminum canoes, (2) whitewater playboats (ABS), and (3) everything else: woodstrip, glass, Kevlar, etc. Michael says there will be trophies, special paddle awards, refreshments, and maybe T-shirts. Remember, it's May 11th, the day before Mother's Day. FMI call Michael Morgan, 338-8634 in Mankato.

MUCK River Guide

THE MINNESOTA RIVER: A generally flat, easy float, with trips varying widely based on mileage and river depth. Many outings take an entire day due to the length between bridges and the slow, lazy draw of the summer river. Definitely to be avoided a high water levels due to turbulence, suction, waterbourne tree trunks, and other dangers. There are no rapids locally.

THE BLUE EARTH RIVER: Trips south of the Rapidan Dam vary in length: check the mileage and river depth and plan accordingly. A narrower river than the Minnesota, the Blue Earth meanders past farmland and yellow mud cliffs from the town of Blue Earth to the lake impounded behind the Rapidan Dam. Trips here are usually quiet, with no rapids and few hazards, and offer good opportunity for exploring the farm—river community. Trips north of the Rapidan Dam take the canoeist through the Gorge with numerous rapids, and this is a distinctly different outing from the remainder of this river. The Gorge of the Blue Earth is one of the scenic wonders of southern Minnesota and features canyons, waterfalls, great limestone cliffs, and some fun rapids. Put in is possible at the county park adjacent to the dam (very difficult access here, down a steep slope) or down at the Davis Hole Campground. Paying $1.00 allows access to the campground via the Dam Store road.

THE WANTONWAN RIVER: A prairie river, this flows from Madelia through Garden City and into the Blue Earth south of the Rapidan Dam. Generally a peaceful and scenic float, rapids increase gradually so that the last leg into the Blue Earth has some exciting moments. The Watonwan has large areas of pasture and canoeists can imagine they are visiting the past when buffalo thundered down the slopes and crossed the river.

THE LeSUEUR RIVER: Another Blue Earth tributary, the LeSueur winds from St. Clair through Hungry Hollow and joins the Blue Earth near the Red Jacket Bridge. Probably the most dangerous of the rivers listed

thus far, the LeSueur is narrow, has intermittent rapids, and has problems with downed trees and water depth. It also hosts spectacular cliffs, lots of wildlife, and varied terrain.

THE MAPLE RIVER: Flowing north from Good Thunder into the LeSueur, the Maple River offers three distinct sections for canoeing. Downed trees, sharp turns, cliffs, a narrow channel, and rapids of varying intensities make this a challenging, potentially dangerous river. Water levels vary widely all year.

THE BIG COBB RIVER: The most infamous of local rivers, the Big Cobb runs through Beauford on its way to a meeting with the LeSueur below River Heights. Several sections are canoeable with adequate water, but depth varies widely and the river often dries up entirely. The last two sections are favored, with scenic highlights that include "the cliffs," rock alley, picnic rock, and many other locally appreciated areas. This is perhaps the most dangerous local river, with narrowness of channel, location of rapids, turns, tree problems, etc., all exceeding those found on other rivers around Mankato.



"When I'm headed for white water I tend to forget that I'm an area sales manager for an expanding major manufacturer of uninterruptible power systems responsible for the sale of power conversion equipment in a large metropolitan area."

BUILDER'S CORNER

The GOUGEON BROTHERS ON BOAT CONSTRUCTION (available for $20 from the MCA as part of our West System dealership) is recommended reading for the "serious builder."

The chapter on safety addresses the issue of saw dust and the human body. Any of you who have read "Brown on Allergies" or who have been around the MCA for a few years will know how important a subject this is.

Below, in somewhat condensed form, is what the Gougeon brothers have to say on the subject.

"It doesn't take a doctor to tell us that breathing concentrated amounts of dust is bad. And by definition, a boat shop is usually a dusty place. For many years we breathed a lot of dust in our own boat-building operations with no apparent problems, but after hearing of lung problems (silicosis, asbestosis, byssinosis) that developed in other industries after long periods of exposure, we began to be concerned about possible long-range problems with our own situation.

We studied the available data and consulted several experts. Surprisingly enough, the doctor we consulted was not nearly as concerned about high dust levels as he was about having very healthy lungs that were capable of dealing with high dust levels. Thanks to the lung's defense mechanisms—the mucous and cilia, which catch foreign particles and propel them back toward the nasal and oral passages—the lungs are capable of withstanding incredible abuse, but there are limits. Smoking, dry air, and excessive dust work in concert to put extra demands on the lungs.

To avoid possible lung problems, you can stop smoking (cigarette smoke introduces foreign particles and dries out the lungs), humidify your breathing air to at least 40 percent (below 40 percent relative humidity is harmful and a minimum of 60 percent is preferable), and minimize the breathable dust that is produced in the boat shop. The following are suggestions to minimize dust:

1. Set up a separate sanding area with its own exhaust fan. A temporary wall of polyethylene sheet plastic works well.
2. Install dust collectors on your major dust making tools (table saw, planer, power sander).
3. Perform more operations with cutting tools (such as a hand plane) rather than abrading tools (such as sandpaper), which make more dust.
4. Wet sand rather than dry sand whenever practical.
5. Purchase a comfortable and effective dust mask, make sure that it fits correctly and wear it whenever dust levels are high in the shop. In our own shop, we utilize double cartridge face masks which can be modified simply by changing cartridges to provide protection against either dust or solvents. Very simple, effective and cheap face masks are available for dust alone. One of the better types is the simple disposable pressed cloth mask manufactured by 3M.

We had expected to find that wood dust would have a low hazard potential, even when breathed in high concentrations. We had personally known several old time woodworkers who had spent many years at their trade and had taken little or no precautions against wood dust. Unfortunately, these old timers were probably lucky. Wood dust can not only cause lung congestion problems, but can also be toxic, causing a number of problems ranging from skin rashes to cancer.

Redwood dust, for example, is the cause of sequoisis, an acute illness that resembles pneumonia. It usually appears within a few hours after

exposure and its symptoms are shortness of breath, bronchial constriction, dry coughing, chills, sweating and fever. Repeated attacks can cause permanent scarring of lung tissue.

Dust from the western red cedar causes similar symptoms that can develop into asthma or rhinitis, an inflammation of the nasal passages. It is believed that the causative agent in red cedar is plicatic acid, which is thought to give the wood its characteristic fragrance. Lumber workers in the Pacific Northwest who work exclusively with red cedar are frequently affected by the dust.

Although risk of cancer from exposure to wood dust appears to be low for most woodworkers, there does appear to be a cause and effect relationship between wood dust and cancer of the upper respiratory tract, especially the nose and larynx. Wood dust is not inert, and when mixed with moisture it secretes some of its extractives which are believed to be the irritants. Although wood dust has not been officially declared so, it is thought to be a low-grade carcinogen and is now being looked at more seriously by government agencies."

The safety chapter touches on a couple of other possible hazards which I'll mention just in passing. Some woods contain chemical components—resins, tannins, acids, etc.—that can cause skin irritations in some people. Skin reactions are infrequent, however, occurring in less than two percent of the population, predominantly in older persons and those with light complexions. Heartwoods, rather than sapwoods, and tropical woods tend to be the most toxic. The chapter includes a list of woods and their reactions.

Another potential hazard is the dust produced by sanding resins, including West System resins. Though the Gougeon brothers contend West System resin dust is inert, and therefore not harmful by itself, they allow that it can be a contributing factor to toxic reactions.

"If you are having a toxic reaction, it may not be from one cause, but from a combination of sensitivity to the resin, solvents and wood dust. While you might not react to any one of these individually, their combined effect might be hazardous. The same is true with lung problems. A combination of smoking and inhaling wood dust and solvent fumes could produce breathing problems, while no one of these hazards by itself might be enough to cause the problem. Precaution, good health and safe working conditions are the best way to avoid health risks. We hope that we have not scared you away with this candid discussion of what we feel are significant hazards. We feel that with foresight you can easily deal with them to produce safe working conditions." — **Bob Brown, Building Director**

"The important criteria to choosing a canoe hull is the skill level of the paddlers, the load the canoe will transport and the desired speed." — Karl Ketter

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BEING A GOOD SPORT
OR NOT COMING UNGLUED

My mother used to have a brown and white spaniel type dog when she was young. His name was Sport. Fetching things, searching for others and running around enthusiastically with his mouth open in a foolish grin were about the only worthwhile pursuits he had. Somehow, minus the spots, I seem to have drawn a very accurate picture of myself.

We just finished our first woodstrip canoe. The fact that it took almost an entire year to do two weeks' work will not be dwelt upon at any length. We cut our own strips in March of '84. My building partner had this really nice set-up for cutting strips. The saw was in the middle of two lengths of conveyor. This way the boards stayed level all the way through the saw. All was under cover of the pole barn, so we could cut our strips even though it was snowing. The huge wet flakes slapped across my face, crusting over my glasses, and dripping from my saturated cap to run miserably down my face. Why? Because only he could guide the boards through the saw properly. I had to feed them from the other end, which just happened to be right outside the barn door. I didn't say anything. (Pat on head, "Good Sport.")

Next came placing the strips on the forms. With instruction book in hand, we "discussed" where to place the first strip—for a long time! Finally I just said, "Gee whiz sweetie, why don't you just stick it—there." Decisions are so easy when you take a positive approach.

Now came the seemingly endless task of gluing and stapling, find the glue, find the staple gun, wipe off the glue, shower off the glue, find the glue, pick up papers full of glue, FIND THE GLUE. I fetch coffee, approximately one quart per strip. I find rags to clean off glue, papers to catch drips, read instructions again, make phone calls to people who know about this building business. Now that the glue is dry and the strips are all on, a busy summer is here and we spend a lot of time looking at it. It is very pretty at this stage, very promising. We show it to anyone who will look.

My confident partner talks enthusiastically about fiberglassing. It can't be all that hard. I read the instructions again. We acquire the cloth and resin. Now I begin to get uneasy. Somehow, things that say DANGER, EXPLOSIVE, FLAMMABLE, CALL A DOCTOR BEFORE USING, tend to make me a bit nervous. He says not to worry, we have plenty of ventilation. We fiberglass for several hours with green instruction book in hand. (Pat on head, "Good Sport.") I go to work that evening and giggle all night with a tremendous headache I don't even care about.

I mix all the resin and they brush it on. My only glass measuring cup is a little worse for wear. Eventually we are down to the last coat on the inside and he wants my flour sifter to sift some sand for the bottom. The next loaves of bread I bake are whole grain to disguise any leftover sand.

I leave him to make gunwales and thwarts, only to find he doesn't follow directions well. If half an inch is good, one inch is better. The inside rails go into kindling for the stove and now there seems to be room for a person to fit between them again. The thwarts get cut down to size. You could have clubbed a grizzly to death with the others. I should never have left him alone.

Through all this I feel I'm developing long floppy ears and a stupid happy grin with my tongue hanging out the side of my mouth. Pat! Pat! Good Sport! Maybe come pheasant season my nose will improve and I won't need so many visual signals to retrieve the birds.

A MATTER OF OPINION

As you know, Al Gustaveson and I have been working closely with the forest service to develop a wilderness ethics curriculum that will help solve the abuses in the BWCA. If you were at the March 9 event at Brooklyn Center, you know how important this issue is. Dozens of people from the far corners of the state are working diligently and freely giving their time to this endeavor. For the sake of our wilderness areas, let's hope it pays off.

While I actively support the forest service goals in this respect, I am not in complete agreement with their philosophy. My nineteen years as an educator has taught me that teaching is ineffective if students can't relate to the outcome—if there are no viable alternatives. For example, the current ban on bottles and cans works only because freeze-dried/dehydrated products can be substituted for the "real thing." If dried foods didn't exist, the bottle/can ban wouldn't work, no matter how loudly we proclaimed its value. After all, people have to eat!

Similarly, they also have (or rather "want") to make fires, be it for warmth, cooking, or aesthetics. It is our job to show them how to do this without damaging the environment. Last month I baited you with my article on the hand-axe. If you've spent time in the back country, you'll agree it is a very important tool for making fire when the woods are soaked from weeks of rain. Sure, you can coax a blaze from a handful of squaw wood with patience and fire-ribbon, but try to make it grow to warming proportions without using split wood. Everyone knows that sawn logs that are soaking wet won't burn unless they're split—the reason why a hand-axe or splitting tool is so important in really foul weather.

Yeah, but who needs it? you say. After all, there is the stove! And don't forget the tent and dry sleeping bags. Fires are passé. We can do without 'em.

Baloney!

Aesthetics and joy aside, consider this: You're tripping with a group of teenagers in early June. For a full week it has rained and rained and rained. At night, the wind drops but the rain continues. And the day begins with more rain which subsides to penetrating droplets of fog by mid-afternoon. You're the trip leader. You've got wool and polypropylene and rain gear that works. The kids have blue jeans and cast-offs and cheapie rain suits. You've got sense enough to keep your gear dry; the kids don't. They leave tent doors open and weather flaps unzipped in driving rain; they bring wet boots and gear into their tents and/or leave dry clothes outside. They crowd four or more to a tent so there's no way to escape sidewall condensation or a localized leak in the tent floor. Kids are kids and kids get wet. You're the leader and it's your job to dry them out. Just try doing that with the heat of your Coleman Peak I!

It is the policy of the forest service to actively discourage the uses of axes (big ones or little ones) in the back country. The feds say that the major cause of abuse centers around axe-hacked trees. I believe it. I've seen enough fire grates choked shut with green boughs and logs that would not burn to know they're right. But I also know that those boughs are mostly a frustrated way of saying, "Help! I don't know how to make a fire and am simply doing what I think is best." Eliminate the axe and desperate campers will simply cut boughs with their pocket knife. Or they'll saw them off. Or break them off. Man is very creative when it comes to destroying things.

Really now, wouldn't it be better to simply educate these folks in the "proper way" to use these woods tools? The proper way to make a fire? I laid it all out for you last month. Think about it.

(cont.)

Frankly, I doubt if the feds or anyone else can convince people to leave their choppers at home. A gasoline stove simply is not a viable alternative to a warm and cheery fire. A lot of people (including myself) will continue to carry a hand-axe regardless of legislation or the ravings of those who "don't understand." It has been my experience that campers who learn to make and maintain fire in foul weather develop a keen sense of pride in the accomplishment, and renewed respect for the lowly hand-axe. Once they learn the procedure I described in last month's article, they perceive the saw as the cutting tool, the axe as a splitting wedge. Then the "chopping" of innocent trees, the cutting of hands and feet, stop. A mature woodsman or woman emerges.

I am also opposed to the forest service position on "color." Evidently, some folks are annoyed by the sight of a bright red tent or canoe against the greenery of the forest. I'm not. But I do get ticked when I see trash, graffiti, hacked trees and ditched tent sites. It's what man does that annoys me, not the color of his gear or skin.

Bright colors are essential for good photography. I'd sell very few pictures to magazines if they were ground in dead hues of green and brown. And bright colors spell safety! Once, I set my green Old Town canoe in the scrub green vegetation of a portage in Saskatchewan. It took me two hours to find it. After that, I snapped on my bright yellow splash cover whenever I searched cross-country. It was a life (or rather, canoe) saver!

In the far north, a brightly colored tent or canoe may spell the difference between being spotted by your bush pilot and a month of eating lichens. Or of retrieving a capsized canoe in a rapid. Ever try to locate a dull green canoe in a dull green river? It ain't easy!

I like bright colors in the BWCA too. Helps me locate my camp in twilight when I'm out for an evening's paddle. Locating a dull green Eureka tucked confidently among the pines in near darkness is a bit much for those of us who wear bifocals.

If you limit your canoeing strictly to programmed areas like the BWCA and you are bothered by the sight of bright colors, then by all means choose earth tones. But otherwise, give the matter of color some thought. And don't let any desk-bound environmentalist suggest you're an eco-slob because you elect bright over drab. Owning two sets of gear—one for the Boundary Waters and one for more serious trips—is simply expensively unreasonable.

The majority of folks I've met who bad-mouth hand-axes, bright colors and knives with blades that are long enough to slice salami without getting gunked up, simply aren't very competent outdoors. They are usually amiable folk who make selected trips into selected areas with selected equipment under selected weather conditions. When the weather deteriorates or the bugs get really bad, these people simply pack up and go home. Then they wash their Gore-Tex and polypropylene, polish their brass candle lantern, lovingly wipe the stains from their expensive tent, and snug into the comfort of their recliner. With the flick of a switch they are all set for "real" adventure!

I know that I'm terribly opinionated and I beg your forgiveness for that. But I do firmly believe that the woods are filled with well-meaning elitists who don't know the first thing about wilderness canoeing and camping. With that, I'll rest my case. — **Cliff Jacobson**

CALENDAR

MAY

1 MONTHLY DIRECTORS MEETING. Wednesday, 7:30 p.m. All members welcome. Steve Stedman's 12049 Jefferson St. NE Blaine, MN FMI Al at 778-8525.

3 BEGINNING WHITEWATER IN POOL SESSION, 6:30 - 9:00 p.m. Oxford Community Pool, 1 block south of I-94 on Lexington at Inglehardt Ave. in St. Paul. FMI Burt Levy 729-8874.

3-5 CRUISE TO THE ROARING STONEY RIVER, and exploratory Mystery River. Class III and IV whitewater. FMI John Wexler 827-6693.

4 1985 SNAKE RIVER CANOE RACE. Saturday. 9:30 a.m. Start 9:00 Last Registration Accepted. Please Pre-Register. Send registration to Snake River Canoe Club. P.O. Box 71, Mora, MN 55051. Entry Fee: $12.00 per canoe, Citizen and Open Racing Classes; $18.00 per canoe, Pro-boat Racing class; $6.00 per canoe, Solo class; After April 30th add $2.00 per canoe. FMI Glen Johnstone 679-2500, Bob Lindig 679-4571, Bob Sundberg 679-1411.

4 NORTH FORK OF CROW RIVER. Saturday. Hanover to Dayton. FMI Jim Robinson 588-5402.

4-5 BEGINNING WHITEWATER FLATWATER PORTION, Location to be announced at April 16 Rapids Riders meeting at EMS Lob Pine. FMI Burt Levy 729-8874.

4-5 NORTHWOODS AUDUBON CENTER BASIC WHITEWATER TECHNIQUES. $45/participant. FMI: Northwoods Audubon Center, Sandstone MN 55072 (612) 245-2648.

5 WATERTOWN LIONS CLUB 11th ANNUAL CANOE RACE. Sunday Classes for age and sex groups and prizes in each of the various classes. Registration information Jerry Hirsch, Harms Pharmacy, Watertown, MN 55388. FMI Don Belgum, Post Office Box 547, Watertown, MN 55388.

10-12 TWIN PORTS LITTLE FORK CRUISE. Flatwater Class I & II rapids. Meet at Jerry Challman's at 6:00 Friday afternoon. FMI Jerry Challman (218) 724-6126.

11 TWIN PORTS LOWER BRULE WHITEWATER. For novice-intermediate whitewater canoeist. Class II-III. FMI Rick Luck (218) 724-7992.

11 MINNEHAHA CREEK. Saturday. Intermediate skills needed. FMI Jim Robinson 588-5402.

MAY (cont.)

11 MUCK (Mankato Union of Canoeists and Kayakers) Pool Slalom at Mankato State University. (See Article).

11 LOWER BRULE WHITEWATER. A day of Class II & III whitewater. FMI Rick Luck 724-7992.

11-12 KETTLE AND ST. LOUIS RIVERS. FMI John Wexler 827-6693.

12 TWIN PORTS FLATWATER SLALOM COURSE. Billings Park on St. Louis River. 9:00 a.m. and 1:00 p.m. for novice and expert alike. FMI Dean McCall (715) 394-2866 or Byron Selbude (715) 392-6350.

12 FLATWATER SLALOM. Here's your opportunity to practice your turns and other maneuvers. A series of slalom gates will be set up to wind your way through. Timings will be available so you can check on your progress. Instruction will be available. It will happen on St. Louis Bay off Billings Drive in Superior. FMI Dean McCall 394-2866 or Byron Selbrede 392-6350.

14 BEGINNING WHITEWATER (Session I). "Path of the Paddle" movies and additional orientation at the St. Paul Student Center, U of M St. Paul Campus. 7:00-10:00 p.m. Anyone Welcome. FMI Burt Levy 729-8874.

14 TWIN PORTS GENERAL MEMBERSHIP MEETING. First official meeting of the year will meet at Godfather's Pizza at 7:00 p.m. The public is invited. We will be going over upcoming cruises. A short slide show will be presented. Pizza, beer, pop available. Come and join us in an evening of canoe talk.

17-19 TWIN PORTS UPPER MISSISSIPPI WEEKEND. This trip will take us to the headwaters of the Mighty Mississippi. We will be leaving Friday evening, 6:00 p.m. from Gardner Ellis's 1530 Jefferson, and travel to Lake Itasca where we'll be camping that night. Saturday night will find us camping on the river. Trip length on the river will be about 25 miles. It is mostly flatwater with a few Class I rapids and a possible beaver dam or two to cross. Make reservations at least a week in advance with Gardner 728-5304.

17-19 MCA CANOE SCHOOL WEEKEND - Beginning Whitewater and Efficient Paddling. FMI Burt Levy 729-8874.

18-19 ST. CROIX RIVER CRUISE. Saturday and Sunday. FMI Jim Robinson 588-5402.

19 JENSEN HANDICAP. Saturday. FMI Karl Ketter. 636-8116.

22 SOLO NIGHT. Wednesday, 4:00 p.m. Lake Nokomis. Picnic Supper. FMI Bob Brown 432-7557.

24-25 BOIS BRULE RIVER. Saturday and Sunday. Other rivers as levels permit. FMI Burt Levy 729-8874.

28 HUT WRITING MEETING, Come and contribute your ideas for HUT. Everyone and all inputed wanted!! 7:00 p.m. at John Wexler's house. 5341 South Harriet Avenue. FMI call John at 827-6693.

5/31-6/2 BEGINNING WHITEWATER (Session I) Final river sessions on the St. Louis and Kettle Rivers. Camp at Banning State Park. Graduation party at Banning Junction to follow on Sunday.

JUNE

1 GOVERNOR'S CRUISE. Saturday. See FROM THE BOW article. Al Gustavson 778-8525.

1-2 NAMEKAGON CRUISE. We will be leaving either Friday night or Saturday morning from Jerry Challman's 424 N. 15th Avenue E. Saturday night camping on the river. Class I and II rapids. FMI and reservations Jerry 724-6126.

5 MONTLY DIRECTORS MEETING. Wednesday, 7:30 p.m. All members welcome. Lare Strom's 993 Como Place, St. Paul FMI Al at 778-8525.

7-9 TWIN PORTS NAMEKAGON CANOE ASSOCIATION FIRST CONVENTION. This fun weekend will happen at the Superior-Douglas County YMCA Camp on Lake Nebagamon, 4 miles from Stone's Bridge on the Brule River. It will be open to anyone interested in canoeing from all over the tri-state area. Both flatwater & whitewater paddling. Also camping, volleyball, softball, dead fish polo, etc. Meals will be catered. Bring the whole family. Cost: Approx $25/person. FMI or reservations Tom Nicodemus in Superior (715) 394-6024.

8 EFFICIENT PADDLING (Session II)

8-9 RIVER RESCUE CLASS

9 REPAIR CLINIC (Session I)

15-16 TWIN PORTS GRANDMA'S GETAWAY. We will be paddling the White River near Ashland Wi, Class I & II. At least one person in each canoe should be able to paddle these ratings. It's a great river to learn whitewater on! Saturday night at Greg Furtman's cabin & sauna. FMI and reservations call Greg at (218) 727-7242.

15-16 CROW WING RIVER. Saturday and Sunday. Shell City to Nimrod. Leader Bill Marcoullier. FMI Jim Robinson 588-5402.

MCA SALVAGE CONTEST

The rookies and racers who cruise the Mississippi in Minneapolis often find things. Often interesting, maybe valuable, always a little icky. Since competitive juices flow furiously in our veins, we propose a contest to determine (and discover) the best of treasures salvaged by racers from the rivers, streams and lakes of Minnesota.

Mike and Sheila have a piece of styrofoam that is about 50 cubic feet and a sofa that had been stolen and dumped from the Lake Street bridge. I have collected several dozen tennis balls for Sasha. And one spring Chris and Kurt found a 12 foot long pike pole. I know where there is a vending machine, a motorcycle, a pickup truck and a red Volkswagen. And Kurt found Ann floating in the water during the Classic and retrieved her.

Simple rules: You must see the object while paddling and bring it home in your canoe. No bodies or other organic matter allowed. Must have been found in the last four seasons. — **Karl Ketter**

Eureka!

ALL EUREKA TENTS ON SALE MAY 10-11-12

CANOESPORT IS AT MIDWEST MOUNTAINEERING



Watch for Midwest Mountaineering's Canoe and Kayak Demo days, Whitewater Paddling Clinics and Rock Climbing Clinics - coming in May.

309 Cedar Ave. So. **MIDWEST MOUNTAINEERING** 339-3433

"Most canoe manufacturers and those who write paddling manuals do not understand the fact that canoes move through the water at various speeds." — Karl Ketter

1ST ANNUAL MCA CANOE CONVENTION TO BE HELD JUNE 7, 8 AND 9

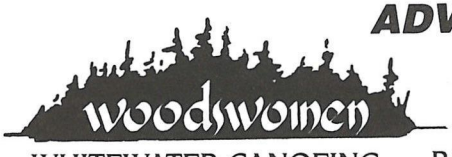
The Duluth Chapter would like to invite all MCA members and their families to attend the First Annual MCA Canoe Convention. The Superior-Douglas County YMCA has graciously welcomed us to enjoy their camp, which is situated on the shores of Lake Nebagamon just four miles from the Stone's Bridge on the upper Bois Brule River. This rustic setting is an ideal one in which to gather and meet canoeists from all over the State of Minnesota. The camp is located on 80 acres with 2,000 feet of frontage and is made up of a dining-meeting hall and seven unheated cabins that will sleep 75 people. There is ample space for tent camping, and people may find this preferable to the bunk houses.

Two breakfasts, registration night snacks and a Saturday night spaghetti feed will be served by the Y's Men's Association. It is essential that those members needing child care indicate this on the registration form and include the number and ages of their children. (Children 16 years and younger may attend the conference free—day care is available for $1.00 per hour.)

In addition to canoeing the Bois Brule or other scenic rivers in the area, a variety of other activities will be available. Perhaps the whitewater enthusiasts would care to challenge the flatwater paddlers to some friendly competition in volleyball, softball or "deadfish polo"? On Saturday there will be classes in poling, beginning whitewater, technical river rescue skills and efficient paddling. The Ski Hut of Duluth and Sawyer Canoe Company of Oscoda, Michigan, will provide demo boats for anyone to use on the lake. There will also be a program following Saturday night's meal.

John Wexler also suggests an early Sunday morning race across Lake Nebagamon to the local doughnut shop for some heavy carbo action! Those journeying to the camp can take part in any of these "organized" activities or, if they so choose, can just relax or canoe on their own.

Hope to see you all at what promises to be an enjoyable occasion. For further information, please feel free to call the Superior Chamber of Commerce at 1-800-223-2774, ext. 100, or write to the Superior-Douglas County YMCA, 9 North 21st Street, Superior, WI 54880. — **Tom Nicodemus, Canoe Convention Organizer**



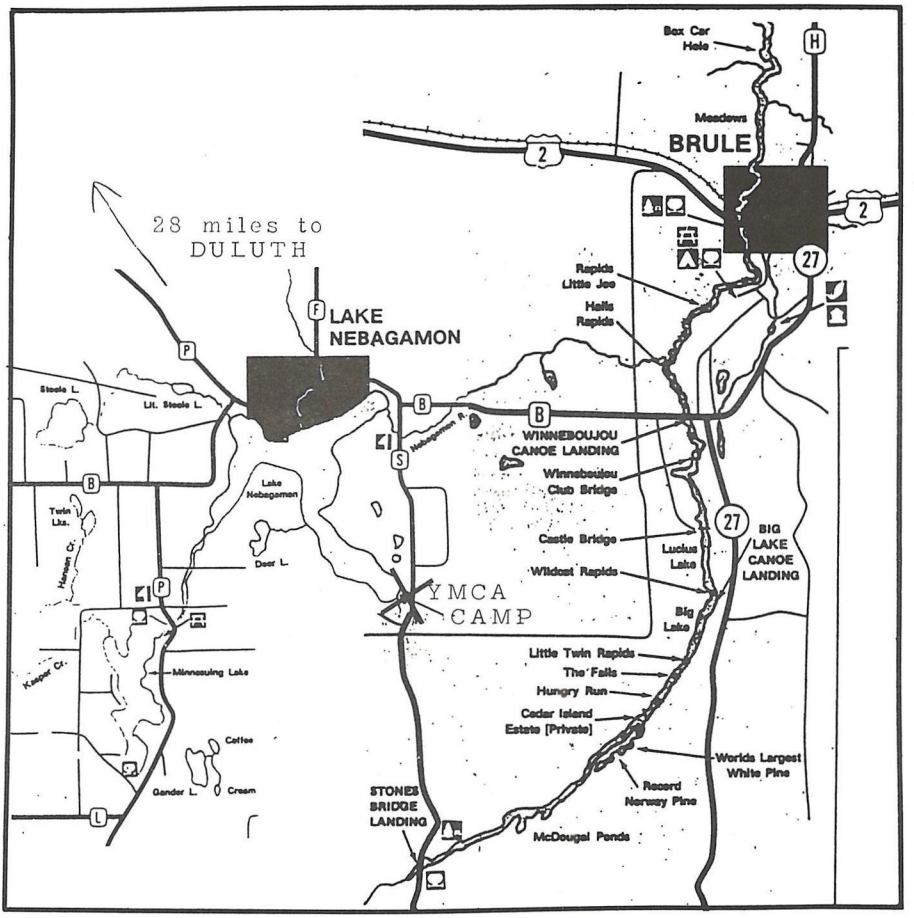
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INTRODUCTION TO KAYAKING CLASSES

Eden Prairie Parks and Recreation will be offering two Introduction to Kayaking classes this summer at Round Lake Park in Eden Prairie. In the four lake sessions students will learn about selection of kayaking equipment, boat handling and maneuvering, helping other kayakers, and the preliminary skills to learn how to Eskimo roll the kayak upright from a capsize. Kayaks, paddles, helmets and sprayskirts are supplied, but bring a towel, swimsuit, extra change of clothes, and the desire to spend the class time on and in the water.

SESSION 1: May 23, 28, 30 and June 4 — 6:30 - 9:30 p.m.
SESSION 2: July 30 and August 1, 6, 8 — 6:30 - 9:30 p.m.
Cost: $50. Maximum 8 students.

Register by sending your name, address, home phone, work phone, name of class, class dates and a check payable to Eden Prairie Community Center, 16700 Valley View Road, Eden Prairie, MN 55344. For more information contact the instructor, Bek Kragh, at 929-9454 or Sandy Werts at the Eden Prairie Community Center, 937-8727. — **Bek Kragh**

Minnesota Canoe Association

1ST ANNUAL CANOE CONVENTION
JUNE 7-8-9

At Superior/Douglas County YMCA Camp
Lake Nebagamon, Wisconsin

Cost:

$25 per person before June 1
$30 per person after June 1
Children under 16 free
(Day care will be available at $1.00 per hour)

Weekend Includes:

- Tent sites or bunk house (only 75 bunks available) for Friday and Saturday evenings.
- Snacks Friday evening, two breakfasts and one dinner (spaghetti).
- Participation in special classes on Saturday:
  1. Poling by Marshall Spencer, Duluth Canoe Club.
  2. Beginning Whitewater Cruise by John Wexler, HUT! Editor.
  3. Technical River Rescue Skills by Burt Levy, Safety & Education Director.
  4. Efficient Paddling by Karl Ketter, Long Distance Racing Director.
- Canoe trips on the Brule River.
- Use of demo canoes furnished by Ski Hut of Duluth and Sawyer Canoe Co.
- Other fun activities such as softball, volleyball, dead fish polo, boat swap, a Saturday night program, and a Sunday morning canoe race.

To Register:

- Complete the MCA Class Registration Form, adding (under "Other . . . comments"):
  1. Number of adults and children.
  2. If day care is desired; ages of children.
  3. How many tents your group is bringing.
  4. Which class(es) you expect to participate in.
- Send Registration Form and registration fee (make check payable to "Duluth M.C.A. Chapter") to:

  Superior Chamber of Commerce
  1419 Tower Avenue
  Superior, WI 54880
  (715) 394-7716 or
  Toll Free 1 (800) 223-2774, Ext. 100—Call with any questions!
- You will receive a more detailed map of the area and further information on the program along with your receipt.

See Article for Details.

"We are canoers first, then we are racers." — Bob Brown

"Racing canoes are designed to be efficient at all speeds." — Karl Ketter

MCA CLASS REGISTRATION FORM

All information is for instructors use only and will remain confidential.

Class title_____ Session number_____

Class dates_____

Name_____ Age____ Sex____

Address_____ City/State/Zip_____

Phone_____(home) _____(work)

Emergency contact: Name_____ Phone_____

Are you supplying your own boat? ___ Yes ___ No Is it currently registered? ___ Yes ___ No Number of PFD's ____ Paddles ____
If a tandem canoe, do you have a class partner? ___ Yes ___ No
If yes, name_____

If you have a medical condition we should be aware of (such as heart condition, high blood pressure, diabetes, epilepsy, acute allergies, etc.), please explain: _____

Skill Levels: Please check the highest level you feel competent at.

PADDLING:
- ___ No experience
- ___ Lakes
- ___ Easy rivers/moving quietwater
- ___ Mild rapids/Class I
- ___ Intermediate rapids/Class II
- ___ Advanced rapids/Class III
- ___ Expert rapids/Class IV-V

SWIMMING:
- ___ Strong
- ___ Moderate
- ___ Weak
- ___ Non-swimmer

Other related experience or instruction you have had, and general comments: _____

_____

Note: All students under 18 years of age must have a parent or approved guardian participating in the same class.

Liability Release

The MCA and the affiliated chapters always strive to make your boating experience as enjoyable and safe as possible. However, some element of risk always exists in canoeing, kayaking, and other water activities. I do hereby recognize this risk and agree to hold harmless the Minnesota Canoe Association, its outing organizers, river/trip leaders, and instructors from liability for any personal loss or injury which I may incur, and do hereby waive any remedy I may have in law or equity. This liability waiver is in effect while in transit to and from any MCA event, and while participating in any MCA outing.

Signature_____ Date_____

River Rescue

The first day of this course is designed to give you a general background in river safety. We will go into safe trip organization, hypothermia, use of a rescue throw rope, essential knot tying, basic swimmer rescue, personal gear and clothing, some boat handling, and many more hands-on exercises and discussions.

The second day will give a more comprehensive rescue background for intermediate to advanced paddlers and river trip leaders. Technical rescue techniques such as Z-drags, telfor lowers, and tag lines for rescuing swimmers and equipment in moderate to heavy whitewater situations will be covered. After being oriented to the above techniques, students will be able to practice their newly learned skills by responding to simulated river mishaps.

Students can take part in either or both days of this course. In order to bypass the first day of this course, you must be able to: ferry a canoe or kayak in moderate currents, throw a rescue bag with reasonable accuracy, tie a bowline, tie a double sheetbend or zeppelin knot, and have a good background in river safety. Those who have successfully completed this year's MCA whitewater course should qualify.

Dates:	Session I, June 22 & 23 — Session II, August 17 & 18
Fee:	$5.00 first day, $10.00 second day, $15.00 both days
Place:	Upper Apple & Eau Claire Rivers (to be confirmed)
Time:	To be announced
Size limit:	20 people
Coordinator:	Bek Kragh, 612/929-9454

Efficient Paddling

This class has something to offer most anyone, from beginners to well-seasoned paddlers who thought that the J-stroke was the only way to control their canoe's direction. Switch paddling technique as pioneered by MCA'ers will be the main emphasis. Other topics will include basic safety, boat trim, paddle selection, and boat control. Upon completion of this class, you will be amazed at how effortlessly you can move across the water in your canoe. This course will be offered three times:

SESSION I:

This session will be part of the Canoe School Weekend at St. Croix State Park on May 17, 18 & 19. Lodging and food will be included in this session. Additional details and maps will be printed in upcoming issues of HUT! Cost will be $20.00. You can arrive Friday evening or Saturday morning. Saturday will be spent on the river learning the various techniques. Sunday will be a trip down the river applying your newly learned skills. Rental boats are available at Ketter Canoeing.

SESSIONS II & III:

Dates:	Session II, June 8 — Session III, July 13
Fee:	$5.00
Place:	Session II, Lake Nebagamon, Superior-Douglas County YMCA Session III, South End Beach at Lake Phalen, St. Paul
Time:	10:00 a.m. to 4:00 p.m.
Instructor:	Karl Ketter
Note:	Some rental boats will be available for a nominal fee

EDUCATION & SAFETY

The following are the classes we currently have planned for this year's paddling season. Please read the general section and class descriptions very carefully. I will be happy to answer your questions at any time, but would prefer to receive calls between 6:00 and 10:00 p.m. on Mondays and Wednesdays. You can reach me at 612/729-8874. Thanks; hope to see you on the river in '85. — **Burt Levy, Safety & Education**

General Information on MCA Classes

- —You must be a current MCA member.
- —Your boat must be currently registered.
- —All paddlers must have appropriate PFDs; decked boaters must also have helmets.
- —For day classes, bring: snacks and lunch, canteen, proper clothing for projected weather, a change of clothes (in case you get wetter than anticipated), and sunscreen.
- —Any additional special gear is detailed in the class descriptions.
- —Unless otherwise noted, you will be responsible for providing your own boats, transportation, shuttles (organized by instructors), camping gear, and food.
- —A class registration form and release must be completed by all participants for each class attended. Send all registrations to: Burt Levy, c/o Graphic Images, P.O. Box 6149, Minneapolis, MN 55406.
- —Unless otherwise noted, all registrations and class fees must be received by mail no later than one week before the scheduled class.
- —All class fees are per person.

Wilderness Tripping

A general orientation to the skills that you need to travel the back country by canoe. Topics will include planning, basic map reading, portaging (canoe and gear), packing, food, clothes and other gear that you will need to make your wilderness trip a comfortable and memorable experience.

Date:	June 4 and 6, 6:00-9:00 p.m.
Fee & Place:	To be determined
Instructor:	John Nosek, (612) 770-8604

Repair Clinic

A hands-on workshop where you will learn many innovative repair techniques for your fiberglass, Kevlar, and woodstrip canoe or kayak. Preregistration will not be required for this workshop.

Dates:	June 9 and/or July 17
Fee:	$2.00 per day plus repair materials
Place:	Ketter Canoeing, 101 79th Avenue North, Minneapolis
Time:	June 9, 12:00-4:00 p.m. July 17, 5:00-9:00 p.m.
Instructor:	Karl Ketter
Special Equipment:	Your own mildly to hopelessly crunched boat to work on and suitable work clothing.

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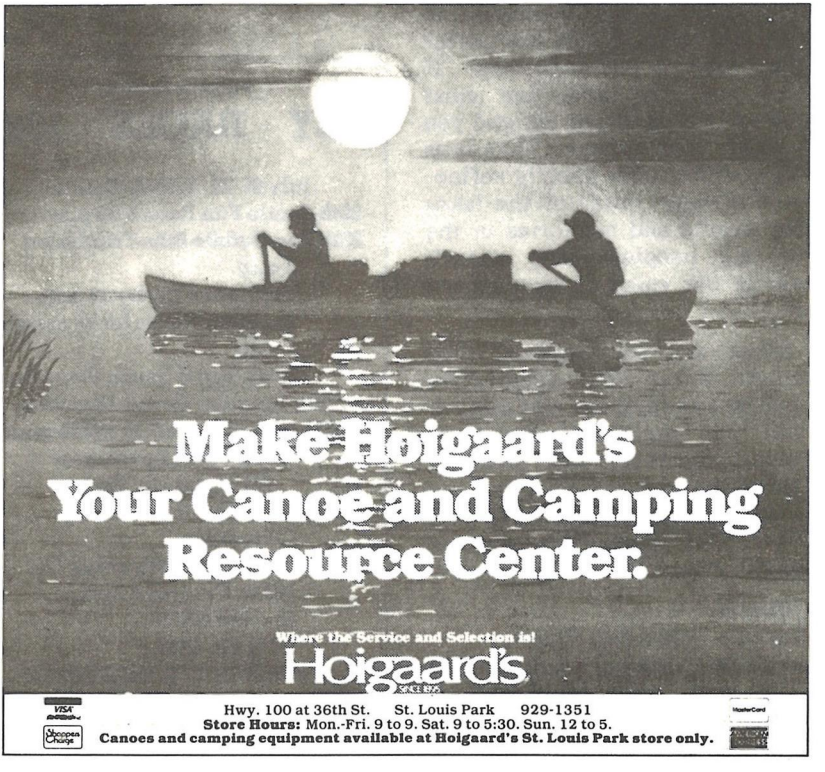


Mad River Canoe

SAWYER

CANOE CLASSES 1985

MAY	
3, 4, 5, 14	BEGINNING WHITEWATER (Session I)
17-19	MCA CANOE SCHOOL WEEKEND—Beginning Whitewater (Session I) and Efficient Paddling (Session I)
25-27	BEGINNING WHITEWATER (Session I) Optional Cruise/Class
JUNE	
5/31-6/2	BEGINNING WHITEWATER (Session I) Graduation
8	EFFICIENT PADDLING (Session II)
9	REPAIR CLINIC (Session I)
22, 23	RIVER RESCUE (Session I)
JULY	
11, 16, 18, 23, 25	BEGINNING WHITEWATER (Session II)
13	EFFICIENT PADDLING (Session III)
14	ADVANCED EFFICIENT PADDLING
17	REPAIR CLINIC (Session II)
27	BEGINNING WHITEWATER (Session II) River Session
AUGUST	
3, 4	BEGINNING WHITEWATER (Session II) River Sessions
13, 15, 20, 22	ESKIMO ROLLING (Summer)
17, 18	RIVER RESCUE (Session II)



UPCOMING CRUISES

Crow Wing River

How about a weekend family trip on a pleasant semi-wild river in west central Minnesota? The Crow Wing River can fill the bill. An MCA outing is planned for the Crow Wing on June 15th and 16th with Bill Marcoullier as leader. On Saturday we will paddle from Shell City Campground to Huntersville Forest Campground and from there to Nimrod on Sunday. There is no whitewater to speak of, but there will be some rock dodging on the Sunday paddle.

The Crow Wing is a forgiving river for the novice and a satisfying experience for all canoeists.

Camping is available both Friday and Saturday nights at the Huntersville Forest Campground. Shuttle will be arranged from there. If you are going or want more information, call Jim Robinson at (612) 588-5402. (Bill has moved out of town.)

Upper Iowa River

The Upper Iowa trip is scheduled for Saturday and Sunday, June 22nd and 23rd. We will camp both Friday and Saturday nights at Bluffton. We will do a shuttle on Saturday and canoe from Kendallville to Bluffton. On this part of the river you will see limestone palisades, chimney rocks, and bluff tops rising 280 feet above the river.

On Sunday, we will do another shuttle and canoe from Bluffton to Decorah. This river surprises many people who have no idea what Iowa can offer in both rivers and scenery. FMI: Jim Robinson, (612) 588-5402.

The shining water that moves in the streams and rivers is not just water but the blood of our ancestors. If we sell you our land, you must remember that it is sacred, and you must teach your children that it is sacred, and that each ghostly reflection in the clear water of the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father. . . .

The rivers are our brother, they quench our thirst. The rivers carry our canoes, and feed our children. If we sell you our land, you must remember, and teach your children, that the rivers are our brothers and yours, and you must henceforth give the rivers the kindness you would give any brother.

Chief Seattle
Chief of the Suquamish Tribe
(Taken from a speech delivered in 1854 to mark the transferral of ancestral Indian lands to the United States Government)

FOURTH ANNUAL

ELY RACES 1985

July 26-28, Friday-Sunday
26th-2 mile Fun Race 6:30 p.m.
27th Run Paddle Bike Triathalon
9 a.m.
Ely Canoe Derby 10 mile
Amateur Races for 12 classes
1 p.m.
Sock Hop & Beach Party 8 pm
28th Amateur Canoe Marathon
32½ miles through 13 wilderness lakes with 12 portages.
All classes invited.
CONTACT: Ely Canoe Derby Committee
%Piragis Northwoods Co.
105 N. Central Avenue
Ely, MN 55731
(218) 365-6745
A WEEKEND TO CELEBRATE CANOEING!

DEAR MCA:

The members of Explorer Post 301 of Faribault, Minnesota, wish to thank the MCA for their help during the past years. Last year our Explorer Post won first place in the Boys & Girls championship in three different categories. Another Explorer Post from Pine City, Minnesota, captured third place at the 120 mile race on the White River in Arkansas at the National Explorer Relays.

We attribute this success to MCA sponsored events such as the Jenson Handicap, Junior Classic, Mixed Championships race, and Rookies. We have also benefitted from the Hoigaard's Canoe Derby. Participation in these well run events gave our Explorers the chance to develop skills while observing the good form and sportsmanship of MCA members.

We feel that growth of canoeing and canoe racing will only come from the development of young people. We hope that the MCA will continue to support the Long Distance Canoe Racing that has done much to further the sport.

We hope to see further education of local citizen race officials. The MCA has set up excellent standards for racing with the MCA Race Runners Manual. We feel that the 17', 3&31, rule is an excellent rule. Some have suggested adding a 50 lb. weight minimum, but we and the MCA do not think this standard to be either fair or needed.* The circus at Mora over the last two years has discouraged our Explorer Post and others from competing in their event. The Mora race has been the scene of much disagreement and disgust, which has turned off our paddlers. We hope that Mora will change their rules to a more open system of canoeing as outlined by the MCA.

The Faribault and Medford races do follow the MCA specs and have excellent reputations for clean races free of disagreements. Thanks again MCA for the quality leadership provided to the Explorer program in Minnesota. Keep it up! — **Douglas Sumner**

**Ed. Note—Would you put someone in a different class because they ran a long distance running race in wingbacks? Of course not. This is an example of discrimination.*

The swamps and backwaters in the Upper Mississippi River Wildlife and Fish Refuge near Winona provide a river-bottom wilderness unique in America. There is an abundance of waterfowl, shorebirds, and marshland mammals, and many sport fishes. The refuge includes 200,000 acres of land and water open to public recreation.

ASK MCA

Q: We'd like to take a canoe-camping trip down the St. Croix River in the late spring. We have three or four days and are looking to do about sixty miles. We prefer a scenic stretch with some Class II or III rapids. We don't know the river. Can you give us advice? We can take either a 17-foot strip canoe or a 16-foot Blue Hole. Which would be better? Is the river runable at all water levels?

A: There are no Class II-III rapids on the St. Croix. Otherwise, the upper stretch from Gordon to Grantsburg, Wisconsin, fits your requirements for length, scenery and camping. Below Gordon Dam there are some sharp bends that require some maneuvering and some small rapids just above Grantsburg, where the Kettle River joins the St. Croix. Since the river does not require a lot of maneuvering, and since you want to carry camping gear, you should take the larger canoe. The St. Croix is generally canoeable most of the year, though canoeing is discouraged at times of unusually high water.

Maps that answer many of the planning questions you raise are available from the DNR Trails and Waterways Unit, Box 52 Centennial Building, St. Paul, MN 55155.

Q: I've been filling out the DNR Water Level Inventory forms. Will there be a minimum water level reading for each river in the survey after all the information is compiled?

A: The goal of the DNR's survey is eventually to produce a report that gives conditions on each river, including a minimum canoeability level. Reports on popular rivers like the Kettle, Rum, Snake and St. Croix, for which the DNR has received a good number of forms, may be available by the end of this year. Information on the less frequently canoed rivers is still very spotty.

The DNR continues to gather its own weekly water level information from reporting stations. Current water levels are available by Thursday afternoons and can be obtained by calling the DNR at 296-0742.

DEAR MCA:

It was disappointing to read that the Mississippi Challenge was rejected by the MCA. I would have thought that a group devoted to canoeing would have welcomed any event that would promote their sport.

There was a twofold reason for the Challenge: (1) to help overcome the view of canoeing as a "recreation" rather than a sport; (2) to interest more people in our sport. Not very complex goals, but certainly worth pursuing.

Since the local media is so professional-stick-and-ball-sport oriented, we felt an event of awesome proportions—patterned after the increasingly popular Minnesota Ironman—would attract the interest of the media and, subsequently, people who look for new experiences and challenges.

I ask that the MCA poll the membership, then reconsider the Challenge in that light, not as a race or even "to see how far and long a person can paddle in one day." That view makes the Challenge an endurance event, and an endurance event is a race. We have a good product to sell; we don't have many good marketing opportunities to sell that product. **—Jerry Kassanchuk, Marketing Consultant**

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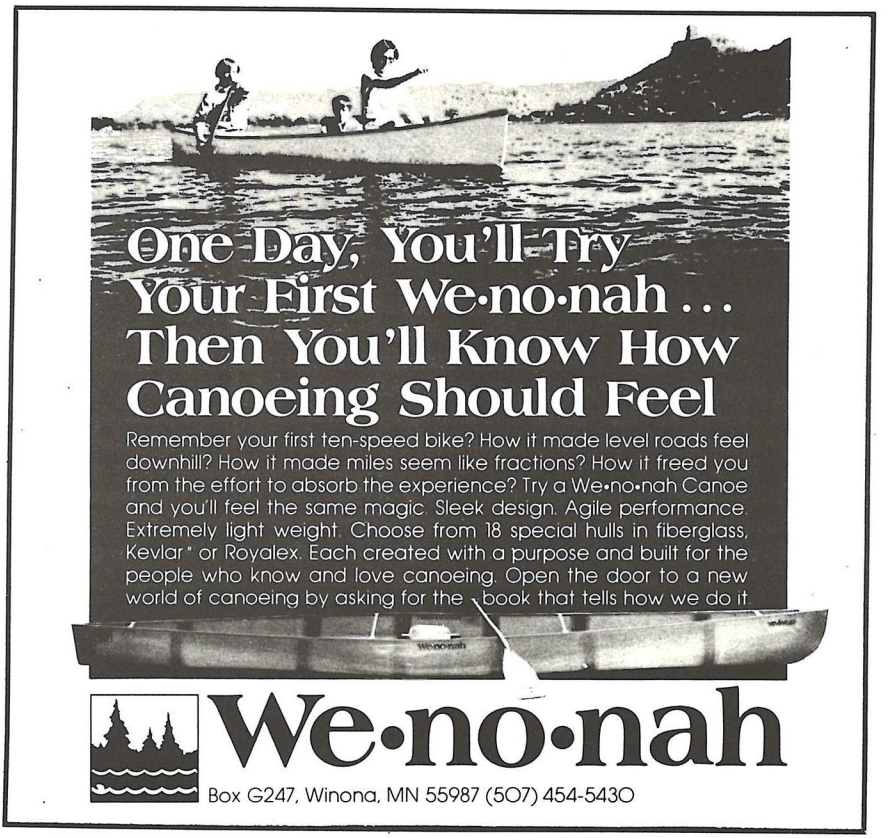
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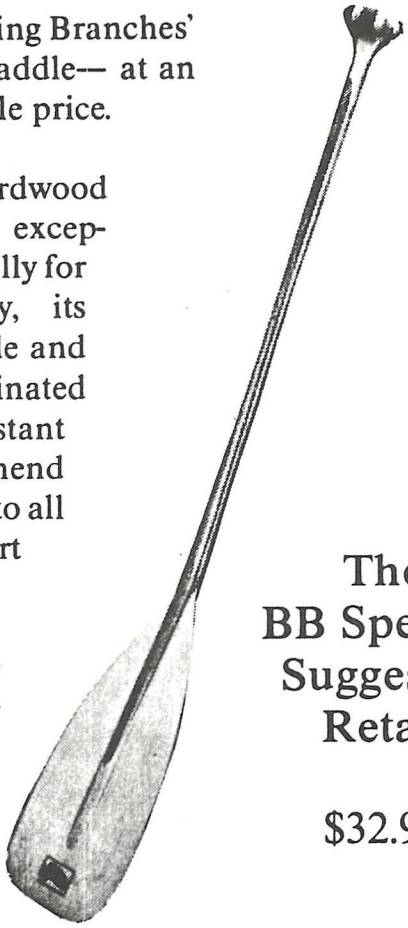


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"I never said swim triathletes were wimps. What I said was I don't understand why somebody would want to compete with his head in the water when he could be racing in a canoe." — Jerry Kassanchuk

NEW MCA MEMBERS—JANUARY-MARCH

Out of State:

Paul Antonia, Manchester, CT
Perter W.E. Bishop, Windsor Junction, Nova Scotia, Canada
Heinz-Dieter Bocker, Boulder, CO
Mark E. Cantwell, Milwaukee, WI
Jeff Carlon, Escondido, CA
Gary Christiansen, Muscatine, IA
Robert Conlogue, Dublin, CA
Ed Crane, Mio, MI
Dick David, Watertown, WI
Ted Govin, Chippewa Falls, WI
William Gray, Boyds, MD
Douglas L. Hallberg, Milan, IL
Larry Hampel, St. Charles, IL
Scott M. Hulet, Chicago, IL
Robert J. Isdahl, Bozeman, MT
Brad Johnson, Grand Forks, ND
Jon Klein, Oakes, ND
Henry L. Markison, Lansing, MI
Richard McCauley, Unadilla, NY
Richard Mosley, Ottawa, Ontario
John Pearson, Palisade, CO
Frank Pershedn, Menomonie, WI
Dennis Phillips, Ames, IA
Albert F. Pinnow, Rockford, IL
Al Ringle—First Baptist Church, Waco, TX
Bob Scidmore, Menomonie, WI
M. L. Simpson, Dumfries, VA
Stan Stassieluk, Boyceville, WI
Karl Teske, Bolingbrook, IL
Martin Van, Elmwood, WI
Phil Van Alstine, Wethersfield, CT
Vester Weathers, Winfield, MO
Bill Wright, Eau Claire, WI

Minnesota:

Ray Bock, Mankato
Joanne Broady, Hastings
Bob Brown, Duluth
Duluth Public Library
Jim Elsey, Glenwood
Dale Eppen, Fountain
Jeff Espeseth, Pine City
Russ Grobe, Rochester
Bob Hanson, Duluth
Dale Hennek, Mankato
Robert A. Isdahl, Mankato
Reiman James, Cannon Falls
Phil Keenan, Rochester
Ray Lund, Fairmont
Randy Maland, Redwood Falls
Craig Nass, Dassel
Virgil Plath, St. Cloud
Thomas J. Rice, Red Wing
Michael Rutten, Faribault
Terry D. Sailor, Adrian
Robert A. Seitz, Duluth
Mark C. Smithson, Duluth
Greg Steinacker, Hutchinson
Allen Todnem, Hastings
Warren Wagner, Mankato
Paul J. Westmoreland, Stillwater
Leslie Wilkinson, Bemidji
Bob Zartner, Dayton
Robert Zuzek, Northfield

Twin Cities:

Steve Bartelt
John Barton
John Becker
Kenneth Bednar
Nelson Benjamin
Roger C. Betz
David Brieske
David Burkhart
William T. Carey
Walter Clauson
Dan Corbett
Joseph C. Ebertz
Philip E. Fick
Bruce D. Fishbeck
Steven Franklin
Ray & Ellie Fuller
Michael Gedde
Mike Groppoli
Joseph Guidotti
Steven P. Hart
Dan Heiden
Irene Helland
Dennis Hemenway
Tim Heren
Rod Herman
Scott Hibbard
Jim Hobbs
Loras J. Holmberg
Dave Kairis
Katherine Knutson-Geary
Dave Koepsell
Jack C. Kraywinkle
Alan Krogh
Greg Lais
Duane Lee
Bill Marmesh
Jane Martin
Margery Martin
Ross & Jean McIntyre
Scott Nelson
Charlie Nestor
Steven B. Olson
Julie Pagel
Kim Pearson
Gregory M. Powers
Gaylen Reetz
Eric J. Schaffer
Randy Strobel
Tom Sumner
Jeffrey Tane
Thomas Trewartha
Louis T. Weinhagen
Alan Wichman
Jim L. Wright
Judd Zandstra
Ruth Ann Zwirtz

The Trading Post is a free service for MCA members only. Members may place up to 30 words in an issue of HUT! for each canoe for sale, partner wanted, or other message. This service is not available for advertising or solicitation of commercial operations.

WANTED

Donations of beat-up aluminum or plastic canoes or kayaks to the Education Safety Committee for use in setting up accident scenarios for the River Rescue Clinics. Call Bek Kragh at 929-9454.

Forms and/or strongback for an 18' Explorer, in good condition. Call Scott at 421-6051 evenings.

Drivers. Racers need licensed drivers for our Long Slow Days Training Runs. Weekends from March through May. Free Ford. Free Travel. See hundreds of Minnesota bridges. Call Karl at 636-8116 or Betty at 561-2208.

Trip leaders for one day cruises. Choose river of your choice. Show it to a few other MCA'ers. Call Jim at 588-5402.

Photos. HUT! needs photos of current and past canoe trips, cruises, races, meetings, canoes, people, etc. Black and white or color photos okay. Photos will be returned. Call John at 827-6693.

FOR SALE

16' whitewater open canoe. Shenandoah Hawksbill model, ABS plastic, with stock seats plus Perception whitewater saddle. $400. Call Jess Fauchier at 537-4907.

'75 Honda CB200T motorcycle, excellent condition, 5000 miles, great mpg, 2 helmets, 1 full-face. $350. Call Craig days at 245-2648, evenings at 233-7594.

We-no-nah 18' Jensen cruising canoe. Sliding bow seat, yoke, 65 lbs. Sand color. Two years old, great condition. $400. Call Freg Younger evenings at (515) 749-2536.

17' wood canvas canoe. Green, brand new—never used. Red cedar planks, white cedar ribs, sitka inwales, mahogany outwales, decks, seats, thwarts are white ash. Cane seats, portage pads. Quality and finish equal to or better than Old Town. $900 or best offer. Call 553-1742 evenings.

Solo canoe—14'9" woodstrip, 35 lbs. $175. Call Steve at 853-5632 after 5 p.m.

Whitewater canoe—15' Coleman—$195. Call Eldon at 435-2411.

MCA BUILDING SUPPLIES

For Sale: MCA resin and fiberglass cloth. Polyester resin with catalyst and wax (if required) is $13.00 per gallon. Four ounce cloth, 50 inches wide, is $2.90 per yard; 7½ ounce cheesecloth, 60 inches wide, is $4.10 per yard.

Rules for Purchase: Call ahead and schedule pick-up time. Payment must be by check or money order to Minnesota Canoe Association. **No cash. Bring a valid membership card.**

Depots:	Betty Ketter	561-2208	North Minneapolis
	Bruce Kunz	454-7207	Eagan

MINNESOTA CANOE ASSOCIATION MEMBERSHIP/ORDER FORM

I would like to join the MCA as a ☐ New ☐ Renewal member. Please check:

- ☐ Regular Member—1 Year . . . $ 10
- ☐ Regular Member—2 Years . . . $ 19
- ☐ Regular Member—3 Years . . . $ 27
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- ☐ Life Member. $100

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Canoe Building Plans, $5.00 each (SALES TO MEMBERS ONLY)

- ☐ Woodstrip canoe building manual with Explorer and Guide plans
- ☐ BWCA Cruiser
- ☐ MCA 14' Solo
- ☐ Free Spirit (Brown)
- ☐ 17' Osprey (Zapf)
- ☐ 15'6" Solo Canoe Pirate (Brown)
- ☐ 15' Solo (Ketter)
- ☐ Griffen II Kayak (Brown)
- ☐ 18'6" 4&32 USCA Racer (Burley)
- ☐ 18'6" 3&27 Racer (Ketter)

T-Shirts — Light blue shirt with navy MCA graphic, 50/50 blend. $5.00 each, plus $1.00 postage.

Stickers — Blue on a reflectorized background, great for canoe or car. $1.00 each.

Sew-On Patches — Gold paddles over a silver canoe, $2.00 each.

To order fill in name and address above. Indicate quantity desired in each size:

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____ Shirts @ $5.00 plus $1.00 postage

____ Stickers @ $1.00

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Sew-On Patches



T-Shirt/Stickers

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FAMILY CANOE DAY 1985

SATURDAY, JUNE 1ST

**Canoe the Mississippi River from
Brainerd's Kiwanis Park to Crow Wing State Park (9 miles)**

The third annual Canoe Day marks the kick-off of June as Minnesota Rivers Month. Lieutenant Governor Marlene Johnson will host the event this year. Governor Perpich may come also, but at this point it's not definite. Your attendance will help heighten public awareness of Minnesota's rivers, one of the goals of Canoe Day.

Entertaining historical and naturalist programs will be offered at the picnic grounds at Crow Wing State Park. An added bonus: this is State Park Open House Weekend, and admission to Crow Wing State Park will be free. (Camping fees remain the same.)

The stretch of Mississippi from Brainerd to Crow Wing State Park boasts excellent muskie, walleye and bass fishing. Sharpen your float 'n fish skills with know-how and demonstrations from area experts offered informally pre-launch and at the picnic site.

Free shuttle service will be provided back to Brainerd from the picnic site. For information on rental canoes, call Mary Ordal at DNR in St. Paul at (612) 297-3357 or Tim Browning at DNR in Brainerd at (218) 828-2610.

Schedule

10-11 a.m.	Pre-launch coffee and doughnuts; tips on river fishing by area fishing pros.
11:00 a.m.	Launch canoes.
1:30 p.m.	Arrive at Crow Wing State Park; picnic (bring your own). Program: Minnesota Rivers Month Proclamation.