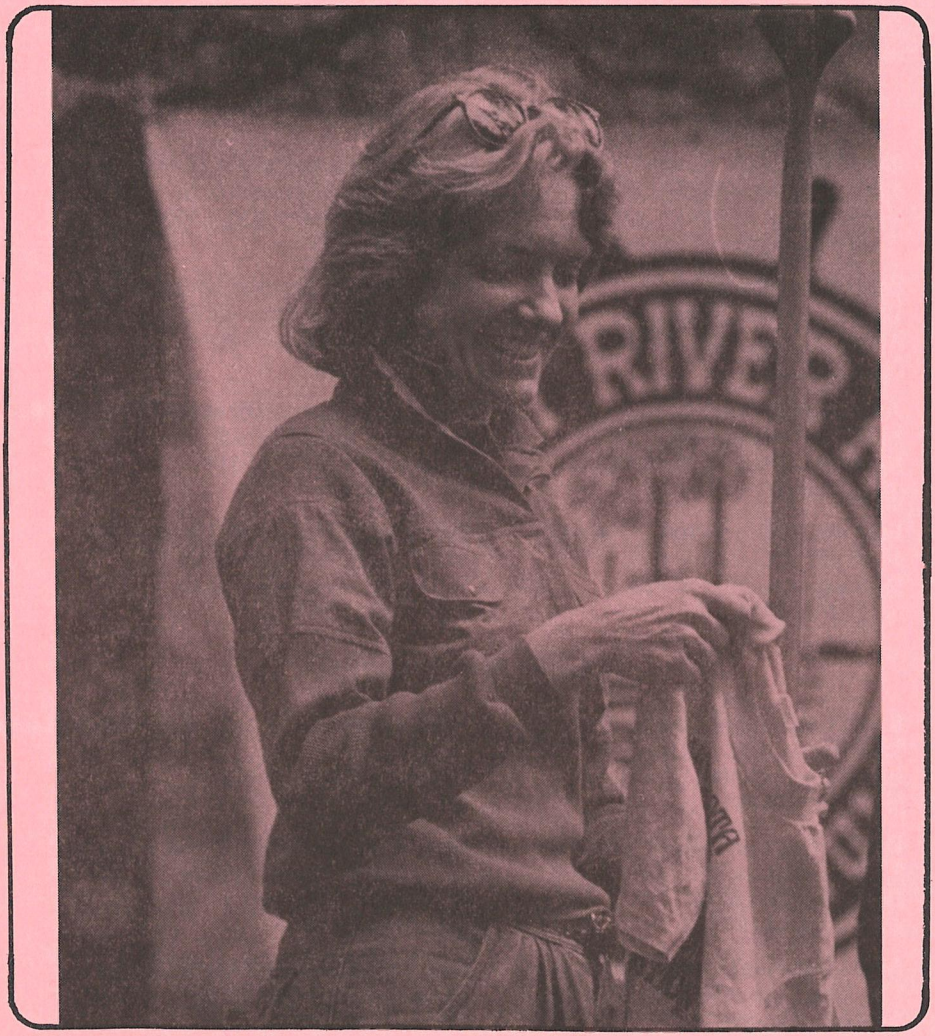
MINNESOTA CANOE ASSOCIATION

HUT!

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MCA President Al Gustaveson presents MCA T-shirt and paddle to Lt. Gov. Marlene Johnson at Family Canoe Day. (Photo courtesy of the Minnesota Department of Natural Resources.)

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(612) 929-9454

John Wheeler/Voyageurs (612) 633-6500

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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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

Sitting here at the kitchen table rehashing the events of the past few weekends only reinforces my belief that Minnesota is THE canoe capital of the country.

Family Canoe Day '85 was a success thanks to a number of canoe-folk who worked hard to make things click. Special thanks to Betty Ketter and We-no-nah Canoes for the 30 lb. Kevlar canoe that I paddled with Lt. Gov. Johnson . . . and to Ron Hultman for the paddle we presented to her. To Mary Ordahl, Tim Browning, and Paul Swenson of the DNR. To the Voyageurs and Native American Dancers that added that ol' time flavor to the day, and the Mississippi Headwaters Board for the great meal! If all this sounds like you missed a good time, you're right! And you better make plans for next year.

The Canoe Convention at Lake Nabagamon was another unqualified good time for the one hundred or so in attendance. Good food, great canoeing, expert instruction and watching Karl Ketter "pole" himself out of a canoe were highlights long to be savored.

Also noted was the fact that Chuck Anderson, Recreation Officer for the Superior National Forest, has additional problems besides hand-axes in the BWCA. It seems the bears are getting even. Tonight's paper chronicals that the BWCA bears are starting to attack cars left at entrance points when campers are foolish enough to leave candy bars on the front seat. One bruin went so far as to rip the chrome trim and vinyl top in an effort to obtain a Butterfinger.

Now that generations of bears have been addicted to chocolate by well meaning campers, it seems almost heartless to deny them their "fix". Perhaps a federal program to airlift Hershey bars into the back country for these addicts would provide additional employment in this depressed area, keep the bears off the streets and out of the cars. I can see the headlines now: "Anderson Awards Anorexic Animals . . . BWCA Bears Bite Butterfingers in Blissful Bewilderment." Ah well . . ., come paddle with us. — **Al Gustaveson, President**

MAJOR UPCOMING MCA EVENTS

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

If we use our time and our remaining options wisely, we might yet make secure the magic of flowing waters in our green valleys. — The Streams and Rivers of Minnesota by Thomas F. Waters

FROM THE STERN

If you weren't there, you missed it. What a blast! Over 100 people attended the MCA Canoe Convention in Duluth in early June. There were trips, classes, campfire songs, a few tall tales and lots of games—fun for kids, too. Friday afternoon a couple of us paddled up a creek that connected the next lake. I was working on my lean turns, and leaned a little too far . . . splash! Make sure you read in this issue how to make that off-side lean. Many thanks to the Duluth Travelers for their hosting of this event and to the Y's Men for their cooking and entertainment at the campfire. If you missed it this year, plan to attend next year.

Shawinigan, the world's most well known canoe race, will be held again this year, and I am planning to be there to not only watch the race but also to paddle some of the whitewater in the area. If enough people come along, we could probably split up into a quietwater canoe group too. In fact I would enjoy paddling some of that too! I have heard that the people are very friendly and the scenery is beautiful. I am planning to leave August 24th and return September 4. These dates are not cast in stone, so give me a call at 827-6693 if you want to go. Call me no matter what your paddling skill. I want to go to Quebec with a big Minnesota contingent.

Keep those articles coming. Don't forget those trip reports. Let's hear what the water levels were, who went on the trip, where you went, and what happened.

Again, an Editor is wanted. I want to retire from editing and work on other MCA publications. Greg Furtman of Duluth has volunteered to work on revising the MCA building manual. Send your ideas to Greg.

We're running out of the little sayings or short quotes we run at the end of HUT! articles that don't completely fill a page. Send yours in or mark up your favorite book on canoeing and send them to HUT! Call me if you are interested in doing this and I will give you the details.

We have decided to bury the axe. There were strong feelings and good discussions on both sides of the hand-axe issue, and we feel the topic was well covered.

Many thanks to everyone who has helped contribute this year to HUT! Tom Hill, who had pneumonia and helped to lay up HUT!, is now working in the BWCAW. His example is indeed that of a dedicated MCAer and canoeist. — **John Wexler, Editor**

WOOD STRIP & EPOXY CANOES

EAU GALLE BOAT SHOP

15' new solo	33 lb	
18' fast cruiser	46 lb	mca members get five per
17' high cap. tripper	48 lb	cent discount to 8-1-85

rt 2, box 125B, elmwood, wisconsin 54740 715-283-4302

MAY BOARD MINUTES

The meeting was called to order at 7:45 p.m. by Al Gustaveson, President.

Bob Brown, Building Director: Bob said that Bruce Kunz is the only one who showed up for his cruise on the Mississippi. He said that Bruce will probably not be a resin depot next year.

Warren Roundy, Public Relations: For Family Canoe Day, the MCA is the primary source listed for the event. It will be announced on WCCO radio, and was featured in the Minneapolis/St. Paul Magazine.

Jim Robinson, Cruising Director: The only cruise that is new is one that Harlan and Darla Nickerson will lead on Sunday, July 14, "Canoe-a-Brunch." We will meet at the river flats by the University and canoe to St. Anthony Main. For details, you can call Harlan and Darla. See article in the June HUT! Jim mentioned that Ralph Thornton had called about doing a feature article on the Minnehaha Creek, which we did, and we'll be in the Sunday Star & Tribune in the outdoor section.

John Wexler, Publications Director: John said that copies of the description of canoe plans we have to offer will be completed next week. He figured out that the advertising revenue for HUT! has already exceeded the revenue last year, even though ad rates were reduced.

Other Business: The press releases for handicapped night have been distributed by Wilderness Inquiry.

Burt did a good job on coordinating the St. Croix weekend; it was a big success.

Bek Kragh requested money to buy two wrecked canoes, which she can get for a total of $50. These will be used in the future for river rescue demonstrations, etc.

There was a motion made that the MCA donate $150 for the Jensen Handicap. The motion was seconded and passed.

There was no further business, and the meeting was adjourned at 9:45 p.m. — **Verna Robinson, Secretary**

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



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.

OUTINGS SCHEDULED

Brule (Kayak) July 13 & 14

What a way to fill a weekend. If you've never kayaked before and are looking for something new, this trip is for you. Being a daredevil is not required. Every year we take people and introduce them to kayaking. On Saturday we conduct dry land training, followed by a trip through some mild rapids and twisting turns. The trip lasts about four hours, allowing time for volleyball and a campfire at the campground. On Sunday we hit the river to run a number of exciting rapids to end a great weekend.

Upper Namekagon (1C) July 27 & 28, Saturday & Sunday

Enjoy this classic float trip through Wisconsin. The only time your hands will touch the paddle is when you pack and unpack for the trip. Bring your camera; this is one of America's scenic wild rivers. A few swimming holes, lots of wildlife and enough time to relax and enjoy them. The leader of this trip put in a formal request for sunshine and good weather early in the year, and judging from the way the weather has been it's all being saved for this weekend. For more information contact trip leader: Bob Breedon, 456-2094 (w), 454-2440 (h).

Picnic and Tubing Minnehaha August 3

Bring the kids, a lunch and tube for a relaxing day. If you don't have a tube, a canoe is acceptable. We will supply the volleyball and some ice cream. FMI call Tom Reischel, 456-7195 (w), 698-2872 (h).

St. Croix River August 17 & 18

The St. Croix is an excellent late summer trip that is available to everyone. Beautiful scenery, swimming spots, novice rapids, drifting currents with little paddling and free camping make the St. Croix a fun river to adventure on. Saturday will take us from Riverside to just above St. Croix State Park followed on Sunday from the "T-Bridge" to Riverside. Each stretch takes about four hours on the river. The lower Namekagon, which joins the St. Croix above Riverside, will be run if the water level is too low. FMI call Joe Reischel, 733-3467 (w), 698-4609 (h).

Mississippi Mud

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.

LITTLE FALLS CANOE RACE

The race will mass start on the Mississippi River access at Bell Prairie Park located four miles north of Little Falls on Highway 371. All entrants will paddle four miles downstream and then return to the start for an eight mile race. Pro racers will repeat the loop for a 16 mile race.

There will be several classes in addition to the pro boat classes. The classes are pro boat, open class, 19 and over traditional, 18 and under traditional, mixed class, and business class. There will be free entry into the Mississippi River Festival for all race participants.

HOIGAARD'S CANOE RACES

Race Schedule: Thursday nights beginning June 6 through August 1, except July 4. Registration 5:30-6:30, start 6:45. $2.50 per person per race. Thomas Beach, Lake Calhoun (Minneapolis). FMI call Jim Lind, (612) 929-1351. Classes:

6 miles — 17 foot—mens, womens and mixed (including Beaver canoes).
18½ foot—M, W and mixed (no USCA cruisers or pro boats).
Aluminum—M, W and mixed (no Beaver canoes).
Veteran/Handicapped.
Veteran/Novice.

6½ miles — Racing class—M, W and mixed (including USCA cruisers and pro boats).
C1—M, W and mixed.

JENSEN HANDICAP RESULTS

1.	Mike Bohanon & Eric Canny	40:17
2.	Dave Zink & Kent Buryska	40:18
3.	Dave Sipe & Tony Pasma	40:40
4.	Stu Bastian & Jim Schultz	41:48
5.	Steve Peterson & Dan Remier	42:14
6.	Dan Hassel & Gloria Pasion	42:55
7.	Gene Jensen & Jeff Rozinka	43:58
8.	Cary Bush & Karen McAndrew	44:11
9.	Bob McKelvey & Bill Simpson	44:28
10.	Tom Olson & Mark Segner	45:01
11.	Brett Thunstrom & Laurie Degenes	45:23
12.	Walt Hershey & Tom Noly	45:29
13.	Craig Colter & Bev Sumner	46:51
14.	Pam Henry & Reggie Clark	47:02
15.	Karl Ketter & John Carney	48:05
16.	Chris Berne & Dan Huntsinger	48:05
17.	Warren Thunstrom & John Wexler	48:05
18.	Scott Ankeny & Chuck Hoppe	51:18

STILLWATER CANOE RACE

The Stillwater Chamber of Commerce will sponsor a canoe race Sunday, July 21 at 9:00 a.m. in Stillwater, Minnesota. Competitors will paddle from the bridge upstream, circle around an island by the Boomsite, and return to the bridge. The distance will be about seven miles.

There will be several racing classes for amateur racers. Registration will be $8.00 in advance for tandems and $5.00 in advance for solos. Add $2.00 for race day registration.

VFW CANOE RELAY DERBY

Paddlers under the age of 18 are invited to compete in the State of Minnesota VFW Canoe Relay Derby. This event is held each year on different rivers in the state. This year the event will be located at Faribault on July 20 and 21. The course will include both the Medford and Faribault race courses.

A relay team of six paddlers takes turns paddling on a course of 60-80 miles over two days. Any organized youth group (at least one adult leader per team) may enter. VFW posts from the area of the teams usually will sponsor the team(s).

This is an opportunity for MCA members to promote their sport by coaching a team. Past VFW contestants include names such as Cichanowski, Rudquist, Berne, and Baker.

Classes are girls, boys, and/or co-ed. There is no limit on the number of entries. Canoes are furnished or you and use your own—MCA standard specs will apply.

For more information contact "Red" Jenson, 2622 Central Avenue, Minneapolis, (612) 781-1500 or (612) 722-5180. — **Doug Sumner**

There are, however, some signs that we may have turned the corner and are at last facing the fact that human populations are interdependent in the earth's community, and not the rulers of it. — The Streams and Rivers of Minnesota by Thomas F. Waters



Newsletter of the Whitewater Canoe and Kayak Chapter
Membership: Paul Rem, (612) 645-3538
Safety/Education: Burt Levy, (612) 729-8874
Liaison to the MCA Board: Bek Kragh, (612) 929-9454
Cruising: Mike Pease, (612) 222-3191
Publicity: Rhonda Kuehl, (612) 377-5253

All you closet whitewater paddlers, time to get those paddles wet. The sun's shining, the water's warm. No more excuses. The Rapid Riders have a number of cruises coming up for beginning (B) and intermediate (I) whitewater paddlers in July and August.

Weekend	River(s)	Class	Contact Person
July 13,14	Bois Brule (B)	II-III	Bek Kragh, 929-9454
July 19, 20, 21	Vermillion (I)	III	Burt Levy, 823-4533
July 27	Upper Apple (B)	I-II	Jim Dearstyne, 933-4908
August 3, 4	Kettle, St. Louis (I)	III	Gary Nagel, 633-2994
August 23, 24, 25	Wolf, Peshtigo (I)	III	Bek Kragh, 929-9454

The July Rapid Riders business meeting will be at Rocky Rococo's in Dinkytown (14th Avenue and 4th Street S.E.) Tuesday, July 9th, at 7:00 p.m. We will discuss past and upcoming cruises and classes. Bring pictures, slides and tales of whitewater adventures. — **Bek Kragh**

MANNERS AND SPORTSMANSHIP

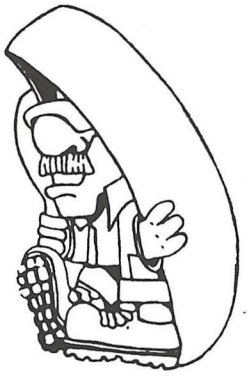
For some time I have been feeling the need to broach these topics. While I don't expect to see Miss Manners become a regular in HUT!, someone needs to bring them up.

When discussing ideas it is always best to leave it at that. Trying to put labels on others, their skill or experience levels, is a good way to get tempers up and feelings hurt. Neither will it help our club.

Freely given criticism also gets old fast. Walking up to someone, lifting their paddles and saying, "Jeez, these are heavy. Why don't you buy some light ones?" is not the way to make new (or old) club members comfortable.

Insofar as sportsmanship goes, I would like to read other people's ideas and experiences regarding boat and equipment damage. Our club tandem events have always had many potluck paddling line-ups. I feel paddling partners should chip in when boats and gear are damaged or lost. Many boat owners seem to feel the same, but simply trust their luck. I wonder if this issue spurs the growth in solo canoeing. Boatless paddlers are important to the club. They depend on goodwill, which depends on sportsmanship. — **George Skinner**

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

Traditions are born of hard work, determination and a certain unity of spirit that brings people together. Such was the case in what is hoped to be an MCA tradition for years to come: the MCA Annual Convention. For those of you who missed the first traditional event, it was held June 7-9 on the shores of Northern Wisconsin's Lake Nebagamon. To put it simply, the weekend was a great success. Seventy-five adults were registered with about twenty children running around keeping things less than serious. With other nonregistered people coming by for the day or evening, the MCA convention had over 100 participants—far more than had been anticipated.

Saturday's events consisted of poling class led by Marshall Spencer, efficient paddling with Karl Ketter, technical river rescue with Randy Carlson, and beginning whitewater with John Wexler. Those who chose not to take a class enjoyed the great variety of boats that the Ski Hut in Duluth and Ketter Canoeing from Minneapolis made available. The evening entertainment was provided by Randy Carlson with some canoe films and music provided by a chorus of happy boaters.

Sunday was a cruise on the upper Brule for some and the lower Brule for whitewater enthusiasts. And then it was back home, tired, contented and feeling good about the MCA and canoeists from all over the area.

Special thanks go to the instructors for their time, the Superior YMCA and Y's Men for their great contribution of the facilities and the meals, and Fred Freeman, Greg Furtman and the Sundquists for their hard work in preparation. Most of all, real and sincere thanks need to go to Tom Nicodemus for his original idea of the convention and more than that for the unending work he put into the realization of this first MCA convention. Thank you, Tom.

On the planning side of Twin Ports activities are two organized trips in July and August. July 21 is the Gitchigumee Canoe Classic, the annual Duluth Ski Hut Canoe Race for both pros and amateurs. The pro race is 21 miles and the amateur races are four and eight miles. Call Ski Hut (218-724-8525) for registration and details.

The August 2 Moonlight Paddle will be led by Fred Freeman. The river is yet to be determined. Call Fred at 525-6486 for details.

Other flatwater and whitewater trips will be spontaneous throughout the summer. Call one of the officers for details.

Have a great summer and keep on paddling. — **David Spencer**

BUG ZAPP

Do you envy persons who take trips to the BWCA? Do you suffer in silence knowing you would love to join them, but fear your famous brand insect repellent will fail you when protection is needed most. Well, now you can join those happy throngs!

With our solar powered bug screen, you sit comfortably in your canoe within a barrier of sound. Silent to humans but deadly to insects. A sender mounted unseen in the bow and stern of your canoe emits 11500 Hz. sound. Effective on canoes up to 20 feet. Inoperative on aluminum—metal causes sound to be transmitted at ineffective frequencies.

Start planning your BWCA trip! Order your cocoon of sound today and join your friends. For additional information call 1-800-BUG-ZAPP and ask for Jerry! — **A Fred Freeman Fiction**

DEAR MCA:

I just returned from the 1st MCA Canoe Convention held at Lake Nebagamon, Wisconsin, and would like to take the opportunity to personally thank Tom Nicodemus and his many assistants for a wonderful event. Talking with the participants, I found universal agreement that Tom's idea of a statewide outing designed for all types of boaters and their families was a great one. The hours of preparation and organization he and his people donated were apparent from the smoothness of the event. I sensed the day care availability was especially appreciated by members with little ones and enabled them to participate when it would have been much more difficult without it. Thanks again Tom, I hope you will continue with a fine new MCA outing. — **Rick Luck**

DEAR MCA:

The Twin Ports Chapter at Duluth is to be congratulated for their tremendous planning of the First Annual MCA Canoe Convention. The expert instruction and variety of canoeing, from flatwater to whitewater, the pristine setting and the delicious and hardy breakfasts prepared by the Y's Men combined to make a most enjoyable weekend. As a new canoeist and member out in the desert southwest of Minnesota, I appreciated the opportunity to meet new friends and improve my canoeing skills and look forward to the Second Annual MCA Canoe Convention. Thanks to all who contributed to making the weekend a success and LOADS OF FUN! — **Marlene Tatman**

DESERT CANOE CLUB

AUSTIN CANOE CLUB

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

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: _____

_____

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

iability Release

he MCA and the affiliated chapters always strive to make your oating 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_____

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.

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)

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.

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:

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

A major channelization threat now confronts a unique Minnesota river resource—major in the sense that it will destroy a fishery resource unmatched elsewhere in the state—the channelization of the Roseau River, currently proposed by the Army Corps of Engineers. — The Streams and Rivers of Minnesota by Thomas F. Waters

EDUCATION AND SAFETY *(Continued)*

BEGINNING WHITEWATER

The summer Beginning Whitewater Canoe and Kayak Classes sponsored by the Rapid Riders will begin July 11. Sessions in quietwater skills are Tuesdays and Thursdays, July 11-25, at Coon Rapids Dam Regional Park from 6:30 to dark. After mastering skills in maneuvering and bracing, it's off to the rivers. First, the upper Apple on July 27. The following weekend, August 3-4, the class will run the Kettle and St. Louis Rivers (water levels allowing).

To register, fill out and mail the MCA Class Registration with the $45.00 course fee (the course fee was misprinted in last month's HUT!). Students in the kayak section needing to rent kayaking equipment can rent a kayak, paddle, spray skirt, helmet and flotation for an additional $25.00. — **Bek Kragh**

Class Notes

Students taking the beginning whitewater kayak class or the kayak rolling class who do not have their own equipment may rent a kayak, paddle, helmet and spray skirt for the duration of the class for $25. Mail the rental fee in with your class registration form.

OFFSIDE LEAN

Once the turn is accomplished by sliding the stern around rather than drawing the bow directly over, it is possible to control the sliding and the turn by the amount of lean. The keel or stem point of the canoe interferes with the swing of the stern. By leaning the canoe just an inch or two, the water more easily passes under the canoe, and the stern swings easily to change direction of the canoe and complete the turn.

The lean, of course, is in the direction opposite to the turn. A left turn requires that the right gunnel be dipped an inch or two.

This procedure takes practice. It is well worth all the time it takes to master and perfect the offside lean. Its major use is to improve and smooth out sharp turns and to help counteract those stubborn, arm-stretching side-winds. Many of the races in Michigan require a large amount of turning to navigate the small twisting streams. In this type of race, some of the better teams can make corners entirely by leaning. It is possible to make a very tight, smooth corner to the right with the bowman on the left side and sternman on the right—think about it. — **Karl Ketter**



Figure 1. *No lean.* Swing of stern is impeded by water catching the keel and point of canoe.

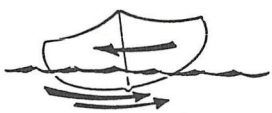
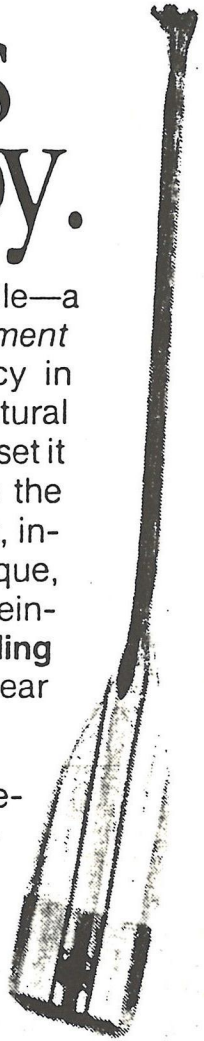


Figure 2. *Offside lean.* An offside lean of an inch or two allows the water to pass keel and stem.

This is not a toy.



This is a **Bending Branches** paddle—a responsive, *precision instrument* designed for technical accuracy in the water. Its high-polish natural beauty and hardwood durability set it apart from ordinary paddles on the market. Choose bent or straight, inserted hardwood tip or our unique, exceptionally rugged Kevlar® reinforced tip. Every paddle by **Bending Branches** is covered by our 1-year warranty, of course.

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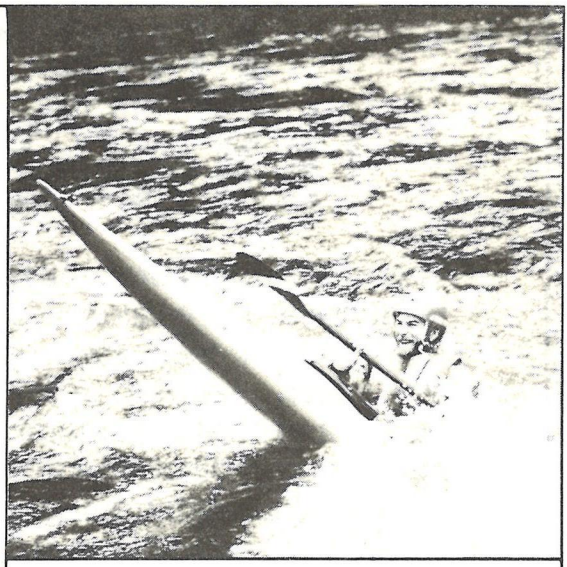
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Dams are not the only threat to Minnesota's streams and rivers. The catalogue of problems caused by man is great. Perhaps the worst of these affecting smaller streams is channelization. — The Streams and Rivers of Minnesota by Thomas F. Waters

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Midwest Mountaineering
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Minneapolis, MN 55454
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Midnight Run On Mississippi

CALENDAR

JUNE

29 CLOQUET JAYCEE CANOE RACE, Noon on the St. Louis River. Cash Prize of $1500, entry fee of $12. T-shirt for all. International Race Specs (18.5, 3 & 27), Citizen Race.

29,30 SPERRY CANOE CLUB UPPER IOWA CANOE CRUISE. See chapter news.

30 LITTLE FALLS CANOE RACE, $500 cash prize. 16-mile loop race, International Canoe Race Specs. Jeff Theilen, Organizer. Call (612) 632-6329.

JULY

3 MCA BOARD OF DIRECTORS meeting at MCA President Al Gustaveson's at 1091 Hawthorne Avenue East in St. Paul. 612-776-8525.

4-7 namekagon river. Thursday-Sunday, 4-day trip. FMI Jim Robinson 588-5402.

6 MANKATO CANOE RACE, Dale Henek, Organizer (507) 625-2770.

6 KETTER CANOEING'S ANNUAL MIDNIGHT CRUISE, Saturday. FMI Betty Ketter at 561-2208.

9 Rapid Riders Business meeting at Roccy Rococo's in Dinky Town in Minneapolis at 14th & 4th Street S.E.

11,16,18 RAPID RIDERS' BEGINNING WHITEWATER (Session II). See
23,25 Education & Safety article.

12-21 LEWIS & CLARK CANOE TREK. Wild and scenic Upper Missouri River in Montana. Canoers paddler, camping gear provided, $60. Proceeds to American Lung Association. Call 227-8014 or (800) 642-LUNG. Bill Simpson of Stillwater Tripleader.

13 MCA CRUISE M'HaHa Creek on Saturday. Call Jim Robinson 588-5402.

13 MCA EFFICIENT PADDLING (Session III).

13-14 SPERRY CANOE CLUB BRULE RIVER CRUISE.

13-14 Rapid Riders Cruise Bois Brule River in wisconsin, Class II-III(B) Sat & Sun. Call Bek Kragh 929-9454.

13 ST. CLOUD CANOE RACE. International Canoe Race specifications. $500.00 prizes. Call Dan Hunstiger 393-2033.

14 MCA ADVANCED EFFICIENT PADDLING.

14 CANOE A BRUNCH. Canoe from Showboat landing near the University of Minnesota with HEarlon & Darla Nickerson, 9:30 a.m. Call 535-1373.

14 St. Cloud Chapter Namekogen River Cruise at Washington
Co. Rd. K to Hollow campground. Call Mike Zapp 612-251-5807.
17 MCA REPAIR CLINIC (Session II).

(Continued)

19 VERMILLION RIVER. On the edge of the BWCA. Class III whitewater. Rapids Riders Canoe Club. Call 222-3191.

20-21 VFW Canoe Derby for canoers 18 yr. and under. Call Red Jenson 612-781-1500. or Bill at 433-3451.

21 GITCHIGUMEE CANOE CLASSIC. The ski Hut/KZIO canoe race. One pro race (21 miles from the Fon Du Lac Bridge to the end of Park Point at the boat landing (4 miles and 8 miles). A cash purse for the pro race and prizes and medals for the amateurs. T-shirts to all finisners. Pre-register at the Ski Hut. FMI call the Ski Hut at 724-8525.

21 STILLWATER LUMBERJACK DAYS CANOE, Sunday 9:00 a.m. ACA Standards & Specs will be used. Contact Bike & Ski at 430-2288.

22 RAPID RIDERS' RIVER SAFETY & RESCUE CLINIC. See article.

24 CANOE NIGHT. Wednesday. FMI All Gustaveson at 778-8525.

26-28 FOURTH ANNUAL ELY RACES 1985.
26th = 2-mile Fun Race 6:30 p.m.
27th = Run-Paddle-Bike Triathalon 9:00 a.m.
= Ely Canoe Derby 10-mile Amateur Races, 12 classes 1:00 p.m.
= Sock Hop & Beach Party 8:00 p.m.
28th = Amateur Canoe Marathon 32-1/2 miles through 13 wilderness lakes with 12 portages all classes invited. FMI Ely Canoe Derby Committee c/o Piragis Northwoods Co., 105 N. Central Ave., Ely, MN 55731 or (218) 365-6745.

27 Rapid Riders Canoe & Kayak Chapter Cruise on upper Apple, class II & I (B) on Saturday. Calll Jim Dearstyne 933-4908.

27 BEGINNING WHITEWATER (Session II) River Session.

29 CLOQUET CANOE RACE, $1500 Prizes.

30 HUT WRITING MEETING, Come and contribute your ideas for HUT. Everyone and all input wanted!! 7:00 p.m. at John Wexler's house. 5341 South Harriet Avenue, Minneapolis. FMI call John at 827-66931.

AUGUST

2 MOONLIGHT PADDLE. FMI in the Duluth summer calendar or call Fred Freeman at 525-6486.

3 State Solo Canoe Racing Championship 11am at Thomas Beach at Lake Calhoun in Minneapolis. Call Dave Zenk at 431-7462.

3,4 BEGINNING WHITEWATER (Session II) River Sessions.

3,4 Rapid Riders Canoe & Kayak Chapter whitewater cruise on Kettle & St. Louis Rivers. These are class II & III (I), Call Gary Nagel 633-2994.

4 ST. CLOUD CANOE RACE, International Canoe Race Specs. $500 each prizes, call race organizer Dan Hunstiger (612) 393-2033.

3-4 Mid America International Kayak Slalom in Wausau WI. Sponsered by ACA.

(Continued)

3-10	Wilderness Inquiry Canoe to End Hunger in N.W. Ontario. Cost $45. Call Lorie at 298-0183 or Bill at 433-3451.
7	MCA BOARD OF DIRECTOR'S meeting at Robinson's. Call 612-588-5402.
10-11	Mid America International Kayak Slalom II Niagra WI.
13-20	Wilderness Inquiry Canoe to End Hunger. See Aug 3 for details.
13,15, 20,22	ESKIMO ROLLING (Summer)
14	SOLO NIGHT. Wednesday. Lake Nokomis FMI Bob Brown 432-7557.
16-18	Rapids Riders Sloalom Clinic & Cruise on Vermillion River. West edge of BWCAW. Call Jim 777-5130.
17,18	RIVER RESCUE (Session II).
20	HUT WRITING MEETING, Come and contribute your ideas for HUT. Everyone and all input wanted!! 7:00 p.m. at John Wexler's house. 5341 South Harriet Avenue, Minneapolis. FMI call John at 827-6693.
24-9-4	MCA Cruise Whitewater, flatwater and race watching at Shawingan, Quebec with MCA HUT! editor John Wexler. Call 827-6693.

SEPTEMBER

(Aug 31)- to 9-2	Schawinigan International Canoe Race. Over $25,000 prizes.
7	MISSISSIPPI CANOE CLASSIC. FMI Betty Ketter at 561-2208.
14	MISSISSIPPI ENDURANCE PADDLE. FMI Betty Ketter 561-2208.



Larry Johns Entering Crow River

1ST ANNUAL MISSISSIPPI RIVER ENDURANCE CANOE FUN

UNITED STATES ENDURANCE CANOE RACE

Starts at St. Cloud, MN. 7A.M.:
to Clear Water, MN.
to Monticello, MN.
to Elk River, MN.
to Anoka, MN.
to Minneapolis, MN. 7P.M.

****

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Entry Blanks
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101-79th Ave. N.
Minneapolis, MN 55444

CALL: 1-612-561-2208

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A T-Shirt to the town that you paddle to
A Trophey for all who paddle to Mpls., MN.

**A word of advise: train long hours in your canoe because this is a canoe race.

CLASSES**********

Coleman
Aluminum
17' Canoes
18' Canoes
18'6'' Canoes 3/32'' specks USCA
18'6'' Canoes 3/27'' specks RPO
C-1 Canoes

CLASSES**********

Men Age Total 40, 50, 60, 70, 80, 90, 100 & up

Women Age Total 40, 50, 60, 70, 80, 90, 100 & up

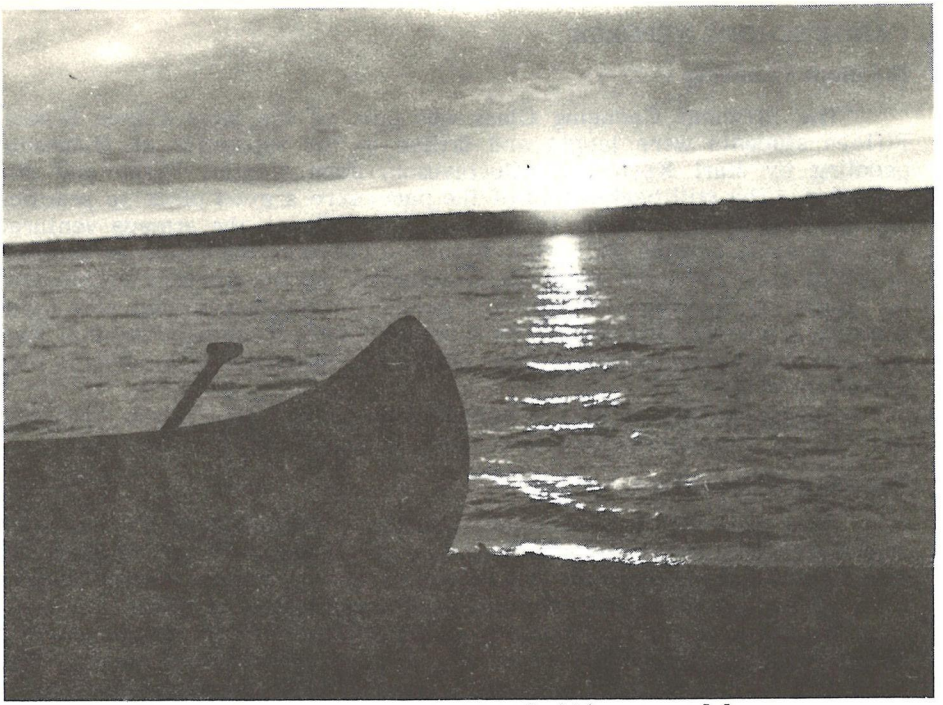
Boys age under 40

Girls age under 40

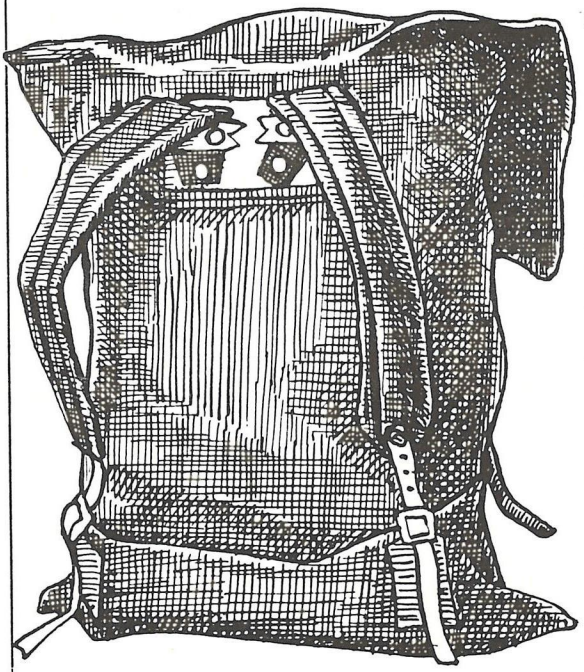
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CANOE SCHOOL REPORTS

Efficient Canoeing

The Efficient Canoeing Class was part of the MCA Canoe School. Fifteen students were taught and drilled in the subtleties of Minnesota paddling by Karl Ketter, Al Gustaveson, John Wexler, Verna and Jim Robinson. The still backwaters of the park were a good place to practice and develop basic canoeing techniques. After lunch the armada ventured into the swift flowing St. Croix River. Upstream the students paddled, drawn like salmon to the challenge of currents. Up the currents, up the rills, up rapids, up the rocks and up the banks—nothing could stop this hard-working, quick-learning group. So successful were these paddlers that Karl wanted to challenge the whitewater class to an upstream race—even if they picked the river.

Congratulations to all the students who did so well. This is a program that the MCA should continue to develop. — **Karl Ketter**

Beginning Whitewater

As a generally flatwater lake paddler, I was prepared for the worst when I signed up for the beginning whitewater canoe and kayaking class: 10 foot waves, dodging rocks the size of Volkswagens, flipping over in 33 degree water. Needless to say, my fears were unfounded—most of them.

We began with a pool session, getting the feel of how far one can lean before dumping, throwing a rope, lots of good sound safety advice. The remainder of the weekend was spent learning basic paddling techniques—forward and backward strokes, the pry, and the draw. The pry was difficult to learn at first, but proved to be very efficient in maneuvering the boat quickly in fast water, as I later found out. Using the pry instead of the cross-draw helped to keep the boat more stable too. We also did some solo paddling, great for really learning how your strokes are affecting the boat.

The next session was spent on the lower Kettle and lower Snake; easy rapids, good for rookie paddlers like myself, perfecting and correcting strokes. Many thanks to the instructors who worked so hard at preparing lodging and all the great meals for that weekend.

Memorial weekend most of the class trekked up to Top O the Morn Campground near the Brule River in Wisconsin for more fun in the sun. The next morning began well enough weather-wise, but gradually worsened to steady rain and dropping temperatures. The river was lovely, all shrouded in fog and rain, but soon taking in the scenic beauty became less important than keeping warm enough to ward off hypothermia. I felt fortunate to be with a group of safety-conscious paddlers who knew how to prevent mishaps and help out when a boat did get wrapped around a rock. For those who remained for the entire weekend, paddling the same route on Monday in sunny weather was a delight. I was amazed how much a 3/4-inch rain can change the river. Rocks that before seemed to grab boats now were under water, ledges were faster, waves were higher.

The last weekend was at Banning in hopes of running the St. Louis and Kettle Rivers, but alas, they were too high for anyone except large rafts and expert kayakers. I wanted to live a few more years anyway. Instead we paddled the upper Snake, plenty full of Class II and a couple sections of Class III rapids, a piece of cake for the instructors, but definitely a challenge for the rest of us. Funny how quickly a boat can dump when you make a wrong maneuver and then lean upstream. I can speak from first hand

xperience; also thankful again for that rope bag that was right on target nd competent people who were there to help collect my wits and my dry ag. Many thanks to Jan, my partner, for being so patient with my mistakes.

At the survivors' party one person commented, "It's the best time I've ad for $60.00!" Instructors were very safety-oriented, patient, easy-going nd knowledgeable in many aspects of canoeing. Students were able to xperience the thrill (and terror) of going through water we surely would ave portaged around before, even surfing in it! One instructor compared at and whitewater canoeing with cross-country and downhill skiing. Both se basically the same equipment, yet are very different. One is for the hallenge of covering distances and experiencing the peacefulness of a still orning; the other for thrills, excitement and challenging yourself to run a ll (or rapids) and doing it with style. In either case, both are safe, njoyable sports, if done with a group and with safety always kept in mind. any thanks to all for a good time! I'll see you on the river. — **Pam Gubrud**



St. Anthony Locks

CONSERVATION NOTES

If you fish for walleye in Minnesota, you'll be glad to hear that a record 742 million walleye eggs were taken this spring by the DNR. Don't get too anxious yet, though. It will be 1989 or later before these walleye reach "keeper" size in our lakes. Something to look forward to.

The DNR is asking that boaters report any broken launch ramps they find at public access sites. Boaters who discover damaged ramps or other problems at access sites are asked to call (612) 296-4822 with information on the location of the site and the nature of the damage.

Speaking of access sites, maps showing these sites on state lakes are now available for nearly all Minnesota counties. The maps are free from the DNR. For more information or to order them, write DNR Information Center, Box 40, DNR Building, 500 Lafayette Road, St. Paul, MN 55146. Or call 1-800-652-9747 (296-6699 in the metro area) and ask for "access maps."

If you paddle at night, the DNR reminds us that a white light must be displayed at all times between sunset and sunrise. In addition, motorized boats must display the red and green bow light, as well as the white stern light. — **John Nosek, Conservation Director**

THE ECOLOGIST'S NICHE

When you're out paddling and get a little hungry, just look around. Many of the aquatic plants you see around you are edible. If you feel like trying something new, try some of these common plants.

CATTAIL — Probably the most versatile of all the aquatic plants. This commonly recognized plant can be eaten in a number of ways. Young shoots can be pulled from the roots, peeled, and eaten raw or cooked like asparagus. Immature flower spikes can be picked before they erupt, and boiled. Serve with butter and eat like corn on the cob for a different wild vegetable. In late summer the tip sprouts can be gathered and eaten in salads, or boiled and eaten with butter. The starchy core at the base of each sprout can be eaten like a potato. Other uses include pollen and/or ground rootstocks as flour, and pickles.

ARROWHEAD — At the base of each plant there is a tuber that is very much like a potato. Free them from the mud at the plant base and collect them as they float to the surface. Raw they are a little unpleasant tasting, but cooked like potatoes they are pretty good.

WATER LILIES — Rootstocks can be used like potatoes, similar to the arrowheads. If the flavor is too strong, boil in a couple changes of water. Removed from their pods, the seeds can be fried like popcorn.

Other plants can also be used. Even stinging nettle, common in floodplain forests, can be brewed into a tea. When gathering wild foods, remember that some plants are protected in some areas, and gathering them in these areas may be illegal. When in doubt, ask first and enjoy later. And remember the wildlife; they live and eat among the wild plants; try not to disturb them either.

Nature provides a variety of wild foods. Try some out and enjoy the outdoors that much more. Do you suppose that gin mixed with nettle tea is called ginsting? — **John Nosek, Conservation Director**

QUICKIE CRUISING

Do you like to paddle fast? Does lily-dipping bore you silly? Are you burned out at the end of a 20 mile cruise? If you answered yes to any of these questions, we have the program for you.

Every Thursday evening, the "Quickie Cruisers" will meet at Al Gustaveson's house—1091 Hawthorne Avenue East, St. Paul. Show up at 6:30 p.m. to learn and practice the techniques to make cruising easy. Bring your partner, or team up with one of the experienced paddlers who will be there. Try one of the fast cruising canoes. Bring your canoe, PFDs, paddles and water bottles; solo boats are welcome. Canoeing will be done on Lake Phalen and other lakes in the chain.

In case of rain, we will sit around at Al's and swap tales about the great cruises we have been on. For more information, contact Al Gustaveson 778-8525 or Jim Robinson 588-5402. — **Al Gustaveson**

STOP AND SMELL THE ROSES CRUISE

Here's the cruise for all of you who like to paddle at a more leisurely pace than the usual MCA cruise! The Stop and Smell the Roses Cruise will be Saturday, July 20 (my wife's birthday) on pool 5A of the Mississippi River. This cruise will include some river paddling and a lot of backwater paddling. Pool 5A is only 10 miles long, so this will not be a real long cruise, but with a slow pace and stops along the way it should make a nice day of cruising. This cruise will have a naturalist/natural history sort of approach, with ample time for observing wildlife, wildflowers, the river itself, and whatever else we might come across. For those of you who come down on Friday night, there will be a specially prepared slide presentation about the river.

Meet at the Prairie Island Campground in Winona on Friday evening. Shuttle will be arranged from there on Saturday about 9:30-10:00. Bring your camera, binoculars, field guides, or whatever; or borrow some of mine. FMI call me at 770-8604. — **John Nosek**

NAMEKAGON/ST. CROIX CRUISE
July 4-7, 1985

JULY 3: Meet at Earl, Wisconsin. Set up camp for Wednesday and Thursday nights. If county park is full, camping is available at Trego, five miles downstream.

JULY 4: Put in at Hayward, canoe to Earl. 22.9 miles.

JULY 5: Move camp to Howell Bridge. Put in at Earl, canoe to Howell Bridge. 23.0 miles. Alternate campsite is Byrkits Landing, three miles upstream from Howell Bridge.

JULY 6: Move camp to Riverside. Put in at Howell Bridge, canoe to Riverside. 21.5 miles.

JULY 7: Pack up. Shuttle to Highway 77/48 Bridge. Canoe from Riverside to Highway 77 Bridge. 12.1 miles. After trip, stop at Toby's in Hinckley for dinner or ice cream.

There is a possibility of staying at Riverside July 5 and 6 to ensure having a campsite both nights. This would require more driving on shuttles.

THOSE PERSONS NOT ABLE TO MAKE THE ENTIRE TRIP ARE WELCOME TO PARTICIPATE ON ANY PART. For more information and registration, contact Jim Robinson, 588-5402. — **Jim Robinson**

BOUNDARY WATERS CANOE AREA WILDERNESS (BWCA) USER EDUCATION PROGRAM

Several of the last few issues of HUT! have included articles and letters which refer to the recently established BWCA Leader Certification Program. I think this is a good time to look at the BWCA user education program as a whole and see how the leader training program evolved.

The Boundary Waters Canoe Area Wilderness (BWCA) is one of the largest and most popular wilderness areas in the country. Thousands of visitors paddle the waters, hike the trails and enjoy the solitude of this special lake country each year. Unfortunately, many of these people knowingly or unknowingly leave signs of their visits behind them.

You've seen the signs, I'm sure—birch trees stripped of their bark; red pine with every branch within arm's reach chopped off; firegrates stuffed full of half burned food, plastic and foil; campsites littered with cigarette filters and other litter; and latrines filled with gas cans, plastic containers and garbage. As you walk onto the site from the lake you find yourself wrinkling your nose and shaking your head—and wondering if there are any other sites open on the lake. Sound familiar? Thought so.

Many of the area rules and regulations were established to eliminate the resource damage and management problems which have existed in the past. The can and bottle restriction, developed-site camping requirement, and the regulation against cutting trees and peeling bark have all been important in reducing the amount of user damage to the resource.

In spite of the regulations, however, damage still occurs, though much of it appears to be unintentional. When Forest Service crews talk to groups who have cut trees or left their campfire burning "just while fishing for an hour" they find that the group honestly hasn't thought about the long-term effect of their actions. They don't realize that cutting trees or peeling bark not only disfigures the tree but may kill it. They don't stop to think that if they throw their garbage in the latrine it will fill more quickly and have to be moved to a new location (and that somebody has to dig the hole!). Dropping a cigarette filter on the ground is so natural they don't think about how inappropriate it is—especially in a wilderness.

Some visitors began camping when "pioneering" practices were the state of the art—building camp furniture, sleeping on bough beds and cutting branches for tent poles and stakes were accepted techniques used and taught by camping experts. In the past the challenge for wilderness visitors was "Can you survive the wilderness?" Today and in the future that challenge has changed to "CAN THE WILDERNESS SURVIVE YOU?"

Although the most obvious Forest Service objective in managing the BWCA is to protect the physical resource from damage, an equally important management objective is to promote a quality experience for wilderness visitors. This is where the user education program comes in. The purpose of the program is to educate potential visitors in wilderness ethics, minimum impact camping, and their responsibility of preserving the area and respecting the rights of other visitors. It also means letting people know that the Superior National Forest (as well as other areas in the state) have a lot to offer recreationists in addition to the BWCA. A wilderness experience is not for everyone—some people don't care for the portaging, the number of rules and regulations, or the fact that they are miles away from civilization.

This is where the need for a leader training program was identified. Much of the resource damage we have seen has been caused by groups who are unaware of wilderness philosophy and ethics. Others choose a BWCA or

similar experience because of its glamour image without really knowing what they are getting, and are therefore unprepared and disillusioned. Some visitors don't really know as much about wilderness travel as they should—but they've been asked to escort a group of kids and don't really know where to go for more information.

The leader training program was designed to provide group leaders (particularly of youth groups) as well as other BWCA users with basic information on wilderness ethics and minimum-impact camping techniques. By educating leaders and other users in their role and responsibility as wilderness visitors, we hope to not only reduce the resource damage but also the user conflict caused by unknowledgeable visitors. People attending the course will be better prepared and know what to expect of their BWCA trip.

The course has been designed in cooperation with and is being taught by a group of volunteers, as has been mentioned in previous issues of HUT! Without the support and dedication of these folks (some of whom are members of the MCA), the program would never have been able to get off the ground. Because of budget and staff cutbacks in the Forest Service organization, a project such as this would be impossible without the use of volunteers. Staff cutbacks also mean that there are fewer people working in the wilderness—cleaning and maintaining campsites and portages. User education and programs such as the leader training certification program have become even more of a necessity in maintaining and preserving areas such as the BWCA for the future.

By the time you read this article, approximately 300 people will have received their "certificate of completion" for the leader training course. Although it will continue to be offered throughout the summer and fall, many sessions will also be scheduled next winter and spring to coincide with the "trip planning" season. Over the next few years we hope to make the program available in a wide enough area that most groups planning BWCA trips will have an opportunity to attend.

Anyone interested in more detailed information about the course can contact John Nosek or Al Gustaveson with MCA (both are volunteer instructors and have been involved in the development of the session) or me at 218-727-6692, ext. 477; Superior National Forest; P.O. Box 338; Duluth, MN 55801. — **Gini Coyle, U.S. Forest Service**



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Many states, including Minnesota, are named for major rivers because the significance of a river usually emerges long before statehood is attained. "Minnesota," from the Sioux, is popularly translated as "sky-tinted"; thus Minnesota is known as the land of sky-blue waters. — The Streams and Rivers of Minnesota by Thomas F. Waters

CANOES STOLEN

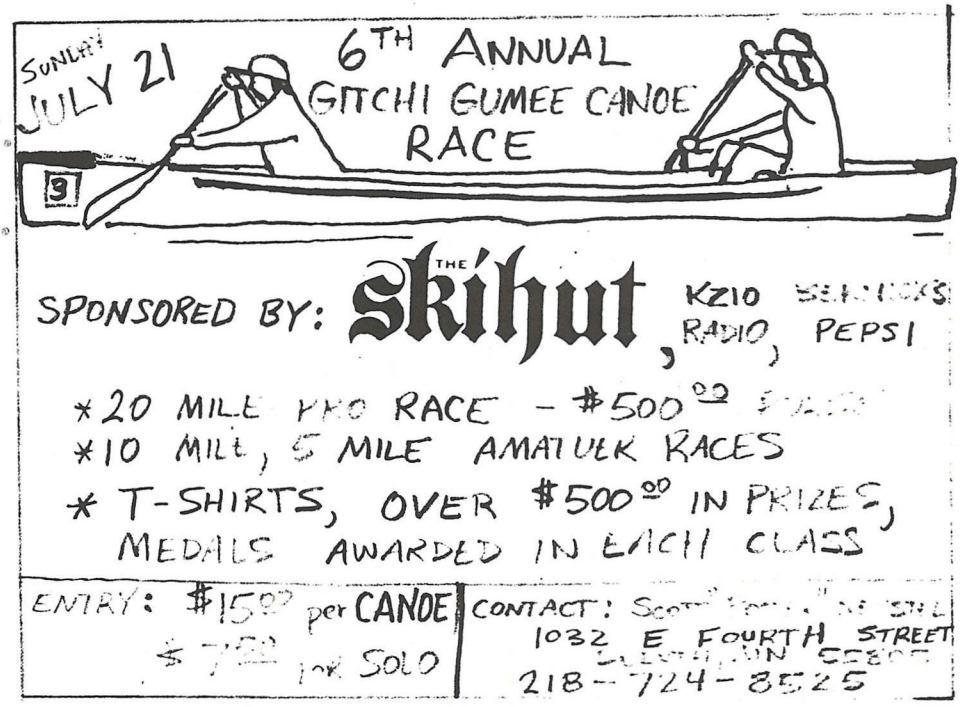
Dear friends, I am in need of your help in recovering two canoes which were stolen from my back yard on Wednesday, May 15th. I am offering a reward of $100 for each one returned (no questions asked). Descriptions:

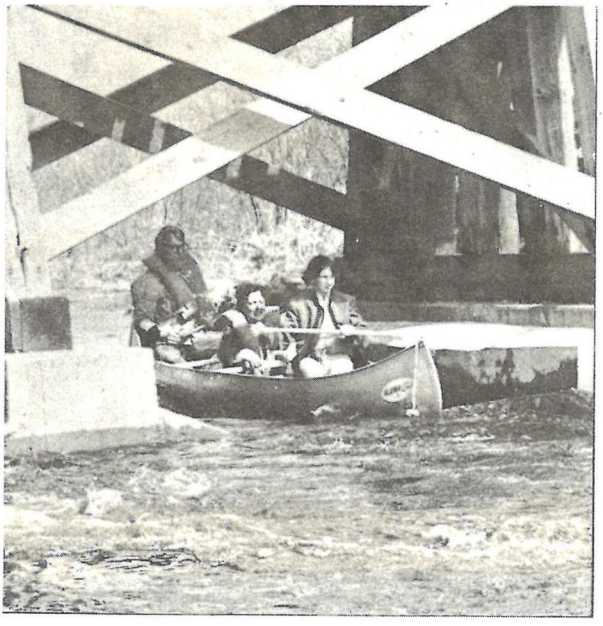
1. 18' wood and canvas "Racine" canoe, green, mahogany gunwales, outside stems, half ribs, crescent shaped decks, has the letters "B.O.C." in an acorn crest on each end, brass bang stems and one broken stem.
2. 17' wood and canvas "Chestnut" canoe, green, small patch of plywood in the stern cant rib section.

Both boats are in need of much work to make them seaworthy and serviceable BUT hold sentimental value to me.

The numbers to call are (815) 485-4411 or (312) 481-2223. Thank you for your help! — **Randy Johnson**

No stream in Minnesota—perhaps in the nation—has had its future so threatened, its natural character so marked for destruction, its existence made so uncertain by serious development proposals, and yet has emerged to symbolize an awakened ethic of land stewardship, as has the Minnesota River. — The Streams and Rivers of Minnesota by Thomas F. Waters

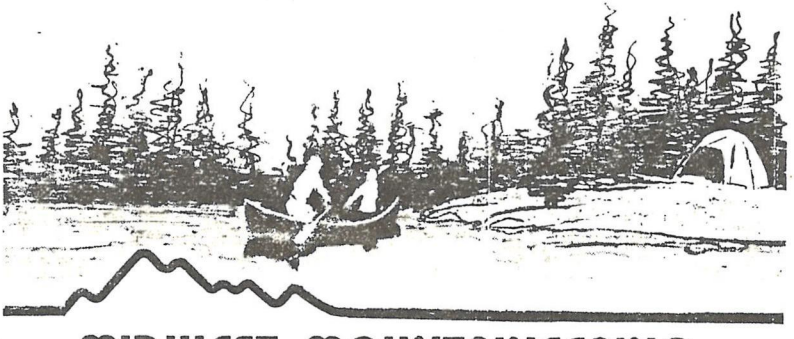




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Nora Springs, Iowa

PALM BEACH BROWNIES

8 oz. unsweetened chocolate
8 oz. unsalted butter
5 eggs (large or extra large)
1 tbsp. vanilla
1 tsp. almond extract
¼ tsp. salt
2½ tbsp. dry instant espresso or other powdered instant coffee
3-3/4 cups granulated sugar
1-2/3 cups flour
8 oz. (2 cups) walnut halves

Preheat oven to 425°F. Line a 9x13-inch pan as follows: Invert the pan, cover it with a long piece of aluminum foil, and with your hands press down on the foil around the sides and the corners to shape it like the pan. Turn the pan right side up and place the foil in it. Butter the foil by melting a pat of butter in the pan and spreading it around with a pastry brush.

Place the chocolate and butter in the top of a double boiler over hot water. Stir occasionally until melted. Set aside.

In a large bowl, beat the eggs with the vanilla, almond extract, salt, dry instant coffee, and sugar at high speed for 10 minutes. On low speed, add the chocolate mixture and beat only until mixed. Add the flour and beat only until mixed. Remove from the mixer and stir in the nuts. Turn into the pan and bake for 35 minutes.

When cool, invert the pan onto a rack and peel off the foil. For easier cutting, put the cake back in the pan and use a serrated knife. ENJOY!

NOTE: These brownies were devoured by the Efficient Paddling Class during their cruise down the St. Croix on May 19. I did not get any! The recipe comes from *Maida Heatter's Book of Great CHOCOLATE Desserts.* — **Carol Perry**



The Solo Shuttle Mike Cichanowski

NEW MCA MEMBERS—APRIL-MAY

Out of State:

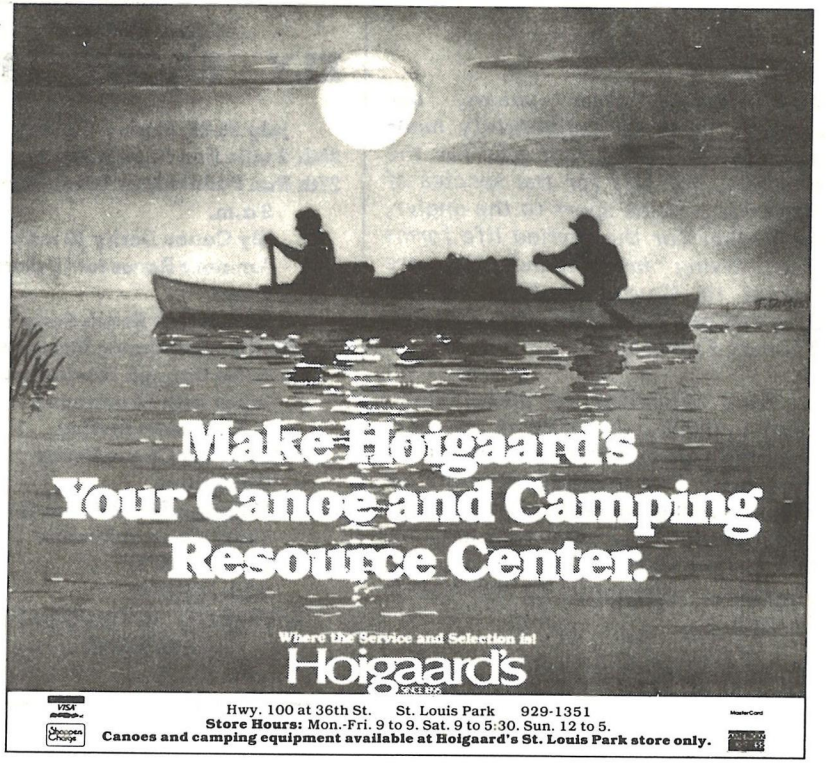
Tom Davis, Ames, IA
Erv Drabek, Ontonagon, MI
William Dreps, Sheboygan, WI
Charles P. Gaddy, Berwick, LA
Harvey L. Johnson, Milwaukee, WI
Michael Jorgenson, Hayward, WI
Michael J. Kurdziel, Irons, MI
A.J. LaFleur, Northhampton, MA
Sylvain Maudet, Hudson, WI
Jonathan McLean, Atlanta, GA
Tom Nicodemus, Superior, WI
W.D. Schaad, Grand Forks AFB, ND
Tom & Cindy Smidt, Greene, IA
Dick Steinle, Madison, WI

Minnesota:

Mitch Albers, St. Cloud
Thomas W. Barrie, Kasson
James R. Brown, Duluth
Robert Carpenter, Albany
Richard Dahlke, Farmington
Mary Doerr, Hamel
Sheldon Foard, Cedar
B. Mark Hartigan, Sauk Centre
Sam Johnson, Grand Rapids
Steve R. Johnson, Lake Elmo
Steve Jorgensen, Hastings
Marc Lundeen, Brandon
Craig McEathron, Northfield
Mike Nadolske, Plainview
Tom Olson, Lino Lakes
Ken Peter, Barnum
Ronald Roholt, St. Cloud
Jon Rosenblatt, Rochester
Joe Salzer, St. Cloud
Michael F. Slag, Duluth
Christopher L. Sorenson, St. Cloud
Carol A. Sursely, Stillwater
James Cook Suttie, Duluth
Steve Teske, Saginaw
Paul Wenner, St. Cloud
Alice Winge, Red Wing

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Diane Barber
Ray Bates
Susan G. Benson
Ken Blase
David Boudreau
Bob Breeden
Ellen R. Buecker
Dick Burnham
Don Bushek
James Coleman
Bill Conger
Ron Dahl
John Duerr
Roger Fellows
Daniel R. Ferin
Rick Fifield
Frederick V. Fox
Paula Gallagher
Thom Gerst
Michael A. Gould
Jeff Grigsby
Tom Groppoli
Pamela K. Gubrud
Richard Haskett
Gerald Hynnek
Shirley K. Isaacson
Lonny & Kim Isenberg
Cliff & Laurie Jarson
Kenneth Kapp
Michael Kierski
Dale Kirkeby
Karen Knauer
Michael Koch
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Terry MacTaggart
Brett Marquardt
John R. Marshall
Jerry Mortensen
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Scott R. Olsen
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Jeffery Pitman
David Polzin
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Scott Propsom
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Chuck Ready
Tom Reischel
David H. Richards
Lisa Riepe
Ron Roach
Barbara Schaer
Sherry Schmidt
R.E. Shepardson
Rick Smith
Jeffrey Staltz
Sandra Sullivan
Dan Toliver
Nancy Welsh
David C. Zuel
Mark A. Zuzek





Not Everyone Paddles

To preserve river values, our streams must be deliberately managed for diversity—not just for the canoeist, not just for the species of fish that provide sport to the angler, but rather for the myriad life forms that, living interdependently, are unique to flowing waters. — The Streams and Rivers of Minnesota by Thomas F. Waters

We are beginning to place short-term economic benefits in perspective with the enduring value of a protected free-running stream; we are beginning to realize that, under man's assault, our streams and rivers will not survive. — The Streams and Rivers of Minnesota by Thomas F. Waters

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.
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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.**

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	Bruce Kunz	454-7207	Eagan

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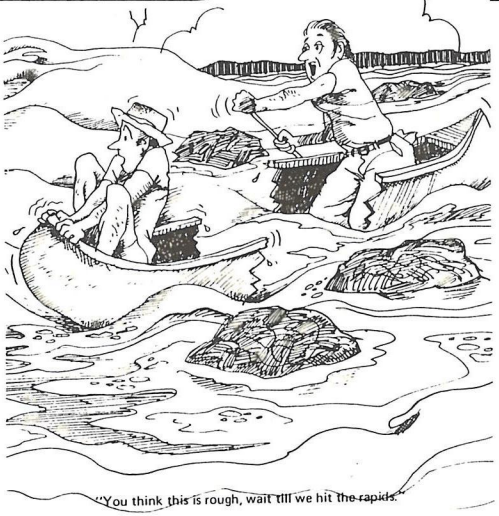
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TRADING POST

Free personal ads to MCA members

WANTED

Partner wanted: male or female to canoe from the headwaters of the Mississippi to the Twin Cities this summer, next summer, or both. Call Jerry at 757-6057.

Partner wanted: male or female to train 2 to 3 times a week. No experience needed. Call John at 827-6693.

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.

Need a **paddling partner** for your bow? I need a partner with a canoe. Call 439-4408.

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.

Interested in purchasing **C-1 or C-2 decked canoe.** Call Ken Kapp at 699-2969 (late evenings).

FOR SALE

10½' Mohawk pack canoe. Good condition. Great boat for kids. $95. Call Ray at (507) 238-9584 after July 15.

Mad River T-W Special 18½' Wilderness Tripper. Ash gunnels and cane seats. $400. Call Boyd at 941-8338.

Mad River 16' Explorer, like new. $750. Call Ron at 645-9453.

We-no-nah Whitewater II canoe. Very good condition glass and Kevlar boat. Sliding bow seat, center rib. $450 or trade for good solo boat. Call Steve at 825-5231.

18' Old Town Guide model. Excellent condition with custom oak yoke. $1200. Call Michael at 559-4893.

17' Jensen solo canoe. Fiberglass, like new. $450 with paddle. **17' Wabash Valley solo canoe.** Kevlar. Very light; very fast. $750. Jerry at 541-9810.

Used **17' 2-person Klepper folding kayak.** Comes complete with sails and rudder. Good condition. $1400. Mitch or Sheila at 944-0360 after 4:30.

A true classic. The famous "Blue Goose" camper is now for sale. **'71 Dodge custom van** with 80M actual miles. You will never find a better camper. Priced for a quick sale at $2,350. Call Dave Nelson at 541-1210.

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Equipe, low volume racing design fiberglass kayak with walls. $100. Call Bek Kragh at 929-9454.

Quest Perception kayak. Perfect for a big person. $100. Call David Hoiland at 337-5253.

New **Sundowner** fiberglass **Wenonah** canoe. List price $535, asking $395. Call David Hoiland at 377-5253.

Old Town Prijon fiberglass kayak, medium volume. $225. Call David Hoiland at 377-5253.

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
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- ☐ Woodstrip canoe building manual with Explorer and Guide plans
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- ☐ 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.

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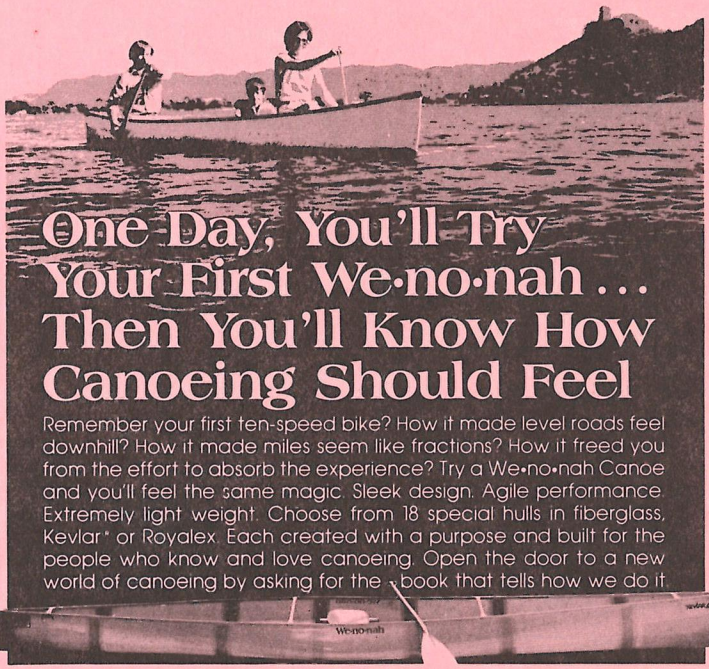


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