HUT! 1982 JULY

PUBLICATION OF THE MINNESOTA CANOE ASSOCIATION INC.

Calendar of Events

JULY

2 Friday — Racers Meeting
Mixed and women's racing. All racers and interested parties are invited to attend from 8-10 p.m.
Penny Mielke - 776-1935
1880 E. Shore Drive
Maplewood, MN

2,3,4 Fri.-Sun. — **Flin Flon Gold Rush Canoe Derby** - Pro race; $5,000. Contact Bob Jarvis, 204-687-7854, 343 Queen Street, Flin Flon, Manitoba R8A 0M8

4 Weekend — **LaMoure Centennial Canoe Race** - Contact Sam Dart, 701-883-4398, Box 1086, LaMoure, North Dakota 58458

6 Tuesday 7:30 p.m. — **Kayak Racing Movies** "Fast and Clean" of the world championships in Canada, and "Big Sport, Small Boats" from England.
Midwest Mountaineering
309 Cedar Ave. S., Minneapolis

7 Wednesday 7:00 p.m. — **Monthly Directors' Meeting**
Minn. Federal Savings & Loan Assoc.
1827 Grand Avenue
St. Paul, MN

7 Wednesday — **2nd Annual Moonlight Madness Cruise**

9 Friday 10:00-5:00 — **Grain Belt Downstream Canoe Race** - Starts at Two Rivers Park, 1-1/2 miles before Royalton, goes to Wilson Park in St. Cloud. Seven classes. Contact St. Cloud Jaycees, Box 733, St. Cloud, MN 56301 or Steve Smith, Chairman, 612-253-6398.

9,10,11 — **South Fork of Flambeau** (Whitewater)

10-11 — **Namekogan River Cruise**

10 Sunday 11 a.m. — **MCA Canoe Poling Clinic** - Add this trick to your stock of canoeing skills. See Lessons and Clinics for more information.

11 Sunday — **White Bear Lake Crossing** - A fun race for all canoes, kayaks, and sailboards. Sponsored by Midwest Mountaineering. All finishers receive T-shirts and free chicken. Call 339-4344 for information and signup.

11 Sunday — **Bend of the River Canoe Race** - Citizen race with pro class. Contact Dale Hennek, 507-625-2770, Route 7, Box 307, Mankato, MN 56001.

13 Tuesday 6:30 p.m. — **Rivers Task Force Pot Luck/Meeting** - Interested people willing to work on river issues and protection. Pot luck supper followed by policy focus meeting. Greg Breining, 478 Holley Avenue, St. Paul, MN.

14 Wednesday 7:00 p.m. — **Twin Ports Chapter Meeting** - Come with a good appetite to the downstairs meeting room.
Godfather's Pizza
1623 London Road, Duluth

JULY MCA MONTHLY PROGRAM

COME PADDLE WITH US

Wednesday, July 14 - 6:00 p.m.

by Venice Barsness

Paddle someone else's canoe. Try out a solo canoe for the first time, or paddle a racer's pride. Try something for tripping or a canoe with six seats, and take a canoe out that's just plain fast.

If you have a canoe you've built yourself, please bring it out and show it off; let someone else try out your handiwork. If you have a factory built canoe, no one will point at you for bringing it along.

If you have a PFD and a paddle, bring them. We will have some available for you to use. The canoes will start to arrive about 6:00 p.m. and will start to disappear about 9:30 p.m. It's going to be a nice night (no canoeists would stay off the water due to a little rain).

Bring a friend and a change of clothes, your raingear (just in case) and enjoy yourself.

Meet at the west side of the Mississippi River just south of the Broadway Street bridge.

Calendar of Events

JULY cont.

17 Saturday — **Aquatennial Canoe Challenge Citizen Race** - Contact James Loux, 612-546-5163, 2607 Sylvan Road, Minnetonka, MN 55343.

17 Saturday — **Duluth Canoe Race** - Pro race; $1,000, 30 points. Contact Jim Wheeler, 711 First National Bank, Duluth, MN 55802.

17,18 Weekend — **USCA Canoe & Kayak Invitational Citizens Race** (held in Tennessee). Contact ORRA, P.O. Box 75, Oak Ridge, Tennessee 37830

18 Sunday — **Oakwood Lakes Citizen Canoe Race** - Contact Gail Robertson, 605-692-1687 820 Sixth Avenue, Brookings, South Dakota 57006.

18 Sunday — **Sinclair Lewis Days Standard Canoe Race** - Sauk Centre, Minnesota. Contact Linus Meyer, R. 1, Box 21, Melrose, MN 56352, 612-987-3549.

18 Sunday — **Cook Timber Days Canoe Race** - Citizen race with pro class; $1,000, 30 points. Contact David Culbert, 218-666-2016, Box 158, Cook, MN 55723.

20 Tuesday — **Locks Cruise** to Pracna on Main

23-25 — **Peshtigo and Wolf** (Whitewater)

24-25 Weekend — **Ely Canoe Race** - Contact Paul Kess, Ely Area Development Council, 30 South First Avenue East, Ely, MN 55731.

24-25 Weekend — **Cloquet River Cruise**

25 Sunday 11:00 p.m. — **MCA Canoe Poling Clinic** - Add this trick to your stock of canoeing skills. See Lessons and Clinics for more information.

30-7 Week — **Big Lakes Canoeing** - Northern Minnesota and Canada.

30-1 — **All Women's BWCA Weekend**

31 Weekend — **Midwest Slalom Championships**, Wausau II, on the Wisconsin River. For more information, contact Don Sorenson at 507-373-4925.

31-1 Weekend — **Atikoken Canoe Race** - Contact Dave Maynard at 204-597-2801.

See NEW CRUISE CALENDAR

AUGUST

4 Wednesday 7:30 p.m. — **Monthly Directors' Meeting**
John Wexler's
2923 South 16th Avenue
Minneapolis, MN
All members welcome.

3,5,10,12 — **Cascaders Summer Rolling Sessions** at Lake Calhoun. Contact Maggie at 722-2875.

6 Friday — Racers Meeting
Final preparation for Quebec. All racers and interested parties are invited to attend from 8-10 p.m.
Steve Peterson - 753-2921
21439 Rum River Drive
Anoka, MN

7 Saturday — **Mississippi Classic** - International pro race; $10,000 in prizes, 60 points. Contact Betty Ketter, 101 - 79th Ave. N., Minneapolis, MN 55444, 612-561-2208.

11 Wednesday 7:00 p.m. — **MCA Monthly Program** - CAMP COOKING & COOKING EQUIPMENT.
Brooklyn Center Civic Center
6301 Shingle Creek Parkway
Brooklyn Center, MN
Everyone is welcome; bring a friend, too!

LOST HUTS

Several old MCAers have donated back issues of HUT! that had been missing from our records. We are trying to build a complete set. The MCA newsletter/HUT! was begun in 1965 and the December 1982 issue will be the 200th! Once we complete a set, it will be bound and used by Directors and members stricken with nostalgia.

We are still looking for the following back issues. Please check your old files. Also look for issues of HUT! or newsletters that were printed without a date. Call Karl Ketter, 636-8116, or give your issues to any MCA Director. Thank you.

Year	Months
1966	July, September
1967	June, July, November
1968	February, March, April, May, June, August, October, December
1969	April
1972	March, April
1973	January, February, March, April, July, August, September, December
1974	February, March, May, June, July, August, September, October, November, December
1975	All Issues
1976	January, February, March, April, May, July, November
1978	September
1979	October, December

From the BOW

by Venice Barsness, President

Don't hold it against me! I picked up a copy of the July issue of the "Small Boat Journal." On the front cover it has MIKE GALT: Solo Canoeing's Messiah Speaks His Gospel. I had to read it.

When I found the article inside, it was written by Eric M. Evans and about Mike Galt. The article tells about Galt's dislike for poorly designed canoes. The article talks about a downturn in canoe sales for most companies the past couple of years, and how Galt-designed solo canoes are meeting a need for good design and putting fun back into canoes. (The author should talk with Bob Brown, Cliff Jacobson, Darrell Foss, or Karl Ketter about solo canoes.)

The article quotes Galt as saying, "There are canoers and canoeists. A canoer is one who regards a canoe as a means to an end. The canoe is a floating platform from which activities other than canoeing are pursued; i.e., fishing, camping, or just a day on the water. Perfunctory skill is all that's necessary. The canoer is usually indifferent to the canoe he paddles, and it need only be safe and sufficiently tough to withstand contact with obstructions that low-skill paddlers can't avoid. Do not confuse a novice with a canoer. The novice is learning; the canoer has made a conscious decision not to.

"A canoeist is one to whom the canoe is an end in itself. The canoe is the thing. The canoeist paddles a fast, seaworthy, dynamic canoe for pure joy and expressive pleasure and for physical and spiritual fulfillment. The canoeist strives to elevate paddling skill into an art form. If the canoeist is also a wilderness traveler, he or she will penetrate the back country farther, faster, safer, and with more pleasure for far less energy than the canoer. The canoeist's canoe is designed for a specific purpose and performs with an efficiency and grace that is beyond the comprehension of the average paddler. The canoeist's canoe is an object of aesthetic beauty and intense personal pride."

According to that last sentence, I must confess to being a canoer with my 1965 Model 15-foot Badger canoe.

After reading Galt's comments, I began to think about how many Minnesota Canoe Association members are canoers or canoeists. With the special groups within the MCA, such as the long distance racers, whitewater club, the Voyageurs with their 30-foot canoe, I can believe that a large number of our members would classify themselves as canoeists.

The Minnesota Canoe Association has built its membership on having something to offer everyone who likes to go out in a canoe—canoer and canoeist alike. We would like to see every member improve his or her skill level, only so they can increase their own enjoyment. I believe the better your skill level, the more fun you will get out of your canoe. BUT whatever your level of skill, whether you would call yourself a canoer or a canoeist, we are glad to have you as a member, and will do everything a canoe association can do to help you enjoy yourself. Have a nice summer canoeing.

BOARD NOTES

JUNE MCA DIRECTORS' MEETING

by Verna Robinson, Secretary

The meeting on June 2 at Jim Seward's was called to order at 7:40 by Venice Barsness.

Mike Gilman is looking for MCA members to write some articles on cruises. Epics like the one by Good Ol' Nels are not necessary. Don't forget! If you write an article for HUT!, you are entitled to have your name in a drawing for a prize at the Annual Banquet in October.

Karl Ketter reported that the canoe design class was cancelled due to lack of response. Basic canoeing classes are coming up, so check the calendar for the time and place.

Jim Robinson said he has had a few offers for trip leaders in July. Gilmans and Robinsons had a nice trip on Memorial Day weekend on the St. Croix. Jim also reported on some difficulty he had on the Crow River at the dam near Hanover. The DNR is checking into the problem. Don't forget Walt Jones' cruise in July on the Namekagon in Wisconsin. Check the calendar for details and call Walt if you want to go.

Verna Robinson and Penny Mielke are working on details for the Annual Meeting. Sharon Gilman is working on details for the Annual Banquet, set for October 23 at Edgewater East. The Directors discussed ideas for programs at the banquet and the meeting.

Mike Vande Vyver is looking for anyone interested in whitewater cruises. He is especially interested in kayaking, and if you have such an interest, call Mike to arrange a trip.

Meeting adjourned at 10:50 p.m.

NoteZ from the EDITOR

We have been busy, but you'll have to excuse the delay of our publication last month. The summer schedule leaves little time for the paperwork, as you all know. I'd rather be paddling, so maybe I'll find some of you who would be willing to help--with the paperwork, that is.

We have a few new designs out now, which you will be seeing in the near future. The new MCA scotchlite decals will be sent out to all current members, along with information on MCA T-shirts. Those of you who are waiting for new membership cards will also receive them in your packet.

What I haven't seen are the trip reports from those of you who have been out on rivers since ice-out. Let's hear from you! It doesn't matter if it was your first trip/experience or your 100th, I always enjoy reading about it. Let's take the time to write and share these experiences with other members.



TRIP/ CRUISE REPORTS

ST. CROIX MEMORIAL DAY CRUISE
(and Canoe Instruction Holiday)

by Mike Gilman

With the paddle firmly gripped on her favorite side, my wife, Sharon, called out paddling commands to her bow-person, our oldest daughter, Debbie. Ahead of them lay five miles of rapids and two familiar canoes. Their primary idea was to maintain control of the boat (difficult for reasons explained below), avoid the rocks (which were strewn all over the river bottom), and follow us. The river was kind to them, because the water level was still high enough to float a canoe, gear, and paddlers over most of the rocks and ledges. The boat came through without a trace of damage, and the two girls ended up with a trace more confidence in their paddling abilities.

To understand the nature of the experience, you would have to know that my wife has never paddled stern before. Combine that with our purchase of a used 17-foot We-No-Nah Jensen from Dave Logeais (for our two daughters, ages 9 and 12), and you can see the stage being set.

The Memorial Day canoe cruise was a trip we planned with Jim and Verna Robinson and their two daughters (Anna, 5, and Alex, 9). Some of the other people who were giving serious thought to the trip cancelled out for various reasons, but even the chance of a stormy weekend couldn't have kept me home.

Due to a busy schedule, we packed everything up on Friday night and drove up early Saturday morning to Danbury. I had to stop and buy a cap as my fishing cap was left at home. (Seems like I burn easier in some areas nowdays.) The Robinsons had camped overnight at Riverside and met us at the St. Croix Band of Chippewa Tribe Landing where we unloaded for the put-in. Accompanying us for the first day was Kathy Manning and her daughter, Tina, whose husband, Tom, was kind enough to help in the shuttle of our vehicles down to the National Park Service Center on Highway 70 west of Grantsburg. I'm always forever grateful to someone who helps in that manner of shuttling.

Our first campsite was about 15 miles downstream, so it seemed an easy task to slowly paddle along and enjoy the beautiful sunny weather. Not that I hadn't heard prior rumblings of mutiny, but as an optimist, I figured my two daughters could make their 17-foot canoe head downstream after watching Mom and Dad for six or seven years.

Right away, I could see differences of opinion arising over what was considered going straight, who was to draw, when to switch, and who was going to paddle FIFTEEN MILES. Other minor technical difficulties arose, but some "on the water" instruction paid off, and the girls were under way. Except for the stamina (or lack of it), they did quite well. The rest of the troop was quite tolerant, quite possibly reflecting back to their early days at the paddle. Tying our two boats together gave them a needed rest before pulling in at Yellow Banks, our first river campsite.

The area looked quite busy, but much of the activity was temporary as many took off in search of destinations downstream. From here, Kathy and Tina planned to paddle on down to Norway Point on the Wisconsin side and meet Tom.

A solo paddler with his dog, Sugar, was kind enough to lend us the picnic table he was using. As it turned out, he was a new MCA member with plans to build one of the solo boats offered by the MCA or Darrell Foss' 14-1/2-foot solo. He was definitely enjoying the paddler's life-style as he pursues it avidly from ice-out to freeze-up.

After a good meal and taking a number of bugs for a walk, everyone retired for the night. Being an early riser, it wasn't long after sunrise that I had the water boiling and breakfast well under way. Things were packed up in no time, and canoes loaded, ready to go. Here's where the change of pace came in. Sharon planned to paddle with Debbie, so they took off a few minutes ahead of the rest of us, presumably to work out some sort of paddling routine.

I packed my heavy gear forward to balance out my 9-year-old, Wendy. It wasn't long before I swapped Jim a handful of gorp for his 9-year-old, Alex. Now I had a trim boat and a replacement paddler. Jim and Verna's trim greatly improved, also.

The day went without great incident, but I detected some reluctance by others to learning new strokes. The Book of Life's chapter on canoeing doesn't cover switching to the stern after many years and doing it right the first time. Practice--now that makes a difference! By the end of the second day, things were looking good, but everyone was getting tired.

To top that off, the campsite on the Wisconsin side at Highway 70 had been turned into a picnic area only, and the canoe campsites farther down had only recently been hewn out of the jungle. Being that the mosquitoes were just too friendly, we packed up and drove down to Wild River State Park. This park has some very nice features, is reasonably close, has a good launch site, and is well worth checking out some time soon.

Monday was cool and windy, so the girls agreed to shuttle to St. Croix Falls if Jim and I wanted to paddle the nine miles to the park. Jim took the bow position of his lightweight Sundowner to get a different perspective, and was initially quite nervous. His thumbs soon made him concentrate on the task at hand, and we quietly traveled along passing numerous canoeists. The nine miles was easily covered in 1-1/2 hours, and we met the girls, ate lunch, and packed up. After looking over the Taylor's Falls area and William O'Brien State Park, we headed for home.

For us, the whole trip was deemed a success, and it marked the start of our canoe camping summer.

(Editor's Note: Sharon is now into her seventh month of pregnancy, but she still does a good job of paddling.)

THE DAY THE SUNDOWNER WENT "DOWN"
ON THE SUNRISE RIVER

by Verna Robinson

For our first trip this year, we could not decide if we wanted to go with Ken Esperson on Rice Creek or on the Sunrise River with Terry Quam. We found out from Ken that some people had been on Rice Creek the weekend

before this cruise, which was scheduled for April 24. We debated and decided to go on the Sunrise River. We checked with Terry Quam and he recommended that we not take our children. We got a babysitter for the whole day and started on our journey with our "day pack" (with dry clothes, rain gear, etc.), our food, paddles and, of course, our Sundowner.

We met the group at McDonald's in Forest Lake and proceeded from there to a little Minnesota town called Kost, south and east of North Branch. We unloaded our canoes and then did the shuttle to Sunrise. The beginning of the trip was very interesting, and fast. There were a few obstacles in the way, like trees overhanging the river, etc. I did a lot more draw strokes than I usually do. We stopped for lunch somewhere along the way and then went on down the river.

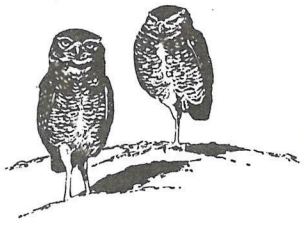
We discovered that there were some rapids ahead, and the lead canoe told us that we should pull over to the bank so they could go ahead and scout the rapids. We nosed into the bank and tipped the canoe over, which should have told us right then to put on our life jackets, but we did not do so. The lead canoe had to chase some of our gear through the rapids.

We started out again with the water dumped out of our canoe and everything secured. We saw the rapids and had a choice of a left or a right channel. We chose the right channel (a big mistake). There were some "haystacks" in front of us as we started through the rapids, and half way through, something tipped us over. Remember, we didn't have our life jackets on. These PFDs do not do any good as they float past you and you are near drowning. Jim was able to hold onto the stern and remain reasonably upright. I, however, was on the downstream side of the canoe, and the canoe kept trying to draw me underneath. I had to fight to keep my head above water.

When we reached calmer water, I let go of our canoe and swam to the rescue canoe. Once again, we were able to dump the water out of our canoe and continue on our trip. We found a nice place to stop and change our clothes. Our new chamois shirts sure felt nice after freezing and near drowning in the river. We cruised a little farther and ended in Sunrise.

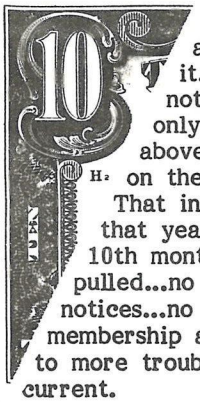
Editor's Note: As noted in Jim's Cruisin' column last month, they were not wearing their PFDs because of the uncomfortable fit. When they returned from this cruise, they purchased new jackets from Ketter Canoeing. Those of you who are considering buying equipment should remember that fit and comfort are important.

UPCOMING CRUISES



Namekogan River - July 10, 11

Meet at Riverside, on the St. Croix River, six miles north of Danbury, Wisconsin on Hwy. 35. Cross the bridge and turn. We start meeting on Friday night. The shuttle starts at 9:00 a.m. Saturday morning. Church services are available in Danbury on Saturday at 8:00 p.m. and on Sunday at 8:00 a.m. If you're interested, call Walt Jones, 488-4570.



When you got a $10 bill for your annual dues (a postcard), that was it. No follow-up. No past-due notice. No threat. No plea. The only reminder will be the numbers above your name on the address label on the back side of this newsletter. That indicates your dues renewal is due that year, that month (8210 means the 10th month of 1982). Then the plug is pulled...no more trip schedules, program notices...no more HUT!. Dropping your membership and reinstating it puts the club to more trouble and expense than keeping current.

Checks should be made payable to the Minnesota Canoe Association, Inc. and mailed to:

Membership
Minnesota Canoe Association, Inc.
P.O. Box 14207
University Station
Minneapolis, Minnesota 55414

Changes of address (now very important because mail sent under our bulk rate permit will not be forwarded or returned to the MCA with an address correction) should also be sent to the Membership Director.

DINNER ON THE RIVER

by John Wexler

Join me for a trip on the Mississippi River up through the lower and upper St. Anthony Falls dams to Pracna on Main where we will enjoy a fine dinner. Bring your Sawyers, Grummans, and strip canoes Tuesday, July 20, 6:00 p.m., to the University of Minnesota River Flats just south of the Washington Avenue bridge on the east bank of the Mississippi.

Please let me know if you are planning to eat so that we can alert the Pracna staff for quicker service. We also need a couple people to watch our boats and brown bag it while we partake of Pracna's cuisine. Each boat watcher will receive one dose of state bird (mosquito) repellent as their reward for watching the boats. Call John Wexler, 722-7069, for reservations.

BIG LAKES CANOEING

by John Wexler

If you enjoy the thrill of riding those big waves like I do, then you won't want to miss out on this mad chance to join Lora Lee Lakin and me in a canoe cruise starting at Crane Lake, continuing into Sand Point Lake, Namakan Lake, Kabetogama Lake, and Rainy Lake. This trip will take us past the edge of the BWCAW, into Canada, to Kettle Falls (which, incidentally, has a crooked bar so you never know if you are seeing straight, and a fine restaurant) and through the Voyageurs National Park.

If time permits, we may also paddle the upper Rainy River near International Falls. We will leave on July 30 and return on August 7 or 8. We invite all MCAers who have at least an intermediate skill level in canoeing to join us. Call Lora at 475-1318 or John at 722-7069.

CLIFF'S CORNER



by Cliff Jacobson

Big wilderness canoe trip this summer, huh? Gonna wow 'em with your culinary talents--you know, freeze-dried stroganoff, instant chocolate pudding, and no-bake cherry pie. Sounds great, doesn't it? Yuk!

Maybe if we substitute the "no-bake" pie for a real home-baked Dutch chocolate cake with freshly made fudge frosting (if you gather I'm a chocoholic, you're right), your image might improve. But how do you bake on a canoe trip? In an aluminum reflector oven? Nope! Cast iron or aluminum Dutch oven? Nope again. Or maybe a Bendonn stamped aluminum Dutch oven. Maybe...now we're getting the weight and bulk down to a reasonable figure, and as long as there's a nice glowing fire...well, what if it rains?

Here's a better idea. Next time you go shopping for groceries, pick up a 2 or 2-1/2 quart aluminum large ring Jello mold. The old "Chilton" jello rings are ideal and can sometimes be found at garage sales. Otherwise, they retail for around $2.80 at most stores. Get two of them.

To bake a cake, cookies (pan cookies, that is), or muffins, proceed as follows:

1. Grease the mold.

2. Pour your batter into a large zip-lock plastic bag and add 20 percent **less** water than the instructions call for. Hold the top of the bag closed with one hand and knead the mixture with the other hand. If you don't want to measure accurately, no sweat. Just add a bit of water at a time until the flour mixture is thoroughly "wetted out."

3. Next, punch a hole in the bottom of the bag with your knife and force the mixture into your waiting Jello ring. Use the bag like a cake decorator to push out the bake-stuff. Then burn the bag--no muss or fuss and no yucky hands.

4. Scrape excess batter away from the "chimney" and sides of the mold with a rubber spatula. This isn't essential, but it prevents the thin layer of batter here from burning--which means you won't have such a messy cleanup job later.

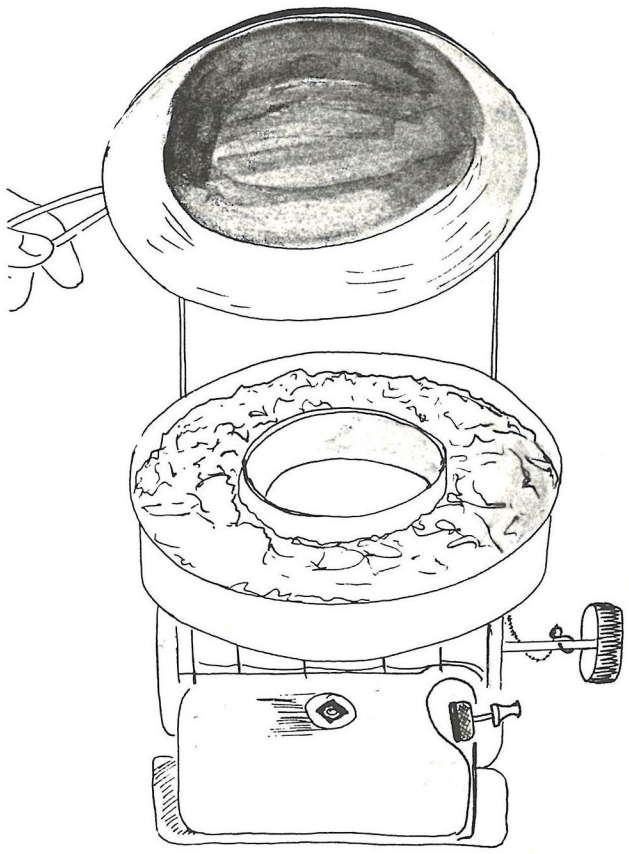
5. Fire up your trail stove. When it reaches full heat, turn down the flame to a gentle whisper. You want the **smallest maintainable blue flame** your stove will manage.

6. Set your Jello mold oven dead center on the stove and put a high lid on it (so the cake will have room to rise). Set your watch. Cooking time should be identical to your home oven.

Tips: From time to time, rotate the Jello mold oven. The thin aluminum ring cools rapidly in the breeze, so one side of the cake will cook faster than another if it's windy. Also check the "doneness" of your creation every 10 minutes or so. A sharp sliver of wood or a toothpick is the perfect tool.

When the bake-stuff is done, remove the mold from the oven and set it in a shallow pan of cold water for 1-2 minutes. This will release the cake. Then turn the mold upside down and rap it smartly against a metal or plastic plate. The cake or whatever should pop right out if you've let it cool sufficiently.

For large groups, use two Jello molds and two stoves. Run them simultaneously; bake both cakes then set them aside for the duration of time it takes to cook your main supper meal. The two molds take up no more space in your pack than one because they nest perfectly. Each mold makes four very generous servings.



Jello-Mold Oven

Here are a few other tricks you can do with my Jello mold oven:

1. Ever try to cook--or rather re-hydrate--mixed evaporated fruit? Takes awhile, doesn't it? Try this. Line your Jello mold with the dehydrated fruit--apples, pears, whatever. Then fill your Sierra cup half full of water and set it in the chimney (hole) of the Jello ring. Set the unit on your stove, flame turned to low. Put a cover on the outfit and sit back and wait. What happens is that the water in the cup boils and creates steam which permeates the fruit and cooks it quickly. If I recall my physics correctly, steam has about 40 times the cooking speed of boiling water. That means your fruit will cook completely in about five minutes rather than 40. A real time and gas saver!

2. You can also use your Jello mold as a support for your Sierra cup when you want to heat a single cup of water for cocoa, tea, or whatever. No sense dragging out a pot to heat a tiny amount of water, and the Sierra cup won't balance on most trail

stoves. The Jello mold with its chimney solves the problem completely.

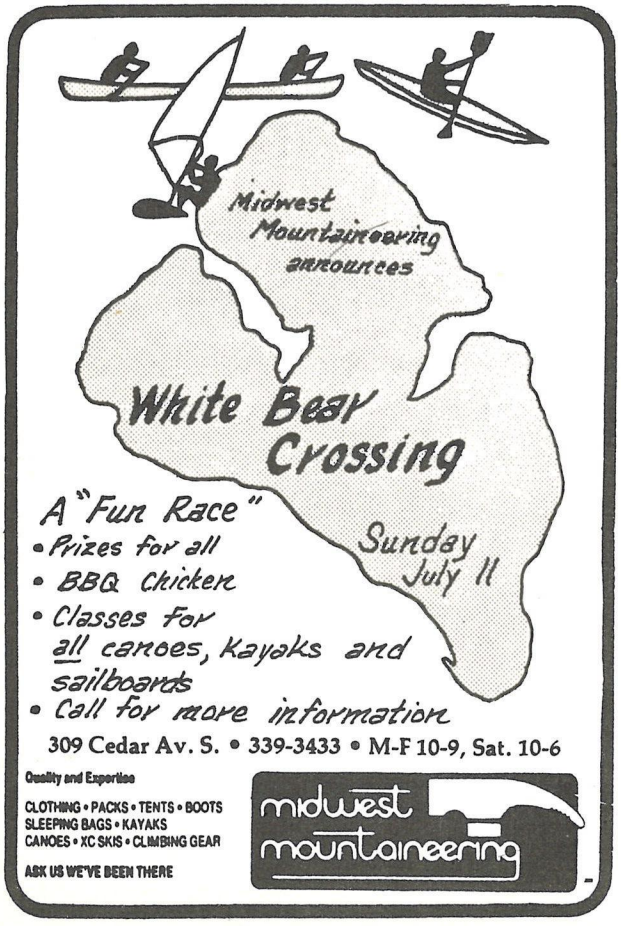
3. Another trick: You can also fire your Jello mold with a **small** can of Sterno. Just set the can of Stern in the chimney hole and **prop up** the mold on a couple half-inch diameter sticks. (Essential to provide draft so the Sterno won't go out.) Again, put on a cover, but **vent it** with a toothpick or sliver of wood. There's enough Sterno in the small can to cook two good sized cakes. **Warning:** Don't use the large size can of Sterno—it puts out too much heat and will burn your bake stuff!

   Hybrid cookers work reasonably well. I've filled aluminum film cans with rubbing alcohol and used them to fire my Jello mold oven. It works, though the top of the cake outcooks the bottom.

Packing the Jello molds - A pair of Jello molds will usually nest on top of the large Palco or Mirro type cook sets if you eliminate the coffee pot. Keep your cook set in a fabric bag for cleanliness and to keep all the parts together.

Try your Jello mold oven in the comfort of your back yard before you use it on a trip this summer. Believe me, your friends will be impressed with your woodsmanship, especially the first time you produce fresh baked muffins in the comfort of your rain tarp while the weather nastily does its thing all around. Try the Jello mold; it's inexpensive and nearly foolproof. You can bake anything in it!

P.S. Discover Pillsbury's Snackin' Cake if you haven't already. This product is incredibly easy to make--and delicious. Just add one cup of water to the mix. You don't even need to grease your oven!



MEMBERSHIP DRIVE

by Venice Barsness, President

I know that every member is out trying to get new members: stopping every car with a canoe on top, standing by the rivers waiting for canoes to go by, waiting at the canoe dealers for them to deliver a new canoe, walking up and down the alleys looking for canoes in back yards, and many other ways I've never thought of. Once in a great while, someone who is uninformed may ask, "Why should I join the Minnesota Canoe Associaton?" As soon as the question is asked, you have an opening to spend the next hour or so telling them about the MCA.

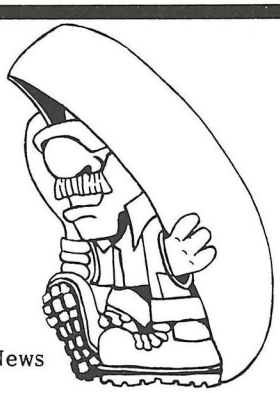
Just in case you have grown weary of explaining all our virtues, I am listing in brief form a few of the good reasons for joining.

1. One of the best club publications in canoeing, on a regular monthly basis.
   a. Articles by such well known writers as Cliff Jacobson, Bob Brown, and others.
   b. Calendar of events, race calendar, cruise calendar.
   c. Classes in basic canoeing, whitewater canoeing, canoe building, canoe design, poling, and other areas as requested.
   d. Chapter news, DNR news, trip reports and cooking tips.
   e. Plus many special features.
2. Building program, demonstrations, building book, and some of the best building plans available at very low prices. Resin and fiberglass cloth also available at very low prices.
3. Monthly education programs; most of these are in the metro area, but we are starting to offer some out-state programs.
4. Annual banquet and awards night.
5. Conservation effort to keep our waters clean and free.
6. Answers to your inquiries on canoe-related subjects.
7. And best of all, an opportunity for you to become involved, to belong, to meet other canoeists, and to work for better recreational activities.

Are you MOVING?

MOVING? Let us know when you move to make sure that you continue receiving HUT!. Bulk rate mail is not automatically forwarded like most of your mail.

The Duluth Traveler



Twin Ports Chapter News

President: Rick Luck, 18 W. Owatonna Street, Duluth, Minnesota 55803, 724-7992
Cruise Coordinator: Susan Marsh, 409 Park Avenue, Cloquet, Minnesota 55720, 879-3460

by Rick Luck & Kris Wegerson

Progress...Progress is 27 people showing up for our May 19 organizational meeting. Volunteer directorships were filled, including:

Cruising: Liz & Fred Freeman - 525-6486
Whitewater: Sue Marsh - 879-3460
Racing: Jim Wheeler - 722-8010
Publicity: Linda Winslow - 722-9208
Kris Wegerson - 724-5209

We decided on bi-monthly meetings, starting each April and running through September, with at least one meeting and outing in the winter. Mark your calendars--our next meeting will be Wednesday evening, July 14, at 7:00 p.m. in the downstairs meeting room at the Godfather's Pizza, 1623 London Road, Duluth. The meeting room is free if we order a few pizzas, so bring your appetite!

A lot of information and ideas were exchanged at our May meeting. Typical of these were:

Tom Szokis (722-6860) has information and schedules for canoeing the southeastern states' TVA rivers this summer. Anyone planning a southern trip should contact him for information on dam openings.

Joe Witwicke gave information on a Hudson Bay/Seal River trip he's organizing. Joe needs one or two more paddlers to round out the crew.

For all you land lubbers who haven't dunked in the rivers yet, here's what we've been up to in May:

- (In) Temperance River Trip
- Memorial Day weekend whitewater trip on the Wolf and Red Rivers. Six canoeists and one kayaker battled raging waters and lived to tell the tale.
- Also Memorial Day weekend, Sue Marsh and Gary Demars joined the TC Cascaders on the Vermillion River. Sue said the Class IV rapids were a piece of cake in their Mad River. Can Niagara be far off?
- Jim Wheeler and Dave Spencer placed a respectable 31st out of 47 canoes at the Rum River Classic Race in Princeton on June 6. Or was that on the 5th, Jim?

Congratulations to Jim and his new bride, Ann. Jim had to go all the way to Bean Town to find himself a paddlin' partner who could go the distance.

Well, you haven't missed out on all the good trips yet. Our events calendar is filling up for July.

Coming Attractions for July

- July 7 - Second Annual Moonlight Madness on the Cloquet River. We planned the trip to coincide with the full moon, but we couldn't arrange for another eclipse. We'll meet at Freedenberg Town Hall on Fish Lake Road. Call Rick Luck at 724-7992 if interested.

- July 14 - General membership meeting at 7:00 p.m. in the downstairs meeting room at the Godfather's Pizza, 1623 London Road. We'll make you an offer you can't refuse!

- July 17 - Duluth KZIO-Ski Hut Canoe Race. Thirty-mile pro race begins at 8:00 a.m. Ten-mile and four-mile citizen races begin at 9:00 a.m. Prizes for all entrants. Contact Jim Wheeler, 711 First National Bank, Duluth, 55802, 218-722-8010. Paddle this race on Saturday and cruise up to Cook on Sunday the 18th for the Cook Timber Days Canoe Race.

- July 24-25 - Cloquet River Cruise overnight. Experience some of the best walleye and bass fishing this side of Highway 53. Contact Liz or Fred Freeman, 525-6486, after 6:00 p.m. for details.

- July 30-31, August 1 or July 31, August 1-2 - All women's BWCAW weekend. Hurry--we've had inquiries for this one all the way from Florida up to Alaska. Call Sue Marsh, 879-3460, or Kris Wegerson, 724-5209.

In addition to the trips listed above, day trips and weekenders down the local rivers will be planned throughout the summer. For weekly trip information, call Sue Marsh, 879-3460; Jerry Challman, 724-6126; or Rick Luck, 724-7992.

Happy paddlin' to you until we meet again!

Wolf River Trip Report

by Mark Cline

The Wolf River cruise over Memorial Day fell somewhat shy of the 15 people originally anticipated, and the water levels far shy of their anticipated levels. But thanks to good planning on the part of Cruise Director Jerry Challman, excellent company, and a few creative ideas by everyone, it turned into an enjoyable weekend.

After a very late night arrival at George Sneed's (Jerry had the foresight to reserve a site and spare us the company of Shotgun Eddy's), we hit the Wolf on Saturday to find the water level extremely low. We got in some good rock dodging practice and a little surfing at Gilmore's but quit pretty early in order to debate whether Gilmores was a 2 or a 3. There was enough time left to teach Katy Mara the first half of her roll, at which she became an immediate expert.

We cancelled the Peshtigo because of the water levels, and after not being able to obtain rafts to run Section IV of the Wolf, drove down to the Red and discovered a delightful river with scenic quiet stretches and some thrilling drops. The big falls provided hours of entertainment, including Jerry demonstrating how to exit and bail out in the middle of a drop, and Fred Freeman mastering his surf in an impressive way. The beauty of the site was enhanced by the novitiate overlooking it, which has

unfortunately been laid to waste inside since its takeover by the Menomenie tribe members several years ago.

The campsite provided some of the best entertainment, with excellent group meals, a number of superb treats contributed by Liz Freeman, and many a good story and joke. We all shared in cooking and cleanup responsibilities, while Rick's duties were to inform Judy of the internal contradictions to be found in Ms. magazine. Fred proved that hitting another milestone in life wasn't all that bad, as he got to share the company of his wifes, Iris and Liz, all weekend.

Our fund-raising problems for the season were solved by the formation of Iris' Fat Cat Travel Service. Jerry was assigned the center stage duties. For more details, call Iris.

For information on upcoming events, call Rick, Sue, or Jerry. Ones that I know about are the August all-women's BWCAW trip (call Sue Marsh or Chris Wegerson) and the KZIO-Ski Hut Race (Jim Wheeler). We also have the good fortune of having access to a pig roaster if we want it, but because of the commitment in dollars required for meat these days, we must have advance reservations for that. Rick and Jerry are trying to find a weekend for that event.

BOOK REVIEW

by Mike Gilman

Wilderness Insurance - Making and Using a Pocket Survival Kit
by Tim Kneeland, Director, Institute for Survival Education

This 4" x 5-1/2" pocket sized booklet "tells you how to assemble and use a small, effective, homemade pocket survival kit. It contains dozens of tips to keep you alive until rescue finds you or you get yourself out of the situation."

The idea behind the booklet is to get people to assemble a simple kit while keeping it small enough so that it doesn't get left at home. It covers the contents of such a kit, plus a few optional items, general rules to follow, conserving energy, improvising, shelters, firecraft and signaling, plus more.

As in any survival situation, common sense, logic, and intuition play a major part in solving the problems. This booklet approaches survival in a very practical manner and should be included in your survival kit, whether it's for the outdoors, your car, for traveling, or at home.

Tim has also included a list of the 13 essentials for a day trip.

This booklet will be available at most camping stores in the Minneapolis area for $1, or you can send for one by writing:

Wilderness Insurance Booklet
1829 Portland Avenue
Minneapolis, MN 55404
(612) 871-7332

WHITEWATER CANOEING RAPID RIDERS

RAPID RIDERS RIDE

by John Wexler

Congratulations new paddlers! Only one canoe tipped at the first class on the Mississippi. Three canoes tipped at Taylors Falls in exceptionally high water, and two canoes tipped during graduation exercises at Hell's Gate on the Kettle River. According to Chief Instructor Ian Richards, 46 of the original 56 students passed splendidly. Two students from last year returned for the class this year just to hear Ian one more time.

I just talked to past HUT! Editor Barb Ford, and she said that she really regretted not completing the last two classes. She actually confessed that she quit the class because I would not paddle with her. During our just completed telephone conversation, Barb said, "After watching everybody paddle up and down those rapids, I just couldn't wait to go paddle the next weekend on the Cannon River."

Much thanks to Ian Richards who not only did an excellent job of teaching, but also recruited Scott Cummings and Ann Mikkelson to teach the course next year, we hope. Barb Ford is currently working on an outline of the course, so we cannot thank her yet. Incidentally, participants, if you have ideas on how the course can be improved, pass them on to Barb at 484-4674.

Congratulations to Verna (MCA Secretary) and Jim (Cruise Director) Robinson for completing the course. Many thanks to all other instructors for your generous time and sharing of your talents.

Upcoming Trips

All Rapid Riders and all of you new whitewater boaters who have just completed the Whitewater I course are invited to join Mike VandeVyver and myself on three whitewater trips that I am certain will interest you. These rivers are picked in an order of difficulty, although there are section that are easier, too.

Mark your calendars for July 9, 10, 11 for the south fork of the Flambeau in Wisconsin; July 23-25 on the Peshtigo and/or the Wolf in Wisconsin; and the Vermillion on August 20-22. The Flambeau is rated Class 2 according to the International River Rating system. Peshtigo and Wolf are Class 2 and 3, and the Vermillion has everything from Class 2 to 4. Most of you will want to portage the Class 4.

Contact Mike at 922-7633 or me at 722-7069. Please do us a favor and don't tell us at the last minute that you are going with us. Let us know as soon as possible so we can plan car pools, etc.

NEW DECALS ☆☆ **AVAILABLE IN JULY**

YOUR DECAL WILL BE MAILED DIRECT TO YOU! ADDITIONAL DECALS CAN BE PURCHASED

CONTINUING ADVENTURES

A MERRY TIME ON THE LITTLEFORK - Part 7

by Good Ol' Nels

The boys come back after a while and are not successful. We secure thing fairly well under the bridge and go into town. Some young combination walley fisherman and tuber acquaintances will sort of keep an eye on our stuff. We don't really worry, but stroll back occasionally. The young boys tube the bottom third of the rapid or so, and say it is quite high now. How nice! We appreciated the cushion in the rapids way upstream.

Doyle, who is reclining on some green grass in midtown, treats us to some Special Export. I phone my children and meet again some friendly, helpful persons from upstream. Before joining the boys at the restaurant, I stroll back for some equipment kitting up before dark. I get some grand pictures from the bridge of that fine rapid with its noisy flow.

Getting cool and plenty of big, itchful mosquitoes by the bridge. I visually and mentally go over equipment excesses and to praise the very useful stuff so I can be further refined for a future trip. I was rain conscious 'cause we were really due! I had a butane torch which can really be an aid at a very wet late evening steak fry. There were eight pieces of waterproof charcoal, two packets of photoengraver's kiln dried cherry wood kindling with some magnesium pieces attached. Some clothing wasn't used 'cause it didn't get real cold, no one got dunked, nothing got ripped, and nothing got lost. The big black boots and the black heavy duty kneepads were absolutely golden! Ample rope, grid and grate in plastic, pot and bowls, plate and utensils, big container of high grade orange juice with high honey content for extra energy during early part of trip. Big container of cranberry juice for health, energy, and for aiding gorp swallowing, plastic rec pack worked well, has gasket at lid and nothing gets wet.

"Trusty saw," a Godsend, which can saw 6" long narrow diameter wood pieces so when they are wet, the lightweight hatchet can easily split out dry centers for a desperate fire. Four separate steak salts and two peppers (one is the super lemon pepper so highly recommended by the great Bob O'Hara). The lemon pepper goes great on eggs or anything and especially on that fish we might have tried catching--ha! Ah, the gourmet touch goes well in the wilderness! Extra large coffee pot gets you hot water besides coffee to aid washing pots, etc. Big thermal cup lets you break camp and still have hot or warm coffee to the last sip.

Those cute little so-called "policeman's rubbers." They weigh almost nothing, cannot absorb water, and store one inside the other. They are bought to just fit over your foot and two pairs of wool socks. You can wear them around camp when your boots are getting some drying if they might need it. That way, your wool socks don't pick up burrs, wetness, or weeds. In the middle of the night, they can be put on in seconds for a nature call, and it is not unpleasant to walk on wet grass or something creepy.

Visored caps—Tom produced a leather visor he had found and looked like a magnificent croupier! I sort of liked my L.L. Bean flip-up polarized sunglasses; late afternoon glare is a definite stress. Ample lights are pure gold! Well, okay equipment can be a pleasant and interesting subject and a big one, and we are all damned if we do and damned if we don't! Honorable mention must be given to Yukon Jack, the sportsman, friendly beer and Arriba. The Double Klinker rejection certificate goes to that last full can of chile we had to haul out! I couldn't have eaten it then, and I can't now.

Well, back to Mae Bush. Doyle is having a wonderful time jiving the waitresses in the restaurant. They are just eating it up. Tom is in pretty good form, too. There are good vibes and friendly laughs all around. For some reason, we all eat a chef salad with milk and coffee. Sort of need the coffee for the long night. The girls are in a devil-may-care mood and wish to join us in just minutes at the "Rendezvous" next door as it is closing time. They think it is perfectly right that we should purchase a few libations for them for the friendly hassle we are causing them.

The place is full of softball teams, some celebrating and some drowning their sorrows--it sort of brings back memories! Tom and Doyle are having a well-earned relaxing time in the booth with the waitresses and the other people. I am at the bar and do purchase some amber fluid for one of the girls, but I stay pretty intent with the television 'cause it's Stanley Cup time! The North Stars are playing that one magnificent game they played. They are ahead, playing well, and the beer is fine! We've had to share in those losses, which is only right, but now we can share in a fine victory!

I am strolling back to the bridge and just then the good lady arrives, right on time. What a great girl! We have some pleasant settling time, and after the overall situation is explained, we prepare to head south to the good ol' Rice River so the boys can take her vehicle home. With my still wretched hands and elbow, I am not a real great help with the loading, and it is kind of embarrassing.

As we head smoothly south, I know I will be seeing Big Tom in the near future for other adventures and my home sauna building project. But Good Ol' Doyle will be gone for a long while. He did mention coming back next year at the same time and joining me on my Bigfork Canoe Trip to Kenora. That would be nice. When he first called me years ago when he was green to canoeing, he introduced himself as Doyle Tarwater, the last of the line, and I won't forget the name. Like the big Indian I gave a friendly ride to once and had an interesting conversation with. I mentioned an interest in the area of "Ponemah" and of some adventures there. As the big Indian was leaving and thanking me for the ride, he said his father-in-law lived in "Ponemah" and if I was to talk with him and mention our friendship he would tell me how to get all the deer and fish I wanted. He said his name was Standing Claw, and I will never forget that name.

The good lady and I will be vacationing in a woodsy cabin for a few days and fishing Lake Vermillion and canoeing some on the Vermillion River. But now the little light bulb is lighting up in my Capesa, and I know that on the fourth day, the good lady and I shall explore the mysterious far upper reaches of the mighty St. Louis River. The area beyond "Skibo"

Hut! Staff

Editor	Mike Gilman
Assistant Editor	Sharon Gilman
Publications	Chris Berne
Chief Typist	Kathy Cegla
Stat Camera	Christopher Stroth
Map Maker	Lonnie Helgeson
Calligraphy	Mary Sodergren
Cliff's Corner	Cliff Jacobson
Builders' Corner	Bob Brown
Advertising	Helen Olson

Send articles to:

Mike or Sharon Gilman
810 South Sixth Street, Apt. 1
Hopkins, Minnesota 55343

DEADLINE FOR EACH ISSUE

Articles should be submitted to the Editor no later than the 12th day of the month preceding publication.



101 - 79th Avenue North / Minneapolis, Minnesota 55444

CANOE SALES

by Venice Barsness

Boating industry sales figures published in the December 1981 issue of Boat and Motor Dealer Magazine show retail sales of 126,000 canoes in 1981. Compared to 318,000 outboard motors and 281,000 outboard boats, canoes make a good showing for themselves. Figures show canoe sales up 20% over 1980.

The dollar value of canoe sales is reported at $45,234,000, which I am told averages out to $359 per sale. This seems quite low. Around here you can find very few canoes selling for this price, let alone average out to this amount.

The article goes on to tell us there are 1,326,000 canoes in current use. Last month's HUT! reported 105,779 canoes in Minnesota. What do the people living in the other states do for fun?

where the natives seem to know very little about. The mysterious Seven Beaver source lake that is so inaccessible and reachable only by railroad and portage. Controlled by Erie Mining and the railroad. The fast, tortuous descent of the young river through falls and a jumble of sharp rock. The emergence of this fine river to a beautiful, lush, and lengthly area where the magnificent tree growth is breathtaking. Huge trees of uncommon dimension and special quality! Yes, this trip does happen! But, of course, that is another story.

The End - FINALLY !

Mississippi Mud

NEWSLETTER OF THE LONG DISTANCE CANOE RACERS

President - Steve Peterson, 753-2921
Race Calendar - Warren Thunstrom, 780-3284
Mississippi Mud - Karl Ketter, 636-8116
Membership - Ken Boettcher, 426-0059

* * *

OUT TRAINING

40° and blue sky to the west —

I was reviewing your December issue recently and thought your membership might be interested in the following news about Flathead Valley's Lake-to-Lake Canoe Race.

The "First Annual" was held last August with 45 teams of various classes starting the 64-mile course. It began on Whitefish Lake near the base of the Big Mountain ski area, ran the entire length of the Whitefish River, entered the Stillwater River, then the lower Flathead River, and finally traversed the north end of Flathead Lake to finish in Big Fork, Montana. There are several short portages on the Whitefish River, depending on how the spring runoff rearranges the log jams. Both the Stillwater and Flathead are free of portages. There are no rapids.

The upper half rewards those that are skilled at turning, for the Whitefish is bent, twisted, and looped like few others. The lower half rewards endurance since the lower Flathead loses most of its surge about 15 miles from the lake.

Last year, Mike Johnson and Jay Mitman took the $500 first place pro-boat money, which this year will be increased to $1,000. Tom Dudley and Don Martin of Alberta won the standard division and its $250 prize. Standard money is based on a percentage of entry fees. T-shirts and ceramic cups were also presented. The race sponsors, the Valley's Chambers of Commerce, also put on pre-and post-race meals.

This summer's race is scheduled for July 10. The pro-boat division will start at the head of Whitefish Lake, thus adding seven more miles to the previous 64. The Chambers have kept a year-round committee working on the race, so it promises to be well organized. I invite your members to participate and perhaps to linger awhile after the race to enjoy the many fine rivers, the peaks of Glacier Park, or the solitude of the Great Bear/Bob Marshall wilderness areas.

(406) 862-5710
Steve Zwisler
35 Dakota Avenue
Whitefish, Montana 59937

Lessons & Clinics

POLING CLINIC DETAILS

by George Skinner

July 10 and 25 will be the dates for the MCA Poling Clinic. Both clinics will be co-sponsored by and located at the Hennepin County Park Reserve's Coon Rapids Dam Regional Park. The put-in is on the east bank, so take East River Road to the dam, located at the south end of Egret Boulevard. The phone number there is 757-4700. Hours are 11:00 a.m. to 4:00 p.m. for both clinics.

On the 10th, your guest instructor will be Dave Spencer, a guide on the Brule River who has been poling for many years. We will start in the lagoon by the Nature Center. The 25th will be for group practice along the Mississippi and in its small riffles below the dam near the islands.

For both clinics, you will need your usual canoeing stuff (paddles, PFD, etc.). You also must get and read beforehand "Canoe Poling" ($6.95). Believe me, things will be much simpler if you know what the strokes are called, when they are used, and at least have an idea of how they are done. Also, "Canoe Poling" has all the information you need to make a pole, should you choose not to buy theirs ($39.11). Vincent Brass and Aluminum, 700 - 24th Avenue SE, Minneapolis, 378-1131, has plain 12-foot tubes for $16. Be forewarned, though; uncoated aluminum may turn your hands black. Their anodized tube is a little too small in diameter and costs $38. Wood poles are still used, but I think your best bet is to order the book and collapsible pole from:

A. C. Mackenzie River Co.
Dept. A
P.O. Box 9301
Richmond Heights, MO 63117

My order was filled quickly, but don't wait too long.

Clinic cost is $5 for MCA members (bring your card), $15 for non-members (includes 1-year membership). Send check made payable to MCA to

George Skinner
485 Vixen Road
Wayzata, MN 55391
(612) 473-4565

If you don't have a Hennepin County park sticker, the parking fee is $2.



WHITEWATER COURSES BEING PLANNED

by John Wexler

Due to the enthusiasm of the Open Canoe Whitewater I Class, I will be putting together a Whitewater II course designed to give Whitewater I paddlers a more in-depth understanding and ability to handle whitewater. The course should be ready to use either late this summer or in 1983. I would like all MCA whitewater paddlers with a lot of experience and people with education backgrounds to contact me at 722-7069 as soon as possible with your ideas.

Also, Kayak I will be offered as soon as we can assemble five or more people. If you have an eye to eventually running the big stuff, or you just want to learn how to do an Eskimo roll (a 360), Mike VandeVyver and John Wexler will be teaching this class soon. Call if you can teach, and call Mike at 922-7633 if you would like to take the class.

Camp Cookery

by Mike Gilman

Last month, we covered the spices used to make fish a varied dinner dish, along with a few spices to use with other basic foods.

With the dinner spices already taken care of, desserts of hot cinnamon rolls and breads, rice pudding, and rich cocoa cakes need such essential spices as vanilla, cinnamon, nutmeg and ginger. Since you won't need as much curry or garlic powder as you would salt or pepper, you need to determine how much of each spice or flavoring to take.

Since you'll be traveling by canoe, the containers for spices have to be lightweight and completely waterproof. For a larger group, it may be best to make up two smaller kits, rather than a single large one.

Spices are all repackaged in waterproof plastic medicine, cosmetic or film containers of varying sizes. Watertight screw-top bottles for the vanilla, Worcestershire and tabasco sauce and baking powder and soda, plus a large assortment of different size and shape vials with snap-on lids for other spices can be found months before the trip. Use a funnel to fill them, use masking tape and an indelible marker to label the containers. The only thing left to do is put them to the test.

Here's something called Super Fish Soup. Fillet fish and boil the pieces for 15 minutes in 8-10 cups of water with 1/2 cup freeze-dried corn, 1/2 cup freeze-dried peas, 1/4 cup onion flakes, and a bay leaf. Remove the skins from the fillets, cut into bite-sized pieces, and return to stock. Then add salt, pepper, 1/2 tsp. onion salt, 1/2 cup margarine, 1 cup potato flakes, and 3/4 cup powdered milk. Simmer 10 minutes before serving. Any fish that's firm of flesh will work in this soup--as long as you brought that spice kit.

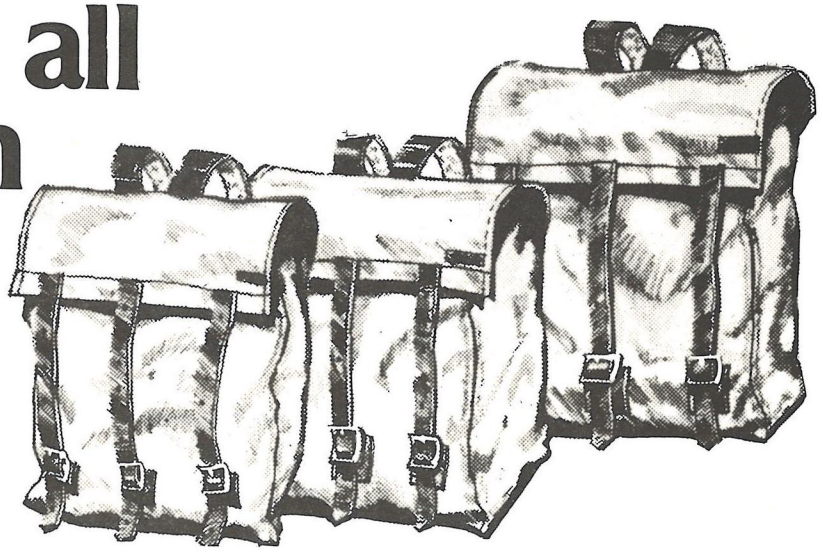
Hoigaard's is canoe & camping headquarters

Quality canoes by We.no.nah,
Grumman, Old Town, and others.

Packs and luggage, food, hiking boots,
sleeping bags, and camping equipment.

Bring in this coupon for

15% off all Duluth Packs



Offer good thru
July 31st, '82

Hoigaard's
SINCE 1895

St. Louis Park 3550 S. Highway 100 (M-F 9 to 9, Sat. 9-5:30, Sun. noon to 5) 929-1351

the MINNESOTA CANOE ASSOCIATION Inc.

SUMMER CRUISE CALENDAR

RIVER RATINGS

Trips on this and other club schedules are designed to attract paddlers whose skill levels are:

(B)eginner
(N)ovice
(I)ntermediate
(A)dvanced
(S.H)azards

(X)ploratory trips are also scheduled occasionally.



JULY

1	7 Wednesday	Cloquet	This coincides with the full moon.	Rick Luck 724-7992
2	10-11 Sat./Sun.	Namekogan	Scenic family river cruise, a popular trip.	Walt Jones 488-4570
3	20 Tuesday	Mississippi	Enjoy a Lock cruise by St. Anthony Falls and dinner.	John Wexler 722-7069
3	21 Wednesday	Mississippi	Presidential cruise through the Locks Riverside Park to Fort Snelling.	Venice Barsness 332-3549
1	24-25 Weekend	Cloquet	Some of the best fishing this side of Hwy. 53	Liz/Fred Freeman 525-6486
4	24 Saturday	Rum River	A beautiful day trip close to home	Jim Robinson
5	30-1 Weekend	BWCA	This is an all-women's trip and inquiries show this is a popular trip, so sign up soon.	Sue Marsh 879-3460 Kris Wegerson 724-5209
5	30-7 Week	Crane Lake	From here we will paddle on to Sand Point, Namakan, Kabetogama and Rainy Lake.	Lora Lakin 475-1318 John Wexler 722-7069

Rules Are Few, but IMPORTANT!

For meeting times and places and other trip and camping arrangements—call the leader listed. While Cruise Director Jim Robinson may be able to give you some of the information, it is imperative that you phone the leader listed
NO LATER THAN THURSDAY
OF THE WEEK OF HIS TRIP

Safety demands that he know:

* whom to expect
* skill level of ones involved
* how to reach if plans change

The cruise leader and the MCA assume no responsibility for accidents, injury, or damage to equipment. The leaders are inviting persons to go canoeing with them at their own risk. The MCA serves only as a clearing house to put canoeists in touch with one another.

Unscheduled Trip Clearing House

To find out about possible unscheduled trips or possibly to lead one:

1. Call "The Clearing House" Verna Robinson, 612-588-5402.
2. Call only on Thursday—only between 8 and 10 p.m.
3. Leave your name, phone and trip preference.
4. Take similar info from her on others who have called.
5. Call one of these others or wait for one to call you.

Note: Coordinator's function is to put people in touch...NOT to screen callers for competence.

This service permits reacting to spur of the moment good water without the risk of going out and running a stream alone.

BUILDER'S NOTE

Do you own a set of forms? How about RENTING them or LOANING them or GIVING them to the MCA? Let someone else use them.

Remember that ads are free in the Trading Post, so get those forms out of your garage and let someone else store them for you under a new boat.

If you care to donate them to the MCA, call any of the directors (numbers are listed in HUT!) or Bob Brown at 432-7557. Someone will be glad to use them.

TRADING POST

Free personal ads to MCA members

For Sale: Kevlar C-1, 13' low volume slalom. Built by Angus Morison (it's gray). Includes front and rear split floation, neoprene spray skirt, saddle, and all bracing. Can be seen on weekends by calling Lee Swanson, 474-8253. For more info during the week call Kent Swanson, 218-751-7947. $325 or best offer. MUST SELL.

For Sale: Seda and Perception canoes, kayaks, and accessories. Contact Mark at 823-6074.

For Sale: Jensen fiberglass whitewater canoe. 16-1/2', excellent condition. Adjustable seats, carrying yoke. $300 or best offer. Also, Klepper Aerius 2-person folding kayak. Fair to good condition. Needs some touching up. $600 or best offer. Call Victor at 612-935-8411 (days) or 612-926-3884 (evenings).

For Sale: K-1 fiberglass Phoenix slalom kayaks. $400 new ($575 list). One Cascade model, one Casper model, one Savage model. Call Skip Iltis at 944-2073.

Wanted to Buy: Small volume kayak for 12-year-old boy. Call or write Henry B. Roberts, P.O. Box 3136, Duluth, MN 55803-3136, (218) 724-3944.

For Sale: Klepper master, complete and in excellent condition; includes sailing rig. Call Scott Simenson at 715-835-5630 (evenings). 1517 Emery Street, Eau Claire, WI 54701.

For Sale: Klepper Aerius II. Superbly designed 2-person folding kayak; includes paddles, sails, spray skirt, rudder. 724-9358.

For Sale: Kayak paddle; glass with metal shaft. Cheap—$50. 722-7069.

For Sale: 17'2" Old Town "Special Edition Tripper". This is a unique canoe which began life as a "Tripper" and was later changed by us into a "Ranger." The boat features all mahogany trim with routed drain grooves in the inwales. Polished stainless steel end caps at the bow and stern.

Seats, thwarts, and yoke are Old Town ash. Seats are caned. Yoke is curved to fit the neck and has fitted pads.

Included is red nylon fabric splash cover of my design. This is a 3-piece model with expandable belly for wilderness touring. End caps reef to bow and stern and may remain on the boat while portaging.

Canoe is Old Town red and has glued-in kneeling pads and stainless steel towing rings at each end along the stems. Has seen light use on the hull; wood is absolutely new condition. This is a beautiful, high quality expedition tripping canoe.

Price, complete with fabric cover (a $300 value) is $950. It would cost at least $1,300-$1,400 to replace this canoe and cover at today's prices.

Call: Cliff Jacobson at 612-437-7497 or
Chic Sheridan at 437-4067

MCA Canoe Building Supplies

For Sale: MCA resin and fiberglass cloth. Polyester resin with catalyst is $11.75 per gallon. Four ounce cloth, 50 inches wide, is $2.50 per yard; 7-1/2 ounce cheesecloth, 60 inches wide, is $3.50 per yard. Rules for purchase: Call ahead and schedule pickup time. Payment by check or money order to Minnesota Canoe Association. No cash. Bring a valid membership card.

Depots:

Bruce Kunz	454-7207	Eagan
Betty Ketter	561-2208	No. Minneapolis
Chris Berne	929-5714	So. Minneapolis
Berne Scale Co.	544-2422	West Suburbs

SPONSOR LISTINGS

Business owners, people in professional practices, and individuals listed in this section are lending support to the MCA and making their products and services known to the club members by using these Sponsor Listings. Contact Helen Olson, 447-4904, if you would like to be listed.

Members are encouraged to patronize these sponsors.

.....

Strip Canoe Supplies
Bill Knudsen & Associates
488-1932

Complete wood pre-cut for a strip canoe, gunwales, thwarts, seats, etc. About $80-$100 for sitka spruce or redwood.

Canoe tows in and out of Quetico. Leave from Crane Lake, stop at Canadian Customs, continue down Loon River, Loon Lake, across Lac LaCroix to Canadian Ranger Station, which is the west entrance to Quetico. Canoe rental, partial and complete outfitting.

Paul Tufte, 218-993-2374
Buyck Rural Station
Orr, Minnesota 55771

Custom sailing packages installed in your fiberglass canoe or my hand-layed hulls. Top quality, fast, and stable enough for extended tours. This sailing package will transfer to a future canoe and completely breaks down to fit a 6' x 7-1/2" x 7-1/2" portage bag. This year, enjoy the BWCA in the wind as well as the calm. For further details, please call Jim Magnuson, 612-934-2022.

MCA Patches For Sale

$2 each, unlimited supply. Orders may be sent to Venice Barsness, MCA President, 500 East 15th Street, Minneapolis, MN 55404. Please enclose a check or money order made out to the Minnesota Canoe Association. Please do not send cash.

Position Available: Computer programmer. Must be able to calculate all combinations of conducting river shuttles and then explain the various possibilities to confused participants. Contact Twin Ports Chapter, MCA if interested.

MINNESOTA CANOE ASSOCIATION INC.
P.O. Box 14207, University Station, Mpls., Mn. 55414

TIME VALUED MAIL

Bulk Rate
U.S. POSTAGE
PAID
Permit No. 615
Minneapolis, Minn.

To Preserve Wilderness Canoe Waterways,
To Promote a Wholesome Family Recreational Activity,
Join the Minnesota Canoe Association Today!

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.

MINNESOTA CANOE ASSOCIATION
MEMBERSHIP FORM

Name _____
(Last name first)

Address _____

City _____ State _____

Zip _____ Telephone _____

I would like to join the Minnesota Canoe Association as a (check one):

____	Regular Member	1 year	$ 10.00
____	Regular Member	2 year	19.00
____	Regular Member	3 year	27.00
____	Supportive Member	1 year	25.00
____	Life Member		100.00

In addition to joining the Minnesota Canoe Association, I would like information on the following clubs:

( ) 3M
( ) Desert (Austin)
( ) Twin Ports
( ) St. Cloud
( ) Southern Minnesota Canoe Association (Owatonna/Faribault)
( ) Long Distance Racers
( ) Canoe Brigade du Nord (Voyageurs)
( ) Rapid Riders (Whitewater)

Canoe Building Plans

( ) Woodstrip Canoe Building Manual and Explorer and Guide plans for $5.00

Send the following plans at $5.00 each.

( ) Explorer and Guide plans
( ) BWCA Cruiser
( ) MCA 14' Solo
( ) Griffen II, Kayak (Brown)
( ) Itty Bit (Brown)
( ) 15'6" Solo Canoe Pirate (Brown)
( ) 18'6" 4 & 32 USCA Racer (Burley)
( ) 18'6" 3 & 27 Racer (Ketter)
( ) 15' Solo (Ketter)

Send checks made payable to the

Minnesota Canoe Association
P.O. Box 14207, University Station
Minneapolis, MN 55414

1981-82 BOARD OF DIRECTORS

MINNESOTA CANOE ASSOCIATION, INC.

Executive Committee

President	Venice Barsness 332-3549	500 East 15th Street Minneapolis 55404
Vice President	Mike Vande Vyver 922-7633	2608 West 60th Street Minneapolis 55410
Secretary	Verna Robinson 588-5402	4421 - 36th Avenue N. Minneapolis 55422
Treasurer	Jim Seward 377-0551	4437 Cedar Lake Road St. Louis Park 55416
Membership	Roy Johnston 542-9070	2710 Rosalyn Ct., #5 Minneapolis 55427
Publications	Chris Berne 929-5714	5057 Ewing Avenue S. Minneapolis 55410

Activities Committee

Cruising	Jim Robinson 588-5402	4421 - 36th Avenue N. Minneapolis 55422
Building	John Kopp 459-8290	8425 - 69th Street Cottage Grove 55016
Conservation	Dave Logeais 825-4040	316 W. Diamond Lake Rd. Minneapolis 55419
Education & Safety	Karl Ketter 636-8116	1957 Lake Roseville 55113
Program & News	Lonnie Helgeson 920-0494	4504 Gilford Drive Edina 53435
Director for '82	Mike Gilman 935-5799	810 S. Sixth St., #1 Hopkins 55343
Director through '83	Walt Jones 488-4570	832 West Idaho St. Paul 55117
Director through'84	Penny Mielke 776-1935	1880 East Shore Drive St. Paul 55109

CHAPTER COMMITTEE

Long Distance Racers	Warren Thunstrom 780-2866	9401 Flintwood Minneapolis 55433
Voyageurs	John Wheeler 633-6500	2690 Huron Street Roseville 55113
Desert (Austin)	Ardell Gorman (507) 433-7465	810 Tenth Avenue SW Austin 55912
3M	Chuck DeVore 429-8256	1611 Eugene White Bear Lake 55110
Twin Ports	Rick Luck (218) 724-7992	18 W. Owatonna St. Duluth 55803
St. Cloud	Mike Zapf 251-5807	1714 Woodland St. Cloud 56301
Southern MN Canoe Assoc.	Larry Kriesel (507) 451-0325	P.O. Box 629 Owatonna 55060
Rapid Riders (Whitewater)	Terry Lemke 331-2798	5 Barton Avenue SE Minneapolis 55414

Vacancies are filled by vote of the Board of Directors. If interested, call Venice Barsness, 332-3549. Except where noted, all area codes are 612.