HUT!

Minnesota Canoe Association

July 1983 / Volume 19, Number 7

"THE BODY" SPEAKS



CONTENTS

"THE BODY" 4

Jesse Ventura would like to express a few thoughts on canoeing. Read his story on Page 4, if you know what's good for you.

HUT!

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.

HUT! is the monthly newsletter of the Minnesota Canoe Association, Inc.

Copyright© 1983, all rights reserved.

HUT! STAFF

George Sorenson, *Editor*
Mary Satre, *Graphic Designer*
Chris Berne, *Publisher*

1982-1983 Board of Directors, Minnesota Canoe Association, Inc.

Executive Committee

Venice Barsness, *President*
500 East 15th Street
Minneapolis, MN 55404
(612) 332-3549

Karl Ketter, *Vice President*
1957 Lake
Roseville, MN 55113
(612) 636-8116

Verna Robinson, *Secretary*
4421-36th Avenue North
Minneapolis, MN 55422
(612) 588-5402

Dave Logeais, *Treasurer*
316 West Diamond Lake Road
Minneapolis, MN 55419
(612) 825-4040

Steve Stedman, *Membership*
12049 Jefferson St., N.E.
Blaine, MN 55434
(612) 757-5456

Chris Berne, *Publications*
5057 Ewing Avenue South
Minneapolis, MN 55410
(612) 929-5714

Activities Committee

Jim Robinson, *Cruising*
4421-36th Avenue North
Minneapolis, MN 55422
(612) 588-5402

John Kopp, *Building*
8425-69th Street
Cottage Grove, MN 55016
(612) 459-8290

Al Gustaveson, *Conservation*
1091 Hawthorne Avenue East
St. Paul, MN 55106
(612) 778-8525

Winnie DauSchmidt
Education & Safety
1679 W. Minnehaha
St. Paul, MN 55104
(612) 644-6115

Kurt Kemppainen
Program & News
4519 Drew Avenue N.
Robbinsdale, MN 55422
(612) 535-4852

Jim Seward, *Volunteers (3 years)*
4437 Cedar Lake Road
St. Louis Park, MN 55416
(612) 377-0551

Penny Mielke, *(2 years)*
1880 East Shore Drive
St. Paul, MN 55109
(612) 776-1935

Walt Jones, *Liaison (1 year)*
832 West Idaho
St. Paul, MN 55117
(612) 488-4570

Deadline For Each Issue:
Articles should be submitted to the Editor no later than the 10th of the month preceding publication. Send submissions to: George Sorenson, Editor, 2220-28th Ave. S., MPLS., MN 55406.

FROM THE EDITOR

HUT! readers and members of MCA, please send in:

- Articles of all sorts.
- Trip reports that are as short as four or five sentences.
- Letters about your canoeing concerns.
- Recipes that worked well. Including what you think about different types of dehrydrated food.
- An explanation about why you selected your current canoe.
- Why you sent your aluminum canoe to recycling.
- Why you cashed in your Kevlar canoe.
- A double-spaced typed page about how you cross your legs when paddling. **George Sorenson** ■

Dear Editor:

I write a family history newletter that is sent free to about 425 cousins, second cousins, etc., of the Rosholt-Rugland families throughout the U.S., Canada and Norway.

Ted Rugland, VP at International Multifoods, sent me a copy of the March HUT! carrying an item by Eric Sevareid, which mentions meeting Ted and his son up on Hudson Bay.

I would like permission to use the Sevareid item from HUT! in our family newsletter with full attribution to HUT! and to the Minnesota Canoe Association—plus noting that Cousin Ted is a member of the MCA, and a canoeing enthusiast.

I envy him, being a former Minnesotan myself (and a former WCCO newman); there's not much canoeing in NJ. **Jerry Rosholt, Editor, NBC Nightly News**

P.S. I read your newsletter cover to cover. You do a very good job. It's well written and there is something to attract the eye on each page. ■

Dear Editor:

I like the MCA newsletter, but I usually get it at about the 10th of the month, so I miss events scheduled between the 1st and the 10th, e.g., this month's meeting. **Dudley Flamm**

Please check with your local post office to explain the difficulty. The post office is required to deliver bulk mail in 10 days. We are usually able to get HUT! into the mail for first-of-the-month delivery. Editor ■

HUT! looks forward to receiving your letters and articles. All submissions must be typed, double-spaced, on white, 8½"x11" paper. We reserve the right to edit for length.

BOARD MINUTES

June 1st, 1983

The meeting was called to order at 7:45 p.m. by Venice Barsness. We discussed a possible packet to give to different places of business to put in canoes they are selling.

Karl Ketter has offered to do the fiberglass work on the two canoes that are owned by the MCA. A motion was made, seconded and passed that we finish the canoes and sell them above cost.

Winnie DauSchmidt: Winnie is in charge of the program in September. It is planned for September 14, 1983 from 7-10 p.m. at Newell Park. It will be a Camp Cooking and Bake Off. Karl Ketter is offering classes—individualized instruction on beginner to advanced canoeing. Classes will be 4-5 hours. Contact Karl for more details and appointments, 636-8116. Betty Ketter and Karl Ketter will be having canoe patching and repair programs on Sunday, July 10th from noon to 6:00 p.m. and on Sunday, September 11th from noon to 6:00 p.m.

Al Gustaveson: Last Thursday, June 2nd the Governor signed a proclamation making Minnesota the "Canoe Capital of the United States." He signed another proclamation declaring June as "Rivers Month."

Jim Robinson: There will be a kayak trip on the Brule River on June 11th and 12th. This was not known before, so it did not get in the June HUT! Jim is planning a possible trip up near the Crow Wing State Park. It will probably be in August, on the Crow Wing River and the Mississippi River.

So far, the major weekend cruise in July will be the trip on the Namekagon River. Winnie DauSchmidt will be leading this cruise. Walt Jones, who usually leads this cruise is very ill. He has been hospitalized three times this spring. He is currently at Ramsey Hospital with pneumonia, and possibly a heart attack. Cards and letters will be appreciated.

Among the other things that were discussed was a letter we received from a resident of Mankato, MN. Mankato is interested in forming a chapter. There are a number of different areas to canoe near Mankato. Jim Robinson will contact Terri Stoneburner about doing a cruise near Mankato in July.

Chris Berne was given permission to spend up to $60 for the prizes for the Jensen handicap. He was able to obtain the prizes without having to spend any money from our budget.

There was no further business, and the meeting was adjourned at 10:45 p.m.

Verna Robinson ■

GOVERNOR SIGNS PROCLAMATION

By 8:15 a.m. the room was filling up with bill-authors, supporters and proclamation witnesses. A group of American Indian children periodically thumped on a big drum.

Enter your three stalwart MCAer's Venice Barsness, Betty Ketter and Al Gustaveson, into the montage of state government. We weren't alone however, trusty guides in the personages of Paul Swenson, Joe Alexander and some more of the good guys from the DNR were on hand to lead us along.

About 9:00 a.m. we were ushered into the inner sanctum for the traditional signing and pictures. Governor Rudy Perpich read our "Canoe Capital Proclamation," turned to Jerry Nelson, his press aide, and said, "Let's take a canoe trip to promote June as Rivers Month and Minnesota as the Canoe Capital of the country." Then he signed it . . . making it official. We are Canoe Capital USA!



Now about that Governor's cruise . . . As of press time, we don't have exact dates. That will depend on the Governor's schedule. However, it looks like the Mississippi, big media coverage, and the chance to meet your Governor in person. Watch the local papers and TV . . . We'll get the date and time out as soon as we can.

One more thing, both the Governor and Joe Alexander mentioned how upset they were about the trash they have recently seen along some of our rivers and streams. Alexander noted the comment space on the bottom of our rivers inventory reporting forms as a good place to notify the DNR about filth you may encounter on your canoe trips this summer. A good suggestion—let's do it. How about a big plastic bag in the bottom of each canoe? We can pick up too. Let's keep the Canoe Capital as clean as we know it can be.

Al Gustaveson ■

Bring a Friend !
20 % Off !

Introduce us to your friend who hasn't shopped at Midwest Mountaineering recently and present this ad and you will receive a 20% discount on any single item in the store.

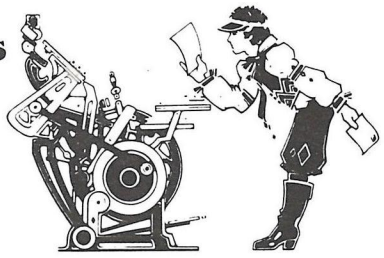
Valid July 1 - 8 ONLY
One coupon ad per person with friend.

MIDWEST MOUNTAINEERING

309 Cedar Ave. So., Mpls. • 339-3433 • Weekdays til 9, Sat. 10-6
Park free across the street behind Caesar's Bar

Ask us. We've been there.

Our Business is Geared to Help You!



We Specialize in:

- **Business Cards**
- **Business & Personal Stationery**
- **Publications, Newsletters**
- **Brochures, Flyers**
- **Four-Color Process**
- **Cutting, Folding**
- **Phototypesetting**
- **Keyline/Design**
- **Computerized Mailings**

printing WORKS

5612 WAYZATA BLVD. • MINNEAPOLIS, MN 55416 • 612/542-9881

"THE BODY"

After 11 years of weight training and professional wrestling, I must admit, I've developed strength as well as good looks.

You probably don't have some of my advantages, like being 6'4", 260 lbs. and achieving status as one of the greatest wrestlers in the world. I've met some of the strongest, meanest, ugliest humans in the ring, matching wits and power with them — all for your enjoyment.

As far as canoeing, I've done a lot of paddling. And I mean a lot. When I was in the Navy Underwater Demolition Team—the Seals—we carried a 7-man, IBS (Inflatable Boat Small) raft around and paddled it everywhere.

These days, I take leisurely cruises at the family lake cabin and look at the scenery. Canoes are good for that. Minnesotans are too spent on motor boats. They need better exercise and canoes are great for that. Canoes keep the lakes cleaner too. That's important when you want to relax and get away from Turkey Town. Turkey Town #1, that's Minneapolis and Turkey Town #2 is St. Paul.

Now for some advice. You do what I tell you. Get out there in your canoes and have a good time, but be ready before you go. Get in shape. Start with a good eating program, not like mine. I'm on a seefood diet. I eat all the food I see.

Always stretch when you canoe. I don't even do enough of that. Stretch before undertaking any physical activity. Before you even put your canoe in the water do push-ups, 10 or 20 or whatever you're capable of. Do a whole variety of stretching before and at the end of the trip.

Of course, you canoeists have to deal with winter time. I'm not an outdoor person in Minnesota. I despise snow!

I keep in shape with racquetball and weightlifting. You should have a good summer and winter routine too. Don't be afraid to look dumb trying something new. Just remember to start slow, same as you started to learn math. One plus one equals whatever, and eventually work up to advanced algebra.

You've got to make time in every day to play. How many people do you look at and say, "They can't even run around the block." Many people can't even touch their toes. How can those people have any self-dignity. This means, get out and get some regular exercise that your doctor approves of.

To me, weightlifting is playing. It's the most fun of the day. Canoeing is exercise too. It's a good pulling exercise. It helps build up

your back and biceps. And if you've come up to Ventura's Gym, the same exercise would be the seated cable pulls.

When I work out with pulling, I do 5 sets of 8 reps that pyramid the weight up to 300 lbs. Now doesn't that make a little canoe paddling seem easy? Well, it's all what you're used to. And it's like anything else, you learn slowly and from the veterans. In other words, learning canoeing skills is like learning hair pulling in wrestling. Go ahead and try it, but remember you have to do it when the ref isn't looking. That might not exactly apply to canoeing, but it's close.

Have a good time out there on the water. Make sure to wear your life jacket and I have no doubt that I've been a great help to your enjoyment of the canoe sport. You can see the importance of this when you compete in the third largest spectator sport. One is car racing. Two is horse racing, and Three is — not canoeing — it's Professional Wrestling, the greatest sport in the world. **Jesse "The Body" Ventura, Professional Wrestler** ■

Efforts to edit Mr. Ventura's copy were halted when "The Body" said, "Touch one word of my stuff, Sorenson, and you and that Berne dude step into the ring with 'Mr. V' for a 5-minute round." Editor

"MR. V"



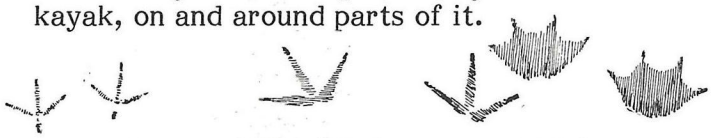
Photos by Crofoot Photography and thanks to A. U.

TRIP REPORTS

STROK'N MY ISLAND

Isle Royale National Park is located in Lake Superior and lies only 22 miles offshore from Grand Portage. The park consists of the main island, which is roughly 8 miles wide by 50 miles long, and 200 smaller islands. Some of the islands are in lakes on the island, and Ryans, in Siskiwit Lake, has the distinction of being the "largest island in the largest lake on the largest island in the largest freshwater lake in the world." Isle Royale is also home to the densest population of moose (about 900) and wolves (about 23) in the world. The wolf count was 50 in 1980, but has declined to its present level due to interpack rivalry. They thinned out their population by killing one another.

I introduced myself to the park in 1978 after moving to Minnesota from California. I have hiked and ran the length of it and, for the last 3 years, have paddled by canoe and kayak, on and around parts of it.



Eighty dollars (60 for you and 20 for your craft) will get you there and back via the Voyageur II, out of Grand Portage. My 1982 trip, in late May, started with a 6-hour boat ride to McCargo Cove, with a stop at the Windigo Ranger Station for a camping permit — no charge. According to Indian legend, Windigo is a man fiend who travels by canoe and eats Indians.

Saturday and Sunday were spent on Birch Island in an Appalachian shelter (large, screened, wooden lean-to). My black and yellow 5-of-diamonds Daredevil produced a 22-24 inch northern pike (I wanted a lake trout). With a fresh dinner for my body and the cries of the loons for my soul, I snuggled into my down sleeping bag for a contented night's rest in my mosquito-proof lodging.

At 5:30 a.m., I was awakened by a pesky red squirrel on the shelter roof. Sunday proved to be the only hot or even warm day of the entire trip. There is only one shelter on Birch Island and I shared it with four canoers led by an ex-guide who lives in New York on Skinneyappolis Lake (isn't that a snitzy name). We had a lake trout fish boil for dinner. On Monday morning, I packed my one-man, home-made, Folbot touring kayak (the Moonrunner) in a foggy cold drizzle. With some misgivings and admittedly, a little scared, I paddled out of the cove and onto Lake Superior. This section, from Indian Point to Herring Bay, is listed on the map as extremely dangerous. Thank God! it wasn't that day. Bucking small waves all the way, I rode low and dry through a wind-driven mist to the Pickerel Cove portage (only 50 yards long). Then island hopped from Pickerel through Robinson Bay to the Belle Isle campground. The capricious winds of the lake kept me windbound for two days while the whitecaps tried to pound granite into sand. Belle is beautiful and a little spooky, what with three foghorns to be heard in the distance and 12 concrete steps, in the pine forest, that go nowhere. Let me explain, from the turn of the century through the 20's, Belle was a gangster headquarters and was used by them to entertain gentlemen from Chicago. Where the campground now sits, there was a casino and dance-hall (only the cement sidewalk remains) and by the dock, there was a two-story hotel and house of ill repute. When the federal government took over the island, they jacked-up all of the buildings, skidded them out onto the lake ice and set them on fire. Ah, in my mind's eye I can see it all now, scarlet women and their dates doing the black bottom and shimmy shake to the throbs of ragtime music while swilling bootleg gin.

Just south of Belle is Clay Island and on it, at one time, lived the lawyer that succeeded in putting Al Capone behind bars. He received so many death threats, he purchased the island, strung lights (which were powered by a portable generator) around it, hired two full-time bodyguards and spent the rest of his life there.

I noticed that right after first light, the lake was very calm and decided to make a run for it the next morning.

Wednesday. By using an Indian alarm clock (drink a lot of water before you go to bed), I was packed and paddling by 6:15 a.m. By following a compass heading, 45 minutes of hard work carried me to the Lane Cove take out. After an easy 1/10 mile portage, I entered the dead calm waters of Stockley Cove and headed for Five Fingers Bay. After leaving the protection of the cove, I ran into a strong northeast wind blowing straight off the lake.



FIG. 159. Anthers opening by valves.



FIG. 160. Anthers opening by long slits.

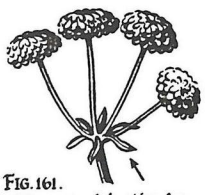


FIG. 161. Flowers with stipules.

At the fourth finger, the waves were bad and I hugged the shoreline, but the sound of the waves pounding against the rocky shore keeps your anxiety level high. At the fifth finger, the waves and current were very strong going around the point — a lot of swells, surges and 5 to 6 foot waves. To the portage, it was a straight southern run with the waves coming off of the point. The take out area is a mess of rocks and the landing (in 3 footers) resulted in one broken rib in the "Moonrunner." Wow! What a relief to get off the lake. (The water is so cold, that if you were to upset into it and not be able to reach shore in a few minutes, it would suck the warmth of life from your body like a hot cup of coffee melting an ice cube. My cardinal rule was never go onto the lake unless the wind was blowing towards shore.) The 2/10 mile portage to Duncan Bay is easy. After checking out the campgrounds at both ends, I selected one at the narrows and that night, fell asleep listening to the Black Point foghorn.

Thursday. Again stroking into near whitecaps, I headed for the Tobin Harbor portage. Kayak touring is like running — the wind is always in your face. The 8/10 mile portage is extremely steep and the worst one on the island. After a break, to photograph some moose, I found (just before the portage sign on top of Greestone Ridge) an 8x8' moss-covered rock with 39 orchids growing on it — it made the portage worthwhile. After exploring Tobin Harbor it was an easy 2/10 mile portage to Rock Harbor — the park headquarters.

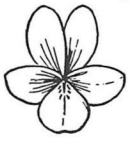


FIG. 168. *Violet flower. (generalized type)*



FIG. 169. *Anthers opening by pores at top.*



FIG. 170. *a. Follicles of Delphinium. b. one follicle, open.*

One of the amenities of civilization is a hot shower — and for $1.50 you can get it (check at the General Store).

A more leisurely canoe trip on Isle Royale can be had by traveling from McCargo Cove to Malone Bay via lakes Chickenbone, Livermore, Le Sage, Richie, Intermediate and Siskiwit. The fishing is free and excellent for northern pike, walleye, brown trout and lake trout. You will see moose and if you're lucky, as I was one night while camped on the rocky shore of Wood Lake, hear the wolves howl. It doesn't get any better than that. **Martin Szekeresh, Jr.** ■

CROW RIVER

The Crow River is a quiet, peaceful, scenic river on the northern boundary of Hennepin County. The day we went on a cruise on the Crow River was May 7th.

It started out as a chilly morning. There was a pouring rain east and south of the cities. We had no rain in our area of town (Crystal), and no rain on the trip.

We started the day by meeting at the Hanover Grocery in Hanover, MN. With a few delays, waiting for everyone to come, we went down to the put-in place about 10:00. After the shuttle was completed, we finally started about 11:00 or so. The current was very stong, but my Mom and Dad and everyone else on the cruise had to fight against a strong head wind for the entire trip. It only took us about 1 hour to get to the Berning Mill Dam. That part of the trip usually takes at least 1½ to 2 hours, so in spite of the wind, we were "boogying right along."

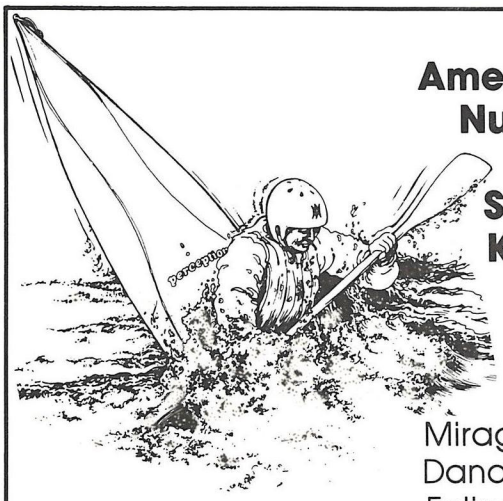
We had our lunch at the picnic area at Berning Mill Dam and went over to look at the dam, which was going very fast. The wind was so strong that the foam that is formed at the dam was going upstream over the dam. We then portaged everything to the water access.

We had taken a long lunch break, and by the time we got back on the river, it was about 1:30 p.m. This part of the trip usually takes 2½ to 3 hours. We were at the take-out point at 3:30 p.m., so the second part of the trip took only 2 hours. The river was really high, and the current was very strong.

The scenery was just beautiful. This river has a wilderness setting, even though it is close to the Twin Cities area. We had a beautiful, sunny day, and I'm sure it is a cruise everyone would enjoy.

Alexandra Robinson ■

Give a gift MCA membership to a friend.
Get someone to join the club.
Send in an MCA membership for a birthday.
The perfect present: MCA membership.



America's Number One Selling Kayak

Mirage™
Dancer™
Eclipse™
HD-1™
Accessories™

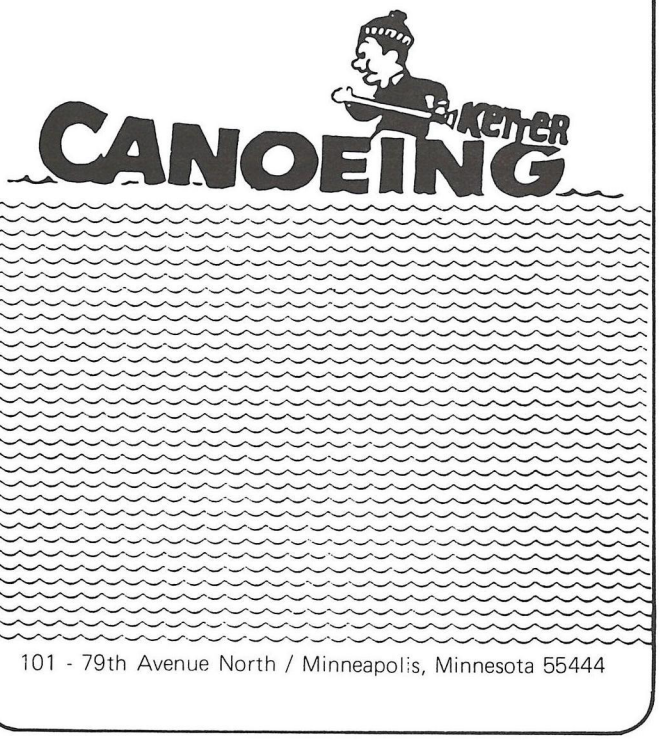
R.E.I.
710 W. 98th St.
Bloomington, Minn. 55420

Midwest Mountaineering
309 Cedar Ave. S.
Minneapolis, Minn. 55454

Scheels Hardware & Sports
505 Center Ave.
Moorehead, Minn. 56560

perception

Send for free color catalog:
Perception
Dept. MCA, P.O. Box 686
Liberty, SC 29657
(803) 859-7518



101 - 79th Avenue North / Minneapolis, Minnesota 55444

DNR NEWS

CHANGES ON MISSISSIPPI RIVER MAPS

The updates on the Mississippi River maps reflect the Corps of Engineers River mile system. This assumes the "zero" point of the Upper Mississippi River is at the mouth of the Ohio River instead of the Minnesota State line.

Maps of the Mississippi between Anoka and the Iowa State line provide good information on back waters and sloughs. The backwater areas are fascinating to explore by canoe, and offer excellent opportunities for fishing and viewing wildlife. Try exploring one for a different type of river experience.

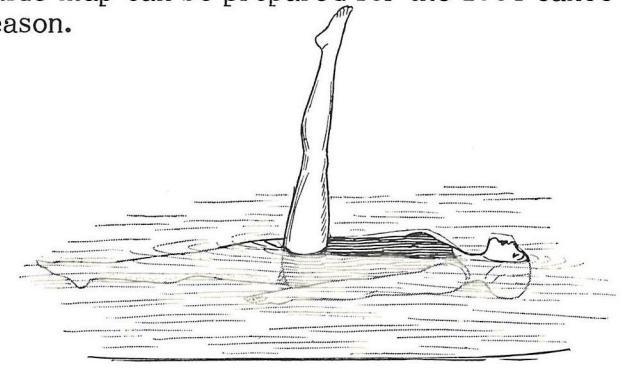
COUNTY WATER ACCESS MAPS

In addition to the Canoe and Boating Route map series, the DNR has a series of public access maps for the 55 counties with significant water areas. These maps show public access sites on all lakes and streams in a given county, identify the type of access (ramp or carry in) and have other useful information on fees, parking, fishing, etc.

As with the Canoe and Boating Route maps, the water access maps are free. Contact the DNR Trails and Waterways Unit at (612) 296-6699 to order maps or request other information.

PINE RIVER DESIGNATED CANOE AND BOATING ROUTE

In May, the Pine River in Crow Wing and Cass counties was designated the nineteenth of the State Canoe and Boating routes, thanks to the strong support of Senator Don Samuelson and Representative Paul Ogren and lobbying by the MCA. Designation of a river as a Canoe and Boating Route authorizes the DNR to manage the river resource. Campsites, rest areas, accesses and portages can be developed. The river can be signed and maps can be prepared showing facilities and hazards. Hopefully, a guide map can be prepared for the 1984 canoe season.



ONE LEG OUT OF WATER

RIVER LEVEL INVENTORY PROJECT

So far, responses on the river level inventory project have been slower than hoped for. This may be in part due to poor weather on the weekends. The completed report forms turned in so far have provided good information on river conditions, but many more reports are needed to give a spectrum on conditions at different river levels.

Some canoeists have reported difficulty in finding and reading gauges, due to high, fast water or distance of the gauge from the shore. Please go ahead and submit a report even if you're unable to read the gauge; your information will still be useful, although we'd like gauge readings whenever possible.

Contact the DNR or Al Gustaveson if you need more report forms or gauge lists.

It's not too late to lead a trip cruise. You can pick it, set the dates and do it at your convenience. Just call Jim:

588-5402

UPDATED CANOE AND BOATING ROUTE MAPS AVAILABLE

Maps have been updated for 31 of the 40 river segments in the Canoe and Boating Route System, to show more comprehensive and detailed information. Some of the new features include:

- Latest information on access sites, rest area locations, portages, etc. Symbols have been added to show the type of access (carry in or trailered boat launch).
- More complete information on bridge and powerline crossings, roads parallel or close to the river, general accessibility, etc.
- Location of river gauges.
- Improved descriptions of rapids, dams, boulder beds and other hazards.

The Department's goal is to make the maps as helpful as possible to river users. Please let us know how well they work for you. If you discover errors or find something significant is missing, please call. For example, we know that not all power line crossings are identified; these are helpful landmarks we'd like to add in future updates. ■

MIDWEST CANOE TRAILS CO-OP



PERCEPTION KAYAKS
BLUE HOLE CANOES

Specializing in River Touring & Whitewater Canoes, Kayaks, Rafts and Complete Accessories. Canoe Rental

BLUE HOLE canoes

perception

P.O. Box 183
Monroe St. No.
Hudson, WI 54016
Phone: Twin Cities: 776-4657
Wisconsin: 715-386-5360

HYDRA

-the spirit of whitewater-

now makes its Minneapolis debut exclusively at:

Recreational Equipment, Inc.
710 West 98th Street
Bloomington, MN 55420

You've heard rumors about Tom Johnson's new roto-molded kayak, the Taurus! Paddle one and you'll be amazed. But thats not all; in the coming months you'll see new kayaks, a C-2 (in plastic), and a range of quality whitewater accessories at very modest prices. Check us out at REI. Hydra is a member of American Whitewater Affiliation and American Rivers Conservation Council.

CALENDAR

July Friday-Sunday **1-3** CANADIAN OPEN GOLD RUSH CANOE DERBY (Pro) Bob Jarvis 343 Queen Street Flin Flon, Manitoba R8A OM8	Friday-Saturday **1-9** RAINY RIVER CRUISE Trip depends upon attendees. Beginning, intermediate FMI: John Wexler, (612) 722-7069	Saturday-Monday **2-4** CANOE CRUISE FOR WOMEN Trip to northern Wisconsin. Beginners welcome. FMI call Woodswomen, 870-8291
Friday **8** GRAIN BELT DOWNSTREAM CANOE RACE (Citizen) Doug Severson Route 5, Sherwood Shores St. Cloud, MN 56301	Saturday **9** MISSISSIPPI RIVER CRUISE Camden — Showboat Landing Lunch on Main Street. FMI call Harlan Nickerson 933-6601 POLING CLINIC ON BRULE Sponsored by Twin Ports Chapter. FMI see article or call David Spencer, (715) 372-4832 or (218) 624-3413.	Sunday **10** BEND OF THE RIVER CANOE RACE (Citizen & Pro) Dale Hennek Route 7, Box 307 Mankato, MN 56001
Friday-Sunday **15-17** NAMEKAGON-ST. CROIX CRUISE FMI call Winnie DauSchmidt (612) 644-6115. See article inside.	Friday-Sunday **15-17** WOLF RIVER CRUISE Intermediate level. FMI call John Wexler, (612) 722-7069. 	Saturday **16** MCA BASIC CANOEING CLASS MCA membership, plus $5.00/person FMI call Winnie DauSchmidt, 644-6115. See article inside.
Saturday **23** COOK TIMBER DAYS CANOE RACE (Citizen and Pro) Dave Culbert Box 158 Cook, MN 55723	Saturday, Sunday **23, 24** BLUE EARTH RIVER CRUISE Inaugural cruise for new Mankato chapter. FMI call Jim Robinson, (612) 588-5402 or Terri Stoneburner, (507) 388-2708.	Sunday **24** SKI HUT CANOE CLASSIC (Citizen & Pro) Jim Wheeler 1910 East Third Street Duluth, MN
August Wednesday **3** MONTHLY DIRECTORS' MEETING 7:00 p.m. All members welcome. FMI call Jim Robinson, 588-5402.	Saturday **6** MISSISSIPPI RIVER CANOE CLASSIC (Pro) Betty Ketter (612) 561-2208 101 79th Avenue North Minneapolis, MN 55444	Sunday **7** MINNESOTA WOMEN'S CHAMPIONSHIP (Pro) Betty Ketter (612) 561-2208 101 79th Avenue North Minneapolis, MN 55444
Saturday, Sunday **13, 14** LOWER CROW WING/MISSISSIPPI RIVER CRUISE See article in August HUT! FMI call Jim Robinson, (612) 588-5402.	Wednesday **17** MCA MONTHLY PROGRAM Come paddle with us. Canoes that seat 6-15. 22-30 feet long. Mississippi River, West Bank, south of Broadway Bridge. 6:30 p.m.	Friday-Sunday **19-21** MCA KAYAK COURSE Sponsored by Rapid Riders. See article inside. FMI call John Wexler, (612) 722-7069.

Monday **4** WHIZ BANG DAZE (Citizen Race) Kurt Kemppainen 535-4852 4519 Drew Avenue South Robbinsdale, MN 55422	Monday **4** APPLE VALLEY CANOE RACE (Citizen Race) Bob Brown 432-7557 12936 Galaxie Avenue West Apple Valley, MN	Wednesday **6** MONTHLY DIRECTORS' MEETING Minnesota Federal Savings & Loan Knollwood Mall, St. Louis Park. 7:00 p.m. All members welcome.
Sunday **10** CANOE PATCHING & REPAIR CLINIC Free to members. Betty Ketter's, Noon to 6:00. 101 79th Avenue North, Mpls. FMI call Karl Ketter, 636-8116.	Tuesday **12** RAPID RIDERS MEETING Northeast Beach of Lake Nokomis, 6:30 p.m.	Wednesday **13** MCA MONTHLY PROGRAM ⁓ Come paddle a performance canoe. Solo and high performance canoes available to try. 6:30 p.m. Mississippi River, West Bank, south of Broadway Bridge.
Sunday **17** PARK POINT PADDLE & PICNIC Meet at end of Park Point. Try ⁓ different boats. Pot luck supper. See article inside. 6:30 p.m.	Tuesday **19** MISSISSIPPI LOCKS CRUISE ⁓ Evening trip. Dinner on Main Street. FMI call John Wexler, (612) 722-7069.	Saturday **23** TWIN PORTS MOONLIGHT ⁓ PADDLE. Upper St. Louis River. See article. FMI call Fred Freeman, (218) 525-6486 or Greg Furtman, (218) 525-6571.
Sunday **24** HASTINGS STEAMBOAT DAYS (Citizen Race) Bob Brown (612) 432-7557 12936 Galaxie Avenue West Apple Valley, MN	Saturday **30** MINNESOTA JUNIOR CLASSICS (18 & under, Citizen) Separate evens for men and women. Betty Ketter (612) 561-2208 101 79th Avenue North Minneapolis, MN 55444	Saturday, Sunday **30, 31** ELY/ATIKOKEN CANOE DERBY (Pro) Ely Area Development Council 30 South First Avenue East Ely, MN 55731
Tuesday **9** RAPID RIDERS MEETING Thomas Beach of Lake Calhoun. 6:30 p.m.	Thursday-Sunday **11-14** VERMILLION RIVER CRUISE ⁓ Beginner/Intermediate/Expert FMI call John Wexler, (612) 722-7069.	Saturday **13** MCA BASIC CANOEING CLASS MCA membership plus $5.00/person FMI call Winnie DauSchmidt. See article inside. 644-6115
Saturday **20** MCA PRESIDENTIAL CRUISE ⁓ Mississippi River, Broadway to Fort Snelling Park. All presidents (and anyone else) invited. Come see Venice actually paddle a canoe. See August HUT! for details.	Saturday, Sunday **27, 28** MT. LAURIER CANOE CLASSIC (Pro) Quebec Karl Ketter 636-8116 1957 Lake Roseville, MN 55113	⁓ Denotes CRUISE

CHAPTER NEWS

Mississippi Mud

LONG DISTANCE CANOE RACERS

President — Allan Rudquist, 521-9734
Records — Penny Milke, 776-1935
Race Calendar — Warren Thunstrom, 780-3284
Mississippi Mud Editor — Jenny Graham, 378-1261

JENSEN HANDICAP *Coming next month*

DULUTH TRAVELER



President: Rick Luck, 18 W. Owatonna Street, Duluth, MN 55803 724-7992
Cruising: Liz & Fred Freeman, 525-6486
Whitewater: Sue Marsh, 879-5581
Racing: Jim Wheeler, 722-8010

Keeping things simple this month, the following activities are scheduled for July. Remember, our club's existence depends on your support.

July 9th Poling Clinic on the Brule River
David and Marshall Spencer will lead a one-day poling clinic on the scenic Brule River. If interested contact David in Brule, Wisconsin at (715) 372-4862 or in Duluth at 624-3413.

July 17th Park Point Paddle & Picnic
Sunday evening at 6:30 p.m., meet at the end of Park Point for a casual evening of boat swapping. This is a great opportunity for trying a variety of boats. Bring whatever you've got and come on down. Following the paddle there will be a potluck and fire on the beach. In case of rain we'll move the evening to the following Sunday, July 24th.

July 23rd Moonlight Paddle
This year we're going to try the upper St. Louis River, by Floodwood. Meet at the Skyline Bowling Lanes at 7:30 p.m. on Saturday evening. We'll drive up to the put-in, run a shuttle and try to be on the river by 9:30 p.m. We should be down to the take-out by Midnight to 1:00 a.m., giving people the option of pitching a tent and staying overnight at the take-out or driving back to Duluth. Questions and more information contact Fred Freeman at 525-6486 or Greg Furtman at 525-6571. ■

WHITEWATER RAPIDS RIDERS

WHITEWATER CANOE COURSE COMPLETED, KAYAK COURSE BEGINS

Burt Levy was elected Safety and Education and Julie Alonso was elected to be Recorder at the May meeting. Whitewater Cruise Director Mike VandeVyver will be trading in his walking cast for a paddle.

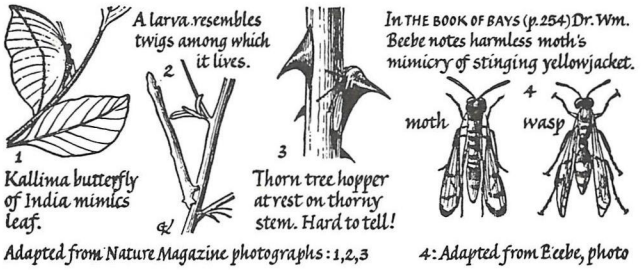
The whitewater canoe course was completed by approximately 20 participants. I would like to thank instructors Ian Richards, Terry Quam, Terry Lemke, Bob Bowman, Susan Kane, Chuck Holst, and Dave Garron for volunteering. I would also like to thank Burt Levy for his photographic skills, Greg Potthoff and Paul Rem for organizing the class, Tom Seline for shuttling and Barb Ford for writing the instructor's manual.

Kayaking will be the theme of the July 12 Rapid Riders meeting which will be held at Lake Nokomis at the Northeast beach.

There will be an eskimo roll demonstration, and we will have extra kayaks and decked C1's for you to try out. The fun starts at 6:30. Bring nose plugs and a picnic supper. This will be a good introduction to the kayak course that is set for August 19, 20 and 21. Mike VandeVyver and I will be the chief instructors. Cost will be $5 and will be limited to 15 participants. Be sure to sign up early.

August 9th Rapid Riders meeting will be held at the Thomas Beach on Lake Calhoun in Minneapolis.

For a more current list of trips, contact Mike VandeVyver, Cruise Coordinator at 922-7069 or attend Rapid Riders' meetings. Often times trips are planned rather spontaneously at these meetings. **John Wexler** ■



Adapted from Nature Magazine photographs: 1,2,3 4: Adapted from Beebe, photo

FIG. 145. Examples of so-called "protective mimicry" in insects. Biologists debate the question: chance or design? Something to work on!

CRUISIN' ALONG

TRIP PLANNING

When you plan to go on a weekend cruise, it is a good idea to have a checklist for things you want to bring along. You might even want to keep a standard list of things you always take for each trip. It would create a few problems if you drove for 3 to 4 hours for a weekend cruise and then discovered when you got there that you forgot your tent, paddles or stove, or other necessary items. We have found out that if we rely on our memory for a checklist, we forget something.

We went on a weekend trip over Memorial weekend, and had to turn around after we were about 2 miles from home. We discovered that we had not put the dry clothes bag that goes in the canoe in the van.

Even for day tripping, such a checklist is beneficial. Even though forgotten gear may not be critical, it would be annoying to forget a knife or something like that.

The trip leader is responsible for a shuttle, and he should make sure everybody is ready to go before the shuttle moves. It is not time to go to the bathroom when the shuttle starts to roll. Two recent incidents have brought out the importance of this.

The vehicle bringing up the rear should know where the shuttle is heading, so if the shuttle gets divided this vehicle can take over to lead in the strays. If there are two vehicles in the group that are equipped with CB radios, it is a good idea to have these vehicles take the lead and the rear.

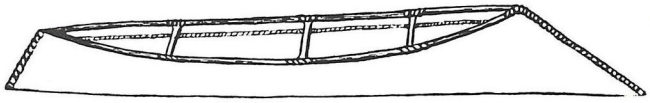
Now that the dryness of summer is upon us, be extremely careful about running shuttles on dirt roads. Keep a safe interval between vehicles, so you are not driving in their dust and unable to see if they stop. It is terrifying to suddenly see a stopped vehicle appear in the dust cloud.

If you are on a gravel road shuttle and must stop, pull well over to the side of the road so you are not in the way of other vehicles behind you. If you do this, you will most likely avoid the possibility of a collision.

Jim Robinson, Cruising Director ■

UPDATE ON NEW CANOE AND BOATING ROUTE FACILITIES

- There are two new canoe campsites on the Rum River north of Cambridge: one at River mile 46 and one at River mile 54. The Rum River seems to be getting more use, particularly for 3-4 day trips. The new sites should help to meet the growing need for overnight facilities.
- There is a new access on the Mississippi River at River mile 972 (new mileage system) in Morrison County. The Belle Prairie county park has a concrete boat ramp, picnic facilities, and a portage around the rapids. The portage will serve boaters more than canoeists, as the rapids are fairly easy for canoes.
- The DNR campground at Fletcher Creek (River mile 974) on the Mississippi River is expected to be completed later this summer. (It is already shown on the new maps.)



3. The Kootenai canoe of the Northwest was usually made of bark.

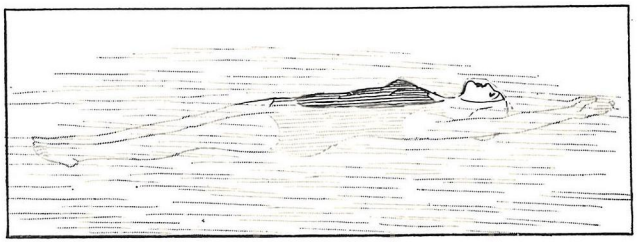
JUNE DESIGNATED RIVERS MONTH

On Thursday, June 2, Governor Perpich signed a proclamation designating June as Minnesota Rivers Month, urging citizens to "celebrate this river heritage and rededicate themselves to preserving, protecting, and the wise use of Minnesota Rivers."

This is the second year June has been so recognized. Nationwide, efforts to designate June as American Rivers Month have been coordinated by Senator Paul Tsongas' (D. Mass.) office and the American Rivers Conservation Council. The purpose of the proclamations and celebrations are to focus public awareness on the value of rivers, and where possible, to generate political action to conserve and revitalize these irreplaceable resources.

Lead a summer cruise,

Call 588-5402



(12) BACK PLUNGING

BUILDER'S CORNER

Set up an area for mixing—any table or work bench works. Cover your table and protect it from spills. Have solvents handy for clean-up during and after the job is done. Acetone is good for cleaning but is very flammable. I keep the acetone outside. A good cleaner can be made from ammonia and dish detergent. This is much safer and cheaper than acetone. I have both on hand before I start.

The last thing I do before starting to glass is to brush off and vacuum the hull. Remove any sawdust or other contaminants.

Now you're ready to start glassing.

I don't prime my boats. If you choose to prime I'll recommend doing it with resin. It is my opinion that the best bond for polyester resin is polyester resin. Some people prime their wood with lacquer or shellac. Some of us don't prime at all.

I spread the glass out over the boat from end to end and trim for length. Smooth out the cloth and center it so it drapes over the sides uniformly. Be sure that the fabric is flat and smooth all over. Trim off any cloth that hangs more than an inch below the gunnels. Keep the large trimmings clean as you will be using them. The trimmings will usually be four triangular pieces of cloth. From these pieces I will make my bias strips (see Fig. 1). I cut strips of fabric at a 45^{o} angle to the weave of the fabric as shown. These strips vary from 2 to 5 or 6 inches wide. Make many different width strips.

The strips that I make from scraps are not usually long enough to completely wrap around the stems. Usually they will go halfway and overlap halfway around. I like to use these as the overlap causes extra layers of glass.

I install 4 or 5 full layers of bias cut fabric on each end. The area that has the overlaps ends up with 8 or 10 layers. This makes a dandy crunch pad. I you are a first-time builder and are not confident in glassing, I recommend that you start with a small project. Rather than do the entire bottom try glassing only a couple bias strips on each end. This is a great place to practice.

Fold back the main sheet of cloth and bare the ends of the boat. Mix a small batch of resin, about a half pint in a container twice that large to give lots of splash room. Mix thoroughly.

First shake up the resin can to mix in any wax, then pour your half pint. Add the catalist about $1\frac{1}{2}$ to 3 ml. of catalyst with an eyedropper, mix thoroughly.

Use a cheap 1" bruch for installing these strips. Lay a narrowstrip on the stem, near the bottom, and proceed to wet it out with resin. Once started the resin will hold the strip onto the boat as you continue to wet it out.

More working time can be had by adding a little less catalyst. If you used all the first batch without jelling the resin, you may add slightly more to speed the cure.

Take your brush out of the solvent and shake it clean. Go back to work on the ends. When you have completed the end with 2 layers, look for starved-looking spots and rewet them. Remember we didn't prime so some of the resin will soak into the wood. Replace it.

Wash out your brush and clean up. Don't throw out the extra resin. As the resin cures it will turn hazy as the wax comes to the surface. Check the resin from time to time and you will see how it cures. The surplus resin in the pot should begin to cure first because it's thicker. Any glass that hangs below the gunnel makes a good gauge to tell you the condition of the cure.

The resin reaches a point where it's rubbery—it no longer runs but it will still bend freely. It is at this stage that you can trim with a razor blade. If the resin hardens completely before you can trim, don't worry, at least you know you got the right mixture. If you are still waiting for a cure after an hour you didn't have enough catalyst for the temp. Try adding heat to the surface with a heat lamp, this sometimes helps.

After another hour if the resin still hasn't cured, check the surplus in the pot. It this also hasn't cured, it's time to take some action.

Get out your tools and mix up a small batch, very hot. Double the catalyst from the last batch and paint this unto the uncured surface. This will often cause a cure. Then, if the resin has not cured after a couple more hours, make a test batch. Mix a very small pot with 4-5 times the original catalyst. By now if this batch hasn't cured after a couple hours, peel off the strips you've installed and find an expert. Something is very wrong.

Bob Brown ■



COMMENTARY

KEVLAR SOUPSPOONS MAKE ME GAG

So the MCA is looking for new members? It seems to me it's got plenty of members and looking through the current issue of HUT! which came in today's mail I see many more have signed up. The problem is most of the new members don't come back after their first outing with the MCA. I think I know one reason.

When I first joined the MCA in 1976 the trips were made up of people who just plain enjoyed canoeing and being out in the woods and soaking up the sunshine and the scenery, a wonderful way to relax and make new friends, explore new rivers, learn canoeing skills. Things have changed drastically since that time.

Picture yourself as a young couple who want to give the MCA a try. You buy a used aluminum canoe you saw advertised in the want ads and you have an old tent left over from your Boy Scout days. You round up a couple of old sleeping bags and air mattresses and some heavy blankets for the kids, pack up some old pans and dishes, throw the canoe on the car, and you're off for a weekend of fun. Not the way it happens when faced with the new "elitist" corp in the MCA.

You pull into the campsite and meet several of your fellow paddlers. They show you a place to set up your tent. Canvas, you've got to be kidding. It will never stay up in the high winds in case you're up in the Arctic Circle next weekend or on the foothills of Everest. Also much too heavy, never mind you only have to carry it 25' from your car. Buy a nylon one, maybe a Gore-Tex roof. Can't deprive your family of proper living accommodations.

Time to sit around the campfire and meet the rest of the people, time for the kids to roast marshmallows. Seems like a nice group of people, maybe they just didn't like our tent. Hope they don't see our old sleeping bags, and what would they say about our blankets and quilts for little Jonnie and Sarah. We'll keep the flap down.

Really slept great last night. Love that deep pine smell in the air. Kids are having the time of their lives.

Awakened by the sound of voices in the camp area. Two people are discussing the merits of Peak I versus Optimus IIIB stoves. Got to have an Optimus in a hurricane, only thing that will stay lit. Peak I is a better value for the money, highly rated by some magazine called "Backhacker" or something like that. Yes it is, no it isn't, yes it is, no it isn't. What are those guys talking about—we never spent that much time buying a range for our new house. It appears you absolutely must have the proper stove if you are to go canoeing. I wonder why I didn't realize something as obvious as that. Make a mental note to inquire of one of these "experts" later today.

Everybody is up now, kids running around playing with their new friends. Time for the shuttle and then on the old river.

Boy, this is fun! I think my old summer camp canoe skills are coming back. We quickly find ourselves in the back of the group. Everybody paddles so fast! It looks like they are trying to get done as soon as possible. I'm informed we need a new canoe, aluminum will never do, makes too much noise, not efficient, poor lines, not enough final stability or something. Gee, I don't know, we were having a good time. Quickly informed our paddles are too long too, should get new bent shaft models, handmade laminated ones at fifty bucks a throw would do just fine. Don't forget to order a "T" grip, or one guy said only a pear grip, smaller for the wife, even smaller for the kids. Don't foget the spare. Good idea to get a Kevlar one for the spare, class V whitewater raises hell with wood blades. I don't think the family would like whitewater but if the guy insists we must buy what he's got we better have them.

Does this story bring back any memories? It does for me, it reminds me of a very recent MCA trip. The new member doesn't need any advice from an "equipmentoholic," he needs help on eddy turns, feathering the paddle in a strong headwind, tying the canoe securely to the car rack, and trying to keep the kids dry in an all-day drizzle.

The MCA needs to recruit and most of all retain the guy with the aluminum canoe and the canvas tent. We need his wife and kids too. We don't need any more "equipmentoholics." We don't even need the ones we have now!



I started out with a used Aluma-Craft, now I have a Sawyer Kevlar Cruiser. The scenery isn't one bit better and the beer isn't one bit colder than it used to be. The slower your boat is the longer you can spend on the river. I think I had more fun when I had the Aluma-Craft. **James R. Maves, Life Member, MCA** ■

ACTIVITIES

JULY PROGRAM

SOLO AND HIGH PERFORMANCE PADDLE NIGHT

Bring your life jackets, paddles, and curiosity to this one. Spend the evening paddling and learning. If you've never paddled a Kevlar rocketship here is your chance. If you've dreamed of going solo but haven't had a chance, here it is. Wednesday, July 13, 6:30 p.m. Watch July HUT! for further details.

NAMEKAGON RIVER CRUISE

Enjoy the best scenic wilderness in Wisconsin. Camp Friday night, July 15, at Riverside or meet 9:30 Saturday morning, the 16th, at Old Howell Bridge for put-in. Take-out is back at the Riverside campsite. Sunday will be down to Highway 48 Bridge OR (if the water is up) from T-bridge to Riverside. Plan for lunch on the river and a potluck picnic on Saturday night at the campground (provide your own meat). Winnie DauSchmidt 644-6115.

LUNG ASSOCIATION TREK

The first of the Minnesota Canoe Treks for Life and Breath Treks is a nine-day excursion to Ontario, Canada, August 27-September 5. Conditions permitting, trekkers will be able to explore the legendary HERMITS CASTLE, a towering log structure built by one man in the early 1900's.

The second Trek, September 29-October 2, is a Southcentral Wisconsin Kickapoo Kaleidescope. This Trek is intended for the pleasure canoeist. The Kickapoo River Valley displays soaring limestone cliffs and small, quaint towns covered in an unforgettable autumn splendor.

The Lung Association provides all food, maps, information sessions and other logistical support. Trekkers supply only their own personal gear.

The Minnesota Canoe Treks are more than just a canoeing experience. Funds raised by the trekkers will directly benefit community health and environmental quality programs. They will also support pediatric lung health programs, including CAMP SUPERKIDS. Trek Hotline: 224-4901.





HOIGAARD'S

CANOE & CAMPING
RESOURCE CENTER

3550 S. Highway 100, St. Louis Park
(M-F 9—9, Sat. 9—5:30) call 929-1351
Hoigaard's Charge Shoppers Charge Mastercard American Express Visa

EXERCISE YOUR BRAIN — SAVE YOUR ENERGY

Our long distance racers have agreed to teach their open canoe paddling techniques, stressing stroke efficiency, in special individualized sessions geared to your level of expertise. These special sessions have an hourly fee. Karl Ketter 636-8116.

WHAT THE MCA KNOWS, THE MCA SHARES

Minnesota was just proclaimed the CANOE CAPITAL of the WORLD. Now is the time to learn to canoe. The Minnesota Canoe Association is offering two scheduled classes in Basic Canoeing, July 16th and August 13th. An instructor is available for morning sessions if you wish to arrange a special class for your Scout troop, Homemaker's club, or friends. To sign up, at just a minimal fee of $5/person, contact Winnie DauSchmidt 644-6115.



HENNEPIN COUNTY PARK CAMP

Baker Park Campground, located on Lake Independence, is only a 30-minute drive from downtown Minneapolis, so you don't have to spend half your weekend driving. And, Baker offers all the facilities that campers want:

- Sites that can accommodate tents, trailers, or motorhomes
- Modern bathroom facilities including showers
- Free public boat launch
- 2,400-foot sandy beach with lifeguards on duty from Memorial Day through Labor Day
- Creative play area for kids
- Golf course
- Creative play area for kids
- Trails for hiking and biking

You can now reserve the site you want. Simply call the campground gatehouse at 479-2258, Monday through Thursday from 9 a.m. to 5 p.m. or Friday through Sunday from noon to 8 p.m. to reserve your site. A $3 reservation fee and a deposit, the amount of which will vary depending on your length of stay, are all that's needed to confirm your reservation.

Camping fees will remain at last year's rate of $7 or $9 (for sites with electricity) per night. ■



THE
NORTHWOOD'S EXPERIENCE

We're specialists in wilderness canoeing and tripping gear.

Send for FREE catalog of over 200 items

Northwoods Company
12 E. Sheridan St.
Ely, Mn. 55731
Canoes from
WENONAH, BEAVER, MAD RIVER

The TWO SEASONS Shop
THE Skihut
Outerwear our Specialty
Duluth, MN
SKIING • BACKPACKING • CAMPING

SKI HUT IS YOUR ONE STOP SHOP ON YOUR WAY UP THE NORTH SHORE

Complete accessories for...
CANOES CAMPING
BICYCLES BACKPACKING
AND MORE!
Fantastic supply of freeze dried food also.

- Richmoore
- Boundary Waters
- Mtn. House

2 and 4 person meals and deserts!
11th Avenue East & Fourth Street,
Take Mesaba off 35W,
Right on Fourth Street,
Fifteen blocks East.

1032 EAST FOURTH STREET • DULUTH, MINNESOTA

NEW MEMBERS

Life Member:

Jerome Challman	Duluth

Twin Cities Area:

Matthew Stokes	Ed Greacen
Bob Finlayson	Paul Nelles
Steven Zimmerman	Thomas Hollenhorst
Jeffrey Borning	Jeff Thiel
Peter Colas	Bill Zachmann
James Weinzierl	Pooh Olson
James Crist	Craig Dikel
Robert Hasty	Tim Davis
Steven Gjerde	Thomas Samways
Scott Sharp	Dennis Rowe
Paul Wilson	Hubert Hommer
David Quammen	Jon Knollenberg
Gary Field	Michael Lauterbach
L.D. Brodahl	Vernon Steier
John Winter	Mel Moeschler
Ronald Reimann	Chell Lundgren
Michael Somes	Dan Lindberg
Mark Yelich	Jack Fontaine
Loren Eskelson	Earl Slack
David Byrne	Robert Young
Spencer Schram	Steve Heimer
Harry Graves	Edward Doberstein
George Gotwald	Jeff Rozinka
James Kautz	John Burklund
Peter Kramp	Ann Roberts
Earl Bonde	Beth Emshoff
Robert Thomas	Earl Coombs
Robert McKelvey	Patrick Moynihan

Minnesota:

Martin Hillesheim	St. Cloud
Arthur Harren	Sauk Rapids
Milford Humphrey	Elk River
Joe Pfannenstein	St. Cloud
Jerry Heckman	Hampton
Charles Goracke	Elk River
Edward Giese	Hackensack
Thomas Weiss	Elk River
Charles Streiff	Sartell
Craig Masmar	New Ulm
Sue Glennon	Lauderdale
Robert Miller	Stillwater
Jeffrey Rivard	Center City
Rodney Tracy	Maple Plain
Tom Gilson	Rose Creek
Tim Carlson	Austin
Ronald Kulas	Grand Forks
Steve Dittman	Eden Valley
Tom Nolz	Stanchfield
Pat Cunningham	Isanti
Phillip Nehl	Moose Lake
Bill Brunton	Hawley
James Lambert	Fairmont
Jan Wallin	Zimmerman
Leslie Kotila	Annandale
Frederick Loewen	Winona
Duane Cihlar	Grand Marais
Bruce Bade	Arlington
David Suker	Sleepy Eye
Donald Mitchell	Scandia
Nancy Nelson	Stillwater
Brian Jacobsen	Winnebago
Glen Bullick	Granite Falls
R.O. Adams	Duluth
Fred Cole	Markville
Paul Hueper	Duluth
Brad Gaard	New Ulm
Walter Leach, Jr.	New Folden
Paul Donaldson	Elk River
Dave Lee	Zimmerman
Loren Lien	Warroad
John McKinney	Cloquet
Gregory Carlson	Faribault
Stewart Wilson	Elk River
Alan Swenson	Thief River Falls
John Marshall	Duluth

Out of State:

Daniel Hammerlich	Eau Claire, WI
Dan Dixon	Rice Lake, WI
Stephen Bragg	Springfield, IL
Joseph O'Brien	Bismarck, ND
Frank Anthes	Marion, IA
Brian Larson	Cassville, WI
Doug Drew	Sayner, WI
Charles Olson	Fargo, ND
Richmond Clow	Vermillion, SD
Richard Davidson	Sioux Falls, SD ■

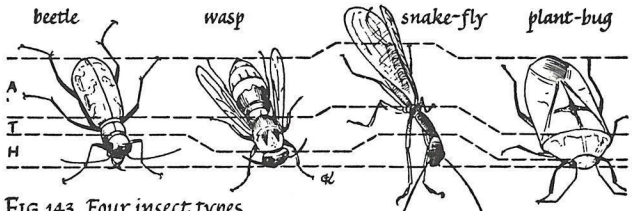


FIG. 143. Four insect types showing main body divisions: H-head; T-thorax; A-abdomen. (In beetle, snake-fly and bug, abdomen is concealed under wings.)

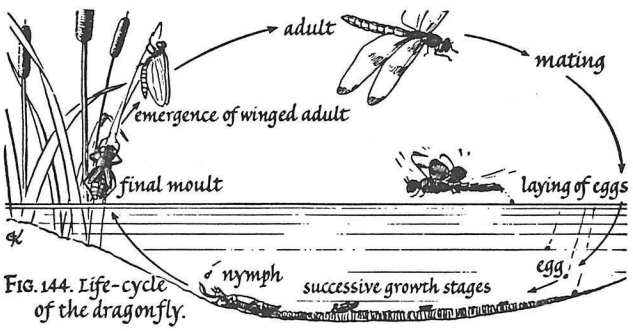
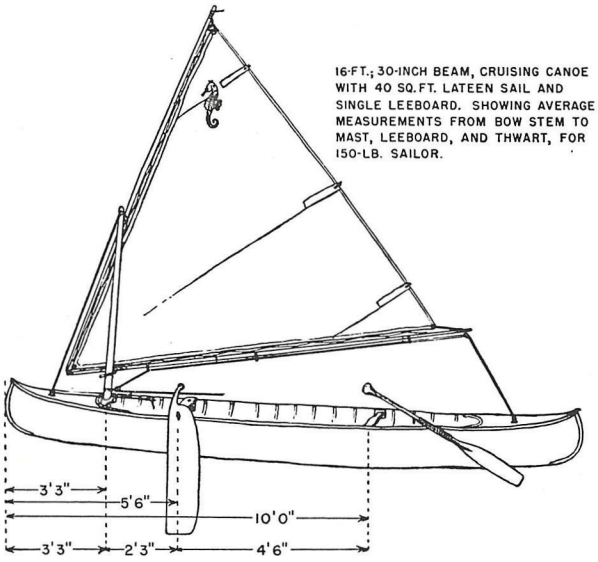


FIG. 144. Life-cycle of the dragonfly.

TRADING POST

FOR SALE

Jensen Woodstrip Canoe (racing), 18'6". Call Paul, 938-4936.



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.**

Betty Ketter	561-2208	North Minneapolis
Bruce Kunz	454-7207	Egan

Strip Canoe Supplies: Complete wood pre-cut for a strip canoe, gunwales, thwarts, seats, etc. About $80-$100 for sitka spruce or redwood. Bill Knudsen & Associates, 488-1932.

First 20 words free to members. 10¢ per word thereafter. Make checks payable MCA. Submissions must be received by the 10th of the month preceeding publication, be typed, double-space on white, 8½"x11" paper. No phone-ins.

Minnesota Canoe Association Membership/Order Form

☐ Renew ☐ New ☐ I wish to order materials/supplies indicated below ☐ I'm changing my address

☐ Gift membership from _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

I would like to join the Minnesota Canoe Association as a:

- ☐ 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

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

- ☐ Woodstrip Canoe Building Manual, Explorer and Guide Plans
- ☐ BWCA Cruiser
- ☐ MCA 14' Solo
- ☐ Itty Bit (Brown)
- ☐ 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-Shirt
Light Blue shirt with navy MCA graphic, 50/50 blend. $5.00 each, plus $1.00 postage.

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

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

To order fill in name and address above.

Indicate quantity desired in each size:

_____ S _____ M _____ L _____ XL

_____ Shirts @ $5.00 plus $1.00 postage

_____ Stickers @ $1.00

_____ Patches @ $2.00

Sew-On Patches

T-Shirt/Stickers

Send check to: Minnesota Canoe Association, P.O. Box 14207, University Station, Minneapolis, MN 55414

☐ If you're moving check here and fill in your new address above. Post Office will not forward HUT!

northern telecom

CANOE CHALLENGE

- 10 TO COMPLETION
- LAKE NOKOMIS
- SATURDAY - JULY 16
- $5 ENTRY FEE

- PART OF THE 1983 AQUATENNIAL CELEBRATION
- SPONSORED BY NORTHERN TELECOM
- FAMILY ACTIVITY
- LENGTHS OF RACES VARY WITH CLASSIFICATIONS:

CHILDREN: 11 yrs and younger
JUNIORS: 12 to 15
ADULT MEN: AND WOMEN: 16 to 54
SENIORS: 55 and older
MIXED TEAMS: any combination

- T-SHIRTS TO FIRST 200 ENTRIES

INFORMATION: 377 - 4400

Application forms are available at the Aquatennial Office, 702 Wayzata Blvd.

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

Bulk Rate
U.S. POSTAGE
P A I D
Permit No. 615
Minneapolis, MN

