ISSN 0739-7445

HUT!

MINNESOTA CANOE ASSOCIATION INC. March 1984 / Volume 20, Number 3

CALENDAR OF EVENTS

(FMI= for more information)

CALENDAR RIVER RATING CODE

example:**@Q,I-A (trees,cold)**

@ = code following
Q = quiet water; W = Whitewater
I-A = skill level required: Beginner, Novice, Intermediate, Advanced
( ) = special conditions requiring rating

MARCH

MONTHLY DIRECTORS MEETING
7 **Wednesday 7:00 - 10:30 P.M.**
All members welcome.
Al Gustaveson's,(612)778-8525.
1091 E. Hawthorne Ave., St.Paul

GREAT FISH RIVER Slide Program.
7 **Wednesday, 7:00-9:00 P.M.**
Whittier Community Ctr.
2600 Grand Ave.S., Minneapolis.
WOODSWOMEN, fee $2.00.

HUT! WRITING MEETING--
8 **Thursday 6:00 - 10:00 P.M.**
Need layout help,typers, proofers
I'm leaving for the Rio on the 10th
must have all copy by this date.
Winnie's Work (612) 696-4747/644-6115
2751 Shepard Rd., St. Paul, Mn.

Rio Grande River & Big Bend, Texas
10-25 **16 day expedition. @Q,N-I**
FMI Caryl Duke (612)544-2668.

Rapid Riders Business Meeting
13 **Tuesday 7:00 P.M.**
Greg Pothoff's (612)894-4480
1404 Raleigh Drive, Burnville

OUTDOOR (LIVING) SURVIVAL COURSE
13 **Tuesday 7: - 10: P.M.; 10 weeks**
HTC-Central 6300 Walker St.
St. Louis Park, MN 55416
For **Fee** information (612)920-4122.

MAP & COMPASS READING COURSE
15 **Thursday 7: - 10: P.M.; 3 weeks**
HTC-Central 6300 Walker St.
St. Louis Park, MN 55416
For **Fee** information (612)920-4122.

17 **Saturday, 12:00 Noon-6:00 P.M.**
ENJOYING THE BWCAW - As a volunteer or for your own pleasure.
Brooklyn Center Civic Center
6301 Shingle Creek Parkway
See back cover for schedule

MCKINLEY CLIMB AND ALASKA
19 **Monday 6:30-8:30 P.M.**
ALASKA SLIDE SHOW SERIES
at Stillwater Public Library
223 N. 4th St. Stillwater MN
Free to public
Sponsored by Wilderness Inquiry Assoc.
FMI Don Mitchell (612)433-5367

"HYPOTHERMIA & RESCUE" program
21 **Tuesday, 7 P.M.**
Rapid Riders program
Hosted by Midwest Mountaineering
309 Cedar Ave. So., Minneapolis
FMI 729-8874 and read article page 4

SAND CREEK & HASTINGS VERMILLION
24 **Sat. 7:30 A.M., @W,I Class I & II**
meet at asst. Rebecca Krough's
5312 Ayrshire Blvd., Edina
See article on page 5.
Trip Leader John Wexler (612)722-7069

COTTONWOOD RIVER CRUISE
24-25 **Saturday-Sunday @Q,N (cold).**
Leavenworth to New Ulm See page 12
FMI Good 'Ol Nels (612)781-4009

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 1984, all rights reserved.

HUT! STAFF

Winnie DauSchmidt, *Editor* **Jim Robinson,** *Ass't. Editor*

Deadline For Each Issue:
Articles should be submitted to the Editor no later than the 10th of the month preceding publication. Send submissions to: Winnie DauSchmidt, Editor, 1679 W. Minnehaha, St. Paul, MN 55104.

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Minnepolis, MN 55407
(612) 722-7069

CALENDAR OF EVENTS

APRIL

MONTHLY DIRECTORS MEETING
4 Wednesday 7:00 - 10:30 P.M.
All members welcome.
Minnesota Federal Savings & Loan
1717 Lexington Ave., Roseville.

WOMEN IN THE SEIRRA NEVADA
4 Wednesday, 7:00-9:00 P.M.
Whittier Community Ctr.
2600 Grand Ave.S., Minneapolis.
WOODSWOMEN, fee $2.00.

HUT! WRITING MEETING
8 Thursday 7:00 - 10:00 P.M.
Need trip promo and report writers.
Winnie DauSchmidt's (612)644-6115
1679 W. Minnehaha Ave.,St.Paul, Mn.

RAPID RIDERS BUSINESS MEETING
10 Tuesday 7:30 P.M.
Coffee House Extempore

WHITE & TOTOGATIC RIVERS
13,14,15 Fri.-Sun., @W,B-I Class I & II
Special EXPERT EXHIBITION Run at end
Trip Leader John Wexler (612)722-7069
Asst. Mike Vande Vyver (612)922-7633

BEGINNING WHITEWATER COURSE, 1ST CLASS
17 Tuesday 7: P.M.
Equipment, personal gear, clothing
EMS Lob Pine, West 1627 County Rd. B
HarMar, just west of Snelling, St.Paul

THE SHINGLE CREEK CRUISE
21 Saturday @Q,I-A (portages, dam, trees)
See article on page 5.
Trip Leader Bob Bowman (612)561-7842

WOLF & PESHTIGO RIVERS
27,28,29 Fri-Sun, @W,I-A Class II & III
Whitewater Instructors cruise
Trip Leader John Wexler (612)722-7069
Asst. Burt Levy (612)729-8874

RICE CREEK CRUISE
28 Saturday @Q,N-I, (trees, bends)
Trip Leader Ken Esperson (612)645-8463

WHITEWATER COURSE DEADLINE
30 Monday, deadline for registration
Course was 25% full on Feb.10th.
FMI Burt Levy (612)729-8874.

MINNESOTA RIVERS AWAKEN

- by John Wexler

Minnesota, a land blessed with many rivers. From the Root River in Southern Minnesota, to the Vermillion of Northern Minnesota. Minnesota, a land now blessed with many sleeping rivers will soon awaken. I can here the trickle of water as the March sun starts the melt on the Root River in Southeastern Minnesota. Soon those banks will melt and large swelling waves will once again carry many canoers down its path.

One week later Sand Creek above Jordan, Minnesota will start flowing and the Hastings Vermillion river will again stage its 10 day run of Class III, IV and maybe even some Class Vs. I have paddled this river in the past with ice floes in front of us, ice floes in back of us, ice floes beside us, and on a few occasions we had ice floes above us! These rivers are normally shallow enough to walk during the summer and fall. The Vermillion river has keeper holes (recirculating whitewater) that have been known to stop the most agile boaters.

Still another week or two later the Snake and Kettle rivers open up. The Snake is characterized by lots of Class I and II rapids. This river, however, has two delightful Class II drops to enjoy. The 1st, Upper Canyon Falls, can be maneuvered with a fast right, and a quicker left. The 2nd rapids, Lower Canyon Falls, has a rock about the size of a Volkswagen right at the end of the rapids. Last year, my partner Susan Kane and I sat and calculated for an hour and a half exactly how we were going to negotiate this rapids. We had the route planned so exact that we expected to come through high and dry. Alas we ran the rapids, and from the first entry wave to past Volkswagen rock we ran the rapids precisely as we HAD NOT planned.

Hells Gate of the Kettle River is set in a fragile sandstone easily eroded by overuse. The river winds through tamarack bogs, willows, and thick forest till suddenly you round a bend in the river and you here the roar of the rapids and see a huge sign posted by the DNR which annouces DANGER.- Below awaits Blueberry Slide with its hydralic jump and Dragon's Tooth which just loves to chew on boats that pass it incorrectly. You are now entering rapids which will drop about 20 feet/mile. This drop is consolidated into a small number of drops that altogether are only a couple hundred yards long.

Another week later, the Minnesota gemstone of rivers starts its rampage. The mighty St. Louis river starts to awaken. This river has upper stretches which are almost pristine in character, miles of calm quiet water, and a grand finale which crashes through Jay Cooke State Park. In my estimation, this river deserves preservation by good land use protection through the Minnesota Wild and Scenic Rivers Program.

By mid to late April the Vermillion of Northern Minnesota will open. This river drains a huge water shed. This enables it to hold its water level for a longer time. The Vermillion has everything to offer from quietwater to Class IV for boaters and the famous Gorge and Table Rock Falls for rafters. The section below Table Rock is the longest continuous Class III in the state.

Join us this spring as we begin our travels down these rivers of spring. Attend Rapid Riders meetings, read HUT!, take classes, paddle with a group of knowledgeable river runners and have fun!

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FROM THE EDITOR

Watch for next month's HUT! featuring the 1984 Cruisin' Calendar. We are making it handy to clip out, hang up, and save.

Last month's article by WeePak on light weight foods will be continued in the April or May issue.

To keep mailing costs down, with the addition of the River Inventory Survey Form, I held this issue to 16 pages. I apologize to all of you who expected to see your article in this issue; watch for your article in April.

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MARK YOUR CALENDAR

JULY

28 Full Moon

Ely Canoe Derby

Olympics begin

A great time

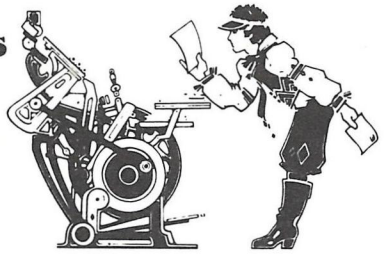
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HYPOTHERMIA AND YOU

- Burt Levy, Education and Safety Director

March is upon us and though it may seem incredible to some, there's going to be alot of adventurous folks out there paddling as soon as the ice breaks. Early spring can be quite a beautiful time of year to be out in your boats, however, extra precautions must be taken to avoid thermal stress resulting in a bout with HYPOTHERMIA.

Hypothermia, simply stated, is a condition that occurs when your body core temperaturd drops below it's optimum operating temperature of 98.6 F. This condition can be brought on by a variety of factors. Among boaters, both quietwter and whitewater, the most common causes are: cold water immersion, overheating which causes heavy sweating and rapid evaporative cooling, and being caught in an unexpected rain shower.

When placed in a situation of thermal stress, there is a progression of self defense measures that your body automatically takes. First your body's metbolic rate will increase, followed by severe shivering, These reactions are an effort to produce heat internally. It is likely that everyone who reads this has experienced these reactions.

In case of severe hypothermia (body temperature below 91.4F.) conciousness becomes clouded, blood pressure drops, and muscular coordination becomes increasingly difficult. Eventually at temperatures below 80.6F. voluntary mottion ceases, reflexes are absent, and consiousness is lost. Finally at a temperature of 68 F. there is total cardiac standstill.

Now tha you know some of the downright nasty things that hypothermia can do to your body you might be saying to yourself,"people who go out and paddle canoes at this time of year must be flaming fools!" Are they? NO, not if they are properly prepared and evercise good sense.

Let's take a look at some of the basic measures you can take in preventing hypothermia.

Nutrition - It is extremely important to be well fed so that your body has adequate energy reserves. Reaction to cold stress consumes enormous amounts of energy. Alcohol, marajuana, barbituates, and other drugs can predispose the body to hypothermia.

Fitness - A fit body is far more efficient at heat production and is far less likely to be overstressed by paddling.

Psychological - Having a positive attitude and the will to survive in the event of prolonged exposure is essential.

Clothing - A whole book can be written on this subject, so we will examine some of the basics. If you are paddling on quietwater or whitewater, layering is essential. Use polypropylene, pile, or wool and have good raingear. In whitewater situations where the water or air temperature is below 50 F. a wetsuit should be used.

You should always carry a complete change of warm clothing and matches in a waterproof pack. Your PFD vest is very helpful in retaining body heat also.

Now that you are properly prepared and equipped and out on the water you should be constantly aware of signs of hypothermia in yourself and those with you. Some of the early symtoms are: continual shivering; slowing of pace; increasing numbness in hands, feet, and lips; confused behavior, and slurred speech.

If ANY of the above symptoms appear you should begin treatment immediately. Waiting can only make matters worse.

The following procedures are recommended first aid in situations where a victim is still consious:

1) Prevent further heat loss by removing any wet clothing and moving the victim to a sheltered environment or construct a shelter.
2)Avoid manhandling the victim.
3)Seek medical assistance, but do not endanger anyone else by doing so.
4)Rewarm the victim, encourage movement, slowly feed hot (110 F.) sugary tea or hot chocolate, wrap victim in blankets or sleeping bag, wrap a scarf over the victim's mouth, keep head level or slightly lower than the body, and warm the shelter with additional body heat or by other means.

First aid procedures for more acute hypothermia are outside of the realm of this discussion. In most cases if you stay alert for the warning signs and follow the precautions as outlined above, no one in your party will fall victim to severe hypothermic trauma.

Hopefully we have served to educate rather than eliminate your desire to participate in the beautiful spring paddling season. If you would like to learn more about hypothermia, the Rapid Riders' March progrm will be on "Hypothermia & Rescue". Amore detailed discussion will be held along with some intereting demonstrations.

Remember to stay warm and get out there and paddle during those "red wax days".

@@@@@

SAND CREEK & VERMILLION

This is a trip for advanced beginners and up. Call at least one week in advance and preferably two weeks in advance as we may run this a week earlier. This river rises and falls in a very short period of time as is typical for many a Midwestern river. Sign ups will be taken at all Rapid Riders meetings or call Mike Vande Vyver, Rapid Rider Cruise officer. If you do not have cold weather gear do not consider the trip. Sand Creek is a fun trip full of class I and II rapids and lots of turns.

The Vermillion is a definite class III run and a fun one to watch. If you are going to watch, bring binoculars. We will paddle Sand Creek first and thwn head over to the Hastings Vermillion.

SHINGLE CREEK CRUISE

They told me it couldn't be done. Most people think that Shingle Creek is non-canoeable. These people are mistaken. Early Spring provides us a very unique way to explore our cities.

This cruise has alot to offer in terms of variety: parks, one small lake, fields, marshes, industrial areas, and residential areas.

Cold water combined with the required maneuvering skills and a sharp ledge dam rule out novices and delicate boats. There are several portages around other small dams which average about fifty feet each.

Cruise date is April 21st. Contact trip leader Bob Bowman at 561-7842 if you plan to join this cruise. Put in will be Freeway 694 and Boone Avenue North in Brooklyn Park. Take out will be under the Camden bridge at the Mississippi River.

HUT! ADVERTISING RATES

PAGE SIZE	NUMBER ISSUES 1	3	6	12	WIDTH/HEIGHT
1/4	$25	$22	$20	$18	3½ x4¾
1/2	$50	$44	$40	$36	7¼ x4¾
				or	3½ x 9⅝
Full	$100	$88	$80	$72	7¼ x9⅝

COMPANY NAME _____

CONTACT NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

AD SIZE _____ NO. OF ISSUES _____

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Minneapolis, MN 55414

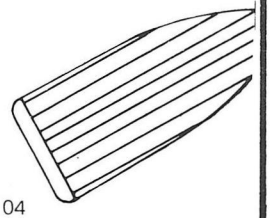
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YOU GOTTA HAVE HEART

by Cliff Jacobson



Maybe it's basic insecurity. Or perhaps over-reaction. Whatever the reason, I'm getting vibes from equipment shops, canoe makers, and the current literature that "wilderness canoeing" per se, is on the decline -- or at least at an all time marketing low.

The big bucks evidently are in toys for 'technique' -- hairy whitewater, racing, and just plain F A S T cruising. You know the gambit: carbon-fiber paddles at sixty bucks plus, Kevlar/foam touring boats at $1200., neoprene/gore-tex paddling jackets, polished pile and polypropylene sweaters and a host of other endearing accessories that, according to manufacturers, are absolutely essential to enjoy the sport.

It appears that to be a "complete canoeist" today, you've got to have money. And that is unfortunate, because most wilderness paddlers I know simply don't qualify. After the rent, the groceries, and the orthodontics for Jenny Sue, there is precious little left for camping toys.

Wilderness tripping -- genuine down-to-earth boonies travel -- is, let's face it, not quite a "gentleman's sport". It's no place for $1200. pre-preg racers or $125. free-style paddlers. There are no fire grates, box latrines, picnic tables, brusher campsites, or blazed portages to smooth the way. And outside a small circle of friends, there's barely a soul to share the gossip or inconveniences. You're on your own, coping and making your bed where you find it. For a few passing days or weeks you are part of the land rather than an intruder into it.

Canoeing as such, is the art of paddling -- an atheletic endeavor which requires little more than muscular coordination and a modicum of practice. Good canoeing requires much more, of course, but no less than the diversity of skills needed for successful tripping in the backcountry. Wilderness travel in a canoe (read Wilderness Canoeing) is a TOTAL experience -- one which requires

superior knowledge of paddling, of the environment, genuine concern for the ecology of the land and its inhabitants and yes, humility!

The backcountry is no place to show off to your friends; no place to extol the virtues of polypropylene or pile or Gore-Tex or $1000. canoes or $100. paddles.

To canoe the wilderness is to follow a dream. The first time you see a thousand caribou do a thunder dance across the endless tundra, or gaze upon a white wolf silhouetted against a backdrop of rising hills and blaze orange sun, or startle a bull moose standing knee deep in mist green duckweed; then you will realize that wilderness is a state-of-mind as well as a place. Indeed, it is even more than that. It is a religious experience!

You don't need riches to experience the joys of wilderness canoe travel, or even to be an expert at it. But you do need "heart"! And that, friends, is why the buck stops here. For after all, there is no real money in "heart".

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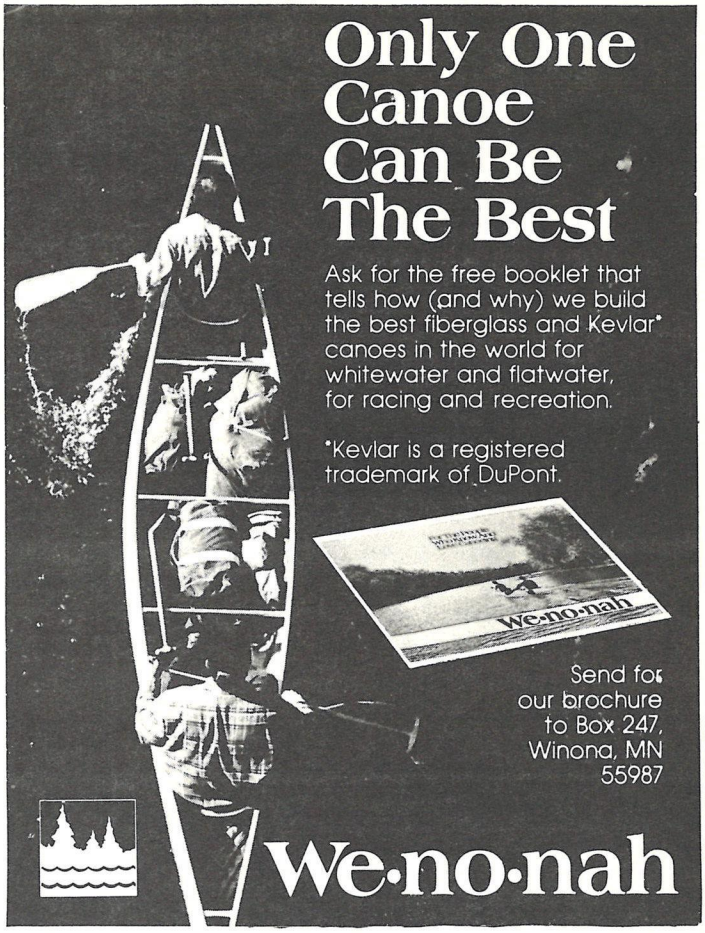
RIVER LEVEL INVENTORY

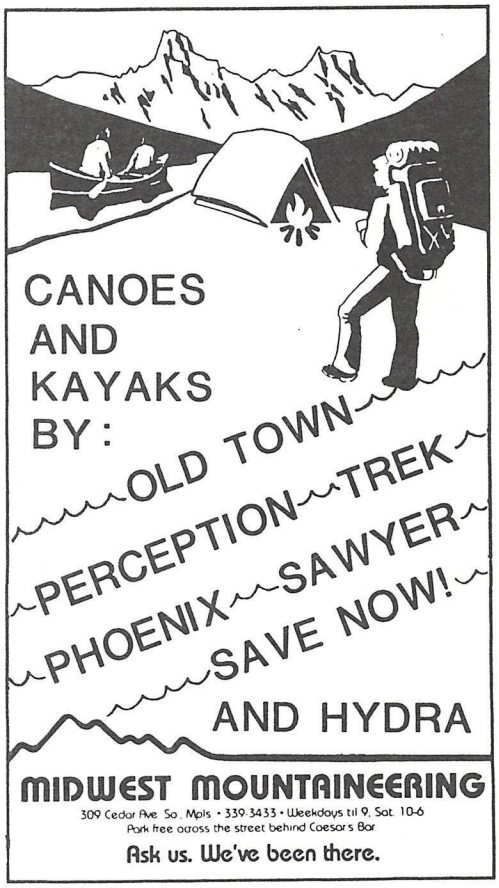
Now in its second year as a combined project of the MCA and the DNR, the river level inventory consists of nine multiple response questions on a postage-paid self-mailing form.

Available through the DNR or the MCA, the inventory performs a valuable function by increasing the observations and data base for all Minnesota rivers and our nineteen designated canoe routes, in particular.

In 1984 a special incentive is being offered to all boaters who use our rivers. Fill out an Inventory Report five or more times on the same or different designated canoe routes and you will receive a bound copy of all the Minnesota Canoe Route Maps. This valuable addition to any river users library is completely free to anyone who completes five or more reports on our designated canoe routes. In addition, all reporters will be eligible for a lottery drawing for prizes at the end of the 1984 season.

Start with your first trip! Order now for additional forms to be sent free. Call the DNR at (612)296-6699 or write the MCA, Box 14207 University Station, Minneapolis MN 55414.







NEWSLETTER OF THE LONG DISTANCE CANOE RACERS
President: Karl Ketter (612)636-8116/561-2208
MUD Editor: Jenny Graham (612)729-3475
Membership: Steve Nelson (612)822-4164/333-5336
Rookies: John Wexler (612)872-8282.

=Racers in Transition=

Well, its finally happened. The rookies have passed by the old pros. At the '84 racers meeting held in February the transition of the group from the old guard to the new and novice paddlers appeared complete.

Indications were there last summer when the race participation growth was the result of new faces. Now, at the start of the '84 season it is obvious the rookies will be the main strength of organized canoe racing.

There's still a number of 'old pros' around but they'll be devoting most of their efforts to washing out the banks of the Rum with their wakes. The new racing chapter will have a place for everybody - old and new. And it'll be the teamwork and the various skills of all our paddlers that will paddle the 84 waters.

There are three types of activities that our chapter will work on this year. First, the club administration will fall to those paddlers who can read, write, and manage. Most of our organization talents are held by the rookies and new racers who see the benefits of club participation. These new paddlers can learn the beauty and joys of long distance racing from the older more experienced racers. Club administration includes holding meetings, recording membership, planning, keeping records, writing articles, and cooperating with other groups.

Second, Paddler Development is needed at the state and international levels. Our old pros have already developed "rookie coaching sessions" and "long slow training days" and "basic canoeing classes". The experienced can do more to teach and encourage the juniors and novices. Canoe availibility, transportation to events, and funding are areas needing attention.

Third, Race Development must proceed on the state circuit and on the international level. To hold a major pro race in Minnesota has been a goal since 1961 when the group first formed. Seven times since then, we have held races with more than $3000. prize money. The state circuit needs coordinators and planners who work well with others at meetings and over the phone. The race development at the international level requires public relations, administrative, marketing, and negotiating skills; and plenty of contacts.MUD chapter news

To be a member of the Long Distance Canoe Racers, go canoeing with us. There is a one time fee of $20. for adult Minnesotans (one membership per family), $10 for junior racers and for racers living outside Minnesota.

Members in the MCA Racers participate in the Annual Point System for sanctioned racers in mens or womens divisions; are entitled to the 83-84 MCA Racer Annual, and any future annuals produced; have access to the Rookie Racers Manual and the Race Runners Manual; will be eligible for all official events (Jensen Handicap), races, awards; and rumors, will be welcome to contribute to club administration, Paddler Development, and Race Development efforts.

NEWS-

83-84 Minnesota Canoe Racer (MCA Racer Annual) is available now at Betty's. Super thanks to all who contributed, and extra special thanks to Shiela Johnson for the cover illustration and to Jerry Kassenchuk for the word processing.

Jerry Kassenchuk and his family have moved across the street (use same phone number) because a fire devoured the inside of the old place.

Al Rudquist has returned to Minneapolis and the UofM. But he's really here for the good partners and training.

Steve Nelson is the new membership director, so if your name doesn't appear on the list in the annual, contact him - NOW. Steve is a triathaloner who came to rookies late last summer.

Kenn Ketter was seen in Minneapolis at Christmas trying to buy a new canoe. George Arimond will be in Minneapolis this summer working on a PHD in long distance canoeing.

Racers, watch the HUT! for the CANOE CHALLENGE. It is a St Cloud to Broadway canoe cruise is mid September. All canoers have 12 hours to get as far as they can. This is our chance to paddle for glory and a T-shirt. This is an MCA event.

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River Level Inventory~ What, Why, How

The Minnesota Canoe Association and the Department of Natural Resources are cooperating in a joint project to inventory river conditions at various water levels on the State's canoe routes. MCA will be distributing forms, and the DNR analyzing the results, then making them available through the River Level Reporting Service.

The goal of this project is to develop more reliable information on what river conditions at different water levels are like: when it becomes too shallow, where the currents become swift and powerful and when normally passable areas, such as rapids or boulder beds become significantly more difficult. We want to be able to better inform the public when conditions are DANGEROUS!

The Report Form is simple. Look it over before your trip to get an understanding of the kinds of information asked. Add as many comments as you wish. And remember, we need reports from canoeists of all skill levels.

Included here is a list of all the river gauges readable from the water or bridges, a copy of the postage-paid report form and order blank for FREE DNR MAPS. For best results, use a DNR Canoe and Boating Route Map for the river you'll be running. They show river mile locations, gauge locations, access points, rest areas, etc.

GAUGES: There are 38 Gauges on 17 rivers. The Crow Wing and Red Lake Rivers are the only rivers that don't have canoeist-readable gauges. Keep this in mind as you plan your trip. You may want to drive past a gauge on your way to the put-in or take-out point, if you won't be passing it during your trip. Gauges are typically on bridges, but in many cases you'll have to look around for them.

ADDITIONAL FORMS, GAUGE LISTS, RIVER MAPS:

WEEKENDS: Verna and Jim Robinson (612) 588-5402 - you can leave a message on their answering machine.

WEEKDAYS: DNR (612) 296-6699 Or, write the DNR or MCA

MAP ORDER

Mail To:
DNR Trails and Waterways Unit

St. Paul, MN 55155

PLEASE LIMIT YOUR ORDER TO NO MORE THAN 10 MAPS

NAME: _____
Please Print

ADDRESS: _____ DATE: _____

CITY: _____ STATE: _____ Zip Code: _____

Canoeing and Boating Route Maps

- ☐ (BF) Big Fork
- ☐ (CN) Cannon
- ☐ (CG) Crow Wing
- ☐ (NF) Crow/North Fork
- ☐ (DM) Des Moines
- ☐ (KE) Kettle
- ☐ (LF) Little Fork
- ☐ (RL) Red Lake
- ☐ (RO) Root
- ☐ (RU) Rum
- ☐ (SL) St. Louis
- ☐ (SN) Snake
- ☐ (SR) Straight
- ☐ (VE) Vermillion
- ☐ (ZU) Zumbro

CLOQUET
- ☐ (C1) above Island Lake
- ☐ (C2) below Island Lake

MINNESOTA
- ☐ (M1) Ortonville to Granite Falls
- ☐ (M2) Granite Falls to Highway 4
- ☐ (M3) Highway 4 to Le Sueur
- ☐ (M4) Le Sueur to Fort Snelling

ST. CROIX
- ☐ (S1) Trego, WI-St. Croix St. Pk.
- ☐ (S2) St. Croix St. Pk.-Hwy. 70
- ☐ (S3) Hwy. 70-Wild River St. Pk.
- ☐ (S4) WR St. Pk.-Osceola Bridge
- ☐ (S5) Osceola Br.-Miss. R.

MISSISSIPPI
- ☐ (MA) Lake Itasca to Cass Lake
- ☐ (MB) Cass Lake to Deer River
- ☐ (MC) Deer River to Libby
- ☐ (MD) Libby to Highway 6
- ☐ (ME) Hwy. 6 to Camp Ripley
- ☐ (MF) Camp Ripley to St. Cloud
- ☐ (MG) St. Cloud to Anoka
- ☐ (MH) Anoka to Fort Snelling
- ☐ (MI) Ft. Snelling to Hastings
- ☐ (MJ) Hastings to Red Wing
- ☐ (MK) Red Wing to Wabasha
- ☐ (ML) Wabasha to Winona
- ☐ (MM) Winona to LaCrescent
- ☐ (MN) LaCrescent to Iowa Line

River Level Gauge Locations

RIVER	RIVER MILE	COUNTY	GAUGE LOCATION DESCRIPTION
BIG FORK	134.7	Itasca	State Highway 38 Bridge Crossing at Big Fork, downstream side.
	51.2	Koochinching	Railroad trestle at Big Falls.
CANNON	50.3	Rice	Foot Bridge at Cannon River Wilderness Area Park
	42	Rice	5th St. Bridge above dam in Northfield.
	25.6	Goodhue	Pier on Highway 20 Bridge in Cannon Falls. River Right, downstream metal gauge.
	13.0	Goodhue	CSAH 7 Bridge at Welch. Middle bridge piling, upstream side; painted gauge.
CLOQUET	60	St. Louis	Cedar Bay Campground Access.
	10	St. Louis	U.S. Highway 53 Bridge, 13 miles west of Duluth.
DES MOINES	36.5	Cottonwood	State Highway 60/U.S. Highway 71 Bridge Crossing in Windom.
KETTLE	28.8	Pine	State Highway 23 Bridge Crossing in Banning State Park; river left, downstream.
	13.8	Pine	State Highway 48 Bridge Crossing, about 4 miles east of Hinckley.
LITTLE FORK	139	St. Louis	Railroad trestle in Cook, about 3/4 mile east of of U.S. Highway 53, near Phillips 66 station.
	20	Koochiching	U.S. Highway 217 Bridge at Little Fork.
MINNESOTA	238	Renville	Renville CSAH 10 Bridge Crossing, near Upper Sioux Agency State Park (SE of Granite Falls).
		Yellow Medicine	
	177.8	Nicollet	State Highway 4 Bridge Crossing, near Fort Ridgley State Park, West of New Ulm.
MISSISSIPPI	1329.6	Clearwater/ Beltrami	CSAH 9 Bridge at Coffee Pot Access. Gauge located River Right, downstream.
	1315.3	Beltrami	CSAH 5 Bridge. Gauge located River Right, downstream. (about 10 miles west of Bemidji)
	1291.8	Beltrami	Grant Valley Township Road - wooden bridge. Gauge located River Right, downsteam. (About 3 miles southwest of Bemidji adjacent to County Road #7).
	1221.5	Itasca/Cass	U.S. Highway 2 Bridge Crossing near Ball Club.
	1141.3	Aitkin	State Highway 200 Bridge at Jacobson.
	1032.6	Crow Wing	CSAH 6 Bridge 4 mile N of Crosby. Northside, painted gauge.
NORTH FORK OF THE CROW	102.5	Meeker	CSAH 2 Bridge at Forest City.
ROOT	34.5	Fillmore	State Highway 43 Bridge at Rushford.
RUM	137	Mille Lacs	Onamia Dam - Highway 27. Metal gauge.
	83.1	Mille Lacs	State Highway 95 Bridge in Princeton; River Left, downstream. Painted gauge.
	39.8	Isanti	State Highway 95 Bridge near Cambridge; River Right, downstream, painted gauge
ST. CROIX	97	Pine	Highway 70 Bridge, 3 miles west of Grantsburg, Wisconsin. Metal gauge.
	48	Chisago	State Highway 243 Bridge Crossing to Osceola, WI. River Right, downstream. Painted Gauge
ST. LOUIS	33	St. Louis	CSAH 8 Bridge at Floodwood, downstream side.
	13	St. Louis	U.S. Highway 2 Bridge South East of Brookston, downstream side.
SNAKE	82.5	Aitkin	U.S. Highway 65 Bridge at McGrath; River right, downstream. Metal gauge.
	70.3	Kanabec	CSAH 82 Bridge, River Right, downstream. Metal gauge.
	56.0	Kanabec	CSAH 3 Bridge (11 miles north of Mora on Highway 65, then 3 miles east on CSAH 3).
	39.5	Kanabec	U.S. Highway 65 Bridge at Mora. River right, upstream. Metal gauge.
STRAIGHT	27.2	Steele	Railroad trestle at Morehouse Park in Owatonna
	17.1	Steele	CSAH 24 Bridge in Medford.
VERMILION	25.5	St. Louis	CSAH 24 Bridge at Buyck.
ZUMBRO	48.3	Wabasha	U.S. Highway 63 Bridge in Zumbro Falls.

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UNITED STATES

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FIRST CLASS PERMIT NO. 171, ST. PAUL, MINN.

POSTAGE WILL BE PAID BY ADDRESSEE

STATE OF MINNESOTA
Department of Natural Resources
Trails & Waterways Unit
Box 52 Centennial Office Building
St. Paul, Minnesota 55155

Tear

Fold

River Level Inventory

A Cooperative Effort

Fold

Prizes! Prizes! Prizes!

As a token of thanks for completing report forms, you will be eligible to win prizes or earn a complete set of DNR maps. Every returned report form will be one chance in a drawing with prizes provided by the MCA. In addition, five returned report forms will earn you a complete set of DNR Canoe and Boating Route Maps.

Thanks for your help!

By volunteering to read gauges and describe river conditions, you will help us to improve the reliability of our river level information service. This will lead to safer and more enjoyable canoeing on Minnesota's streams--a benefit for all.

INSTRUCTIONS

- *Read the gauge--it's critical to the success of this project.
- *Use a free DNR Canoe Route Map--it will give you accurate information on river miles, access locations, etc.
- *Use ball point pen or pencil and try to keep the form dry--(waterlogged smudges won't help us)
- *Have a safe and enjoyable trip!

If you have questions, or would like additional forms, maps, or gauge lists, contact the DNR (ph. 612-296-6699) or the Minnesota Canoe Association (P.O. Box 14207, University Sta., Mpls, Mn 55414).

Tear

Reading a gauge

Gauges may be metal or painted on a permanent place such as a bridge pier. Read the number to the nearest tenth at the water line at the time of your trip. The examples show a water level of 2.5.

River Level Inventory Form

River _____ Date _____

Put In Place (river mile) _____ Time _____

Take Out Place (river mile) _____ Time _____

Gauge Location (a) _____ Gauge Reading (a) _____

(b) _____ (b) _____

Experience: Estimate number of rivers you have canoed _____ Estimate your years of canoeing experience _____

---

1. Estimate the number of times on your trip the canoe:
   _____ dragged on the bottom _____ hit rocks _____ ran aground

2. How many of these collisions were due to low water conditions as opposed to your skill level?
   _____ dragged on the bottom _____ hit rocks _____ ran aground

3. How did you feel about this frequency of dragging on the bottom, running aground or hitting rocks?

   (circle one number) Didn't bother me at all 1 2 3 4 5 Wouldn't canoe again at this water level

4. We need to know how the flow of the river affected your trip. In general, was the current:

   (circle one number) Slow and placid 1 2 3 4 5 Swift and powerful

5. Which of the following did you encounter on your trip?

   _____ Riffles _____ Fast water with large standing waves

   _____ Rapids, Passable _____ Rapids, not passable, due to (high or low) water circle one

   Please comment on particular areas, if you feel they put you at risk or in danger:

ITEM	LOCATION	DESCRIPTION, COMMENT ON RISK

6. Did any of the following present a hazard to you on your trip? (check all that apply)

   ____snags ____low bridges ____overhanging tree limbs ____fences ____other: identify _____

   If you checked any of these, please describe:

ITEM	LOCATION	DESCRIPTION, COMMENT ON RISK

7. Total time spent on trip: _____hours
   Time spent canoeing or floating: _____hours
   Time spent playing, fishing, picnicking, resting, etc. _____hours

8. General Conditions of the river level:

   _____very low _____low _____moderate _____high _____very high

9. Other Comments: (e.g. overall canoeability; quality of experience; conditions of facilities; etc.)

   _____

   _____

   _____

To enter for prizes, please provide: Name _____

Address _____

_____

Thank you for your time and assistance. Phone _____

WHITEWATER RAPIDS CANOEING RIDERS

NEWSLETTER OF THE WHITEWATER CANOE AND KAYAK CHAPTER
President: John Wexler, (612)722-7069
Cruising: Mike Vande Vyver, (612)926-7633
Membership: Paul Rem, (612)645-3538

Danger Lurks for those not prepared for early spring whitewater. Every year I see people close to hypothermia because they are not dressed correctly and I see people paddling alone and other people without or with half-zipped life jackets. If you want to paddle whitewater I know of no better way to do so than with an organized group, ie: the Rapid Riders Canoe & Kayak Club. Attend our meetings which are designed to not only educate people about river safety, but to also serve as a forum to meet other paddlers and organize and plan safe tripping.

I do appreciate: Burt Levy, Rapid Rider member and Education & Safety Director's recent organization of the Canoe & Kayak Expo and the fine schedule of classes he has developed; Mike Pease for his excellent organization of the kayak course; Paul Rem who has kept our membership roles and finances straight; Greg Pothoff who seems to rescue our unorganized moments and makes the club run smoothly; and Mike Vande Vyver who's spirit and REAL tall tales lend a vivid color to our club.

Take Basic Canoeing class prior to taking the whitewater course if you are not sure of your paddling abilities. I took the class about six years ago and I learned alot. I had been paddling for five years prior to taking the class. Cliff, have you taken this class?

Much thanks to Stuart Lee of Lee's Value Right, Inc. for donating a new paddle to the club. Lee is the manufacturer of inexpensive paddles, sprayskirts, and other paddle accessories. Jon Jan Hankes has some good buys on boats. Attend the next Rapid Rider meeting and meet some of these people if you are looking for good buys on equipment.

Welcome Rebecca 'Bek' Krough. A Minnesotan who learned how to paddle while living our east. Bek has shown her enthusiasm by jumping right into the club activities and teaching our kayak eskimo rollong class and she will be assisting me in leading a trip down Sand Creek.

@@@@@

THE DULUTH TRAVELER



NEWSLETTER OF THE TWIN PORTS CHAPTER

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

Twin Ports Chapter-

The spring ice breakup is about a month away. Some of the spring-fed rivers are already open and ready for paddling. The early season can provide some of the finest paddling of the year, but it can also be a cold and cruel reminder of how raw the outdoors can feel.

On a nice day the sun's reflection off snow covered banks will make the air feel even warmer than the thermometer reads. Whole new areas are opened up as normally unrunnable rock-gardens are swollen to become easily passible. Wildlife is still unaccustommed to seeing humans and is seen more often along shorelines. Best of all-- There are no bugs.

On the negative side, if you get a cold, overcast, or snowy day, it can feel as raw as a January cold spell. There's no room for carelessness; exploring waters above your paddling level can have deadly cansequences. Early season paddling requires an extra change of very warm (wool) clothes in a "bomb-proof" watertight bag; ALWAYS, even on nice days. Emergency items should never be left at home during the early season. It's also nice to be flexible enough with your group so if the weather's bad you can stay at home.

Our club will be having a planning session for setting up our paddling schedule. It will be held at Jerry Challman's house on Tueday evening, March 13th at 7 P.M. If you plan to attend, please call Jerry at 724-6126 a week ahead so he can get a head count.

@@@@@

PILAR: WHITE WATER RACES

The 27th annual Rio Grande event - 75 canoe-kayak-raft experts challenge 14 miles of fury below Pilar. A 4.4 mile canoe/kayak slalom event; 10 mile canoe marathon. For information call: Adobe White Water Races (505)299-6086.

SEATS

by Bob Brown, Building Director

Canoe seats vary greatly; much being a matter of personal preference. Most cruisers prefer the traditional bench type seat, often not knowing that they have a choice.

Many racers use tractor seats. They often mount them on sliders for adjustment of trim. If you are basically a sit down paddler, tractors seats with sliders and foot braces will make your boat more enjoyable to use. Tractor seats do not work well if you feel you must kneel in the tight spots.

The pedestal seats are for the kneelers. They have been around for a long time in decked whitewater canoes. They are beginning to find their way into cruising canoes.

Most canoeists prefer the bench seat. The bench can be used sitting or kneeling. It is very traditional looking, this may be important to you.

No matter which type seat you choose you must decide how and where to mount them. How high, and where, forward and aft. This makes a great difference in how the boat paddles.

The lower in the boat the seats are mounted the greater the stability will be. Great, lets sit on the floor you think. Ever try to paddle with the gunnel in your armpit? You will move the seat up in a hurry. I like to keep the seat as high as I can and still retain some semblance of stability.

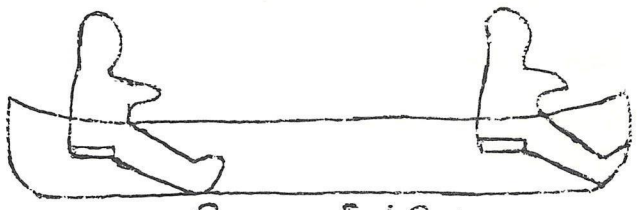
A large flat bottomed freighter can stand to have the seat at gunnel height; many round bottomed racers can't.

Paddling styles dictates seat height also. The higher the seat is the longer the paddle must be. If you like to use a long paddle and take a powerful stroke every other minute keep the seat high. If you use a short bent stick and knock out 85 a minute you must keep the seat lower so you can reach the water.

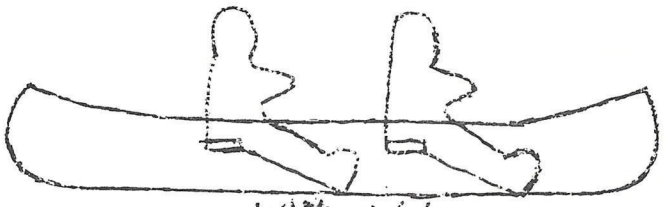
How far forward and aft? Figure 1 shows the difference between the fast cruising position and the whitewater boat.

Notice that the whitewater canoe has the seats close to the center. The closer to the center you can keep the mass of the boat the better it will climb over waves. This is why solo canoes are as seaworthy as they are.

Fig 1



Racer or Fast Cruiser



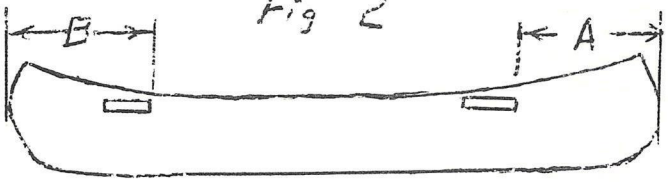
White Water

Nothing is done without some cost. Placing two paddlers very close to the center of the canoe puts them at a very wide place in the boat. They must reach out a long way just to get the paddles in the water.

Racers know well the need to paddle from a narrow place in the boat. The closer to the end you can put the seat the easier it will be to paddle. Often the front seat of a fast boat is so far forward that you don't have room to put both feet out at once. In my boat I paddle bow with one foot under the seat, I change feet each time I 'HUT'. Needless to say, there is no room to kneel.

As an average cruiser where should you place your seats? See figure 2. Place the bow seat just far enough aft to give you leg room (and kneeling space if you must). Place the stern seat the same distance from the end.

Fig 2



Distance A = B

All seat measurements should be to the front edge of the seat as shown in figure 2. The center of gravity of a seated canoeist is about the front edge of the seat. You spend more time sitting than kneeling so trim the boat accordingly.

Don't overlook sliding seats, even on your cruising boat. It's real nice to be able to adjust the trim by moving the bow person.

Consider foot braces in your boat, at both ends. Look at a dozen racers and you will get a dozen ideas of how to mount them. I will not paddle far in any canoe that doesn't have foot braces.

These are guidelines to help you decide where your seats should be placed. You must also decide if you will buy or build your own. It is your decision if you want caned seats or will be willing to settle for something less ornate.

@@@@@

TRADING POST

WANTED:

Members to man our MCA display at the Burger Brothers stores for their Spring Festival on March 24 & 25.
Harlan Nickerson (612)933-6601.

Used kayak for someone 6'3". **Lee Johnson,** Box 751, St.Johns University, Collegeville MN 56321. **(612)363-2302** after 11 P.M.

FOR SALE:

Gunwales,thwarts, cane seats from '49 Thompson; complete, good shape, stored inside since '63. Best offer. **Call Ted (612)374-2647.**

16 foot, whitewater model, Mohawk ABS canoe. $400. **(218)722-6360.**

135' roll of Fiberglass cloth, 7-1/2 oz., 60" wide. Prefer selling whole roll, but will split. $400/roll.
Jack Wahl. (612)535-2697/ 455-0021.

Fiberglass Montreal Canoe, 34 feet long. Replica Birch Bark Fur Trade Freight Canoe. Seats 16 paddlers. Excellent condition. Totally reconditioned hull. New seats, thwarts, and gunwales. Built 1974 by Cowan Canoeing, Ontario. 30 foot trailer, heavy duty cover tarp, ash paddles, life vests. All for $7,250. Assorted camping gear to outfit 16 people is also for sale. Contact **Duncan Storlie, 5375 Eureka Rd., Excelsior MN 55331 (612)474-2386 evenings.**

The TRADING POST is for members. Submissions due by the 5th of the preceding month. First 20 words free, 10 cents each thereafter; make checks payable to MCA.



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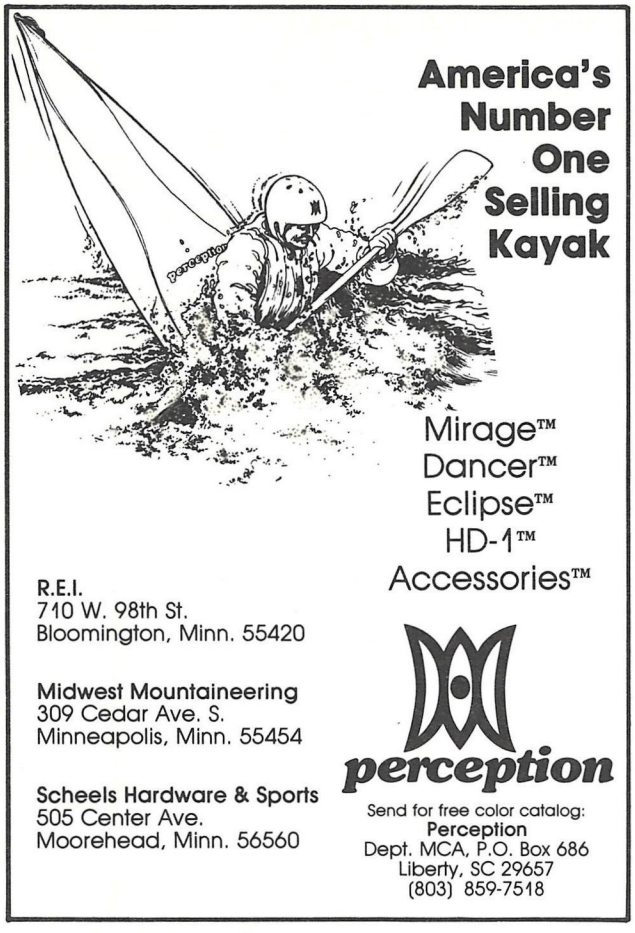
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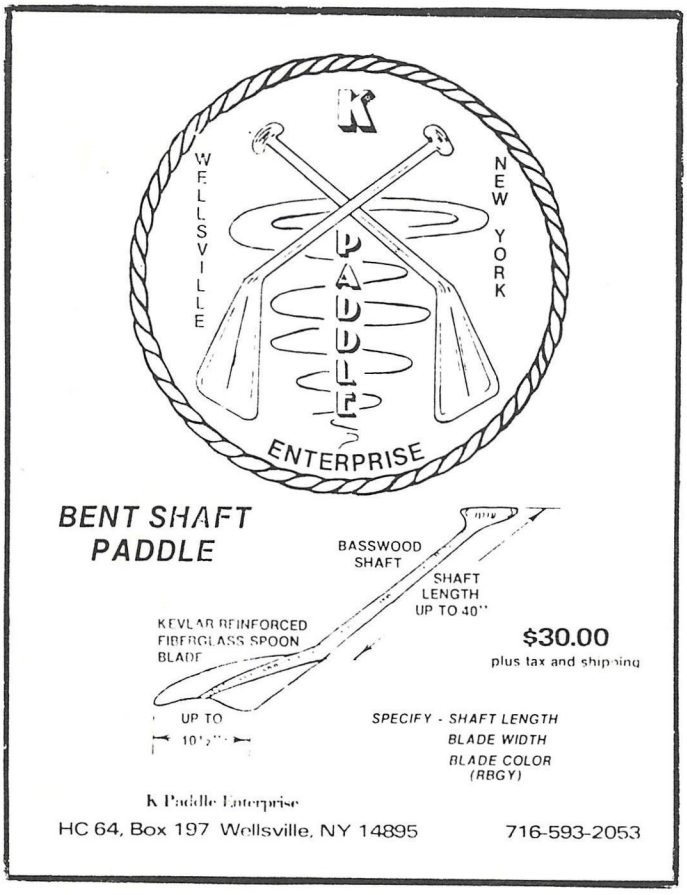
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COTTONWOOD RIVER CRUISE

by Good Ol' Nels

The river moves swiftly with abundant water so real good time can be made on the journey. This will allow time for catching the sights along the way or for the dedicated canoeists there are several side trip options. I'm easy, so this is going to be a plan-it-as-we-go trip. Call ahead to let me know who is going and what kind of a trip you would like.

Meet at the "Herman the German" statue at Hilltop Tower Monument in Leavanworth. Canoe through some likely interesting scenery to a fine supper at the Kaiserhoff in New Ulm.

On the way see the Flandrau State Park and climb up the left bank and visit the August Schell Brewery. A brief tour of the brewery and likely a fresh sample of their fine new premium beer "Ulmer". Maybe that same burly fellow with the Number 16 grain scoop is still shoveling the thousand pounds of corn into the big 3rd floor copper kettles. See quaint very old german brick houses and the deer yard.

For those paddlers staying over, I am checking camping and motel accomidations. Sunday we will do the Little Cottonwood River, it is a fast moving stream that passes through the town of Searles a few miles from the Minnesota River.

A sunny day in March will be an especially princely day. A rainy or moderately snowy day will make the Brewery and the Kaiserhoff especially appealing.

Editors note: Nels has many more interesting features planned for this trip call him for the unabbreviated rendition.

A SINCERE APOLOGY!

by Cliff Jacobson

Thanks to the many supporters who ordered my now discontinued book Wilderness Canoeing & Camping at the $6.50 price. E. P. Dutton Co. advised me today (Jan. 23) that the books will be shipped as soon as their warehouse can locate the remaining copies. Expect another 3-4 week delay. Sorry for any inconvenience this may cause.

ANNUAL TREASURER'S REPORT 11/1/82-10/31/83

by Dave Logeais, 1983 MCA Treasurer

There are several items to note regarding these figures. The first is that at the beginning of Fiscal Year 1983 (FY83) the MCA Directors adopted a budget with one of the primary goals being the growth of our reserve fund. This is reflected primarily in our savings account balance.

At the beginning of FY83, this balance stood at $2068.02; dangerously low considering that our operating expenses are in the neighborhood of $1700. per month. With our net income for the year, I am suggesting that the directors transfer a significant amount from the checking account into the savings to bolster this reserve fund.

Another significant item, I believe, is that this past year demonstrates the strengths of the MCA operating within the framework of a formal budget. Accompanying this budget should be regular and timely budget reports to allow the Directors to monitor its progress throughout the year.

Finally, I think it is worth noting that resin sales are up dramatically this year. Sales this past year were $9331.78, a 62% increase over the FY82 figure of $5752.85. This demonstrates the success of a strong buildiong program, particularly the building show held last February.

Income Breakdown:

Resin Depots	9331.78	
Building Plans and Books	1744.75	
Product Sales	768.50	
TOTAL SALES TO MEMBERS		11875.03
Miscellaneous Income	51.00	
Advertising	1105.60	
Banquet	175.50	
Interest	180.48	
TOTAL OTHER INCOME		1512.58
Membership Dues		8644.75
GROSS INCOME		**$22,032.36**

Expenses:

HUT!	8345.49	
Printing	582.05	
Activities	251.89	
Postage	1152.61	
Banquet	188.81	
TOTAL EXPENSES		**$10,520.85**

Cost of Goods sold to Members:

Total 82 Inventory		1549.07
83 Inventory		
Resin	1338.00	
Building Books	475.00	
T-shirts	625.00	
Total 83 Inventory		2438.00
NET INCREASE IN INVENTORY		**$ 888.93**

83 Inventory Purchases		
Resin	8728.37	
Books and Plans	117.31	
T-shirts	453.73	
Total 83 Purchases		9299.41
TOTAL COST OF GOODS SOLD		**8410.48**

Income Summary:

Sales to Members	11875.03	
Cost of Goods Sold	8410.48	
NET SALES INCOME		**3464.55**
Membership Dues	8644.75	
Other Income	1512.58	
TOTAL DUES AND OTHER INCOME		**10157.33**
TOTAL INCOME		13,621.88
TOTAL EXPENSES		10,520.85
NET INCOME		**$3,101.03**

ASSETS:

Checking account	3178.03	
Savings account	2248.50	
Inventory	2438.00	
TOTAL ASSETS		**$7,864.53**

MCA DIRECTORS

FEBRUARY MEETING
by Verna Robinson, Secretary

Al Gustaveson, Vice President, called the meeting to order at 7:20 P.M. The minutes were read and approved.

John Kopp, Treasurer, will have the quarterly report next dirctors meeting and the projected budget for the year. If you have budget requests let John know.

Winnie, Publications, asked Harlan to check the capabilities of other facilities to handle MCA programs and meetings. She praised the Rapid Riders for their excellent January program.

Jim Robinson, Cruising, read the present schedule for summer canoe cruising.

Burt Levy, Education & Safety, reported on the attendance at the January program,(about 250), and the profit for the club. He mentioned that Winnie won the door-prize paddle.

Burt requested money for duplicating his 'Reading Rapids' slides. He presents the show several times each month. John Wexler made a motion, which was seconded and passed, to authorize Burt up to $70. for slide duplication for Safety & Education programs.

Harlan Nickerson, Public Relations, got the January program in the papers and on the radio. He is giving the same coverage to the Builders Show. He asked for volunteers to assist with a display at Burger Bros. during their Festival on March 24 & 25. They have requested our participation.

Chris Berne, Chapter Liaison, said the racers used their rebate to publish a yearbook. Plans are still developing on the Sports Festival.

Mike Vande Vyver asked for MCA funds for spray skirts for the kayak rolling classes. Members are generous in letting the students use their kayaks and paddles for the class but spray skirts are not as durable. A motion was made and passed to grant the expense for spray skirts.

Paul Rem, Rapid Riders member, reported on the success of the kayak rolling class. The plans for the upcoming whitewater class are two meeting sessions in town and a weekend on the Brule River in northern Wisconsin, with the grand finale on the Hells Gate section of the Kettle River. They are planning a Survivor's party to follow.

Al Gustaveson reported that Becky of the American Youth Hostel sounded positive about their participation in planning for the Minnesota Canoe Challenge scheduled for September 1984. Remember, its St. Cloud to Minneapolis. Al is in contact with the Governor's office on planning the Governor's Cruise; no definite date yet.

Steve Stedman, Membership, has purchased the software to convert the membership file from card to floppy disc. He plans to have this accomplished by March.

Venice Barsness, President, asked for a motion to authorize money to place a Building Plans ad in Canoe magazine. The motion carried.

Meeting was adjourned at 10:10 P.M. Next meeting is at Al Gustaveson's house.

FROM THE BOW

by Venice Barsness, President

IT'S NOT LONG NOW! The whitewater chapter has scheduled their first canoe trip in late March, Good 'ol Nels will be leading a quietwater cruise the same weekend. One of the long distance racers told me over the phone he could see some open water to train in for the first race. Wood Strip Canoe builders are putting the finishing touches on their masterpieces so they can show them off on their next cruise.

Whatever your pleasure, the canoeing season is not far off. The Minnesota Canoe Association offers something for every one who canoes. We design canoes, teach canoe building, teach canoeing, and plan a variety of trips to please all canoers.

All our programs are free; classes have a nominal fee. What can we do for you?

NEW MEMBERS

Lyle Duncan	Scottsdale AZ
David Susice Jr	St.Regis NY
Fred Younger	Nora Springs IA
Bob Jensen	Ames IA
Dale Stanek	Duluth MN
Wendell Peterson	Montevideo MN
William Gould	Blaine MN
James Schiebe	Apple Valley MN
Rebecca Krough	Edina MN
Belvin Doebbert	St.Paul MN

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

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

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SATURDAY MARCH 17, 1984
12:00 NOON - 6:00 P.M.
BROOKLYN CENTER CIVIC CENTER
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CONTINUOUS PROGRAM OF SPEAKERS, DEMONSTRATIONS, AND DISPLAYS
DOOR PRIZES

Presented by the BROOKLYN CENTER CIVIC CENTER
and the MINNESOTA CANOE ASSOCIATION, INC.

12:00 **DOORS OPEN** - Register for DOOR PRIZE. Ask questions, pick up valuable information on permits, routes, etc. Browse through the information and equipment displays.

1:00 **VOLUNTEERING IN THE BWCAW** - Barb Soderburg of the Forest Service, USDA, Duluth office, will give a Color Slide Presentation.

2:00 **PACKING FOR THE BWCAW** - Cliff Jacobsen, Wilderness Writer, will show how to pack a canoe with all the essentials for a BWCAW cruise. Cliff includes many handy tips for ease of packing and unpacking.

3:00 **MAPS OF THE BWCAW** - How to read them; Where to obtain them.

3:30 **TRAVEL IN THE BWCAW** - Barb Soderburg will reveal where the least used areas are located, will describe nondestructive use and travel techniques; will explain the limitations and regulations.

4:30 **FOOD IN THE BWCAW** - Lora Lakin will tantilize our taste buds with her simple ideas for fancy meals without fancy work. Lora has a store house of knowledge on ways to simplify the packing and preparing of food.

5:30 **PERMITS FOR THE BWCAW** - Where to get permits locally, when to get permits, how to get a permit.

COME MAKE A DAY OF IT - Sandwiches can be purchased or pack a picnic lunch.
for more information call Jim Robinson (612)588-5402

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