

REGION TEN  
WILDERNESS CANOE TRIPS  
RECORD OF PADDLE AWARDS

NAME	Espen, James
ADDRESS	2628 Nicollet Ave., Minneapolis, Minnesota.
COUNCIL	Minneapolis
DATE OF TRIP	August 4-10 - '40
GUIDE	Bob Layton

PADDLE AWARDS : DATE	
BRONZE	Through Cornell
GOLD	
SILVER	

## Trees

1. Hard Maple----Used for furniture
2. Red Maple-----Used for furniture and finishing.
3. Balsam-----Thin clear sap used medicinally for healing purposes.
4. White Cedar---Used for shingles, fencing, posts, and tub staves.
5. Red Cedar-----Used for lead pencils and fence posts.
6. Norway Pine---Spars, piling, and sills.
7. White Pine----Flooring and finishing.
8. Juniper-----Pencils, chests, and fence posts.
9. White Spruce--General construction and paper pulp.
10. Blue Spruce---Used for musical sounding boards.
11. Black Spruce--Paper pulp, construction, pilings, posts, and ships.
12. White Birch---Spools, shoe-pegs, shoe-lasts, wood pulp, and fuel.
13. Yellow Birch--Flooring, furniture, wheel-hubs, spools, and woodenware.
14. Poplar Birch--Spools, shoe-pegs, wood pulp, barrel hoops, and fuel.
15. Basswood-----Furniture, woodenware, and pulp.
16. Oak-----Ship-building and furniture.
17. Black Willow--Wood is of no commercial value although it has value  
to medicine because of its tannin.
18. Tamrack-----Railroad ties, telegraph poles, and fence posts.
19. Pincherry-----Commercially valueless.
20. Juneberry-----Tool handles, cabinet work, fish rods, umbrella handles,  
and canes.
21. Dogwood-----Minor uses such as; shuttles, mallets, pulleys, and rules.
22. Sandbar Willow-Little use except for baskets and wicker work.
23. Elm-----Wheel-hubs, saddle trees, boat timber, barrels, and flooring.
24. Largetooth Aspen-Paper pulp and excelsior.
25. Sumac-----Souvenir manufacture and small cabinet work.

James Espen  
2628 Nicollet Ave.  
Mpls. Minn.

Plants

1. Blueberry,  
Food for animals and humans.
2. Red Raspberries,  
Food for animals and humans.
3. Black Raspberries,  
Food for animals and humans.
4. Bunchberry,  
Has value in increasing the appetite and is used  
as a winter food by the Esquimaux.
5. Wild Strawberries,  
Food for animals and humans. Has medicinal  
value.
6. Huckleberry,  
Food for animals and humans.
7. Ground Cherries,  
Food for animals and humans.
8. Yarrow,  
Used for bridal wreaths. Leaves and flowers have  
been used for all ills that flesh is heir to.  
Yarrow tea is a mild tonic and the green leaves in  
hot water is used for healing bumps and bruises.  
Used to stop nosebleed and the green leaves are used  
as a styptic in fresh cuts and wounds. Used for making  
beer. Chewing relieves toothaches.
9. Wild Rice,  
Food for animals and humans.
10. Wild Grapes,  
Food for animals and humans.
11. Wild Currants,  
Food for animals and humans.
12. Gooseberries,  
Food for animals and humans.
13. Elderberries,  
Food for animals and humans and for making wine.
14. Lichen,  
Deer, Moose, and Caribou food. Also used by some  
northern peoples as food.
15. Juneberries,  
Food for animals and humans.

16. Broad-leaved Aster - Beauty

James Espen  
2628 Nicollet Ave.  
Mpls., Minn.

CANOE TRIP LOG-----1940

Aug. 4

Arrived at the base camp, Hibbard's Lodge, at 3:00 P.M. and were introduced to our guide who instructed us on portaging and paddling a canoe properly. Mr. Conger, the camp director, issued us our ground cloths, ponchos, and Duluth packsacks. Had supper and were assigned bunks. Took short trip into the woods until camp-fire time at 8:30.

Aug. 5

Got up at 5:30 A.M., packed our packsacks, and ate breakfast at 7:30. We were the second party to go out which left at 9:30. Paddled up Moose Lake, thru Newfound Lake, Sucker Lake, Birch Lake, and finally at Prairie River Falls, Canada where we ate our lunch. After lunch we portaged twice into Knife Lake where we camped for the night, all of us being very tired from the long day's paddle.

Aug. 6

The next day, still tired but willing to go on, we started paddling down the south arm of Knife Lake until we got the clever idea of sailing. We stopped and got some poles and after making sails with our ponchos we sailed on towards the next portage which was seven miles away. After portaging about five times we ended up in Lake Kekekabic where we camped directly across from the Kekekabic lookout tower which we visited after setting up camp.

Aug. 7

As blueberries were very abundant we had blueberry pancakes for breakfast. We paddled down Kekekabic against a strong headwind. After taking a few portages and paddling thru a few pot holes we finally reached Lake Fraser where we intended to camp but continued on to Lake Thomas where we camped for the night.

Aug. 8

As Lake Thomas was noted for its lake trout fishing we decided to lay over a half day, but caught nothing. We continued on thru Lake Alice into Lake Insula where we set up camp in a heavy rain.

Aug. 9

Finding the fishing here excellent we decided to lay over a few hours. This time our luck was better as we caught more fish than we could possibly use. After a fish dinner we continued on for seven hours thru Lake Hudson, Lakes 4, 3, 2, and 1, from here along the Kawishiwi River to within a mile of the Fernberg lookout tower where we camped for the night.

Aug. 10

The last day and we had very far to go, but keeping up a good pace and taking the portages quickly we passed thru the Twin Lakes and Jasper Lake. Finally portaging into Moose Lake we reached our base camp at Hibbard's Lodge at 2:15 P.M. only fifteen minutes behind schedule. Here we scrubbed the canoes and checked in our equipment thus ending our trip.



JAMES ESPEN  
2628 NICOLLET AVE.  
MINNEAPOLIS, MINNESOTA.