Surfing the Big Lake

Surfers are catching icy 12 foot waves on Lake Superior, and they’re passionate about keeping beaches and waters clean. Page 3

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The Quetico Superior Foundation, established in 1946, encourages and supports the protection of the wilderness, cultural and historical resources of the Quetico-Superior canoe country and region.

www.wildernessnews.org
You continue to show your support of Wilderness News and our efforts to explore the history and culture of the beautiful and dynamic Quetico-Superior region. To date, readers have donated more than $7,000 to help us grow and evolve our coverage of the region, and for that we thank you.

In this issue, we look at the ways traditions have evolved in the region. We learn about Camp Kooch-i-ching, a wilderness-based boys’ camp on Rainy Lake, whose board of directors recently expanded their program to include a girls’ camp. We get a close look at a relatively new way to explore the wilderness of northern Minnesota: surfing Lake Superior. And we hear from an up and coming voice for the Iron Range, Minnesota writer Aaron Brown. He has his finger on the pulse of modern-day questions and challenges facing the region—and he’s started a variety-style radio show to capture its stories. We’ve also included a poem by Larry Christianson in honor of the winter solstice.

In researching this issue, we’ve learned that the ways people enjoy the Quetico-Superior region may grow and change but the passion they hold for it is as strong as ever. We hope you’ll be as inspired by that as we are, and consider sharing this issue with a member of the up and coming generations so we can all be involved in preserving the area’s wilderness character.

Sincerely,
Jim Wyman
Board President, Quetico Superior Foundation

On the Cover:
A hardy Minnesota surfer catches a wave on Lake Superior. Photo courtesy Ryan Patin.

Tell us what you think and keep up with canoe country issues: http://www.facebook.com/WildernessNews
Surf’s Up On Lake Superior

By Alissa Johnson

A new group of outdoor enthusiasts is becoming a force for good on the North Shore—one that might be surprising to fans of traditional wilderness travel. Surfing is a growing presence in northern Minnesota, and surfers have become a voice for everything from beach cleanups to mindful beach development. Here, Wilderness News takes a closer look at this relatively new way to enjoy the pristine nature of Minnesota’s North Shore.

Surfing in Minnesota?
At 31,700 square miles, Lake Superior is the largest freshwater lake in the world, and while it can be known for cold, windy days, non-surfers might be surprised to learn that under the right conditions it can produce waves 8 to 12 feet tall. That doesn’t exactly make it a surfing mecca—the average water temperature is 40 degrees Fahrenheit and often colder—but it does make the lake attractive to surfers who relocated to Minnesota and a growing number who are learning to surf on Lake Superior. The key to surfing northern Minnesota is to understand that the surf is variable. Surfer Ryan Patin explained that the swell typically forms in the middle of the night, and conditions can change in a day.

“On Wednesday, it could look like good surf over the weekend and by Friday there’s nothing,” he said. Patin lives in the Twin Cities but taught himself to surf on the North Shore. He made his first attempt on Halloween several years ago. He had never surfed but had watched it on TV, and he figured he knew what to do. He ran into the cold, wavy water and jumped onto the board, but no matter how hard he paddled, he couldn’t get past the break. After 15 minutes, he was exhausted and the waves had pushed him onto the sand several hundred feet...
down the beach. He remembers “lying on the beach and thinking this is the stupidest thing I’ve ever done in my entire life.”

He gathered himself together and tried again. This time, he walked as far as he could into the water and then got on his board. He made it further, but the act of standing up on a surfboard is deceptively hard. He caught only one wave that day, lying down. But it was enough to get the sensation of being pushed by a wave. Some people call that a spiritual moment, when the energy of the water propels you forward. For Patin, who had raced motorcycles and gone sky diving many times, it was the moment that everything took a back seat to surfing.

**Element of Exploration**

Despite appearances, surfing is about more than play. There is an element of exploration. Where campers heading to the Boundary Waters Canoe Area Wilderness have maps to follow, with portage distances and rapids carefully marked, surfers are still exploring uncharted territory. Lake Superior has more feet of shoreline than the East Coast of the United States, so as Patin pointed out, there are a many places that have never been surfed.

“There is an element of exploration that still exists with Lake Superior,” he said. Many surfers seek out swells at Park Point in Duluth, Stony Point, the French River, and Lester River. But some of the pioneers of the sport are still trying out new destinations. It requires careful research and constant monitoring of water conditions through the Great Lakes Coastal Forecasting System, which produces a wave map for all five of the Great Lakes.

Surfing in northern Minnesota also requires a love of adventure—and tolerance for cold. The best swells tend to form during winter, and Graeme Thickins, who started the Minnesota chapter of the Surf Rider Foundation in 2007, says it’s common to see surfers with icicles hanging from the hoods of their wet suits. They wear extra thick neoprene wetsuits with booties and gloves. Their hoods tuck into the necks of their wet suits, and they surf in air temperatures that can drop as low as 10 degrees.
When it’s really cold they put Vaseline on their faces,” Thickins said, adding that surfing in freshwater is even more challenging because the water isn’t as buoyant as salt water. But in spite of the challenges, more and more people are giving it a try. In recent years, surfing has grown from a couple dozen hardy folks to about 200. UMD has started offering lessons, and media outlets like the New York Times have run stories on the growing trend.

Surfing Community as Voice for Good
The result is a unique community. According to Patin, it’s common to know the other surfers in the water. And even when he doesn’t, there’s a sense of camaraderie rarely experienced on more traditional surfing beaches. In places like Hawaii, people often compete for waves. But thanks to the colder temperatures, the sense of exploration and the sheer amount of untapped shoreline, he said, “There are plenty of waves to go around.”

There’s an added advantage to being part of that kind of community. Patin and other surfers know they’re lucky to surf in a place where they can reach down and drink the water. Lake Superior is clean, and they want to keep it that way. They also know that it takes effort to keep beaches clean, and that potential development on the north shore could affect their access to the water. The Minnesota chapter of the Surf Rider Foundation is part
of a national initiative to keep beaches free of plastic. Thickins has helped organized annual beach cleanups, where groups of 50 or more—including Patin—gather up more than 50 bags of trash at a time.

“One of the main initiatives of the Surf Rider Foundation is the rise of plastics,” Thickins said. “We want to get all the single use plastics out of our environment because a lot of it ends up in our lakes and streams. It lasts so long, and doesn’t go away, birds get wrapped up in it, and it’s awful.”

The North Shore surfing community has also become a vocal advocate for the shoreline. When a developer wanted to rezone part of Park Point for a four-story hotel, surfers were among the local residents petitioning to save Park Point’s undeveloped beachfront. It makes them a group to watch in the coming years, as a voice for conservation. “Issues like development and water quality naturally go along with surfing,” Patin said. “You want to get involved because it’s essential to something you love.”

For more information:
www.superiorsurfclub.com
ww2.surfrider.org/MNsuperior/
www.surfrider.org
Meet Dyke Williams

Please tell us what your involvement with the Quetico Superior Foundation means to you:
I’ve been on the Board of the Quetico Superior Foundation for several years, including being one of the “Group of 15” that founded Heart of the Continent Partnership, manager of the White Pine Initiative, a member of the International Community Congress and the International Joint Commission’s Rainy Lake Watershed Advisory Group. These and many other roles through Quetico Superior have been incredibly rewarding for me as I increasingly value and work to protect the remaining wild places in which I believe most of the best personal learning and growth can occur. It may, in the spirit of native people’s Great Circle, have enabled me to put back in as much or I hope maybe even more than I have taken out.

What other ways have you been active in the Quetico-Superior Region?
We moved to Minnesota because of the excellent canoe tripping country in the Quetico and BWCAW as Associate Director of the Minnesota Outward Bound School in 1969. That included a winter ski crossing of the BWCAW (Kekekabic Trail) and numerous canoe trips throughout. In 1973 I founded “Country Ways” for folks worldwide to make their own outdoor gear from kits. I’ve been on the board of Camp Menogyn, visitor or resident on Lake of the Woods since 1976, and we have a cabin on Seagull (complete with “the blowdown” and the Ham Lake Fire). As director of Wilderness Canoe Base (Gunflint Trail) I developed its first safety program, Island Camp, AYH’s first “destination” youth hostel and greatly increased youth-at-risk participation.

What is the most pressing issue you see in the region today?
There are several: global warming proves to be a macro-crisis too big for us to see clearly or admit to easily, yet it’s changing almost everything. Driven by petro-energy dependence, we could start with use reduction, but we don’t even do much of that.

Exotic Species such as zebra and quagga mussels, Eurasian milfoil, purple loosestrife, etc. have us responding way too late, if at all. If an area’s fiscal future depends on tourism, and that’s the main driver encouraging the area to strive to preserve its natural areas and assets (woods & waters), how can they succeed if these very assets are ruined?

Mining and oil sands pose the same quandary and are part of both the petro-dependence and fresh water availability crises. We have to look hard at uncontrolled population growth coupled with the threats represented by inappropriate development, choices between resource needs vs. resource profits wants, and the increasing desertification growing in much of the world.

Bureaucratic inability to act in time or properly concerns me greatly. We have recently experienced several occasions where old paradigms and dated computer models were relied upon when many/most of us realize that these times are NOT the old times. This has been especially true with underestimating the severity and unpredictability of recent weather events, including fires.

Youth becoming indoor creatures in some ways scares me the most. They no longer go (or are not allowed to go) outdoors really at all, switching from being outdoors to becoming indoor, sheltered and “screen-dependent.” In this alleged age of communication I see it actually being the Age of Isolation as face-to-face personal contact and experience vanish.
Tim Heinle
Camp Kooch-i-ching Director
and Alumnus

Tim Heinle is in his early 70s, but he still has vivid memories of his first trip to Camp Kooch-i-ching on Rainy Lake. He spent eight weeks there when he was ten years old and went on his first canoe trip. It rained about five out of the six nights he spent on trail, and it seemed like his sleeping bag was always wet. His counselor told him that he didn’t paddle hard enough, and Tim’s canoe always lagged behind. Whenever he did catch up, the lead canoe took off before he could rest. Tim wasn’t used to the work of being on trail—portaging, setting up the campsite, collecting firewood—and it seemed like more effort than fun.

When he rode the train home to Cincinnati, his father met him at the station. “I told him I liked it okay, but I’m not too sure about going back. He said, ‘Don’t even think about quitting.’ He knew it was good for me,” Tim remembers.

Tim was an active child, born to parents approaching fifty, and his father had umpired four and five softball games a night on top of working full time to send his son to camp. He sent Tim back to Camp Kooch-i-ching the next summer, and suddenly, everything clicked.

“I loved pitching in, building the campsite and the fireplace, getting the tent set up. I was helping the guy next to me and I got satisfaction out of that,” Tim remembers. He paddled hard and did more than his fair share of the work. He made second and third trips on portages, and he liked knowing that by doing more of the work himself he was giving someone else a break.

“I could understand the value of tripping, of teamwork and of giving to your fellow man.”

Over the years, he missed a couple of summers due to financial reasons, but Tim was a camper throughout high school and a counselor during college. In 1961, he and a group of friends he’d met at Kooch-i-ching even paddled to the Arctic Ocean. He thrived in the outdoor and camp environments, and even though he went on to earn an MBA and do well for himself in business, Tim credits Camp Kooch-i-ching with teaching him the most important life lessons.

“There are all kinds of people from all kinds of walks of life at Camp Kooch-i-ching, as many as there are in world. And if you can try to get along not with some of them but with all of them, and say okay, this person that’s in my cabin is a good guy but he really lacks strength in this area maybe I can help him, well those are the kinds of things you learn at camp,” Tim says.

Camp made such an impression on him that a decade or more after leaving—after he’d had a successful run at Proctor & Gamble and he’d worked as CEO of a growing premium dog food company—he left the salary and benefits of the business world to return to camp as director. In the early 1980s, the camp was in debt, and one of the men who helped run the program asked Tim to help them find solid financial footing. Tim had come to think of him as a second father and couldn’t say no.

“Because I’d learned more from camp than the University of Michigan and the University of Chicago combined, I couldn’t turn my back on that,” Tim says. For one year, he balanced his day job with Camp Kooch-i-ching and then he went to work solely for the camp. For more than a decade he worked as director, guiding the camp out of debt and then building up endowments so it would never fall into the same situation again. And then, In 1993, Tim was diagnosed with colon cancer. He resigned his position, figuring that he’d done what had been asked of him and not knowing how much time he had left to live. But after successfully treating the cancer, Tim found himself back at camp when the new director asked him to lead development efforts, building relationships with alumni and fundraising for camp. He stayed on for another ten years, and
in many ways continues to have a strong and positive presence at camp and in the region.

Tim and his wife, an International Falls native, still split their time between Arizona and their cabin on Rainy Lake. Over the years, Tim has brought his same financial sense to the Oberholtzer Foundation, helping them raise money and keep their finances in shape. The Heinle cabin is just a mile down the lake from Camp Kooch-i-ching, and of their three children (two boys and a girl), both sons attended camp. One is now the director of operations for Kooch-i-ching and a newly formed girls’ camp, Camp Ogichi Daa Kwe. and the other lives in International Falls and has built several log buildings at camp. It could be said that Camp Kooch-i-ching and Rainy Lake are Tim’s family genes. But he downplays his role, saying that a good German background and the accompanying work ethic are all that separates him from the next guy. He continues to stay involved—raising money and helping start the girls’ program—because he believes in camp.

“If we can teach a young person to give of himself and be a team member he’ll get much more out of life than one who wants to be on the take all the time,” Tim says. “If he can leave camp with his feet on the ground, build self confidence and self esteem and walk away from our place a little bit taller and he’s left a bit of himself on that island, most likely he’ll be back and we’ll get the maximum out of him. That’s what happened to me.”
The Camping and Education Foundation

Home to Camp Kooch-i-ching and Ogiche Daa Kwe

By Alissa Johnson

An early morning on the water for campers from Ogichi Daa Kwe, sister camp to Camp Kooch-i-ching. Photos courtesy the Camping and Education Foundation.
In 2005, Camp Ogiche Daa Kwe opened its doors for its first official session: 14 counselors-in-training and 10 staff welcomed 24 campers. It was an historic moment, five years in the making and in some ways, the culmination of a vision more than fifty years old. Ogiche Daa Kwe is a girls-only camp drawing its name from the Ojibwe word for strong-spirited woman. It’s the sister camp to Camp Kooch-i-ching, a boys’ program based on more than 85 years of wilderness and canoeing tradition. By opening Ogiche Daa Kwe, the Camping and Education Foundation realized the vision of its founding fathers—to serve both girls and boys.

Camp Kooch-i-ching has made its home on Rainy Lake’s Deer Island since 1924. Its program offers a unique blend of a traditional residential camp and wilderness tripping. Boys come to camp for three-, four- or eight-week sessions, dividing their time between life on the island and wilderness tripping. Kooch-i-ching campers paddle the historic rivers of Canada—like the Bloodvein that flows into Lake Winnipeg or the English River in the Hudson Bay drainage—and hike the peaks of the Wind River Range in Wyoming. They’ve recently started sea kayaking, too. But Hugh Haller, president of the Camping and Education Foundation, believes that it’s the blend of the residential and tripping programs that sets Kooch-i-ching apart.

“‘There are only a handful of successful wilderness camps that do both and develop both in a meaningful way,’ he said. At Kooch-i-ching, it’s the overlay of Native American culture and traditions that gives the camp a deeper sense of meaning and spirituality. The tradition stems from the 1940s. Camp Kooch-i-ching began as a training camp for football athletes in the 1920s, when its founder saw that wilderness experiences taught leadership and built strength. But in the 1940s, Dr. Bernard Mason took over the camp, and Native American culture fascinated him. He’d written his PhD thesis on camping and education, and when he re-launched Kooch-i-ching in 1948 the camp had a renewed focus on education through camping and wilderness experience. Native American cultures and tradition were deeply integrated into his approach.

Today, Native American lore still has a significant presence. In camp, kids choose from athletics like sailing, basketball, and tennis, but they also study Native American dancing, learn to sew their own moccasins or start fire using Native American techniques. On trail, particularly on canoe trips, the boys travel in a primitive style reminiscent of the tribes that once traveled the region. It’s an element of the program they take seriously and treat with respect.

“It makes us appreciate where we fit into nature,” Haller said. “The Native American programs that we have are very involved, and very authentic—woodsmanship,
Indian crafts, an authentic dancing program that centers around a pow wow. It allows the boys a real understanding of the culture and the tribes and the lore. We take it seriously, and we’re sensitive to the tribes. We have had many Native Americans come to our pow wows and they come away feeling well represented.”

The result is a sense of place and belonging that keeps many boys coming back for years—both as campers and counselors. About 95 percent of Kooch-i-ching staff were once campers, and some families have sent three and four generations to camp. “We always say if you want to really get to know someone, spend three weeks in a canoe with them. These become the best friends of your life, and the community speaks for itself. We are four generations now,” Haller said.

There was, however, one missing aspect of the program. When Dr. Mason revitalized the camp during the 1940s, he bought it with a man named John Holden. Holden took over when Mason passed away a few years later, and as the story goes, he inherited Mason’s soul. He oversaw the camp for 30 years, and during the 1960s, he led its transformation from a for-profit entity to a nonprofit. The process required a presentation to Congress, and Holden made his request based on a mission to educate boys and girls through outdoor and wilderness experience.

“The original vision put forth an educational charter and introduced the idea that the camping organization had an educational mission... [To become a not for profit] it couldn’t just be a financial need or just strictly camping. It had to have an educational purpose, and part of the way it was written was the support of young men and young women,” Haller said.

Congress granted the request, establishing the Camping and Education Foundation, which owned and operated Kooch-i-ching. It was in part to honor that mission that the advisory board explored the creation of a girls’ camp in 2001—the Foundation wanted to maintain single-gender environments and needed to determine whether it could run two camps. “Above and beyond the mission, you can look at it from two other perspectives, a moral and philosophical need and motivation to do it. If you’re going to call yourself an educational organization serving youth, you can’t be complete if you’re serving one side,” Haller said.

They launched the program and it has only continued to grow. Now, Kooch-i-ching serves 250 to 275 boys, and Ogiche Daa Kwe serves about half of that. The girls go on wilderness trips just like the boys, and according to Haller, staff like to say say you can spot an Ogiche girl a mile away. There’s just a certain way about her. But perhaps former Kooch-i-ching director Tim Heinle says it best: “There are girls out there who don’t want theatrics and don’t want horses. They want adventure, and they go out there and do a hell of a job.”
New Program for Urban Youth

In many ways, Dr. Bernard Mason and John Holden created the vision that make Camp Kooch-i-ching and Camp Ogiche Daa Kwe what they are today. This year, the staff of the Camping and Education Foundation expanded that vision to urban youth by partnering with Minneapolis-based Wilderness Inquiry.

In 2010, Wilderness Inquiry started the Urban Wilderness Canoe Adventures with a goal of introducing 10,000 urban youth per year to the outdoors. They hosted paddling adventures on the Mississippi River, and in October, with the help of the Foundation they expanded that program to the Ohio River in Cincinnati—once home to Mason and Holden, and as a result, now home to many Kooch-i-ching and Ogiche Daa We campers.

“We started that program this fall, and rolled into that the history of the frontier and the Native American tradition in that region,” said Foundation president Hough Haller.

For more information:
www.campingedu.org
THE LISTENING CORNER

Writer and activist Sigurd F. Olson spent his life getting to know the place he lived and writing about what made it special. In this corner of Wilderness News, we honor his legacy by taking a look at the new voices of the north country.

Meet Aaron Brown
Iron Range author, college instructor, and radio show host

Home: The woods of Itasca County outside of Hibbing, MN
Radio Show: Great Northern Radio Show

In a Nutshell:
Aaron Brown could easily be dubbed the Garrison Keillor of the north. He possesses a keen eye for the attributes that make Minnesotans Minnesotan—specifically, Iron Rangers. His writing aptly portrays the people and politics of the Iron Range with sensitivity and humor, even as he fights for a new vision of its future. He believes that with the right choices, Rangers can beat their mining rap and provide a stable economy for people who love northern Minnesota’s outdoors.

His Story:
Every Iron Range teenager is faced with a question: “Will you stay, or will you go?” Brown dreamed of moving to Chicago and becoming a famous writer. But after graduating from the University of Wisconsin–Superior in 2001 and landing a job at the Hibbing Daily Tribune, he realized his future lay closer to home. As editor of the newspaper, he saw plenty of untold and worthy stories right on the Iron Range.

“People think Iron Rangers are backward or don’t understand the outside world, and there is a reason people here distrust outsiders. It’s part geographical, part cultural and related in part to the way the region formed rather quickly 100 years ago,” Brown says. He believes its fate has often been determined by outside forces, and yet outsiders have rarely gotten a glimpse of the culture that exists alongside the region’s mining history. “The Range can be painted by a broad brush, but it’s a really unique area. There aren’t a lot of people writing about the range. Because I’m from here, I can access the stories and tell them in a more honest way… I am able to say things I think are true without worrying about people saying I don’t understand.”

He tells those stories through his column for the Tribune, his blog “Minnesota Brown”, on the Great Northern Radio Show and in his memoir, Overburden: Life on the Mountain Range. His book speaks to what he calls the Range’s lost generation—he and his peers, who grew up after the collapse of mining. It earned him a reputation in places like Duluth and the Twin Cities, and now he’s often seen as someone who can provide context for Iron Range politics. “When something Iron Range-related occurs in the political or economic sense, [people outside the range] turn and see what I have to say because I condense it down and make it clear,” he says.

Why Read Aaron Brown:
The Iron Range is more than a “drive-by” region for Minnesotans on their way to the wilderness. Rangers are answering the same question faced across much of northern Minnesota: how to build a stable economy while also preserving its most valuable characteristics. Brown champions a new economic paradigm where strategies like solar projects and high speed Internet make it possible to live in an outdoor mecca and make a solid living. He’s not afraid to speak out on the politics of the north and often dissects the latest political developments on his blog. In his own words, “If I’m going to take a chance and advocate for this area to be something special in a new century I may or may not be successful, but I’m still going to document the stories and the happenings of this place because I think the people deserve that.”
On Doing a Radio Show:
The Great Northern Radio Show, Brown’s latest project, is a throwback to the variety shows of yore. Much like Prairie Home Companion, it tells the stories of the Iron Range through comedy sketches and music. Brown and his troop travel to a different Range city for each episode and weave that city’s history into the show. When it comes to answering the questions of the day, Brown believes that storytelling can be more powerful than politics.

“It’s an old fashioned thing to do this variety show and obviously we have another man doing it on a much larger scale,” he says. “I think it makes us feel less helpless. It tells us we’re here, we’ve left a mark. That’s why we do art. It’s liberating a story and in doing so we become stronger.”

Where to find Aaron Brown:
www.minnesotabrown.com
www.facebook.com/greatnorthernradio

Moon Walk
Woods walking on winter solstice moon.

Full.
Bright and shining through wispy clouds in evening cold.

Woods walking on snowshoes crunching crisp.

Clear.
Calm and shimmering through heavy drifts in stark beauty.

Wondering.
From north woods to Arctic Circle summer solstice.

Unfolding in warm anticipation of midnight sun.

— Larry Christianson
December 2010
on snowshoes at Carver Park
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Sunset on Cache Bay, Saganaga Lake, Quetico Provincial Park. Photo by Tim Eaton.
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