

Maine Canoe Symposium

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2007 WORKSHOP DESCRIPTIONS

Star Gazing/Night Paddle – John Meader

Join a stargazing night paddle. Join John (a professional planetarium director for more than 25 years) on a late night paddle after Friday night's presentation. We will paddle out into the lake far enough to get a good open view of the skies. From there, we will raft together, lie back and do some stargazing. Come learn a few early summer constellations, see the visible planets, a shooting star, and perhaps even contemplate the meaning of the universe! The late night paddle will be limited to six boats (twelve people) and contingent upon having clear skies. Everyone bring a flashlight, paddle, and a PFD.

Water Workshop

How To Make a One Match Fire in the Rain – Cliff Jacobson

Hands-on fire-building session: No gasoline or fire-starters. All you need is a sharp knife, hand axe and folding saw—and know-how. There are some tricks. Cliff will demonstrate the techniques then every one will make their own fire and light it with just one match. Really! Participants will also learn how to choose appropriate edged tools.

Land Workshop

Cooking Secrets – Cliff Jacobson

Here's a wealth of food ideas that will make your canoeing and camping trips more fun. Emphasis is on fast-to-prepare entrees that take no more than 20 minutes to make. Discover Pita pizza, Tortilla Melts, Northwoods Stir Fry, garlic-cheese pita melts and egg McPita, caramel tortilla's, and tricks for preparing meals in cold blustery weather, and for large groups. For example, how do you make Red River cereal for ten on a one burner trail stove without burning the porridge?

Land Workshop

Learn how to modify cookware from home so you can use it a field. Discover clever ways to keep your stove in tip-top shape (did you know that carburetor cleaner unclogs stove valves?) Based on Cliff's book: Basic Essentials of Cooking.

Bear-Proofing Your Camp – Cliff Jacobson

Supported by the latest research, here's the low down on protecting yourself and your food from bothersome bears. You'll learn that the recommended method of "storing food in trees" doesn't always work.

Land Workshop

Be aware that there are significant behavioral differences between **wild** bears, **man-wise** bears and **habituated** bears. Know how to properly use pepper spray to discourage a bear. Understand behavioral differences between black bears and grizzlies. What should you do when you meet a bear on the trail? Black bears, polar bears and grizzlies require different strategies. Here's practical up-to-date information about bears that you can use whether you trek to the Arctic or the Boundary Waters Canoe Area. If you've read Cliff's views on bears in his books, you know he challenges accepted beliefs. Now, new research by Stephen Herrero and James Gary Shelton suggest he's right on track!

Bug-Proofing Your Camp – Cliff Jacobson

If you want to get eaten alive by bugs, go to the Canadian Arctic in June. The black flies and mosquitoes which live there weigh more than ten times as much as all the plants and animals put together! An acre of swarming bugs could drain all your blood in about three days! We'll check out "your enemies"— and learn how to resist them with repellents, insecticides, head and body nets, specialized clothing and "attitude". Recommendations for children and pets, included. There are some tricks. Believe it!

Land Workshop

Basic Solo Canoeing – Becky Mason and Reid McLachlan

This course is designed to introduce new canoeists to solo canoeing covering skills such as forward and back paddling, pivots, sideslips, stopping and bracing. Learn the skills that will enable you to "put your canoe exactly where you want it to go." No solo experience is required but it is helpful if people have paddled in a canoe before.

Water Workshop

Advanced Solo Canoeing – Becky Mason and Reid McLachlan**Water Workshop**

This course will focus on honing solo canoeing skills such as forward and back paddling, pivots, sideslips, bracing and controlled stopping. Becky and Reid will offer as many advanced strokes on request that we can fit in. Prerequisite is Basic Solo or a couple of years of solo or tandem canoeing experience.

Classic Tandem Canoeing - Becky Mason and Reid McLachlan**Water Workshop**

This course is designed to introduce canoeists to advanced tandem canoeing technique. Becky and Reid will be covering skills such as moving the canoe forward and backward, stopping and bracing the canoe. Accomplishing pivots and sideslips while standing still but the emphasis will be on doing the strokes under power. Learn the skills that will enable you to put your tandem canoe exactly where you want it to go with less effort.

Traditional Maine Guide Camp and Skills – The Lewis’s**Ongoing**

Displays, demonstrations and discussions of the highly evolved, yet simple and flexible, traditional wilderness travel skills of the Maine Guide. Dave and Lynn will be working with this equipment for each of their workshops, throughout the weekend. Come by, ask questions and see how a traditional Maine Guide is outfitted.

Voyager Display – Jeff & Lisa DeHart**Ongoing and Workshops**

Stop by throughout the weekend and experience how the early voyageurs camp might have appeared. A Voyager Competition will be available for all who want to participate. Come learn how to start a fire with flint and steel, set a trap and throw a tomahawk. Have fun learning voyager skills and competing for blanket prizes. Sing songs, paddle canoes and identify animal pelts, at the end every one picks a prize off the blanket according to how they did. Come and learn by doing.

All Women’s Poling Clinic (Chicks with Sticks) – Lisa DeHart**Water Workshop**

In a small class of 5 learn the basics of choosing a boat & pole, where to stand and very basic maneuvering. Learn how to turn right & left, push off nice and straight, how to stop and sideslip. Women teaching women, learn from someone with your sized arms, your upper body strength and plus I know how your brain works! We're not building a rocket ship, just having a blast on the water, so come and play.

What if I were a turtle? – Rex Turner**Kids Program**

Have you ever imagined what it would be like a turtle, or a green frog, or maybe a brook trout? This program, using our Remote Operating Vehicle, lets kids’ imagination go wild as they take turns controlling our video-equipped underwater R.O.V. in an exploration of the littoral (light-penetrated) zone. Hands on identification materials and shoreline exploration add to this high-tech, high-touch experience.

The Science of Fishing – Rex Turner**Kids Program**

Kids examine (with magnification) and identify macro-invertebrates (visible aquatic insects). They also learn to connect these food sources to fly-fishing by tying greatly oversized fishing flies. The experience culminates with a high-energy simulation demonstrating the link between healthy water and macro-invertebrate populations.

Loons in the Landscape – Rex Turner

Loons captivate the imagination and stir the soul as well as any north woods creature. Use your eyes, hands, ears, and heart to examine why they live the lives they do and what threats confront their continued survival in Maine.

Traditional Solo Paddling – Caleb Davis**Water Workshop**

If you’ve ever seen Becky Mason paddle at previous Symposiums and said, “I want to learn how to do that!” this course is for you. Traditional solo is a paddling style seen more commonly in Canada, practiced by such notables as Omar Stringer and Bill Mason. In traditional solo, the paddler kneels amid ship in a tandem canoe,

tucks their knees into one side of the hull, and heels the boat to the paddlers side until the gunnel is close to the water. This lifts the bow and stern out of the water, effectively creating a shorter canoe that turns more easily.

Introduction to Paddling – Pro-staff

Water Workshop

Intro Paddling will give you the basic skills needed to propel a boat where you want it to go. You will learn how to get into and back out of a canoe – and stay dry in the process! You'll cover the strokes that form the foundation of canoeing. You will learn how to move your boat forward and also how to turn and spin it.

Optional topics, selected by the instructors, may include selecting and fitting a PFD, or an introduction to the J-stroke. Even if you've paddled a canoe before, the Intro class will help you brush up on what you know before taking a more advanced class, correct a bad habit, or even teach you something new.

Introduction to Solo Free Style canoeing – Kim Gass

Water Workshop

Freestyle canoeing often thought of as canoe ballet on water with its dramatic mysterious turns and sideslips. An art form in itself it has many practical applications for the tripper in that it makes maneuvering effortless; its nothing more than the application of forces and levers...don't you wish your high school physics course was this fun? We will explore how to make your canoe obey your every command with static strokes, weight shifts and changing the hull shape of the boat. Small solo boats will be available, but if you have a favorite boat, no matter what the size, bring it! This session is for the curious paddler who has never sampled freestyle.

Northwoods Paddling – Jane Barron

Water Workshop

A variation on the "slicing J" (or "Canadian" stroke in Bill Mason's lexicon), true Northwoods paddling uses a narrow-bladed beavertail paddle at a fast stroke rate, a slight bob to the torso to engage the abdominal muscles, and a slicing underwater recovery to cover a lot of miles with less effort. And if all that sounds like mumbo jumbo, take the class to learn a traditional paddling stroke used by Maine Guides to Paddle all day, and not get tired. A working knowledge of the J-stroke is helpful.

Modern Poling – Harry Rock

Water Workshop

Canoe poling teaches the canoeist what a fun and practical sport poling is for exploring remote streams and rivers. Standing up in a canoe pushing a 12 foot pole is a unique and effective means of moving upstream into inaccessible areas where road access is very limited or non-existent. It is also a wonderful way to enjoy rivers in low water conditions where there is still enough water for the canoe but not deep enough to paddle without pushing off the bottom. This canoe discipline allows the boater to eliminate the need for shuttles as the put-in and the take-out are one in the same on a river or lake. While breaking the rules of never standing up in a canoe, the canoeist quickly learns how easily balance is acquired and that standing is more stable than sitting. The symposium workshop not only covers many shallow water techniques; it also focuses on maneuvering and power strokes in deep water. Proper body positioning in the canoe as well as hand positions on the pole are covered. This a beginner level class so prior poling experience is not required. You are guaranteed to have fun so sign up and become part of a truly "upstanding group" of canoeists who stand tall and carry a big stick!

Whitewater Strokes – Rory Matchett

Water Workshop

If you are bored with flatwater, or plan on doing some backcountry trips that include moving water, you'll need to learn a few stroke combinations that keep you on the right side of the water in rapids. You'll learn tandem combination strokes such as on-side and off-side eddy turns, side slips, ferries, and setting. Emphasis will be placed on becoming comfortable with boat lean, and learning high and low braces. While this course will be taught on flatwater, the lessons will carry over to moving water.

Intermediate Paddling – Kevin Slater

Water Workshop

Intermediate Paddling assumes that you have completed and mastered strokes covered in the Intro Paddling course (forward stroke, draw, pry, sweep), and have a working knowledge of the J-stroke. We'll focus on coordinated bow and stern maneuvers such as side-slips, shifts, U turns, and take turns running an obstacle course. Expect lots of interaction with the instructor!

Choose a River in Maine – Mike and Shauna Patterson**Land Workshop**

What's good and where is it? How do I find a river that suits me and my group? How many days do I need? How do I get there and back? Are there any black flies? What's the best time of year to go? What will it cost? Finding the right river and planning the trip can and should be a lot of fun, sometimes even more fun than actually doing the trip, especially if the weather turns on you. Come share the fun and we'll explain how it's done!

Traditional Flatwater Tandem Paddling – Caleb Davis**Water Workshop**

Tandem paddling is teamwork. Two people working together to accomplish the same goal, move across the water to the same destination at a mutually agreed upon rate of speed. Sounds simple enough? But, why is it that this simple task has the potential to generate so much discourse? Even to the point of breaking up a happily married couple. Communicating and working together will facilitate good tandem paddling, add good technique and the tandem paddlers will glide across the water like a well oiled machine.

Basic Paddling Strokes for Women – Polly Mahoney**Water Workshop**

Polly will go over parts of the paddle, canoe and basic paddling strokes in the bow and stern. We will practice sideslips, turning and paddling in a straight line. Come learn in a supportive environment!

Sit & Switch – Jim & Lisa Lisius**Water Workshop**

Also known as North American Touring Technique, this is the most efficient style of paddling and the basics are easy to learn. So if you want to go fast, or just further without as much effort, come learn about bent shaft paddles, improved forward stroke dynamics, seated paddling with foot braces, eliminating dragging strokes that slow your momentum, and steering primarily by switching the paddle from one side of the canoe to the other. Teamwork is key, and when you and your partner get this technique down, you will be gliding effortlessly across the water the way life is supposed to be.

Zen and the Art of Paddling – Shawn Burke**Land Workshop**

How I've learned that canoeing is a metaphor for living my life.

Recreational Poling-Kevin Silliker**Water Workshop**

The program will introduce beginners to the art standing in a canoe and controlling its movement and direction with a 12 foot, black spruce pole; in the style of the river guides of Maine and New Brunswick. Topics to be demonstrated and practiced include: stances, grips, balance, turning the boat, propulsion(forward and backward) and stopping. Come surprise yourself with how quickly your comfort and confidence builds when standing in a canoe!

Resources and Tricks for Identifying Old Wooden Canoes – Benson Gray**Land Workshop**

This workshop will be an interactive session to help people research the history of their canoes. I will have my laptop with a copy of the Old Town, Carleton, and Kennebec serial number records that can be used to provide more information about these canoes. Other builder's catalogs will also be available electronically to help identify wooden and more modern canoes. Other topics may also be covered depending on the interests of the participants.

Exploring Paint and Decoration Patterns - Benson Gray**Land Workshop**

This workshop is a PowerPoint presentation showing the evolution of canoe paint designs. It displays some of the canoe decorations that were first used by the Native Americans and how these influenced the progression of colorful designs that started in the Charles River and Belle Isle areas during the early 1900s and continued through the introduction of plastic canoes in the 1960s. The primary source materials are the old canoe catalogs and regional postcards.

Menu Planning and Camp Cooking– Mike & Shauna Patterson**Land Workshop**

Canoes can carry the load, can you? You don't have to eat freeze dried out here, this isn't a backpacking trip, live it up and enjoy the best there is to offer. With over 25 years of doing canoe trips, I have come to the conclusion that I should eat like this at home and not just on the river. With today's choices in the grocery store and all the

convenient packaging, and a little preplanning, you should eat like kings and queens. When other groups on the river observe what we're having for supper, it usually blows their minds. Let's chew on this together for a while. Part II after lunch on Saturday is a camp cooking demonstration.

Reflector Oven Baking – Dave & Lynne Lewis

Land Workshop

Our collection of reflector ovens will be on display for discussion. We will discuss campfire baking, the principles behind how the ovens work, the various styles of available ovens, fire-making strategies, and share some favorite recipes.

Essential Knots – Harry Rock

Land Workshop

Did you ever wonder how to properly tie a canoe onto a roof rack so it doesn't fly off and hit the car behind you? Ever wonder how to tie two pieces of rope together? Ever wonder how to shorten and tighten a piece of rope without cutting it? Well, this basic knots class is for you. We will cover the square knot, bowline, half hitches and slipknot as starters with others to be added based on class time. We also cover how to properly position a canoe on a canoe rack and how to tie it down to prevent it from shifting sideways in the wind and even worse, becoming a poor example of an airplane as it leaves your rack in the highway due to being improperly secured. Everyone needs this basic class for tying canoes to cars and docks, and how to tie up tarps and tents. You will have fun and learn a lot as well!

Skill Building For Women – Polly Mahoney

Water Workshop

What do you want to learn or improve? Come work on the paddling skills that YOU want to develop. Is there a particular stroke you struggle to perfect? Would you like your paddling style reviewed? This is a great opportunity to get some individual attention to improve your skills.

Canoe Safety – Rory Matchett & Kevin Silliker

Water Workshop

In this workshop participants will learn and practice safety skills such as how to use reaching assists, how to use throw bags, and how to perform canoe over canoe rescues. (NOTE - You will be getting wet in this workshop so dress accordingly and bring some spare dry clothing.)

Draws and Pries – Shawn Burke

Water Workshop

In order to make you canoe go straight, you first have to learn how to make it turn. And two strokes - the draw and the pry - are the foundation upon which nearly all canoeing maneuvers are built. In this workshop we'll practice draws and pries, and explore as many of the 11 draw and 5 pry variations and as time permits. Excellent stroke mechanics will be emphasized. This on-water session is recommended for all skill levels: newbies will build a solid framework for further learning, while old hands can fine-tune their mechanics and maybe learn a new thing or two.

Paddling for Aerobic Fitness – Shawn Burke

Land Workshop

Canoeing is a path to fitness, as it combines the aerobic system for endurance, the muscular system for paddling strength, and various neural pathways for coordination and balance. Moreover, paddling is a non-impact sport that metabolizes 85% of the calories you'd burn running an equivalent distance. In this workshop we'll learn how paddling can be integrated into your exercise program to develop aerobic fitness. We'll first review the underlying physiology of muscle metabolism and the circulatory system. Then, we'll discuss training zones and how to paddle for maximum benefit. We'll demonstrate techniques that characterize your level of aerobic effort, and quantify fitness gains. We'll conclude with a presentation of example exercise programs.

Voyager Songs for young and old - Kirk Wipper

Sing your heart out

Kirk Wipper is a visionary legend of canoe history. As a long-time collector of canoes from around the world, Kirk's passion led to the creation of the Canadian Canoe Museum in Peterborough, Ontario. The Museum, is a not-for-profit organization whose mission is to preserve and share the culture and history of the canoe. It houses 100s of astonishingly beautiful and diverse paddle propelled vessels and is the world's largest collection of canoes, kayaks and related watercraft. In his 80's, Kirk still continues to ply the waters in his favorite craft, and dream of his next northern adventure.

Wilderness Walk with Kirk Wipper

Land Workshop

Sunday Morning Paddle – Jim & Lisa Lisius

Water Workshop

Join us for an easy, relaxing paddle along Moose Pond. Our paddling style will be North American Touring Technique (Sit & Switch), which is easy learn and maximizes efficiency. We will offer as much or as little instruction as desired. We plan to find a nice spot for a coffee/tea break to maximize our enjoyment of the pond, the morning, and our companions. Children welcome.

Whitewater Stroke Improvement – Rory Matchett

Water Workshop

In this on-water workshop participants will learn and refine canoe strokes that will be used to travel down rivers safely. These strokes will be important to know in order to perform river manoeuvres, such as eddy turns and ferrying, which are used to avoid obstacles and to descend the river safely.

Sewing Workshop – Jane Barron

Land Workshop

Make your own tumpline head-piece or axe sheath. All the materials provided for a \$10 fee. Drop by Jane's Alder Stream Canvas tent near Memorial Hall anytime during this extended workshop time.

Women in the Stern – Jim & Lisa Lisius

Water Workshop

Women make great stern paddlers! And men great bow paddlers! Sit & Switch paddling is ideally suited to put the strongest member of the canoe pair in the bow, where (his) muscles can motor you through the water and the woman in the stern, can finesse and fine-tune the course direction. Come learn more about bow and stern responsibilities, tandem teamwork, and why, for many couples, this arrangement makes the most efficient and pleasant paddling.

The Bottomless Daypack? – Dave Lewis

Land Workshop

Weather and traveling conditions can change quickly on a canoe trip, and travelers often need access to a dizzying array of accessories to stay comfortable. Everything from binoculars, compass, sunscreen, bug dope, matches, wind shell, rain gear, water bottle and numerous other essential items (and some for fun) need to be easily accessible. Come explore the contents of our daypacks with us, and talk about effective designs and organizational strategies.

Double Bladed Paddling – Geoff Burke

Water Workshop

If a one-bladed paddle is good, shouldn't a double-bladed paddle be twice as good? Double-bladed paddling was seen commonly in the Adirondacks in the days of Rushton and Nessmuck. A double-bladed paddle enables a solo canoeist to cover a remarkable amount of distance efficiently. Also, it precludes the need to employ less efficient forward strokes such as the J-stroke when paddling solo. This class will introduce you to double-bladed solo canoeing, and how to select, size and use a double-bladed paddle for a canoe. Double paddles and canoes will be available to try.

The Double Paddle Canoe – Geoff Burke

Water Workshop

This workshop will be an in-depth look at the history and construction of the traditionally built double paddle canoe. By special arrangement, SCHERZO, a double paddle canoe built in 1889, will be available for study as part of the workshop.

Refining your J-stroke – Kevin Slater

Water Workshop

Kevin will teach the J stroke and some of its many variations for stern paddlers. Learn about it's history and what an effective stroke it is. This on water workshop will give you plenty of practice with the J-stroke and the chance to have your J-stroke critiqued by a pro.

Canoe Sailing – Benson Gray

Water Workshop

Before there were any "one-designed" sailboats such as the Sunfish, Sailfish, Butterfly, Laser, etc., the canoe was a boat hull that was easily converted into a sailboat. Back in 1880 the American Canoe Association was founded and its first competitive event was a sailing canoe regatta held at Lake George, NY. This activity has been going on ever since. At the Maine Canoe Symposium I will demonstrate three canoes that have been converted for sailing using a 55 sq. ft. and 75sq. ft. sail, steered either with or without a rudder and in some cases without drilling any holes through the canoe. Weather permitting you will have a chance to sail them, even if you have never sailed before. Be sure to bring your Life Preserver.

Yoga with Chris – Chris Faria

Land Workshop

Through the use of conscious breathing, body and mind become calm and aware; from this stillness emerges a deep sense of peace, nourishing the spirit. Join Chris Faria for a period of gentle stretching and flexing, breathing exercises and relaxation techniques. Awareness rather than performance is emphasized in this session. All are welcome, especially beginners. Chris has over 25 years of experience in Yoga, dance and fitness conditioning.

Paddle Making – Extended workshop - Caleb Davis

Land Workshop

Here's a great opportunity to make your own traditionally shaped canoe paddle. Something you can admire and use for years to come. The action of this paddle using traditional canoeing technique is smoother in the water and less stressful to the paddler than in using a wider bladed paddle. Each participant will select a cherry one-piece traditionally shaped blank. All blanks are splined to promote paddle lightness and strength. Instruction, and hand carving and finishing tools are provided (non-electric). It usually takes 7-8 hours to complete. The completed paddle is ready for varnish or polyurethane. The fee is \$80 per paddle

Kids Paddling – Kim Gass

Water Workshop

This session is an introduction to basic paddling skills for kids who are comfortable around the water. We will be going out in canoes, learn some strokes, learn how to be safe and play some canoe games too including dead fish polo!

Freestyle for the Wilderness Tripper – Kim Gass

Water Workshop

We will explore the use of static strokes to get you close to your portage endings. Learn how to maneuver at slow speeds to get up tight to that shoreline with the pretty plants or get around rocks easily. Static strokes can also make maneuvering on twisty rivers a joy! No heeling (boat tilt) required. Solo boats available; if you would like to bring a tandem, please do!

Canoe Restoration and Canoe Repair – Dan Eaton

Ongoing

The **smallboat shop** specializes in the repair and restoration of wood/canvas canoes and small boats. Our work is done with care toward maintaining the quality of materials, skills and techniques of original construction. Stop by and check out the current works in progress.

"First Aid Kit Essentials" –Ben Woodard

Land Workshop

First aid kits are as individual as paddlers. Most of us have found items that we can not travel without. The balance is size and content for the context of your trip. This workshop will discuss first aid kit components and contents from "boo-boo" to expedition kits. Participants are invited to bring their kits for some "show & tell".

Northern Forest Canoe Trail –Nicole Grohoski

Land Workshop

Nicole completed the Northern Forest Canoe Trail last summer and would like to share her experiences with interested paddlers who would like to experience the trail in whole or part.

"Accident Awareness" or "How to Avoid S#%* From Happening"

Land Workshop

As a ranger, the best time I found to do outdoor education was at someone's campsite at the end of a day paddling. These talks allowed me to assess a group, see what they were eating, how they were camping, paddling, and sometimes even getting along! This workshop will focus on the most common maladies that strike paddlers. Wilderness medicine will be mixed in with gear selection, decision-making and wilderness ethics.