

Maine Canoe Symposium

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2010 WORKSHOP DESCRIPTIONS- **DRAFT**-June 6, 2010

EVENING PRESENTATIONS BY OUR FEATURED SPEAKERS

Canoe USA-Jim and Lisa Lisius

In February 1993 Jim and Lisa started a journey on the Pacific Ocean that lasted 15 months and spanned 5,100 miles as they paddled and portaged their way across the river highways of America. Paddling upstream through the big-water canyons of the Snake and Salmon Rivers proved to be the physical challenge of the journey. A 24 mile portage over the top of the Rockies led to the endurance phase: 2,500 miles downstream following the Missouri and Mississippi Rivers, and then a 1,200 miles upstream winter on the Tennessee and French Broad Rivers to the top of the Appalachian Mountains. A final 23 mile portage led to a springtime finish on the South Carolina coast at Sullivan's Island.

Beneath the Blade-Why We Paddle- Michael Peake and the Hideaway Canoe Club

25 Years of paddling, fun and friendship at the Maine Canoe Symposium A look back and ahead. Some thoughts on motivations, inspiration, complications and why we keep paddling into the woods and across the barrenlands.

WORKSHOPS BY OUR FEATURED SPEAKERS

Northern Journeys--Michael Peake and the Hideaway Canoe Club

Northern Journeys with the HACC is a look back at nearly three decades of northern paddling by the Hide-Away Canoe Club. The all-new digital show will examine several historically-based trips by the group featuring the travels of George Douglas, the Hubbard expeditions, Robert Flaherty, Guy Blanchet on rivers including the Coppermine, George, Back, Thelon, Rat and of course, the Morse, which we named in 1985. The show combines both modern and historic photos and features many fun and exciting moments of the HACC northern adventures.

In Search of Eric Morse--Michael Peake and the Hideaway Canoe Club

A new multi-media show combining old HACC photos and rare movie clips that have to do with the origins of modern Canadian wilderness canoeing and the Hide-Away Canoe Club's connection with Eric Morse, Bill Mason, Pierre Trudeau and others and how all the various people and places fit together. Created for the Maine Canoe Symposium, this unique show offers some never-before seen photos and video including rare footage of mighty Churchill Falls in Labrador just before it was dammed in the 1960s and Pierre Trudeau paddling with Eric Morse on the Coppermine River in 1966.

ONGOING WORKSHOPS AND DISPLAYS

Traditional Maine Guide Camp and Skills – The Lewises

Displays, demonstrations and discussions of the highly evolved, yet simple and flexible, traditional wilderness travel skills of the Maine Guide. Dave and Lynne will be working with this equipment for each of their workshops, throughout the weekend.

Voyageur Display – Jeff & Lisa DeHart

Stop by throughout the weekend and experience how the early voyageurs camp might have appeared. Voyageur Competition 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 voyageur 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.

SPECIAL FEATURES FOR 2010

Canoeing Styles Demonstration – Pro Staff

Our Saturday morning "opening ceremony" provides an overview of the breadth of canoeing, as members of the Pro Staff give brief demonstrations of various paddling and poling styles. Be sure you don't miss this one!

For a review of different paddling styles, and the variety of canoe and paddle designs, check out our *Paddling Styles Primer* at the MCS website, available for download

at: http://www.maine canoe symposium.org/Paddling_Styles_Primer.pdf

Canoe-athlon – Monica Schnitger and Shawn Burke

You've taken all the MCS Workshops, so what do you do now? Strut your stuff! Show off your canoeing and camping skills at the Annual MCS Canoe-athlon. Tandem teams will compete in a mini canoeing adventure race. From Water Site A, you'll first race your canoe around the island. Then you'll portage your paddle around the beach, stop and tie a square knot and a bowline knot, hop back into your boat to pole around the docks, and finally come ashore and toss a throw bag through a hoop. Fastest time wins, but style is important, too! Classes for all, including a Generation Gap Class (Adult / Kid pair) – if you don't have a partner the race directors will match you with one. All are welcome to this exciting and fun-filled event. Awards will be presented in all classes.

Saturday Evening Campfire-Harry Rock

One of the highlights for many each year is the Saturday evening campfire. Held immediately after the evening program, this evening celebration features stories, camp songs and great memories. Often accompanied by loons, this is a great experience to really appreciate the camaraderie of the Symposium.

Voyageur Canoe Race—all are Welcome

Part of the annual closing ceremonies for the Symposium is the voyageur canoe race, featuring a couple of Winona's beautiful 25-foot wood/canvas "war" canoes. Competition is fierce, rivalries grow with time, and everyone has fun. Come join the fun, cheer the teams and see which captain will earn the Golden Boot.

Running the Rapid River in 1940-Zip Kellogg

Originally produced 70 years ago, a film of the 1940 National Whitewater Championships (held on the Rapid River in western Maine) was thought lost. This 17 minute silent color film provides a treasure trove of images, incidents (yes!) and windows into canoe and kayak racing equipment and techniques of another era. Maine paddler Zip Kellogg had been on the lookout for this film for thirty years, holding out little hope that it had survived. And only by utter chance and a twist of fate did it turn up! Zip will share the film and the story of this nationally significant film with those who attend the Maine Canoe Symposium.

The Canoe as Time Machine-David Cook

The canoe is a time machine for those with informed imaginations. I will bring along and share some of the many artifacts from such materials I have picked up while canoeing and what they can tell us about a way of life which lasted many millennia. Another aspect of this talk are the Indian place names which contain clues as to the type of canoe conditions one can expect at a particular place, among other things.

Glaciers to Gravel Pits-Natural History of Maine-David Cook

The evidence is abundant and clear I have some great information from the USGS and University of Maine that many people will find surprising and interesting. For example, until 8,000 years ago, Moosehead Lake emptied out over now dry Northeast and Northeast Carries into the channel of the modern West Branch of the Penobscot. Unlike the modern river, the ancient stream flowed north through what is today the Allagash, in other words, a drainage reversal. The Kennebec changed course from its original course through the Belgrade Lakes and Cobbossee Lakes of Wayne, Winthrop, etc. Something jerked its course to the east at Norridgewock. The lakes are the puddles of that much larger river.

Way above the Gravel Bar-David Cook

I have some observations about my experiences canoeing around Maine with archaeologists, biologists and geologists and what the information from the past reveals about our future. We know we live in a rapidly changing environment today and, when one considers the 11,000 years of human prehistory and the related environments, environmental and ecological changes are a constant in human history and, our humanity, comes from being able, so far, to adapt and innovate our way through such difficulties as wrought by a sometimes ferocious Mother Nature.

The Magic Triangle – Reinhardt Zollitsch

Come hear the story and see the sights of a 2009 solo sea canoe trip down the St. Lawrence River, Canada from Québec City to Tadoussac and then 75 miles up the Saguenay fjord to Chicoutimi.

Paddling Nunavut's Thlewiaza River-Ben Meader and Christian Woodard

Join Ben Meader and Christian Woodard as they share photos, stories, and video from their trip with six other Middlebury students and graduates on the Cochrane and Thlewiaza rivers in northern Manitoba and Nunavut. The experience of navigating their first northern river helped these eight young people (from both coasts) better understand the role of the outdoors (and canoes!) in their lives.

ON-LAND WORKSHOPS

When one thinks of a Canoe Symposium, one might assume that it's all on-the-water workshops. At Maine Canoe Symposium, however, we have a rich program of land-based workshops that highlight and explore broader aspects of canoe sport, and we are very proud to be able to offer the following.

On the set of This is Canoeing- Reid McLachlan and Becky Mason

Justine Curgenven is a skilled UK film-maker who came over to North America this past year and filmed some of our well-known paddlers in action and profiled what makes them tick as paddlers. She took their best stories and footage and combined it with some UK paddlers' adventures to create a 2 disc DVD called "This is Canoeing". Congratulations Justine! It has already won 'best canoeing film' at the Reel Paddling Film Festival and at the Waterwalker Festival. Justine has granted me permission to use her specially edited DVD that she's made for speaking presentations. It highlights the best of the best in her new canoeing compilation set. You won't want to miss my behind the scenes stories surrounding the canoeists that are in the video. See preview of video <http://www.youtube.com/watch?v=RsRxxkut1Bds>

Canoescapes-Mike Shannon

Come celebrate canoeing. Relax your mind and spirit. Canoescapes is a gathering of folks enjoying the stories and adventures that connect us to our canoeing heritage. Bring something to share and read aloud, if you like, a poem or short story. Enjoy this time for reflection at Camp Winona.

Walk on the Wild Side-Mike Shannon

Come and whet your appetite for things wild and natural. Join us as we explore and discover the wild side of this place . . . Camp Winona. Learn to identify common species, sharpen your observational skills and arouse your kinship with all life. The possibilities will surprise and delight you.

Fly Fishing Basics – Abbott Meader

For beginners and novices. We'll present and practice basic casting technique, discuss materials, equipment, costs, and philosophy. I expect to have rods for eight. Some sharing is possible. On-lookers and kibitzers welcome.

Intermediate Fly Fishing Techniques-Abbott Meader

Earlier participants are welcome to continue, and more advanced casters may join up if interested. We'll deal with issues of false casting (why do it?) Distance casting. Shooting the line. Roll casts. etc. I expect to have rods for eight. We'll give it our best shot. Maybe discuss fly patterns a bit.

Core and Balance Training for the Paddler – Shawn Burke

Your canoe is propelled through the water by the forces you exert on your paddle. These forces are transmitted from the paddle to the canoe through your core, the muscles between your thighs and your chest. A strong, stable core will enable you paddle effortlessly. It will also help you maintain balance both in and out of the boat. This course will introduce a variety of functional exercises that you can do at home or the gym with a minimum of equipment. The exercises will strengthen your abs, obliques, spinal erectors, glutes, and hip flexors; several will challenge and improve your balance at the same time. Everyone will have a chance to try the movements. Attendees should have a basic level of fitness in order to participate.

The Physics of Paddling –Shawn Burke

Why does a canoe float? Why does it go forward when you paddle? Why are some canoes more tippy than others? Why isn't a tandem canoe twice as fast as a solo canoe? Come celebrate your inner canoe geek, and explore the underlying science behind why canoes do what they do.

Make Your Own setting Pole: sign up (6), cost \$35-Kevin Slater

Start with a black spruce pole. Limb it, peel it, and shave bottom down to mount a copper ferrule. And voila, a beautiful and functional setting pole. We have everything you need from start to finish. If you require more time than the workshop time, there will be space and tools to use throughout the rest of the weekend.

Reading the Weather-John Meader

It's a beautiful morning, those pretty feathery clouds are high overhead, the sun's out and the winds lightly blowing from the southeast, what's the day likely to turn into? I'd keep my raincoat handy, come find out why. We'll discuss some easy weather observations that you can make on a trip that might help you stay safe and comfortable. We'll learn how basic weather systems work and how you can see it in the sky and make some basic predictions. It might make you a bit more sympathetic to that weather forecaster who always gets it wrong!

Canoe Trip and Menu Planning– Dave & Lynne Lewis

We will discuss strategies for planning canoe trips and menus. We will discuss lists, menu planning, lists, drying and preparing foods, lists, calculating food and equipment quantities, lists, selecting equipment, lists, packing and organizing your gear, lists, learning from your past trips, lists, and finally-lists. It is important to take enough with you to be comfortable, but not so much that you'll be uncomfortable! We'll tell you how we (try to) do it.

Reflector Oven Baking – Dave & Lynne Lewis

A fireside workshop, we will discuss campfire baking with a reflector oven. We will analyze the various designs of available ovens, fire-making strategies, and share some favorite recipes. We use an oven based on models refined by the early 1800's, and would like to share our experiences of baking with such an oven. Typically, we will have a baked dessert and bread each day on our canoe trips, and would like to share our ideas with you.

Essential Knots – Harry Rock

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!

Sewing Workshop – Jane Barron

Jane will demonstrate how to sew a cover for your canoe at home. Topics for discussion will be how to design a cover that meets your needs, choice of fabric, and use of snaps to attach it. Learn from Jane's experience. There is no fee for this workshop.

Building Outdoor Gear – Gil Gilpatrick

Outdoor people don't make their own gear to save money. Economy isn't the objective; it is the satisfaction of making something and then seeing it do what it was designed to do. And, they will argue, what they make is better than what they can buy. And, they are right! Gil will cover projects, materials and techniques featured in his book [Building Outdoor Gear](#).

Extended Canoe Trip Planning – Gil Gilpatrick

Whether you are taking your family or a small group, if you are responsible for planning and leading a river trip there is a lot that you can do to increase the chances that it will be successful. Using his book [The Outdoor Leaders Handbook](#) as a starting point, Gil will cover all pre-trip preparations and planning, on water safety and logistics, and helpful tips and techniques while at camp. Gil has years of experience guiding groups on the Allagash and has a wealth of knowledge to share.

Yoga for Paddlers – Chris Faria

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.

The Craft of Making Traditional Paddles – Ray Reitze and Jen Reis

Ray and Jen will guide you through the process of canoe paddle woods, designs, and the construction of an efficient canoe paddle using only hand tools. They will have numerous canoe paddles in various stages of construction for you to examine.

Basic Sharpening-Kevin Silliker

Basic hand sharpening for all knives, axes, and straight edged tools. Hands on session. Bring your dull tools and restore them to shaving sharpness with the help of a custom knife maker!

ON-WATER WORKSHOPS

***NOTE:** The weather in Maine is highly variable and the safety of participants is our priority. In the event of thunder, water workshops will be cleared immediately and remain cleared until 30 minutes after the last thunder, in accordance with National Weather Service recommendations. In the event of wind or rough water, workshop leaders may, at their discretion, cancel the on-water session or move it to land. In the event of delayed or cancelled on-water workshops, please visit one of our many on-land offerings.*

Star Gazing/Night Paddle – John Meader

Star Gazing/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 star gazing. 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.

Introduction to Canoe Orienteering-Monica Schnitger and Shawn Burke

Canoe Orienteering (aka "Canoe-O") is a map-based canoe race on a pre-set course. It combines paddling and map reading skills with strategy and tactics in order to complete the set course in the shortest amount of time. The course consists of a series of "control" sites that are marked on the map by circles, with most controls accessible by water, but some accessible only by land. The orienteer marks a card using a punch hanging next to marker flags at each control site, and continues until all controls have been visited and punched, trying to complete the course in the minimum amount of time. The best strategy almost always beats pure paddling skill, making the sport open and accessible to "the rest of us."

Come join us and try your hand at this fun and growing sport. We'll cover the basics, and then everyone will have an opportunity to use their new-found skills on a short pre-set course. Basic map reading skills will be helpful, but aren't required. Wear shoes you don't mind getting wet!

All Women's Poling Clinic – Lisa DeHart

In a small class of 5 learn the basics of choosing a boat & pole, where to stand and very basic maneuvering. 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.

Paddle Your Own Canoe – Kim Gass

If you have never paddled your own boat come sample single blade solo canoeing in a boat built for one! When you are solo you are both the master and the mate and the learning comes quickly. If your J stroke isn't working, there is no one else to blame. The workshop is open also to those who have a good J stroke and are working on more advanced Freestyle maneuvers, utilizing weight shift and static strokes. Feel free to bring your own solo boat.

Precision Paddling – Kim Gass

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!

Freestyle Paddling – Kim Gass

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; it's 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 no matter what the size, if you have a favorite boat, bring it! This session is for the curious paddler who has never sampled freestyle.

Introduction to Paddling for Women – Bonnie Pooley and Megan Henderson

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!

Northwoods Paddling – Jane Barron

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.

Basic Solo (Intermediate) - Reid McLachlan and Becky Mason

The aim is to make your stroke the most efficient it can be so all the momentum of the canoe is utilized. 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.

Classic Solo (Advanced) - Reid McLachlan and Becky Mason

This course will be honing solo canoeing skills. The emphasis will be on the timing of the stroke. There will be time to do some strokes on request, which will involve more advanced maneuvers. Prerequisite is Basic Solo or a couple of years of solo or tandem canoeing experience

Modern Poling – Harry Rock

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!

Introduction to Paddling – Dave Butler

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.

Intermediate Flatwater Tandem Paddling –Monica Schnitger and Shawn Burke

This session will focus on bow/stern coordination, emphasizing boat control and smooth paddling. Course content will vary depending on your needs and interests: Precision boat handling, spins and turns, improving your tandem paddling efficiency, etc. Course Prerequisite: Attendees must have least one full season of paddling under their belt prior to taking this workshop, and have a good grasp of the forward stroke, draws, pries, and the J-stroke.

Outrigger Canoeing – Reinhard Zollitsch

All you need to know about paddling solo outrigger canoes on the ocean - types, set-up, paddling technique, safety - with brief individual practice sessions.

Whitewater Strokes – Rory Matchett

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 keeps you on the right side of the water in rapids. You'll learn tandem combination strokes that can be used for making eddy turns, peel-outs, and ferries. Emphasis will be placed on becoming comfortable with boat lean and paddle placement. While this course will be taught on flat-water, the lessons will carry over to moving water.

Recreational Poling-Kevin Silliker

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!

Canoe Safety – Rory Matchett & Kevin Silliker

Come to this clinic to learn or refresh your skills in canoe over canoe rescue, use of throw bags and other canoe safety related items! This is one clinic where you are guaranteed to see some of the pro-staff getting wet in those cool waters of Camp Winona.

Whitewater Playboating-Ben Meader

If you're thirsty for more challenging whitewater and find yourself bailing out the Old Town Tripper more than it should be, come check out a whitewater playboat. While we won't actually get out on a river, they are quite a different rig than other canoes and fun to practice your strokes in. We'll discuss boat designs, paddling styles, open canoe rolls, and hopefully share some great river stories.

Refining your J-stroke – Kevin Slater

Kevin will teach the J stroke and some of its many variations for stern paddlers. Learn about its 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.

Sit & Switch – Jim & Lisa Lisius

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.

Voyageur Canoe Paddle with-Jim& Lisa Lisius

All ages welcome to join us as we take out one or two newly restored voyageur canoes for a paddle down Moose Pond. We will take a short coffee/tea/hot chocolate break before heading back to Camp Winona. So take this opportunity to experience the easy flow and comradeship of voyageur canoe travel.

Double Bladed Paddling-Geoff Burke

This workshop is about the sizing, selection and use of a double paddle in a canoe. Double paddles and canoes will be available to try.

MCS Mission Statement

Established in 1986, the Maine Canoe Symposium is a volunteer-run, nonprofit weekend event held annually at Camp Winona on Moose Pond in Bridgton, Maine.

The Symposium allows participants of all ages to develop an understanding and appreciation of the diversity of North American canoeing heritage and to develop canoeing and related skills through educational workshops, presentations, and hands-on instruction.