



# Maine Canoe Symposium

C/O Winona Camps  
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## 2019 Workshop Descriptions-FINAL

6/2/2019

### EVENING PRESENTATIONS by our FEATURED SPEAKERS

#### Adventuring with Young Children

Canoe camping with babies and toddlers is loads of work but always worth the effort. Since becoming parents, the Markos have developed skills, coping mechanisms, and lots of sneaky tricks to have successful and meaningful trips in the wilderness with very small children along. They'll share all that they've learned to make canoe trips with babies and toddlers enjoyable, from simple overnight trips to long-distance, week-long expeditions.

[www.wefoundadventure.com](http://www.wefoundadventure.com)

Bobby and Maura Marko

#### Four Rivers to the Labrador Sea-a 33 day canoe trip from Shefferville, Quebec, to Hopedale, Labrador

Jim Baird

Jim Baird is a professional adventurer, photographer, writer, and filmmaker who grew up exploring the public lands of southern Ontario, Canada.

Jim will share his adventures of a 33-day canoe trip from Schefferville, Quebec, to Hopedale, Labrador, via four rivers: the Du Pas, the George, an unnamed river, and the Adlatok. The route had roughly 30 miles of portaging with no trails, including two that took more than two days each. The trip consisted of significant navigational challenges such as large open-water crossings, up-river travel, and advanced level whitewater.

[www.theadventurer.ca](http://www.theadventurer.ca)

We would like to thank the Maine Wilderness Guides Organization for their generous support of this presentation.

[www.mwgo.org](http://www.mwgo.org)

### ONGOING WORKSHOPS and DISPLAYS

*For in-between workshop time, we have a few informational workshops and vendor displays. Please see the schedule for locations.*

#### Maine Canoe Trip Campsite Display

Jeff & Lisa DeHart

Jeff and Lisa will set up a typical campsite, including a tarp for rain and sun shelter. Many of the food- and cooking-related workshops will be held here, as well.

#### Alder Stream Canvas

Jane Barron

Alder Stream Canvas specializes in high quality canvas outdoor accessories, in both classic and modern styles, all made in Maine. Designed and manufactured for over 30 years by Registered Maine Guide Jane Barron with durability and hard use in mind. Jane's designs are based on her experiences canoeing and hiking in Maine, Labrador, Alaska and the Yukon and while guiding wilderness trips in Maine and Minnesota.

## **SPECIAL for 2019**

*In addition to our core workshops, we are pleased to offer the following. Some are MCS traditions, some are weather-dependent, and some are redesigns of MCS classics.*

### **Parade of Canoes**

**MCS Instructors**

We are excited to present our *Parade of Canoes*, first introduced in 2017.

Instructors and participants alike are invited to join the parade, so if you have a canoe *you* would like to show off, or a paddling style *you* would like to demonstrate briefly, please consider joining us—we will take care of the narration.

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.

NOTE: Kids meet at Water Site F at 8:00 SHARP with your paddle and PFD to prep for the Voyageur Canoe demonstration!!

### **Kids and Parents Orientation Meeting**

**Paul Faria, Junior Program Instructors**

We will cover info and expectations you will want to know including safety and security. We have multiple offerings at many time slots for a variety of choices and time to paddle, play, and swim. We always offer different activities for the older and younger kids to do separately and for parents and children to do together. We welcome additional adults if you would like to assist with activities. Or, please come and participate in some of these fun activities with your children for your own enjoyment.

### **Saturday Evening Campfire**

**Junior Program Instructors**

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**

**MCS Instructors**

*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 voyageur 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.

### **Star Gazing/Night Paddle**

**John Meader**

If the skies are clear after the evening presentation, John (a professional planetarium director for more than 25 years) will lead a late-night paddle. 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 is weather-dependent, will be limited to six boats and everyone must bring a flashlight, paddle, and a PFD.

## **ON-LAND WORKSHOPS**

*We have a rich program of land-based workshops that highlight and explore broader aspects of canoe sport, and we are proud to be able to offer such a variety.*

### **Tips for Selecting Solo Canoes**

**Keith Attenborough**

Thinking about buying a solo canoe? This session will walk through the process - starting with understanding the different types of canoes and hulls and which will best meet your needs, then finding resources to help narrow the selection of boats in that category, locating boats to try, and what makes a good test paddle. Sitting in on this workshop will help you find the canoe that will put a smile on your face. (Feel free to join if you're looking for a tandem - the process is the same.)

### **How to Waterproof Your Gear**

**Jim Baird**

How to pack for a multi-day whitewater trip- how I waterproof my stuff. Cloths & sleeping bag respectively in dry compression straps. Line a 115-liter dry bag with a contractor's garbage bag, the compression sacks and everything goes into that, then the carpenter's bag is tied shut and the large dry bag is sealed.

### **Campfire Cooking Without a Pan**

**Jim Baird**

In this workshop, you will learn three ways to cook trout (or any fish) over a campfire without a pan.

### **Packing for the Perfect Day Trip**

**Jane Barron**

In this workshop, we will talk about what to bring for a short day trip, and also what not to bring.

### **The Axe**

**Geoff Burke**

A vital tool to the early voyagers and pioneers, the use and care of axes has all but been forgotten. Proper care and maintenance will ensure that your axe will be a useful tool when you need it. Learn the correct way to sharpen an axe. Helpful tips on keeping the axe head tight and secure. Common use and maintenance mistakes that shorten the life of an axe will be discussed. What is the best axe for you, a review of axe styles and the function of each axe.

### **Q & A on the Northern Forest Canoe Trail**

**Laurie Chandler**

The historic waterways of the NFCT stretch 740 miles from the Adirondacks to the Allagash, offering canoe trips for paddlers of all skill levels. Laurie Chandler, 2015 thru-paddler and author of Upwards, will introduce participants to the highlights and challenges along the way and discuss the resources available for trip planning. Bring your questions about gear, navigation, camping and lodging, trail services, and itineraries to this interactive Q&A session. Learn how you can become involved and start planning your next NFCT journey.

### **Camp Doughnuts**

**Chris Corey**

A campsite favorite, fresh donuts are easier to make than you might expect. All you need are a few basic ingredients, hot oil, and a canoe for a work surface.

### **Hammock Camping**

**Chris Corey**

Canoe camping in the backcountry doesn't need to be a pain in the neck. Roots, rocks, wet ground... Elevate your sleeping experience! We'll cover rigging the hammock, rain tarp, bug nets, and sleeping systems.

### **Simple Knots-How to Tie and Use Them**

**Paul Faria**

Some of the more common knots we will explain and practice using include the Half hitch, Square or Reef knot, Bowline, Clove hitch, Slipknot, Taught line hitch, Trucker's hitch, and other variations included as time allows. We will explore practical applications like securing a boat on a rack, mooring and rigging a tarp or rain fly and other applications for everyday use.

### **Compass Field Skills for Beginners**

**Paul Faria**

Heading out up the trail or searching for where we parked the car at the mall, a compass can help us get there and find our way back using these techniques and learning a few simple concepts. In this workshop participants will be using baseplate compasses and easy to understand instructions to strike a bearing, follow a heading and complete one or two courses laid out in the woods and fields. Concepts covered will include parts of a compass, magnetic bearings, back bearings, attack points, catch points, handrails, leapfrogging, boxing, measuring distances using pacing and more. We will not be using maps. Map reading skill is not necessary.

### **Fundamentals of Fly Casting**

**Kate Farnham**

This session will focus on the fundamentals of fly casting. We will learn the 4-part cast, false casting, and the roll cast. We will begin on grass, then move to a dock with an emphasis on fly fishing from a canoe. All equipment will be provided. Please bring a pair of sunglasses or eye protection.

### **Q & A with the Experts-Ethics, Leadership and Safety**

**Gil and Dot Gilpatrick**

An informal question and answer session with a Master Maine Guide with over 40 years of canoe guiding, most of it on the Allagash river. Joining Gil this year will be Dot, his wife of over 60 years. Dot accompanied Gil on many of the canoe adventures and has a lot to add, and from a female perspective. Dot and Gil's experiences are as widely varied as their outdoor interests. So, a variety of topics might be discussed, depending on the questions asked. Because of this the attendees determine the subject matter.

### **Campfire Cooking and Reflector Oven Baking**

**Dave 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.

### **Canoe Travel**

**Dave Lewis**

We will discuss selecting canoes, paddles, poles, packs, PFD's and periphery. We will discuss packing the canoe and various trimming (load distribution) strategies for different traveling conditions, whether upstream or down, river, lake, ocean or pond, windy or calm. We will discuss some techniques for packing and organizing your gear, with some ideas on what to take, and what not to take. We'll discuss traveling strategies to increase efficiency and safety and allow extra time for fun. We will also discuss techniques to increase the efficiency and safety of the inevitable portages. Our equipment draws from several canoeing cultures, and we will explain the relative merits of each.

### **The Ideal Kid Friendly Camp Setup**

**Bobby and Maura Marko**

Take a look inside our favorite tent setups when camping with babies and toddlers along. Whether you want to travel light and easy for a basecamp or ultralight for those portage-filled trips. Learn how we keep very young children occupied and happy when spending days in the woods. We will also discuss our best family-friendly bug practices. Learn how to pretreat your clothing, what we have found works and doesn't work for those pesky bug bites that do happen.

### **The Arrowhead Traverse-A Film Screening and Discussion**

**Bobby and Maura Marko**

In 2017 the Marko family (including their 9-month-old and 3-year-old) embarked on a 170-mile journey across the Arrowhead region of Minnesota, traveling by bike, canoe, and foot. Come see the 20-minute, award-winning documentary film, The Arrowhead Traverse which takes an in-depth look into this epic trek. Following the film, the Markos will lead a discussion of how they prepared for this large of a journey and will delve into the very real difficulty most all adventure parents face, what happens when trips aren't successful.

### **Favorite Family-Friendly Meal Ideas**

**Bobby and Maura Marko**

Witness a display of three favorite canoe-camping meals each created using various camp cookery during the workshop. Making meals that both kids and parents enjoy and are filling enough for the most rigorous day on the water. Get tips on pre-trip preparations, packing, gear, and stove suggestions.

### **Quick Tarp Shelters**

**Rory Matchett**

Sometimes a paddler needs to rig a shelter from wind, rain or sun. This is a hands-on workshop where you will learn tips and tricks for rigging three different shapes for shelters: the lean-to, the traditional tent-style, and the plough-point style.

### **Loading and Tying a Canoe**

**Jeff McCabe**

It's easy to damage a canoe during transport, either by trailer or on a car top. We'll discuss a few effective ways to make sure that your canoe(s) do not take unintended trips through the air. We'll discuss trailers, trailer design and car-top transport. We'll also look at the various forces that act on your canoes during transport, and how to address them.

### **Photography Wanderabout**

**John Meader**

Join photographer John Meader for a *wanderabout* with our cameras, whether the camera you have is a fancy DSLR, or a cell phone camera, it doesn't matter. Just grab your camera and we'll go on a Winona Wanderabout to see what we can see. We'll discuss composition, lighting, and typical problems taking pictures on trips and how to tackle those issues. We'll also spend time around the shore trying to get good pictures of people in canoes!

### **Developing a Keen Eye: Naturalist Observations on a Trail**

**Serena Sanborn**

Many of us miss the incredible natural world phenomena around us: from the tiny galls on leaves and stems, the secretive nesting of birds, or the simple signs of skunk rooting around for grubs. Come on a trail walk to develop a keen observational eye and discover some hidden secrets around us. A scavenger hunt will be handed out for both the children's workshop and the adults, with some optional brief lessons on observational drawing.

### **Moth Observation**

**Serena Sanborn**

As a new activity at this year's campfire, we will set up a moth light and bait to attract moths for moth observations! With just a simple black light set up we then can observe the fascinating moths around us!

### **You, too, Can Paddle Your Own Canoe**

**Gerry Saunders**

Have you ever dreamed of paddling a canoe you built, but were intimidated by the time, tools and skills needed? Skin on frame construction is a relatively simple to build method to build light, strong, elegant and economical canoes. Minimal woodworking skills and tools are required. This session will present a brief history of skin on frame boats and an overview of building a skin on frame tandem canoe. A solo canoe will be available for you to look at a final product.

### **Building a Skin-on-Frame Canoe**

**Gerry Saunders**

This will a drop in session to observe, and maybe help, the construction of a skin on frame canoe. Feel to drop in, watch, ask questions and maybe help out.

### **Stream Flow**

**Nick Stasulis**

For those interested in an overview of the USGS stream flow resources (website) and how the values (stream flow rate, depth, trend lines, etc.) should be interpreted. Also discussed will be the monitoring hardware, how it is installed, how the data is transmitted from remote locations and what insights can or have been made.

### **Hypothermia**

**Jon Tierney**

Come and learn about the causes, signs, treatment and most importantly-prevention- of hypothermia.

### **First Aid for Paddlers**

**Jon Tierney**

Refresh those wilderness medical skills or learn new skills! Participants will work in small teams to respond to simulated accidents ranging from simple non-serious backcountry problems to more serious traumatic or medical issues. Each scenario is designed to focus on overall accident leadership, assessment, wilderness medical guidelines and rescue actions. Groups will then compare responses and receive appropriate feedback based on observation. This workshop is open to both medically trained and non-trained individuals.

### **Yoga for Paddlers**

**Leah Titcomb**

This is a land-based session to learn and experience stretches to warm up for and recover from a day of paddling. Prevent injuries and paddle longer! This will be a yoga class where we specifically address the stretches needed for paddlers. No experience or flexibility needed to participate.

### **Classic Camp Stove**

**Andy Wyatt**

This session will provide an overview of several different styles of camping stoves with an emphasis on some older classic models fueled by kerosene, white gas, alcohol, propane, or even wood. Some of these older styles are out of production, but many are still quite available on the used market. We'll discuss the advantages/disadvantages of various stove styles and fuel choices. We'll also touch on the history of the companies that produced these designs.

### **Menu Planning**

**Nancy Zane & Beth Arnold**

- Pantry vs. menu
- Rations for summer vs. shoulder seasons
- Recipes
- Nutrition
- Food packing

### **Leave No Trace Ethic-Plan Ahead and Prepare**

**Nancy Zane & Beth Arnold**

- Food planning
- Route planning and bail out
- Emergency Contact
- Land use permissions and regulations
- Resulting paperwork

### **Navigating Risk Management in Strategies in Wild Places**

**Nancy Zane & Beth Arnold**

- Risk & hazard assessment
- Four Strategies
  - Elimination
  - Retention
  - Transfer
  - Reduction

## **ON-WATER WORKSHOPS**

*Maine weather is highly variable, and the safety of participants is our priority. In the event of thunder, on-water workshops will be cleared immediately and will 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 cancel the on-water session or move it to land. If on-water workshops need to be delayed or cancelled, please visit one of our many on-land offerings.*

### **Introduction to English Gates**

**Keith Attenborough**

This workshop will introduce you to English Gates, a training tool for solo and tandem paddlers consisting of two buoys and four sets of patterns for working on strokes and maneuvers. For folks just getting started, the Gates encourage you to work on building basic stroke skills and on blending strokes. For folks with more experience, the Gates provide an opportunity to fine tune strokes and even invent new patterns to up the challenge. Progress is easily measured - objectively by tracking the time to complete the pattern and subjectively by how smooth the strokes and turns feel. The segmented patterns let you choose which set of strokes you want to work on at any given time and the Gates are simple enough to be created using household stuff. During the workshop you'll get to run through the patterns, and you'll leave with pattern sheets and simple instructions on how to make your own Gates. Limit to five boats (tandem or single).

### **Introduction to Solo Paddling**

**Keith Attenborough**

This session focuses on some of the differences in paddling solo - where it's all up to you. We'll spend a few minutes at the start talking about differences between paddling a solo canoe and soloing a tandem boat, and how soloing impacts things like launching and landing, paddling position and maintaining boat stability. On the water we'll go through basic strokes and adjusting to not having another paddler in the boat. Back on land, and depending on time, we'll go over some basics of rigging for solo paddling, including ballast, seat height/angle, and other aspects. Bring your own solo or use one of the camp's tandems

### **Moving Water Strokes**

**Jim Baird**

An on-water course where I cover some strokes including moving water strokes and braces in flat water. The cross-draw, draw. Low and high brace, backwater brace, pry, sideslip, box stroke. J-stroke, etc.

### **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.

### **Double-Blade 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.

### **Introduction to Tandem Paddling**

**David 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. Learn the lingo of a paddler, what are all those canoe and paddle terms that I keep hearing those seasoned paddlers saying? You will learn how to move your boat forward and also how to turn and spin it. Additional topics; fitting a PFD, paddle selection and sizing, why there are so many paddling strokes, and more. 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. Come learn a little and have some fun too!

### **Introduction to Paddling**

**Dave Butler**

This session will help you develop 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.

### **Poling for Women**

**Lisa DeHart**

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

### **Introduction to Canoe Sailing**

**Benson Gray**

Before there were any "one-designed" sailboats such as the Sunfish, Laser, etc., canoes were commonly converted into sailboats. 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. The Maine Canoe Symposium will have two sailing canoes with sails of 45 to 100 square feet. Everyone who signs up will have a chance to sail one (weather permitting) even if you have never sailed before.

### **Moose Pond Exploration and Skills Development**

**Dave and Lynne Lewis**

Have you ever come to MCS and wanted to simply paddle around and explore Moose Pond, and maybe learn a tidbit or two about controlling your canoe? That is exactly what we are going to do! In this session, we will lead a group around Moose Pond, and help with your paddling skills if you like. Bring a tandem canoe and a partner, paddles and PFDs and let's go paddling. NOTE that this is an extended workshop session, to allow for more paddling time.

### **Family Voyageur Canoe Paddle**

**Lisa Lisius, John Meader**

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.

### **Play Boating**

**Ben Meader**

Are you excited by whitewater but getting wet in an Old Town Tripper? Wouldn't you prefer *not* to sit down in a cramped little kayak? Come saddle up in a solo whitewater canoe and get a feel for how wonderfully agile (and tippy!) they are. We'll explore how the chine, flare, rocker, and tumblehome of a hull can effect boat performance; work on offside strokes and different braces to flesh out your repertoire; and hopefully get to try an open canoe roll or two.

### **North American Touring Technique**

**Ben Meader**

Want to cover distances with style and ease? Then North American Touring Technique ("NATT") is for you! In this on-water workshop we'll introduce you to lightweight bent shaft paddles and a canoeing technique that focuses on moving the boat rather than making corrective strokes. And... no need to learn a J-Stroke! NATT can be part of every paddler's repertoire, whether to help you reach a distant campsite before sundown, or to work your paddling muscles equally side-to-side and avoid muscle imbalances. Hut!

### **Whitewater Eddy Turns and Peel Outs**

**Rory Matchett**

Wherever there is an obstruction or bend in a whitewater river there is an eddy on the downstream side. This eddy is a place of refuge in a set of rapids for a canoeist who needs a break or a place to set up for the next maneuver. The trick for the canoeist is to safely get the canoe into the eddy (eddy turn) and then to leave the eddy (peel out) without capsizing. Come to this clinic to learn the mechanics of an eddy and practice the techniques and strokes required to perform eddy turns and peel outs.

**Canoe Safety and Rescue**

**Rory Matchett, Kevin Silliker**

In this workshop, you will learn and have the opportunity to practice safety skills for canoeing. You should be prepared to get wet but whether you want to participate in the wet session will be up to you. Your friendly Instructors are the only ones that will have to get wet. We will review and practice with throw ropes, canoe over canoe rescues, general canoe safety, and the parallel canoe rescue.

**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!

**Women's Intro to Canoeing**

**Leah Titcomb**

**Women's Intro To Canoeing**– This is a water-based skills session to learn or refine paddle strokes for all situations. Feel comfortable and balanced in your canoe, learn paddle and boat mechanics, body alignment and injury prevention. Practice, learn, play and paddle!

**Finding Balance in Your Canoe**

**Leah Titcomb**

This is a water-based session to learn about body alignment in your canoe to feel balanced and centered while you paddle, pole, pass the snacks or get rocked by a wave. Learn paddle techniques, body positioning and play around with balancing.

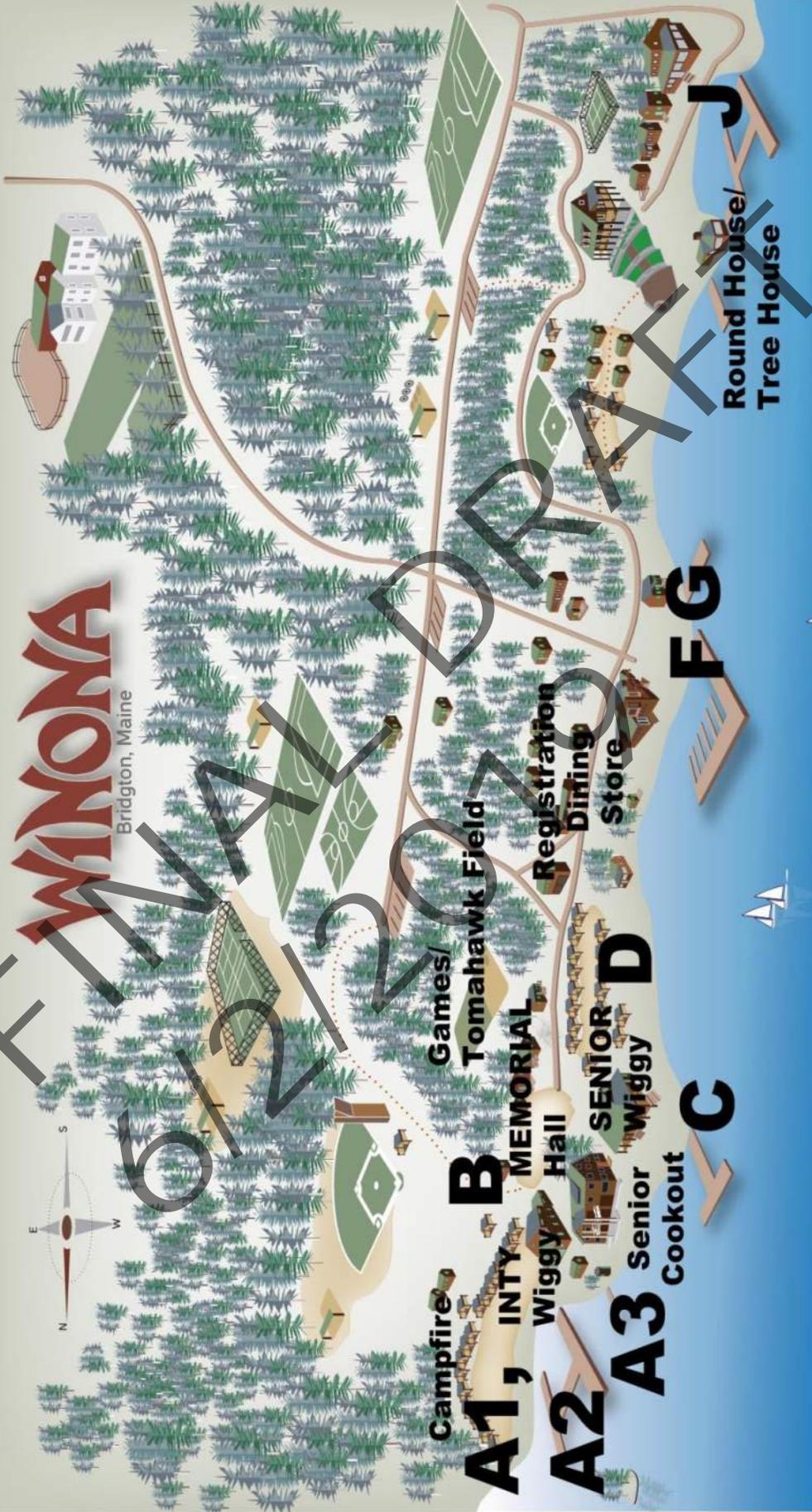
**MCS Mission Statement**

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 encourages 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.

# WINONA

Bridgton, Maine



## MAINE CANOE SYMPOSIUM

### Workshop Locations

Refer to Winona's Maps for locations of roads, parking, camping, restrooms and showers.