

# Maine Canoe Symposium

C/O Winona Camps, 35 Winona Rd, Bridgton, ME 04009

Telephone 207-647-3721

Email: [info@mainecanoesymposium.org](mailto:info@mainecanoesymposium.org)

<http://www.MaineCanoeSymposium.org>



## 2018 Workshop Descriptions-DRAFT

### EVENING PRESENTATIONS by our FEATURED SPEAKERS

#### **Wildwater North: Classic Canoeing and Snowshoeing Maine's Premier Routes**

**Garret Conover**

Garrett Conover, Maine Guide, will offer an exploration of the wildest remaining canoe trips in Maine; an early spring run on the St. John River, summer and fall trips on the West Branch of the Penobscot and the Allagash. He'll talk about Big Black Rapids, Maine, wildlands, wildlife, and glimpses of northwoods history, as well as the skills of canoeing, poling, and comfortable camp life. The show includes scenes from the winter trail on the same waterways, when canoes are replaced with snowshoes and toboggans.

#### **1,000-mile Yukon Endurance Challenge, An Epic Endurance Paddling Event**

**Brad Krog**

Join Brad Krog, an outdoor enthusiast from Maine with over 30 years paddling experience, on an unsupported "Journey of a Lifetime" racing 1000 miles on the Yukon River. Starting in Whitehorse, Yukon Territory, competitors from Germany, South Africa, United Kingdom and United States travel through some of the most isolated, yet breathtaking, areas in North America crossing into Alaska, entering the Arctic Circle and finishing at the Dalton Highway Bridge 135 miles north of Fairbanks.

### ONGOING WORKSHOPS and DISPLAYS

*For in-between workshop time, we have a few informational workshops and vendor displays. Please stop by.*

#### **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 25 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 or NEW for 2018**

*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*, 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.

## **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.)

### **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.

### **Balance Training**

**Glenn Bruno**

We will learn about the importance of honing and maintaining good balance, for paddling and fitness. There will be the opportunity to try out several balance boards one specifically designed for surfing and SUP.

### **Exploring the Northern Forest Canoe Trail**

**Laurie Chandler**

The NFCT stretches 740 miles across the varied landscapes of New England, from the Adirondacks to northern Maine, including a short loop into Quebec. This workshop will introduce you to the trail through the experience of a solo thru-paddler and will include a slideshow of my 53-day journey in a 13-foot Kevlar canoe during the summer of 2015. We will discuss planning resources, gear, challenges, and the highlights that make it all worthwhile. Much of the information would also be useful for planning shorter NFCT trips, and there will be plenty of time for answering any individual questions.

### **Canoeing with Kids**

**Chris Corey**

Want to get the whole family out on the water this summer? We'll discuss a variety of topics related to camping and canoeing with the whole family (and your sister's kids), including safety considerations, kid friendly campsites, outfitting a family, and because life; making the most of a three day weekend.

### **Dining Fly and Tarp Setup**

**Jeff and Lisa DeHart**

In this workshop you'll learn how to rig a kitchen tarp on a canoe trip quickly enough to beat a fast-moving weather front. Learn how to make a really effective canoe shelter and a tarp setup that ruled the day from the French and Indian war through the Civil War, a setup that you NEVER see today.

### **How to Set Up a Wilderness Kitchen**

**Jeff DeHart**

How to tarp a fire for cooking. How to set up a killer dishwasher in the wild. Food prep spaces that center around food safety.

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

**Paul Faria**

Heading 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. Some concepts we will cover include the 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.

### **Rigging a Z-Drag**

**Paul Faria**

Recovering a pinned canoe may be a problem we encounter at some point in our canoeing career. In this workshop we will explore various options for extricating a pinned canoe in a simulated river environment we will create on dry land. This will be a practical hands-on experience to try several approaches including increased mechanical advantage of haul systems like a z-drag, vector pulls and variations. Bring your ingenuity and mechanical reasoning ability.

### **Q & A with the Experts**

**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.

### **Canoe Setup for Flatwater and Whitewater Paddling**

**Brad Krog**

Every day spent on the water paddling is a great day, but if you really want to make the most of it learn how to set up your canoe to maximize its efficiency. This workshop will ensure you have the right equipment for your adventure while focusing on safety and paddling comfort. Regardless of age or ability, this knowledge will provide a lifetime of benefits and make each and every outing one to remember.

### **Canoe Racing Strategy**

**Brad Krog**

Whether a recreational paddler or an avid canoe racer, learning the art of the sport and the magic behind making your boat go faster with less effort is exhilarating and much more fun. This workshop will include topics on selecting the right boat, dressing for the occasion paddling techniques, and reading the water. If you love the outdoors and enjoy being in your canoe load up the boat and let's go racing!

### **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.

### **Packages, Boxes and Bags-A Love/Hate Relationship with the Wannigan**

**Dave Lewis**

Travelling canoeists can use a variety of different packs for the varying needs of storing your gear and food in camp, on the water and for lugging it on the portage trail. In this workshop, we will talk about several packing strategies that draw from different traditional canoeing cultures, including what is alternately one of the most revered or loathed of them all: the Wannigan.

### **Photography-Shooting Canoes and Canoeists**

**John Meader**

This is a walking photography workshop where we will take photos of active on-water sessions from the shore and/or docks. We'll cover lighting, silhouettes, action, form, composition, and people in canoes. Meet at the Adirondack chairs near the Dining Hall, not far from the sailing docks, then we'll work our way down to the dock complex at the southern end of campus near the treehouse.

### **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 knot 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!

### **Dehydrating and Packaging Backcountry Food**

**Monica Schnitger**

When you're on a backcountry trip, you want food that tastes good and fuels your activity. This workshop will help you plan your trip meals and snacks, cover the basics of dehydrating, give you some ideas for packing it all efficiently and cooking outdoors. Come sample--and bring something if you'd like to share!

### **Sharpening by Hand**

**Kevin Silliker**

In this hands-on workshop you'll learn how to sharpen the things you use under the supervision of a master knife maker. Participants should bring items to sharpen, along with any sharpening tools they may have; sharpening tools will be available, too.

### **History of Canoes in North America**

**Norm Sims**

Canoes were around for eons before the Europeans arrived, and they had essentially been perfected by the Native Americans. Europeans made few improvements on the shape of canoes, but they discovered different materials. This talk will also focus on two "fertile crescents" of canoe innovation near Peterborough, Ontario, and near Bangor, Maine, which –believe it or not – did not involve the Old Town Canoe Company at the start.

## **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. In the event of delayed or cancelled on-water workshops, please visit one of our many on-land offerings.*

### **Introduction to Solo Paddling for Solo or Tandem Canoes**

**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

### **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.

### **North American Touring Technique**

**Shawn Burke**

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 bentshaft 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!

### **Paddling a 4-Person Canoe**

**Shawn Burke**

Stock class 4-person ("C4") canoes have burst onto the wilderness tripping and racing scene over the past few years. Fast yet stable for most paddlers, surprisingly maneuverable, with excellent glide, these are the "funnest" canoes this paddler has ever been in. And if you put an adult at each end of the boat they're great for kids in the middle seats. So, the premise of this workshop is simple: Come paddle a C4. But only if you like to have fun!

### **Introduction to Tandem 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. 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 four 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 the shore of Moose Pond, and help you develop some paddling skills if you like.

### **Paddling Skills for Women**

**Polly Mahoney**

In this course, we 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!

### **Women in the Stern**

**Polly Mahoney**

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.

### **Early Morning Photography Paddle**

**John Meader**

Join John Meader for an early morning paddle on Moose Pond in search of good photographs. We will discuss camera care while in a canoe, the problems of shooting from a floating boat, the difference between shooting from the bow versus the stern, as well as discussing composition skills, understanding shadows and light, color, and contrast. Hopefully, we'll all get some great shots and have a great hour together on the water just after dawn.

### **Tandem Flatwater Drills to Improve your Whitewater Skills**

**Kevin Slater, Rory Matchett**

This tandem workshop will focus on using flatwater practice time on turning strokes, power strokes and maneuvers to enhance your white-water skills. If you want to become a great moving water paddler you should take advantage of your local flatwater to really perfect the skills you will need for when you get on the river. We will be introducing some strokes that may be new to you as well as how to blend/combine strokes to make your river paddling more efficient and effective. Limit 10 people

### **Canoe Safety**

**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.

### **Family Voyageur Canoe Paddle**

**Jeff, Finn and Carly McCabe**

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.

### **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 is 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!

### **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!

### **The J-Stroke**

**Kevin Slater**

In this session we will work on demystifying the J stroke. Techniques will be covered to help you make it easier for you to learn and make it more effective. We will also try a few of "the many variations" of the J. Limit 6 people.

### **Expedition Poling**

**Kevin Silliker, Kevin Slater**

This workshop will focus on the strokes/techniques for upstream and downstream (snubbing) travel with a loaded canoe. The importance of trim, how it affects maneuverability and how resistance changes depending on whether the canoe is going faster, slower or the same speed as the current will be covered.

## **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.