

Maine Canoe Symposium

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2009 WORKSHOP DESCRIPTIONS- DRAFT-1 June 2009

EVENING PRESENTATIONS BY OUR FEATURED SPEAKERS

Reinhard Zollitsch-On Historic Tides

In the summer of 2007 Reinhard paddled his solo sea canoe around Cape Breton Island (340 miles in 16 days) checking out Cabot's possible landing spot at North Cape on Cabot Strait (of course).

Another group of historians, however, believes that Cabot first landed at the northern tip of Newfoundland (on Quirpon Island/L'Anse aux Meadows). And so in the summer of 2008, Reinhard paddled his sea canoe 320 miles (16 days) up the western shore of Newfoundland to L'Anse aux Meadows. Here are his combined two trip reports with pictures and thoughts about early explorers and their possible landfalls in the New World.

Michael Peake and the Hideaway Canoe Club-In Search of Eric Morse-An HACC Quest.

A new multi-media show combining old HACC photos and rare movie clips that have to do with the origins of 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.

WORKSHOPS BY OUR FEATURED SPEAKERS

Maine Island Trail – Reinhard Zollitsch

A brief history of the first organized water trail in the US, its purpose, scope, mission and role as a model for others. What is in it for us paddlers: Hands-on trip planning with nautical charts and MITA guide book; Membership privileges, special fun areas and danger-spots. Slides from 2 solo trips of the entire trail (1996 and 2006) will be featured.

Early on the Allagash – Reinhard Zollitsch

The Allagash Wilderness Waterway and Henry David Thoreau (using river maps as well as special "Thoreau map"). When to go and where to start (maps and park info). Includes slides from a "first-boat-down" trip in early May of 2006.

Digital Photography –Michael Peake/Hideaway Canoe Club

A look at managing and shooting digital files from a pro's viewpoint - in a Macintosh environment. Shooting tips plus archiving and editing strategies that will help make all those pictures you take make sense. Also a look at the latest in presentation software that combines slides and movies. It is the program used for the Saturday evening show.

Paddling for the Soul-Peter Scott/Hideaway Canoe Club

Canoeing takes us into the wilds of creation. On our journeys we have experiences of nature and within ourselves that we don't have anywhere else. At this workshop we will explore what draws us to wild places and how we are strengthened by them in many ways. There will be time for discussion and reflection. Peter Scott is a founding member of the Hide-Away Canoe Club and is presently serving as a parish priest at St. Mark's Anglican Church in Orangeville, Ontario.

Historic Canoeing Movies –Michael Peake/Hideaway Canoe Club

- **Quetico** is the film featured in the current Che-Mun. A 1958 film, 20 min in length, showing Quetico Provincial Park. Rarely seen, this new DVD has recently become available.
- **Headless Valley** is also in Che-Mun and 95 min and details the 1957 trip up the Nahanni by a couple with a 7 hp outboard on their canoe.
- **Across Arctic Ungava** (20 min) is a 1948 trip across the top of Ungava by a group of scientists and natives- up the Kogaluk and down the Payne. The HACC did this trip in 1990, the first group since the '48 trip.
- **Morning on the Lièvre** (13 min) is an Archibald Lampman 19th century poem read to a canoe paddling down this western Quebec river.
- **The Voyageurs** (20 min) is an National Film Board short about the voyageurs in the fur trade. Photographed by Bill Mason.

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.

Canoe Restoration and Canoe Repair – Dan Eaton

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

SPECIAL FEATURES FOR 2009

The Second Maine Canoe Symposium Canoe-Athlon Monica Schnitger and Shawn Burke —Saturday at 4:15

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 First Annual MCS Canoe-athlon. Tandem teams will compete in 4 different classes -- Youth (under 15), Women, Mixed (F+M), and Men -- in a mini canoeing adventure race. From Water Site A, you'll first race our canoe around the island, come to shore and 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, then come ashore and accurately toss a throw bag to a target. Fastest time wins, but style is important, too! All are welcome to participate in and attend what should be an exciting and fun-filled event. Awards will be presented in all classes.

The First Kids-Athlon-Monica Schnitger and Shawn Burke—Saturday at 3:00

A canoe-focused team Olympiad consisting of various on-water and on-land relay events.

Moose Pond Informal Exploration Paddle-Steve Hulbert—Saturday at 4:15

This late afternoon paddle is a perfect opportunity to practice skills you learned in today workshops or just get out and enjoy a leisurely paddle. We will use tandem canoes. Instruction and coaching will be available.

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.

Paddling and Poling Styles Demonstration-Pro Staff

If you've ever wondered the difference between the various paddling styles offered at Maine Canoe Symposium, this Saturday morning kickoff demonstration will expose you to the breadth of styles. Each of the on-water Pro-Staff will give a brief demonstration of the particular courses they will be offering and explain their paddling style or area of expertise. Be sure you don't miss this one! For an outline of the different paddling styles and elements of canoe design, check out the Paddling Styles Primer at the MCS website, available for download: http://www.maine canoe symposium.org/%20Paddling_Styles_Primer.pdf

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.

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.

Birds of Prey-The Chewonki Foundation

One of the Chewonki Foundations traveling natural history programs, this program will introduce you to some of Maine's majestic birds of prey. Participants will have the opportunity to see live birds and learn how they have adapted their hunting techniques.

Sponsored by Buzz & Gail Butler in memory of Danny Butler.

Canoescapes-Kirk Wipper

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.

Wilderness Walk-Kirk Wipper

Enjoy time spent with this knowledgeable and playful icon of the canoeing world. 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 hundreds 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 dreams of his next northern adventure. Join Kirk and learn a little about our natural environment and have a lot of fun spending time with MCS's grandfather of canoeing.

Headwaters of the Atikonak River-over the Quebec/Labrador Height of Land-Bob Kimber

This trip, like so many wilderness canoe trips, began with browsing around on maps. On 1:250,000 maps, I'd seen what looked like three possible routes from the Quebec North Shore and Labrador Railway into Lake Assigny in Labrador, the first in a series of lakes that form the headwaters of the Atikonak River. After one failed attempt, my friends and I brought the trip off on the second try, a grand journey by way of small streams

and ponds, big rivers and lakes, paddle, pole and portage. A tough but rewarding trip one member of our crew called “the trip that wouldn’t give an inch.” And one that held an unexpected and rather nasty surprise

Canoe Literature 101-Bob Kimber

A Readers’ and Writers’ Workshop on Translating Journal Jottings into Finished Writing.

I’ll begin this session by reading a finished piece or two of my own and the journal notes that gave rise to them. We’ll take a few minutes to talk about the differences between the notes and the final piece. What has been added, what altered, what left out? If you have journal notes—or just vivid memories from your paddling life—that you’ve always been meaning to write down, either for publication or to share with family and friends, please bring them with you. We’ll read aloud and discuss as many as we have time for, always with an eye toward what keeps a reader turning pages.

Quebec’s Nastapoca River-Bears, Freshwater Seals, and Hungry Trout-Bob Kimber

This trip begins with a charter-plane flight from Radisson, Quebec, the company town of Quebec Hydro’s huge LaGrande hydroelectric project on James Bay. The first several days of canoe travel are on Little Seal and Great Seal Lakes before entering the Nastapoca River to head due west out to the eastern shore of Hudson Bay. The final leg of the trip is a twenty-five-mile stretch on the Bay, heading south to the Inuit village of Umiujaq. For its variety of landscapes, its scenic beauty, and its fantastic fishing, this trip stands out for me as one of the most rewarding I’ve ever been on.

Outfitting your Canoe for Wilderness tripping and Basic Field Repairs-Steve Hulbert

Have you just purchased a new or used canoe or are you planning a wilderness trip? Most canoes are sold for general use and are not set up at the factory for serious wilderness travel. This workshop will cover outfitting your canoe for improved safety, efficiency and comfort, including grab loops and painters, equipment tie downs, air bag attachments and customizing seating position. We will also go over a small “fix anything” repair kit and some simple field repairs for damaged canoes

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.

Choose a River in Maine – Mike and Shauna Patterson

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!

Menu Planning and Camp Cooking– Mike & Shauna Patterson

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.

River Safety– Mike & Shauna Patterson

This will be a step by step river safety talk, the same as I would at the put in of any of my river trips. Therefore, there will be a little on loading of the canoe to prevent entrapment. Proper stowing of gear and painters. River signals, how to run rapids cautiously to avoid strainers. How to prevent capsizing, and what to do should you capsize anyway. How to properly swim a rapid. The use of a throw bag. Rescue techniques.

How to Load and Tie in gear– Mike & Shauna Patterson

We will load and tie in a complete boat load of gear, as would be assigned to any boat participating in a week long trip. This will include two peoples gear and the assigned group gear. The rationale for the way the gear will be tied in will be explained. Also we will cover the way to rescue the gear, from the boat, in the unfortunate circumstance of a dumped and wrapped canoe.

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.

The Bottomless Daypack – Dave & Lynne Lewis

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 day packs with us, and talk about effective designs and organizational strategies.

Essential Knots – Harry Rock

Ever wonder how to properly tie a canoe onto a roof rack to 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

Make your axe sheath, tumpline, or Voyageur bag. 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.

Fiberglassing and using Epoxy – Gil Gilpatrick

Epoxy and fiberglass are wonderful materials for outdoor equipment building and repair. Common uses for epoxy will be demonstrated including the application of fiberglass. A number of additives will be on display that make epoxy such a versatile material. There will be an explanation of terms as well as the uses for the additives. Handouts will be available with information on where to obtain materials, safety information and other data.

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.

Paddle Making – Extended workshop - Caleb Davis

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

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!"

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 present 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; handouts will be distributed at the end of class. Attendees should have a basic level of fitness in order to participate.

Make Your Own setting Pole: sign up (6), cost \$45-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.

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 canoe race with map and compass on a pre-set course. It combines paddling and map reading skills with strategy and tactics in order to complete a 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. The best course strategy usually 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.

Fly Fishing on the Water – Abbott Meader

This workshop will be for 8 participants at whatever their level? We will re-present the "Basics" in case some missed the Saturday session? The basic skill is of course essential to any further involvement - so, what will distinguish this workshop is that it will be on the water and along the shore.

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!

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.

Introduction to Paddling for Women – Polly Mahoney

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!

Skill Building for Women –Polly Mahoney

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? A great opportunity to get some individual attention to improve your skills.

Traditional Solo Paddling – Caleb Davis

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 Omer 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 gunwale is close to the water. This lifts the bow and stern out of the water, effectively creating a shorter canoe that turns more easily.

Traditional Flat-water Tandem Paddling – Caleb Davis

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.

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!

Fun with Playboats – Ben Meader

Whitewater Lovers Anonymous: Whitewater, whitewater, whitewater. Some of us take heed of it, while others of us need it. If you are one of the latter and are hopelessly addicted to this sinfully wonderful sport, don't worry, you're not alone. Whitewater Lovers Anonymous (WLA) is a positive support group for those struggling to reconcile their differences with the river, and for those who wish to know how to tame and enjoy their addiction safely. Okay, who are we kidding? Whitewater rocks, but why use a playboat? If you'd like to discuss your feelings on whitewater, learn about it, reminisce about it, or if you're interested at all about it, then the WLA could help you with your problem- we will be looking at why playboats are the way they are, paddling them (and probably rolling them), and of course talking about whitewater. Come and learn some, share some, and maybe try an open canoe roll. WLA is completely confidential.

Introduction to Paddling – Ben Meader and 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.

Skill Building- Dave Butler

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? A great opportunity to get some individual attention to improve your skills.

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 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 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.

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.

Learn to Paddle a Two-Person Canoe – Jim & Lisa Lisius

The two-person, or tandem canoe, can be a beautiful thing, or a nightmare. Come join us as we discuss teamwork, communication, and roles and responsibilities of canoeing partners. Then we'll work on synchronizing strokes and steering options so that your canoe travels will be as good for your relationship as they are for the soul. Disclaimer: we are not certified couples counselors, just a couple who have paddled thousands of miles together.

Sunday Morning 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.

Canoe Sailing – Benson Gray

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.