

Maine Canoe Symposium

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2017 Workshop Descriptions-DRAFT-06-02-2017

EVENING PRESENTATIONS by our FEATURED SPEAKERS

Rediscover North America

In March of 2014, Winchell Delano and five friends decided to attempt a canoe expedition from the Gulf of Mexico to the Arctic Ocean. On January 2nd of 2015, they set out to do just that. They battled against the current on the Mighty Mississippi, weathered a Midwest winter of snow and ice, traversed massive lakes, dodged constantly shifting forest fires, and shot challenging whitewater. The journey took eight months and spanned over 5,200 miles, and after escaping a windy and wet early tundra fall, they finally made their goal of Kugluktuk, Nunavut on September 2nd, 2015.

Winchell Delano

It's Okay to Make Waves

Pam Boteler has been making waves on and off the water since 2000. She made USA Canoe/Kayak history at the 2000 U.S. National Sprint Canoe/Kayak Championships by becoming the first woman to compete in sprint (or high kneel) canoe – against the men – winning gold and bronze medals in the intermediate classes. Her advocacy helped spur USA Canoe/Kayak to change its bylaws in 2002 to add women-only canoe events to the Nationals, equal to the men, making the U.S. the second country in the world to do so. President of Women CAN International, Pam is a leading global voice in the fight for inclusion of and equality for women in Olympic Canoeing.

Pam Boteler

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

Description Needed

Jeff & Lisa DeHart

Alder Stream Canvas

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.

Jane Barron

Savage River Canoes

For over 25 years, Savage River has designed and built ultra-light racing and tripping canoes. We are dedicated to providing our customers with the highest quality canoes in the industry. Our boats are paddled by many national champions and our line of ultra-light tripping canoes are among the most efficient canoes you'll see in the Boundary Waters. The secret to our success is that we don't only build canoes, we paddle them as well. We will have a selection of our recreational and tripping canoes for you to try at MCS.

John Diller

SPECIAL or NEW for 2017

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 introduce our new *Parade of Canoes* to kick off the 2017 Symposium.

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 Voyager 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.

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.

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.

Voyager Canoe Race

MCS Instructors

All are Welcome!!

Part of the annual closing ceremonies for the Symposium is the voyager canoe race, featuring a couple of Winona's beautiful 25-foot wood/canvas voyager 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.

Paddle to the Sea Turns 50!

Becky Mason, Reid McLachlan

Filmmaker Bill Mason immortalized the children's book *Paddle to the Sea* in his 1966 film. The story follows the adventures of a small wooden canoeist, nicknamed "Paddle," carved and launched by a young boy along the north shore of Lake Superior. The story follows Paddle as the currents and winds carry him through the Great Lakes and down the mighty St. Lawrence to the sea, encountering whitewater, wind, a forest fire, pollution, ice and snow, freighters, locks, animals, children, and even Niagara Falls.

Join Bill's daughter, Becky, and her husband, Reid, as they celebrate the 50th anniversary of the film's debut. Hear stories of how it was shot, see the actual "Paddle," and, of course, view the extraordinary film in its entirety.

This offering is so special, we created a new spot in our schedule for it, so everyone can celebrate the birthday of an iconic film

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.

Dutch Oven Cooking

Moe Auger

Going camping but tired of hot dogs and store bought cookies? This workshop will offer ways to make your next trip memorable. Dutch oven cooking is simple and delicious. From savory to sweet, you will not go on another trip without making room for this handy kitchen tool! Recipes included.

Age is Just a Number

Pam Boteler

Whether you seek high performance in sport or in your everyday life, this workshop will provide insights and tips for how to bring your best self into every day: body, mind and spirit. Pam Boteler will provide specific holistic healthy lifestyle strategies, including nutrition and mindfulness, to maximize YOU in anything you do.

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.

Smoking and Preserving Fish

Shawn Burke

You catch some fish. You pan fry it. Ho, hum. Break out of your fishy rut and learn how to salt cure, pickle, and smoke fish. We'll brine, pellicle, and smoke the catch of the day, and discuss other curing and preservation methods for a variety of fish. You'll learn simple ways to enjoy your new delicacies, including how to make country style fish pâté, and fish rillettes. Save room for sampling.

Fire Building

Dave Butler

Learn how to build a fire in all conditions. Skills, tips, and techniques learned over a lifetime of playing with fire! This workshop will be a collaborative session, tell us what has worked for you. Topics include: gathering wood; best wood for fires; twiggie bundles; kindling; cooking fires; home-made fire starters; warmth fires; and plenty of campfire stories.

Building a Wood Gas Stove

Jesse Cottingham

Do you like cooking with fire, building things with your hands, and spending time outside? Come learn to build a cook stove, smaller than a 1qt. water bottle, made from recycled materials, that burns twigs, bark, and pinecones as fuel! Wood-gasification stoves provide a simple, lightweight, and reliable alternative to expensive fossil-fuel powered stoves. These stoves are much more efficient than an open fire, and safer as well, especially in windy conditions. Each participant will build their own stove to take home. Bring a mug, we will be making hot beverages while we work! NOTE: This workshop will include the use of metal cutting hand tools and drills. Gloves will be provided. Children are welcome, as long as they bring an adult with them.

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.

Practical Canoe Hacks

Lisa DeHart

Lisa will share some tried and true solutions to some wilderness canoe trip problems every trip encounters. With easy solutions using everyday items and simple hardware store items.

Primitive Fire Making Using a Bow Drill

Winchell Delano

It's not just a practical survival skill for the outdoors – it is also an activity lush with metaphor, and capable of revealing our own personality traits. Come and get a step-by-step walkthrough of how to assemble and successfully implement a bow drill set (or “bust” as it is referred to colloquially), and also learn about bow drills in the context of wilderness therapy and personal growth based on three years' experience in Utah working with troubled teens in the outdoors.

Tent and Shelter Clinic

Winchell Delano

I am excitedly approaching nearly three years of my life sleeping outdoors, so why not take an opportunity to talk about strategies for staying safe and comfortable while catching some zzz's outside? We'll have tents, tarps and other shelters available for people to peruse plus tips on how to pick the right tent or shelter for you.

Designing, Building, and Repairing Composite Canoes

John Diller

In this workshop, we'll address Savage River Canoe's three most asked questions: How did you get started building canoes? How do you build these things? And, can you fix it?" The workshop will consist of a presentation followed by repair demos.

Poling-Classic vs. Modern

Garret Conover, Harry Rock

Join Harry Rock and Garrett Conover for an illuminating look at both the similarities, and the highly evolved differences, that are reflected in the specialized natures of sport poling and classic poling, and their place in contemporary canoeing.

Leave No Trace Principles and Practices

Paul Faria

The Leave No Trace Center for Outdoor Ethics protects the outdoors by teaching people to enjoy it responsibly. It is the most widely accepted outdoor ethics program used on public lands. This workshop will review the Seven Principles of LNT and share ideas and practices for applying them in the back country canoeing, camping, hiking and experiences that we are likely to encounter in front country settings as well.

Rigging a Z-Drag

Paul Faria, Dave Butler

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.

Campfire Talk-Old Timer Questions & Answers

Gil Gilpatrick, Ray Reitze

An informal question and answer session with two Master Maine Guides with over 100 years of combined of outdoor experience. Ray Reitze and Gil Gilpatrick have been friends for more than 40 years, but their outdoor experiences are as widely varied as their outdoor interests. So, a variety of topics might be discussed, depending on the wishes of the questioners.

A War Canoe Story

Benson Gray

Benson Gray will give a presentation about big canoes from the early 1900s to now, and the project to preserve the original 34-foot-long Old Town war canoe form last autumn.

The Northern Forest Canoe Trail

Nicole Grohoski

As the best water trail in North America, the Northern Forest Canoe Trail provides access to the natural beauty of our region. Through quality management and collaborative community partnerships, the trail contributes to the economic resilience of the region and promotes the health of its lands and waters. In 2006, Nicole Grohoski became the first female to through canoe the Northern Forest Canoe Trail. In 2009 she wrote the Through Paddlers section in our guidebook and in 2011 was an NFCT intern on the Allagash River.

Build Your Own Collapsible Reflector Oven

Nicole Grohoski

Enjoy fresh bread and other baked goods on your next paddling trip! Each participant will make a Kraiker's Baker oven using provided materials, including sheet metal and a clothes hangar. Tools will be provided - we will use tin snips, vises, and hammers to make this nifty oven. Nicole has taken her baker on many trips and enjoyed back-country bannock, pizza, brownies and more! (limited to 8 people- sign up)

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.

Portaging and Tumplines

Dave Lewis

Portages can be an inevitable part of your canoe trip. In this hands-on workshop, we will talk about and practice some strategies for portaging your gear and equipment safely, efficiently and in relative comfort-from canoes to wannigans. We will also be working with tumplines—an ancient, and highly efficient, means of carrying (or helping carry) loads.

Reflector oven History, Design and Use

Dave Lewis

Reflector ovens have been in use since Colonial times, whether for roasting meat in front of a fire or baking up a batch of biscuits. In this workshop, Dave will bring his extensive collection of ovens for demonstration and discussion, and will talk about their history and use. Please share your questions, experiences, recipes.....

Photography Walk

John Meader

Bring your camera--DSLR, point and shoot, mirror-less, smart phone, iPad, or even a film camera and join John for a photo-walk around the Winona campus looking for good shots. We'll explore the trees, the lake, the canoes and canoeists, flowers, people, other workshops, etc. We'll discuss shooting techniques, lighting challenges, and various techniques to make your photos interesting. It will be a hands-on workshop which will be all about taking pictures. We'll do our best to fill your camera with great shots and your head with new ideas about what to shoot.

Building a Rushton Bucktail Canoe

Dave Niles

Dave will bring a reproduction Rushton Bucktail canoe he made in a Bart Hathaway mold, using fiberglass and epoxy. The mold used will also be presented. He will explain how he determined how many layers of glass to use and where the full layers and partial layers went. Issues with the epoxy used and the solutions worked out "on the fly" will be covered. If time permits, a discussion about Nessmuk, Rushton, Hathaway and their influence in sport of paddling will be held!

Plant and Tree Identification Walk

Ray Reitze

Join Ray on a walk in the woods and along the way, identify plants for food and first aid. It will be an exercise in awareness and how you can incorporate that awareness into a simple walk, anywhere.

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!

Dehydrating (and Rehydrating) Food for the Trail

Monica Schnitger

When you're out on a trip, meals become even more important than they are at home. Nourishment, comfort, a sense of a good day out -- all matter. But why carry more than you need? Dehydrating can lighten your load, but not everything can be dehydrated at home and rehydrated on the trail. Learn what works and what doesn't in this class on trip food.

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.

SUP Paddling

Moe Auger

Mainers have a long tradition of standing up and paddling and poling canoes. Far, far to the west, the Hawaiians have a long tradition of standing up on boards and riding the waves of the ocean. What most may forget is that the Hawaiians are expert canoe paddlers as well having crossed thousands of miles of open ocean in canoes to reach their island homes. It was only a matter of time before someone stood up on a board and used a paddle to go exploring. Stand up Paddle boarding (SUP) is one of the fastest growing water sports in the country because of its relatively quick learning curve, excellent core work out, and the fact that it is just way too much FUN. These workshops will introduce participants to the history, equipment, techniques, and safety considerations for those ready to get up off of their butts and do a little hiking on the water.

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 High Kneel Canoe on a SUP

Pam Boteler

SUP paddling has taken the world by storm - from elite racing to recreation just to enjoy our waterways. This workshop will leverage "stand up" paddle boards to introduce participants to one of the Olympic legacy sports: Sprint Canoe, also known as "Canadian Canoeing". A great way to introduce paddlers to the "high kneel" style of paddling can be on a stable SUP board. Paddlers will use standard SUP equipment and we will modify your set up and stroke to give you a taste of what life is like for an Olympic Canoeist.

Hit and Switch Paddling: Coordinating Bow and Stern

Shawn Burke, John Diller

In this workshop we focus on boat control in bentshaft Hit-And-Switch paddling so the bow and stern work together to move the canoe smoothly and efficiently. We'll work on carved flatwater turns by paddling "sides" with outside boat lean, nuanced boat handling in stern and side wakes, and introduce drills to help bow and stern sync up for a "quiet hull" that paddles straight and true. This workshop assumes that you are proficient in the basics of Hit-And-Switch (sometimes called "Sit-And-Switch," "Minnesota Switch," or "North American Touring Technique") paddling using bentshaft paddles.

Canoe Orienteering

Shawn Burke, Monica Schnitger

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 markers at each control site, and continues until all controls have been visited and punched. The goal is 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 newfound skills on a short pre-set course. Basic map reading skills will be helpful, but aren't required – note that this is *not* a map and compass course. Wear shoes you don't mind getting wet!

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.

Trimming a Canoe for Travel

Garret Conover

Most canoeists don't pay much attention to how they trim a canoe fore and aft for all the variables a traveler will encounter, or the temporary lateral changes in trim when leaning in whitewater. While trim can be nuanced and even complicated, there is a set of basic rules that will ease one's passage in flatwater, whitewater, and wind; in upstream or downstream travel; and when lining or poling. If you prefer easier travel in all conditions a little trimming can make conditions work for you rather than against you.

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.

Paddling in Wind and Waves

Kim Gass

The class will go on if there is wind! It will be held on shore if there is a small craft advisory. We will do a little shore discussion first then go out on the water. Topics will be safest approach to wind, dealing with headwinds, stern winds, wind ferries and loading for best control, and how to get to where you want to go safely.

Intro to Freestyle for Solo and Tandem Teams

Kim Gass

We'll explore the physics of making your boat turn with minimal but effective paddle strokes useful for those twisty flatwater creeks we find on canoe outings. You may bring your own solo canoe or there will be tandems available. Kneeling is not required. We'll talk about and practice some coordinated static paddle placements, and discuss and do the fine and valuable art of communication while paddling. No divorce boats in this class!

Sunday Morning Questions after Coffee

Kim Gass

The coffee will be on at 5 am, so a 6:30 come down and bring your questions or thoughts about sit down or kneeling paddling technique. Maybe you heard of something that doesn't quite make sense or you don't understand. Write down your questions on paper so you don't have to trust your memory in the early morning. We will go out on the water to practice the answers. If we run out of questions we can go look for mink or eagles or loons while we paddle.

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.

Essential Classic Tandem Skills

Becky Mason, Reid McLachlan

Learn the essential skills of efficient tandem canoeing using MITH and communication. Learn strokes, try an obstacle course in these on-water and dry-land team building activities.

Classic Tandem Manoeuvres

Beck Mason, Reid McLachlan

Apply your essential strokes, sync-up and paddle as a team doing MANOEUVRES under power. Learn how to control your canoe with precision using on-water drills with Becky's unique designed maneuver cards.

Classic Advanced Solo Strokes

Becky Mason, Reid McLachlan

The aim is to make your solo strokes the most efficient they can be using momentum, tilt and efficient paddle angle and placement. Content covered: A selection of advanced strokes like the Canadian, Indian, Box, Circle, Low Brace Turn, Sculling Draw and other strokes upon request.

English Gates

Rory Matchett

Come and learn how the English Gates (just two buoys on a small section of water) can be used as a practice routine to really improve your tandem paddling skills by perfecting and honing precision strokes and manoeuvres. Within this short routine you will be able to perform inside circles, outside circles, reverse paddling, controlled stops, forward paddling. Whether you are a novice team or expert you can benefit from learning the routine. This will be of interest to all levels of paddling skills and disciplines of flat water, moving water, tripping. etc. You will have the opportunity to receive constructive feedback from Pro Staff that allows you to advance your paddling skills. There will be sessions for both tandem and solo canoes.

Flatwater Skills & Drills to Improve Your Whitewater Skills

Rory Matchett

Description- This solo workshop will focus on using flatwater practice time on turning strokes, power strokes, and manoeuvres with the objective of enhancing your whitewater skills. If you want to become a great moving water paddler you should take advantage of your local flatwater lakes and ponds to really perfect the skills you will need for when you get to the river. As a bonus takeaway skill, you will also learn the majestic, stylish, one-handed pry turn (sure to impress your friends with that one!!).

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.

Solo Playboating: Whitewater Strokes for Whitewater Boats

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 affect 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.

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!

Applied Tandem Paddling

Monica Schnitger, Ben Meader

At MCS, you learn how to paddle (or paddle better). Join Monica and Ben for a paddle around Moose Pond that lets you train while you explore. Get ahead, avoid obstacles, race against time, raft for safety, and practice other critical skills while learning about Winona's beautiful lake.

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!

Recreational Poling-Beyond the Basics

Kevin Silliker

This workshop introduces more advanced topics in traditional poling, in two parts. First, an on-land session introduces flat water strokes for boat control in moving water. Then, an on-water session lets attendees experience the effects of load placement on boat handling and control.

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.

DRAFT
June 2, 2017