



FEBRUARY 2021						
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	7:00 pm - 9:30 pm					

Event sponsored in part by

**WILLIAMS**



A Williams AutoWorld Group Member

# Agenda

## Tuesday February 16th



Evening sponsored by  
**Lansing Oar  
and Paddle Club**

### Track A

7:00 pm

### Track B



#### Bug Proofing your Camp and Body (Part 1) *Cliff Jacobson*

If you want to get eaten alive by bugs, go to the Canadian Arctic in June. The black flies and mosquitoes which live there weigh more than ten times as much as all the plants and animals put together! An acre of swarming bugs could drain all your blood in about three days! We'll check out "your enemies"— and learn how to resist them with repellents, insecticides, head and body nets, specialized clothing and "attitude." Recommendations for children and pets are included. There are some tricks. Believe it!



#### Outdoor Songs for Kids of all Ages *Camper Cait & Jerry Berry*

Join "Camper Cait" and "Jerry Berry" as they team up virtually with boys and girls all over the country to sing along, dance and play fun new songs about everything outdoors. New songs include "Let's Go Outside" and "Outdoor Mom," along with some past favorites like "Canoeing with Daddy." Suggested for children ages 3 to 103.

*Kid  
Friendly*

Session sponsored by



7:30 pm



#### Bug Proofing your Camp and Body (Part 2) *Cliff Jacobson*

See description above.



#### Beginning Birding and Birding Close to Home *Kristy Taylor*

If you are new to bird watching or are looking for more ways to enjoy the nature around you, join Kristy Taylor from the Michigan State Bird Observatory and Capital Area Audubon to learn more about beginning bird watching, bird identification, how to find great spots to bird close to home and apps you can use to become a better birder!

*Kid  
Friendly*

8:00 pm



#### Almost Forgotten Portages, Paths, and Paddles of the Great Lakes *Thomas Funke*

The west was settled through the Great Lakes. Since the glaciers retreated, indigenous people created the paths & portages European explorers & fur traders used to conduct their explorations and commerce. Where are these routes & what happened to them? Are they still around today? Can I hike, paddle or portage them?



#### Carved by Nature: The Ice Age National Scenic Trail *John Van Barriger*

For day trippers or thru-hikers, the Ice Age Trail is one of North America's premier hiking destinations. Yet this 1,140-mile route is surprisingly little known. John has hiked numerous sections of the Ice Age route and will provide an overview to this all-in-Wisconsin trail, which was carved by glaciers when woolly mammoths roamed the earth. He also will discuss resources available to plan your own great adventure!



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## Tuesday February 16th



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and Paddle Club**

### Track A

8:30 pm

### Track B



#### **The Batchawana River in Ontario** *Jay Hanks*

The Batchawana River in Ontario is a seldom paddled gem. Different from most Canadian Shield rivers, it has continuous current and runnable rapids without the flatwater lakes, but still a few falls to portage. Accessibility has diminished, but it is still an outstanding experience.



#### **Hazardous Waters: Identifying and Managing the Risks** *Jonathan Ahlbrand*

According to the U.S. Coast Guard, hazardous waters and operator inexperience are key contributing factors to paddling fatalities. Every year paddlers take to the water without consideration of the inherent risk that hazardous waters pose, or even the ability to identify the hazards.

9:00 pm



#### **Paddlers Who Motivate Us** *Kevin Callan*

During the initial Covid lock-down, during the early spring of 2020, author Kevin Callan interviewed 25 renowned paddlers (by a virtual whiskey fireside chat) who have spent their lives motivating others to go wilderness canoe tripping. He has now summarized them all and highlighted the best parts; icons such as Cliff Jacobson and Ray Goodwin, notable authors James Raffan and Roy MacGregor, You Tube celebrities Joe Robinet and Johnathan Kelly, film makers Frank Wolf and Becky Mason, wilderness guides Hap Wilson and Paul Kirtley, paddling musicians Jerry Vandiver and David Hadfield, and many, many more. You won't want to miss this one.



#### **Universal Kayaking - Summer Fun at Bay Cliff Health Camp**

*Todd Leigh, Linda Savage and Nancy Uschold*

Universal Kayaking - what's it all about? Hear from instructors and campers about the fun we have each summer at Bay Cliff Health Camp on beautiful Lake Superior in Big Bay, Michigan teaching, learning, exploring new challenges, and getting wet in kayaks. These paddlers will inspire you!



## Thursday February 18th

Evening sponsored by



### Track A

7:00 pm

### Track B



#### **SUPERior to Sea-Paddleboarding from Duluth to the Arctic Ocean** *Jared Munch*

Based on an unprecedented 920-mile, 39-day unsupported journey from Duluth, MN to the southernmost tip of the Arctic Ocean, this presentation dives into the finer skills of stand-up paddling while providing an overview of the journey—before, during, and after. The presentation utilizes the main adventure as a storyline while occasionally deviating to side-topics including winter surfing in Lake Superior, whitewater stand-up paddle boarding, elite SUP racing, and more.



#### **Canoeing Magic: Function and Style!** *Lynn Dominguez and Paul Klonowski*

Join Lynn and Paul to explore the functional side of canoeing with a little style thrown in to keep things lively! They will provide hints and tips to making a successful lifetime journey with your canoe. Included will be strategies for making the correct canoe choice and the magic of canoeing with grace and efficiency. The art of Freestyle canoeing may even make a cameo appearance!



## Thursday February 18th

Evening sponsored by



### Track A

7:30 pm

### Track B



#### **Preparing for Backcountry Canoe Camping: Simple and Satisfying Food Solutions**

*Chris Hanna*

Assembling food and cooking equipment for backcountry travel is all about balancing taste, nutrition, and portability. If you have seen one trip, you have seen one trip. The presentation will provide emphasis on key fixins', packing tips, freebies, equipment, and a pinch of silliness. Specifically, food options, cost-savings, multi-purpose equipment, cooking with gas, dessert options, freeze-dried v. dehydrated, and the proverbial spice kit "borrowed" from others. Every trip provides another opportunity for doing it better next time.



#### **Ultralight Canoe Camping in the Boundary Waters**

*Rob Kesselring*

Paddling light does not mean deprivation-just the opposite. Learn proven strategies that will make your canoe trips easier, more fulfilling and more fun. Less is more! An entertaining, information-packed session from one of the most experienced canoe guides in North America.

## Lansing Oar and Paddle Club

in Lansing Michigan since 1988

Club trips are announced on  
Meetup.com at Lansing Oar and Paddle Club.

Learn more at **LOAPC.org**



The Club's mission is to promote and plan activities for people interested in human-powered watercraft, with proper planning and safety, and promote respect for all natural water resources. LOAPC is a 501(c)(4) non-profit corporation.



## Thursday February 18th

Evening sponsored by



### Track A

8:00 pm

### Track B



#### **A Thru-Hiker's Journey: 2013 thru-hike of the North Country Trail** *Luke Jordan*

Come hear a story about a hiker's journey over the nation's longest scenic trail, what he calls the "crown jewel" of the national scenic trail system. Chronicling a journey of 4600 miles, it's a story of struggle to overcome obstacles and to continue on in the pursuit of achieving goals and personal growth.



#### **All Boats Float: Welcoming People of Color into Paddling** *Andrea Knepper*

We all love paddling. How can we share our passion with under-represented communities, specifically black, indigenous, and other people of color? Hear from a panel of young paddlers of color about their experiences entering the sport and why they stuck around. They will share concrete steps that you or your club can take to become a safe and welcoming paddling community. Sponsored by the American Canoe Association (ACA) and Chicago Adventure Therapy.



8:30 pm



#### **Build a Wooden Boat (You Can Do It)** *Allen Deming*

Award-winning boat builder and instructor Allen Deming will present a concise overview on the two most popular types of home built wooden boats. He will reveal the techniques, tools, time and materials involved in constructing your own small craft. Whether you choose to stitch up a plywood vessel or use the strip-built technique you can have your own lightweight and exceptionally beautiful craft, within a relatively short time.



#### **Polymet and the Great Lakes: Sulfide Mining's Potential Effect on Lake Superior** *Scott Beauchamp*

Foreign corporations are trying to open copper sulfide mines in Minnesota, which threaten to pollute some of the cleanest water in the country. PolyMet, a copper sulfide mine proposed by Swiss conglomerate Glencore, would be an ecological disaster for Lake Superior. It would be located in the St. Louis River watershed, where contamination would flow into Lake Superior. This type of mining has a perfect track record of pollution. In this presentation, you'll learn about the threat that this type of mining poses to Minnesota and the Great Lakes, and what you can do help protect clean water.

9:00 pm



#### **Birds, Berries, and Bugs!** *Jen Owen*

Learn fascinating facts about bird migration, what birds eat throughout the year, and how to make your backyard attractive and beneficial for native birds.



#### **Motivation of the Grand River Expedition'90 and Why It Matters** *Valerie Fons*

Reinhold Niebuhr wrote; "Nothing true, beautiful or good makes complete sense in any immediate context of history." A historical marker was dedicated at the headwaters, but we couldn't know that Grand River Expedition'90 would birth watershed advocates, win a Take Pride in America Award and replicate in 2000 and 2010.

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## Tuesday February 23th

### Track A

7:00 pm

### Track B



#### **Introduction to the Wooden Canoe Heritage Association**

*Paul Klonowski*

Find out about wooden canoes, Association activities, Regional Chapters and activities, the global reach of the organization, and just what it is that makes wooden canoes so alluring.



#### **Cold Water Paddling Safety Tips to Prevent Hypothermia**

*Jay Hanks*

Paddling on cold water during the off-season can be beautiful as well as challenging. In this presentation you will learn how to dress and protect yourself if you fall out of your boat in cold water.

7:30 pm



#### **RUNYAKING: Combining Paddling and Running**

*Riley McLincha*

If you are physically capable, next time you paddle on a river, try getting back to your vehicle by running. Better yet, do the more exhausting part first, then reward yourself with a pleasurable paddle after. But don't stop with one day; come back next time, start where you left off and keep going. Choose a final destination that will take many days. Make it an expedition.



#### **Top Paddling and Hiking Trips on Canada's Lake Superior Coast**

*David Wells*

In this presentation you'll get a sampler of the best hiking and paddling routes on Canada's Lake Superior coast. Routes include Pukaskwa National and Lake Superior Provincial Parks, Sibley's giant whale tail, the Slates, Pic and Michipicoten Islands. David will describe key must see features for each route along with logistics and tips to facilitate your travel.

8:00 pm



#### **Damn, I'm Hungry...Backcountry Appetizers for a Quick Stoke**

*Michael Gray*

Whether you've just come off the water after a high output day or are looking to change up your lunch game, sometimes you need food right now! So...let's have something to eat while we think about what we're going to cook...we'll create some creative quick snacks while we prepare a few other appetizers.



#### **Pathfinder ~ Fifty Years & One Hundred Rivers (Part 1)**

*Hap Wilson*

Guidebook writing and the art of Pathfinding. Wilson has been mapping wilderness routes since 1970 and has produced some of Canada's most popular canoeing guidebooks. But they aren't just to make rivers safer for canoeists: Wilson uses his guidebooks as an environmental tool to protect sensitive river ecosystems.

8:30 pm



#### **Birding 101: Learn the Basics and Refresh Your Birding Skills!**

*Linnea Rowse*

Learn the birding basics to get started on your birding journey. Already familiar with birding? Use this presentation as a refresher before spring migration begins. We will cover optics, field guides, etiquette, and technology, along with some identification basics. Participants will learn about the most common bird families found in Michigan, key identifying features to look for on a bird, and how to use field guides or apps to improve your birding experience.



#### **Pathfinder ~ Fifty Years & One Hundred Rivers (Part 2)**

*Hap Wilson*

Continued: See description above.

## Tuesday February 23rd *continued*

### Track A

9:00 pm

### Track B



#### **Paddling Destinations Worldwide!** **Rob Kesselring**

There will be life after COVID and there are some incredible paddling opportunities out there: wilderness rivers, turquoise lagoons, vibrant cultures, peculiar biomes. These international opportunities are not limited to the super-rich. Kesselring has paddled rivers and archipelagoes all over the world and he is a cheapskate. Learn about destinations that are beyond belief, but within your reach.



#### **Missouri River 2,456: Yellowstone to the Arch by Kayak** **Mark Fingerhut**

In the summer of 2019, Mark got in a custom built cedar strip kayak on the edge of Yellowstone Park on the Madison River. Over the next 100 days, he descended the Madison, the Missouri River and 15 miles of the Mississippi to finish at the St. Louis Gateway Arch. Pictures and stories from the epic journey.

## Thursday February 25th

### Track A

Track sponsored by



7:00 pm

### Track B

Track sponsored by



*Kid Friendly*

#### **Outdoor Songs for Kids of All Ages** **Camper Cait & Jerry Berry**

Join "Camper Cait" and "Jerry Berry" as they team up virtually with boys and girls all over the country to sing along, dance and play fun new songs about everything outdoors. New songs include "Let's Go Outside" and "Outdoor Mom," along with some past favorites like "Canoeing with Daddy." Suggested for children ages 3 to 103.

Session sponsored by



#### **The Updated "Ten Essentials" Gear List for Outdoor Enthusiasts** **John Van Barriger**

Since the 1930s, the "Ten Essentials" list has been a mainstay of must-have gear when adventuring outdoors. Whether hiking, bicycling, camping, or paddling, there are some items that everyone should take in order to be prepared - and thrive - in the natural world. In this presentation, The Outdoor Kind's John Van Barriger updates the venerable list to not only include modern technology and seasonal variations, but also the "systems" approach when thinking about these necessities.

7:30 pm



#### **Hiking Kentucky's Red River Gorge** **Richard Bailey**

The Red River Gorge Geological Area is a unique landscape in Eastern Kentucky, a part of the Daniel Boone National Forest. This is a land of long narrow ridges with steep cliffs, arches, natural bridges and rock houses. There are many miles of trails and a wide range of camping & lodging options. And yes, a river does run through it. This evening we will paddle and hike through this amazing landscape.



#### **Experience Northern Michigan's Chain of Lakes Water Trail** **Deana Jerdee**

Come experience the diverse Chain of Lakes Water Trail! From the small lakes of the Upper Chain to the vast turquoise waters of Torch Lake, Northern Michigan's premier water trail has a paddling experience right for you. The region offers amazing hiking, biking, birdwatching, and the local communities are ready to welcome you to make your trip complete.

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[michiganseagrant.org/mi-paddle-stewards](http://michiganseagrant.org/mi-paddle-stewards)

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Lansing Oar and Paddle Club



# DISCOVER

THE SPORTHAUS DIFFERENCE



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## Thursday February 25th *continued*

### Track A

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8:00 pm

### Track B

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#### What's in Your Backpack?

**Darlene Patterson and Blair Dietrick**

Sometimes the hardest part of executing a trip happens before you leave the house. Knowing what to put in your backpack to make the trip successful can be a mystery. Packing the "right" items to keep your pack lightweight can be key. Come along on this short video presentation for ideas about what you might include in your backpack as you begin exploring the great outdoors.



#### A Huron River Renaissance: The Huron River Water Trail

**Daniel Brown**

The Huron River Watershed Council has been leading a project to revitalize and restore the Huron River corridor over the past decade. Creating a water trail and connecting natural resources to communities is transformative and can be replicated elsewhere.

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8:30 pm



#### Third Coastin': One Lady's Bike Tour Around Lake Michigan

**Jaclyn Wegner**

In 2018, I jumped on my bike for a 2.5-week tour around Lake Michigan. Along with an amazing adventure, I hoped the ride would help empower more women to explore long distances by bike. I spent half of the 1,100-mile trek solo but enjoyed the company of friends and family for some legs as well. I experienced torrential rains and aggressive raccoons as well as incredible sunsets over the lake and the adventure of a lifetime.



#### Canoeing Secrets: How To "Tune" Your Canoe for Casual and Wilderness Travel (Part 1)

**Cliff Jacobson**

The focus is on how to "tune" a canoe for casual and wilderness travel. Learn how to install "blind" lining holes at cut-water, choose and safely store tracking lines, install kneepads and foot-braces, shock-cord decks and thwarts, correct the seat height, re-position thwarts to make more space for gear, choose and fit a portage yoke, make a spray cover, pack the canoe efficiently for a wilderness trip. Included are tips for car-topping and maintaining (instantly hide scratches!) your canoe.

9:00 pm



#### Swift Canoes

**Bill Swift**

Everything you need to know about the 2021 Swift pack boat lineup! There's a breakdown of all our models, laminates, colors, and options, plus some great information to help you make the right choice for your paddling needs.



#### Canoeing Secrets: How To "Tune" Your Canoe for Casual and Wilderness Travel (Part 2)

**Cliff Jacobson**

Continued: See description above.

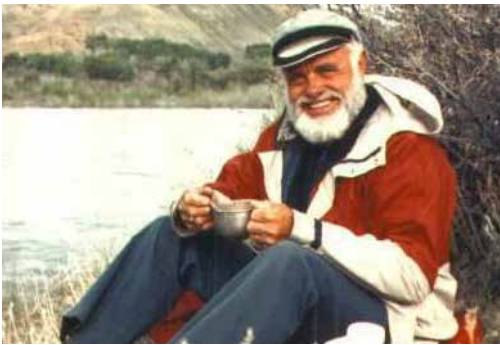
**Saturday February 27th**  
**The grand finale begins at 7:00 pm**



**Paddlers Who Motivate Us**

**Kevin Callan**

During the initial Covid lock-down, during the early spring of 2020, author Kevin Callan interviewed 25 renowned paddlers (by a virtual whiskey fireside chat) who have spent their lives motivating others to go wilderness canoe tripping. He has now summarized them all and highlighted the best parts; icons such as Cliff Jacobson and Ray Goodwin, notable authors James Raffan and Roy MacGregor, You Tube celebrities Joe Robinet and Johnathan Kelly, film makers Frank Wolf and Becky Mason, wilderness guides Hap Wilson and Paul Kirtley, paddling musicians Jerry Vandiver and David Hadfield, and many, many more. You won't want to miss this one.



**Verlen Kruger Award**

Verlen Kruger (1922 to 2004), a world record canoeist from Delta Mills, Michigan, was named "The River Guardian" at the 2003 Quiet Water Symposium. Every year since then, the Kruger Award has been given to a person who has supported and promoted paddle sports along with water conservation, education, or history in Michigan. The 2021 award winner is Deana Jerdee, Executive Director of Paddle Antrim, Elk Rapids, MI. Deana plays a vital role in promoting the Chain of Lakes Water Trail and continues to introduce many new paddlers to the joys of exploring Michigan waterways. Join us as we recognize the many ways in which Deana's work makes it much easier for you to find your next adventure.



**Songs About Paddling and the Great Outdoors**

**Jerry Vandiver and The One Match Band**

Back to Quiet Adventures Symposium for the 4th year, award-winning songwriter Jerry Vandiver has song credits on over 15 million records and paddling credits on countless rivers, streams, and lakes across North America. This year Jerry and The One Match Band will be presenting a virtual concert featuring new songs such as "Over the Rainfly" and "The River Just Flows" along with past favorites like "Too Many Boats" and "Blue Bandana Blues." Don't miss this fun and touching musical presentation to round out your Quiet Adventures experience.



**Live chat with icons Kevin Callan and Cliff Jacobson**

**Session Moderated by Sean Rowley**

What better way to end five days of outdoor conversations than a live chat with icons Cliff Jacobson and Kevin Callan? Join them as they share stories (mostly true!) and opinions on everything outdoors.

**Thank you to our Grand Finale and Show Sponsor!**



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