

Welcome to the 29th



quiet adventures symposium



March 2, 2024

9 am - 5:30 pm

MSU Pavilion



**quiet
adventures
symposium**

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bike



hike



paddle



&more

Welcome, Friends!



Welcome to our 29th annual Quiet Adventures Symposium (QAS). Since 1996, we have gathered to celebrate non motorized outdoor recreation and resource conservation. We are now officially the Quiet Adventures Society, matching our overall mission promoting quiet outdoor activities of all kinds. For QAS 2024, we have brought back many of your favorite speakers including Hap Wilson, Camper Christina, and Cliff Jacobson, along with musician Jerry Vandiver. We have many new speakers this year, featuring voyages down the Mississippi, both fast and slow, foraging, flyfishing in Michigan and Patagonia, and so much more. Many speakers sell books or CDs. If you miss a session, look for a speaker's exhibit on our exhibitors list, and you may be able to pick up a copy of what you missed plus much more.

On the exhibit floor, we have Paddling Adventures Radio again, as well as John Chase from Paddling the Blue. The exhibit floor is packed with commercial and noncommercial exhibits that will help you get connected, learn, and plan. You will find the Lansing Oar and Paddle Club front and center. Check out the new vehicles from Williams Subaru, and bike tours with Tri-county Bicycle Association or with DALMAC, both are QAS Show Sponsors. Denny's Central Park Bicycles and The Power of Water are sponsoring Grand Prize Turf and Surf Raffles, so please thank them when you see them. Pick an activity, a river, a trail, a park, or a conservation concern, and we will have someone who can tell you more.

Special thanks to the MSU College of Agriculture and Natural Resources for including QAS in ANR Month. Families will enjoy the Youth Area with crafts run by MSU Extension 4-H and the Nature Discovery exhibit of live Michigan reptiles and amphibians. Also special thanks to Williams Subaru, TCBA and DALMAC, as well as the QWS and QAS supporters for many years. Thanks to all our ad and room sponsors.

Thank you for joining us today. Explore and find new adventures and maybe some new adventure companions!

Cynthia Donovan
President
Quiet Adventures Society

The Quiet Adventures Symposium is a vehicle of the Quiet Adventures Society, a 501 c (3) corporation under the IRS code.

History of Quiet Adventures Society

The Quiet Adventures Society, as it is known today, is a 501(c)(3) organization that has existed since 2007. However, the first Symposium started in 1996 and was called the Quiet Water Symposium. The event was started by a loosely organized group of about 11 volunteers and friends who were led by Janet Gross and David McCune. Along with sponsorship from Raupp's Camping, the crew launched the first Symposium to bring together paddlers and boat builders for a day of showcasing their boats, knowledge, and adventures. In 2007, the group formally organized into the Quiet Water Society, gaining status as a 501(c)(3) non-profit. As times changed and the event grew, the Society saw the need to expand into non-motorized outdoor communities that were not primarily water-based, such as cycling, hiking, camping, and more. In 2020, the 25th year of the Symposium, the Quiet Water Society and Symposium formally rebranded to the Quiet Adventures Society and Symposium in an effort to grow the inclusivity of the organization and event to further reach out to these other outdoor communities.

While we recognize and respect our past as a paddling-centric organization, today we are excited to continue to welcome people and organizations from all different outdoor backgrounds into our community. Without the support of the organizations, individuals, and businesses that are a part of the Symposium, the Quiet Adventures Society would not be able to bring such a special event to life year after year. As a 100% volunteer-run organization, we strive to bring the Symposium back year after year, regardless of the challenges that may appear.

Thank you to every individual and organization that has been a part of the Symposium through the years, and thank you to all those who support in the years to come.

Now, let's go have some quiet adventures!

Society Mission Statement

To educate the public and to encourage participation in non-motorized outdoor recreation;

to promote public concern for the water resources of the Great Lakes Region;

to support the environmental stewardship and conservation of natural resources;

and to plan and execute annual and special events for any or all of these purposes.



The Great Lakes and their connecting channels form the largest surface fresh water system on earth. Michigan Sea Grant and MI Paddle Stewards (MPS) are at the heart of that system. We are dedicated to the protection and sustainable use of the Great Lakes and coastal resources.

The MPS program consists of a three-hour, self-paced online training followed by optional in-person workshops. The program teaches paddlers to identify, report, and prevent the spread of aquatic invasive species.



michiganseagrant.org/mi-paddle-stewards

Thank you to our Exhibitors!

The Quiet Adventures Symposium is built on the contributions and presence of over 110 exhibitors and their teams. The support of both first-time and longtime exhibitors is crucial for the Symposium continue to grow. The Quiet Adventures Society thanks each of you and acknowledges the contribution that you make to the success of the Symposium year after year.

Thank you for the continued support year after year from businesses like LeValley Outdoors, Synthia Marsh Jewelry, and Heavner Canoe and Kayak, all of whom bring exceptional products to showcase at the Symposium. An additional thank you to first-time exhibitors Aull Dry, Kayak Ontario, Green Drake Outfitters, and the countless others; we hope to see you again next year!

Thank you to all the conservation and stewardship groups like Friends of the Rouge, Grass River Natural Area, Eatoin Conservation Group, the various Grand River advocacy groups (MGROW, LGROW, GREAT), and all the other incredible organizations in attendance who do such important and exceptional work. Without you, this community would not be able to grow and thrive.

A special shoutout and thank you to MSU 4-H for heading up our Youth Area, located right next to Nature Discovery, who has live reptiles and amphibians to learn about and interact with. It is thanks to them, as well as the many other educational outreach groups and individuals, that the Symposium has such a strong educational impact on those in attendance.

Finally, thank you to all the other exhibitors like Camper Christina, Drummond Island Tall Ships, the Moose Wolf Project, Chippewa Nature Center and everyone else who has not been mentioned; each and every group and individual is crucial to what this Symposium is, and we hope you come back next year!

YOU can win something today!

Our Door Prize and Grand Raffle items come from our exhibitors and sponsors. Each door prize ticket could win a paddle, a camping chair, or so many other items! Purchase extra door prize tickets at the Raffle Desk for more chances to win.

You can also buy your Grand Prize raffle tickets at the raffle desk. Deposit the tickets in the box for the prize that you want, graciously donated by Denny's and The Power Of Water, and then stick around to find out if you won!

This year we have a special contribution from an exhibitor! Jon Bauer donated his hand-built Cosine Wherry and it is up for silent auction. The boat was first exhibited at the 2001 Quiet Water Symposium. Bids are accepted only at the Raffle Table and bidding closes at 4:30 pm on March 2, 2024. Assistance with transport can be arranged.

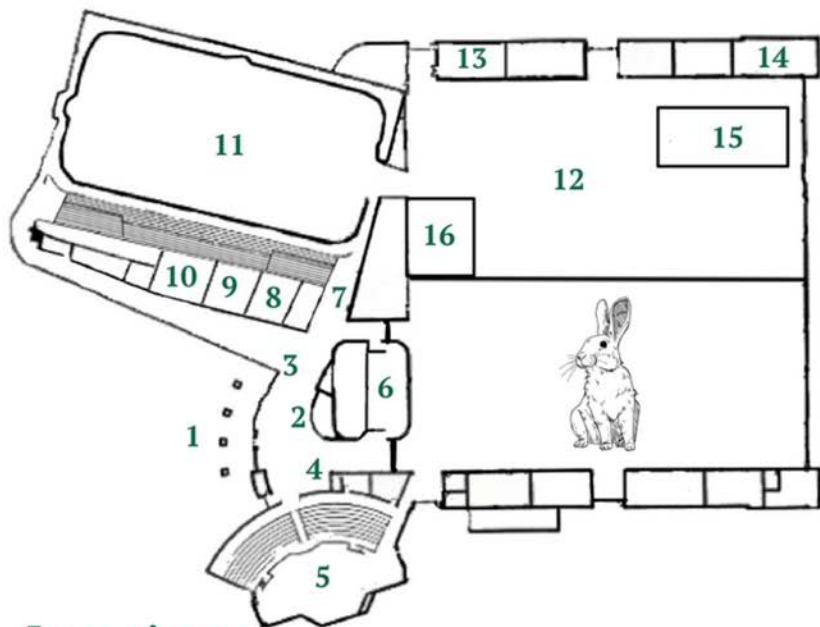
A super special thank you to all the exhibitors who donated items for the raffle with a special shoutout to our Grand Prize raffle item sponsors, Denny's and The Power Of Water. Check out the booths of those who donated items for more details on what they do!.

Event Map



quiet
adventures
symposium

MSU Pavilion Map



Locations

- | | |
|--------------------------|-------------------------|
| 1. Pavilion Entrance | 9. Betsie River Room |
| 2. Concessions | 10. Au Sable River Room |
| 3. Admissions Gate | 11. Exhibitor Arena |
| 4. Volunteer Check-In | 12. Exhibitor Hall |
| 5. Main Stage Auditorium | 13. Restrooms |
| 6. Restrooms | 14. Grand River Room |
| 7. Symposium Entrance | 15. Demonstration Area |
| 8. Red Cedar River Room | 16. Raffle Area |

Exhibitor

906 Adventure Team

Association of State Dam Safety Officials

Aull-dry

Bauer: Wherry Boat

Bike Tour Vacations LLC

Camper Christina

Capital Area Friends of the Environment

Chicago Adventure Therapy

Chippewa Nature Center

Chippewa Watershed Conservancy

Cow Pie Classic

Denny's Central Park Bicycles

Detroit Outdoors

Dragonflyers of Michigan

Drummond Island Tall Ship Co

Drummond Island Tourism Association

Eaton Conservation District

Flat River Watershed Council (Montcalm

Conservation District)

Fluid Fun Canoe and Kayak Sales

FreeStyle Canoe Group, USCA

Friends of the Rouge

Friends of the St. Clair River

Friendship Miles

Grand River Environmental

Action Team (GREAT)

Grass River Natural Area

Great Lakes Paddlers

Great Lakes Sea Kayak Symposium

Great North Real Estate

Groundwater Management Board

Harbor View Motel

Harris Nature Center Foundation

Heavner Canoe and Kayak Nucanoe

Houghton Lake Area Tourism Bureau

Huron River Water Trail

Ingham Conservation District

Isle Royale & Keweenaw Parks Association

Isle Royale Wolf-Moose Project

Jacobson Exhibit

John Coats Memorial Youth Cyclist

Kayak Ontario

Knittingham Palace & Aluu Paddles

Lansing Oar and Paddle Club

Le Valley Outdoors L.L.C

League of Michigan Bicyclists

League of Michigan Bicyclists - Michigan

Mountain Biking Alliance

Leave No Trace

LIVEout

Lower Grand River Organization of

Watersheds

**Michigan Crossroads Council/ Boy Scouts
of America**

Michigan Department of Natural

Resources

Listing

Michigan Dept. of Health & Human
Services-Div. of Environmental Health

**MICHIGAN SCHOLASTIC CYCLING
ASSOCIATION (MISCA)**

Michigan Sea Grant

Michigan State University Extension

Michigan State University Press

Michigan Track Chair/DNR

Michigan Trout Unlimited Fly Fishing

School

Michigan Waterways Stewards

Mid-Michigan Mountain Biking Association

(MMMBA)

**Middle Grand River Organization of
Watersheds**

MSU Bikes Service Center

MSU Extension - Ingham County 4-H

Naturally Superior Adventures

Nature Discovery

North Country Trail Association

Northern Forest Canoe Trail

Old Mustache Canoe Paddles

Opportunities Unlimited for the Blind

Paddle Antrim

Paddle Songs!

Paddling Adventures Radio (Podcast)

Paddling the Blue podcast/

Paddlingexercises.com

Paw Paw Paddle Works

Pedal Across Lower Michigan

Qajaq Training Camp

Querkus Creative

Red Cedar Fly Fishers

School for Outdoor Leadership Adventure
and Recreation

Shiawassee River Water Trail Coalition

Synthia Marsh Jewelry

Team River Runner

The Happy Camper

The Power of Water

Thunder Bay National Marine Sanctuary

Tri-County Bicycle Association - DALMAC

Tri-County Regional Planning Commission

Tulip City Paddle Tours

Uncommon Adventures

Upper Grand River Watershed Alliance

US Coast Guard Auxiliary

Velo Kids Inc

Verlen Kruger Legacy

Wermuth (demo)

Williams Subaru

Women's Center of Greater Lansing, Inc

Wooden Canoe Heritage Assoc. (WCHA),

Michigan Chapter

Woods & Waters

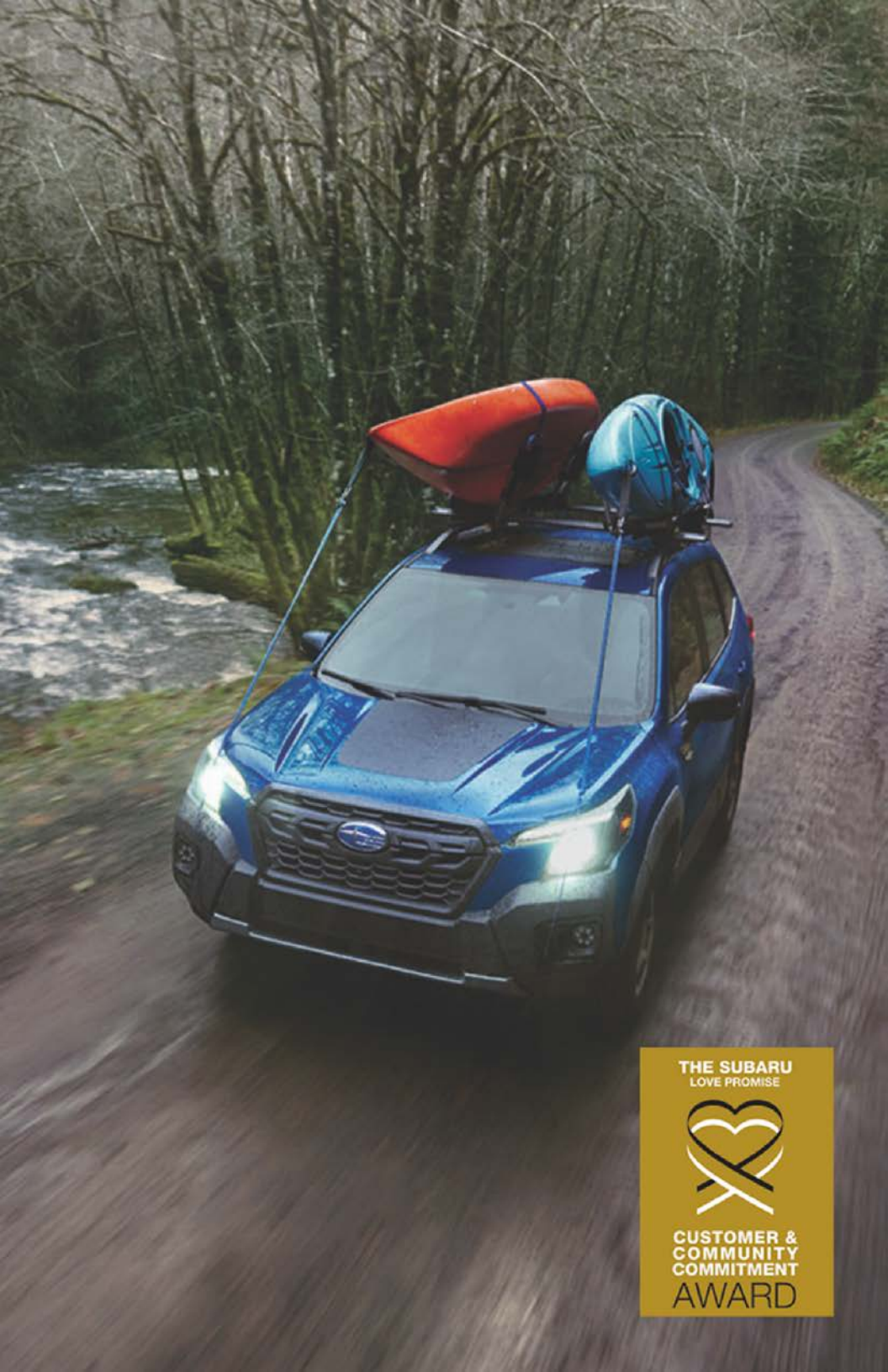


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2024 Quiet Adventures Symposium Schedule of Events

	Main Stage Auditorium	Grand River Room
9:30 - 10:30	Cory Maria Dack - A Winter Source to Sea: Decolonizing Thru Paddling the Entire Mississippi River	George Stockman and Dan Durbin - Five-day Fifty-mile Canoe Expedition in the Boundary Waters Canoe Area
10:45 - 11:45	Hap Wilson - Explore Manitoba's Best Canoe Routes	Dan Stockwell - Self Supported Camping on an Ebike
12:00 - 12:45	Gary De Kock, Andrea Graham, and Jay Hanks - QAS Heroes- Winners of the QAS 2024 Annual Awards	No Session
1:00 - 1:45	Kevin Callan - River Canoe Routes of Ontario	Stacie and Vince Sadowski - Wilderness Within Reach: Planning Your Visit to North Manitou Island
2:00 - 2:45	Camper Christina - Portaging in the Canadian Wilderness	Wally Werderich - Tales of the 2023 Guinness World Record Breaking Descent of the Mississippi River
3:00 - 3:45	Cliff Jacobson - Camping Secrets	Dan Dueweke -- After the Storm – Reopening the BWCA's Border Route Trail
4:00 - 4:45	Vic Foerster - Naked in the Stream, Isle Royale Stories	Bruce Umpstead - A Bungler's Guide to Backpacking TMB (Tour Du Mont Blanc)

Red Cedar Room	Au Sable River Room	Betsie River Room
No Session	Jonathan Ahlbrand - Cold Water, Deadly Water: Understanding and Managing Risks	Elizabeth Chiaravalli - Lansing to the Lake! Planning, Paddling & Pizza down the Grand River
No Session	Capt. Hugh and Julie Covert - Warning: Hurricanes Shred Schedules	Cole Hazeltine and Brian Bielecki - Fly Fishing Michigan
No Session	Jess Rasmussen, Charlotte Towsley, Shawn Towsley - Bicycle Touring with Children – Tips and Tricks	Zorbari Nwidor, Tia Coats, Noah Viner - From Underground to Water Trail: Blue Spaces for Black Faces
Jerry Vandiver and Caitlin Evanson - Songs about Paddling, All Things Outdoors	Arpita Nayak - Ticks: Protecting yourself & your furry companions on quiet adventures	Gwen Botting - Cycling Blind - on a single bike, not a tandem!
Michael Gray and Lisa Deziel - Fly Fishing Remote Regions of Patagonia	Sue Bakkila - Turn Right Instead: Adventuring in the Eastern UP	Stephanie Gandulla - Exploring the Shallow Shipwrecks of Thunder Bay National Marine Sanctuary
Neal Glazebrook (LMB) - Riding into the Sunset: Change is on the Horizon	Danny Pejsa - Introduction to the World of Foraging!	Sammie Bennett - Friendship Miles: Changing the Image of Social Movement
Tim Novak and Nicole Hunt - DNR E-Bike Policy Q&A	Jay Hanks - Winter Paddling on the Au Sable River	Wesley Schlenker - Paddling Superior's Rugged North Shore: Stories from the Lakeside



Great Lakes Paddlers

Southeastern Michigan's Canoe and Kayak Club



With Great Lakes Paddlers there is not only the fun of paddling the many rivers and lakes of the great lakes state but also the fun of enjoying those areas with others.

We are a club that accepts all paddling abilities and interests

Check us out online at www.greatlakespaddlers.com

Sponsors of the Au Sable Room, 2023 Quiet Adventures Symposium



Speaker Information

Sue Bakkila

Turn Right Instead: Adventuring in the Eastern UP



2:00-2:45 Au Sable River Room

The Les Cheneaux area and the eastern UP are often overlooked as a quiet adventure destination but offer many opportunities for various skill levels, interests and seasons. Staff from Woods & Waters, a local outfitter, will discuss many options in the area for paddlers, bikers, birders, and hikers, consisting of both self-led and guided trips to local nature preserves, birding hotspots, and trails, as well as guided paddling trips of all sorts, including overnight excursions for women or couples.

Sue Bakkila is the owner of Woods & Waters in Hessel, Michigan and guides paddlers of all levels throughout the Les Cheneaux Islands. She also works professionally in both graphic design and photography.

Sammie Bennett

Friendship Miles: Changing the Image of Social Movement



3:00-3:45 Betsie River Room

Friendship Miles is an inclusive running/walking group that provides a place of healing, connecting, and movement that welcomes underrepresented people, where everyone belongs. In my personal experience of finding confidence through running and mountain climbing, I had noticed the running community could seem uninviting to some diverse folks. I founded Friendship Miles to create a more inclusive and welcoming community for all types of people, inviting them to come enjoy social movement focusing on friendship, over pace and distance.

Sammie Bennett is a certified running, high performance endurance, and fitness coach, specializing in women's health. Additionally, she is co-captain of Lyon Street Run Club and founder of Trail Sisters Grand Rapids. She is also a fitness coach for Mountains and Marathons, a Global Leadership program.



Gwen Botting

Cycling Blind - on a single bike, not a tandem!

1:00-1:45 Betsie River Room

Inspired by a blind woman who rode a mountain bike from Canada to New Mexico along the Continental Divide, Opportunities Unlimited for the Blind (OUB) hosted a bicycling camp for blind kids in Michigan this summer. OUB collected an impressive array of bikes and volunteers and set to work teaching the children to ride tandems, single bikes, and adaptive tricycles. It was a transformative experience for all involved.

Gwen Botting is Executive Director of Opportunities Unlimited for the Blind (OUB), which is mostly staffed by blind and low vision people and conducts adventure trips for the visually disabled to a variety of outdoor locations. Gwen and her husband Jim have been avid tandem cyclists and are thrilled to be introducing the sport to more blind kids.



Kevin Callan

River Canoe Routes of Ontario

1:00-1:45 Main Stage Auditorium

Kevin Callan, author of several Ontario paddling guidebooks, will share some of his favorite river canoe routes across Ontario. They'll range from urban waterways in southern Ontario - Thames, Grand, Trent, Mississippi - to far northern wilderness routes in Algonquin, Temagami, Algoma, Superior North Shore, Quetico, Wabakimi, and Woodland Caribou.

Kevin Callan is an award-winning outdoor writer, speaker and filmmaker, well-known across North America. He is a regular guest on several television and radio shows and has authored 19 books, including his latest: "Another Bend in the River: The Happy Camper's Memoir." Kevin was listed among the top 100 modern day explorers by the Canadian Geographical Society and made Patron Paddler for Paddle Canada. You can visit his web site at KevinCallan.com and YouTube channel [KCHappyCamper](https://www.youtube.com/KCHappyCamper).

Elizabeth Chiaravalli

Lansing to the Lake! Planning, Paddling, & Pizza down the Grand River



9:30-10:30 Betsie River Room

Sometimes the longing for a multi-day paddle trip can be fulfilled close to home. Learn from our 3-day, 150-mile trip for beginners from Lansing to Lake Michigan down the Grand River in the early Spring. This presentation provides a beginner-friendly, easy to understand primer for paddle trip planning, including our route, inns where we stayed, risk management practices, and logistics for safe paddling in cold weather.

Elizabeth Chiaravalli is an outdoor and experiential education facilitator. Working with all ages, trauma backgrounds, and levels of ability/disability. Her approach is geared towards helping new people feel comfortable and safe while paddling, backpacking, camping, and other outdoor activities.

Camper Christina

Portaging in the Canadian Wilderness



2:00-2:45 Main Stage Auditorium

In her many solo remote wilderness canoe trips in rugged and unmaintained areas such as Northern Ontario, Camper Christina has encountered a lot of crazy portages. In this presentation, she reviews tips and tricks for all aspects of portaging including finding the elusive ones and dealing with different types of terrain. Whether you love or hate portages, this presentation is sure to provide you with a new perspective on them.

Camper Christina started backcountry camping in 2002 and fell in love with it. She now camps year-round and prefers solo backcountry trips. She is a frequent podcast guest and has published a weekly YouTube video for the past 5 years. She provides outdoor courses on her website, Backcountry Camping for Beginners and Winter Camping for Beginners.



Julie Covert with Capt Hugh Covert

Warning: Hurricanes Shred Schedules

10:45-11:45 Au Sable River Room

After two years of trip-planning we cast off the Schooner Huron Jewel from Drummond Island, heading to Baltimore. However, hurricanes Earl, Fiona, and Ian tore up the East Coast and shredded our schedule. Though stressed about family, work, and missed flights, we found the silver lining. We managed to turn significant disappointments into wonderful memories and hope to inspire others to live their dreams.

Captain Hugh Covert has been sailing and boat building for four decades, has captained modern and traditional vessels, and navigated all the major waterways from the Atlantic to the Great Lakes.

Julie McKay Covert is Captain Covert's First Mate and holds an OUPV license. Together, the Coverts designed and built several boats including the Schooner Huron Jewel. They also enjoy hiking, bird watching, woodworking, and reading.



Cory Maria Dack

A Winter Source to Sea: Decolonizing Thru Paddling the Entire Mississippi River

9:30-10:30 Main Stage Auditorium

An Indigenous Latina, born in Ecuador and raised in Minnesota, Cory Maria Dack canoed the Mississippi River from source-to-sea over 130 days, much during winter, highlighting the need for equity in the outdoors for women of color. Cory discusses her passion for being on the water, what she learned on the journey, and the importance of decolonizing through-paddling.

Cory Maria Dack, a professional canoe guide in the BWCA, has led outdoor adventure and ecotourism trips in the U.S.A., Canada and Latin America. She also led a 100-day canoe trip down the Mississippi River known as The River Semester, which inspired her Mississippi River thru-paddle. She is a community organizer and activist and has worked closely with Friends of the Boundary Waters, Wilderness Inquiry, and Granite Gear Grounds Keepers.

Dan Dueweke

After the Storm – Reopening the BWCA's Border Route Trail

3:00-3:45 Grand River Room

In October 2021, an EF2 tornado roared across Clearwater Lake in the BWCA, closing the Border Route and North Country Trails. The Forest Service assembled a volunteer trail crew with the objectives of opening the trail for hikers and getting home safely. They used only hand tools since regulations exclude power tools in federally designated wilderness areas. This is a behind-the-scenes look at the tools and training used, and the muscle and sweat that trail maintenance may entail.

Dan Dueweke has been a trail maintainer, saw instructor, and field evaluator for the US Forest Service, and in National Parks, with a special interest in traditional tool use and instruction. Dan has retired to Michigan and has a small business reconditioning cross-cut saws for trail crews around the country.



Vic Foerster

Naked in the Stream, Isle Royale Stories

4:00-5:00 Main Stage Auditorium

Protected by the National Park Service for more than 80 years, Isle Royale is both a wilderness escape for outdoor enthusiasts and a renowned wildlife studies laboratory. Vic Foerster speaks to how this very special island, insulated from man's influence by the frigid waters of Lake Superior, has influenced him and why he thinks such places move us so deeply.

Vic Foerster is a Consulting Arborist, and award-winning author. His two books about Isle Royale, 'Naked in the Stream, Isle Royale Stories' and 'Hidden in the Trees, an Isle Royale Sojourn' were chosen as Great Lakes Reads selections and nominated for a Burroughs Medal for outstanding outdoor writing. He has received the Professional Service Award from the Arbicultural Society of Michigan and chaired the Michigan Urban Forestry Advisory Council.





Stephanie Gandulla

Exploring the Shallow Shipwrecks of Thunder Bay National Marine Sanctuary

2:00-2:45 Betsie River Room

In Lake Huron, near Alpena, Michigan, lies the first freshwater national marine sanctuary in the country. Designated to protect nearly 200 historic shipwrecks, the sanctuary offers accessible opportunities to explore these time capsules, such as snorkeling, paddling, and sailing. Learn about the many ways you can get into your sanctuary and experience the rich history of the Great Lakes.

Stephanie Gandulla is a maritime archaeologist and the Resource Protection Coordinator for NOAA's Thunder Bay National Marine Sanctuary, devoted to protecting Great Lakes history through education, research and outreach. She has led and participated in archaeological expeditions, on-water educational programs, and innovative interpretive initiatives all over the world. As a NOAA Scientific Diver, she enjoys exploring and documenting the dozens of historic shipwrecks in Lake Huron's sanctuary waters.



Neal Glazebrook

Riding into the Sunset: Change is on the Horizon

3:00-3:45 Red Cedar Room

This presentation reviews the League of Michigan Bicyclists (LMB) 2024 event schedule. It considers recent changes to the lineup of LMB events and explains that the focus over the next few years will be on the experience of our events.

This is an opportunity to ask the event director questions regarding the schedule, as well as about non-profit cycling tours and their mechanism of supporting statewide advocacy.

Neal Glazebrook is very active in both community organizations and bicycling groups, having served on the boards and committees of various public and private organizations across mid-Michigan. He is the Event Director for the LMB, and in that capacity organizes many cycling events across Michigan. He spends his limited non-working time riding, hiking, and camping with his wife Cristi and dog Tessa.

Michael Gray with Lisa Deziel

Fly Fishing Remote Regions of Patagonia



2:00-2:45 Red Cedar Room

What do lifelong kayak guides do in their time off? They wend their way through remote areas of Patagonia, searching for trout. These fish are strong, big and less experienced than Michigan's stream dwellers. We share our story of fly fishing for mountain trout in the Andes.

Michael Gray, one of the most experienced guides in the country, founded Uncommon Adventures in 1984 and has led trips all over the world. He is an ACA certified Coastal Kayak, canoe and SUP Instructor Trainer. He is also a renowned backcountry cook.

Lisa Deziel is an ACA certified Open Water Coastal Kayak Instructor and holds high level skills recognition from the ACA, and the BCU. She has spent many years exploring waters worldwide and is also an avid fly fisherman.

Jay Hanks

Winter Paddling on the Au Sable River



4:00-4:45 Au Sable River Room

I have been canoeing on the Au Sable River every winter for the past 40 years, including camping overnight in the snow. Come with me to look back from the early days up to the present and learn along the way, about how to stay warm and dry when it is wet and cold.

Jay Hanks has spent a lifetime enjoying outdoor trips and learning about the backcountry. He has paddled and backpacked extensively in Michigan and the Eastern United States, as well as in the Canadian wilderness. He guided wilderness trips for the University of Michigan for several years and received the Verlen Kruger Award from QAS in 2012. He also helped found the Lansing Oar and Paddle Club, of which he is currently president.



Cole Hazeltine with Brian Bielecki

Fly Fishing Michigan

10:45-11:30 Betsie River Room

Urban fly fishing for pike can be incredibly exciting: They hit big flies fast and hard, like a missile shooting out of a log. At the same time, extreme rustic fly fishing for brook trout can be just as incredible. Such fisheries require stewardship, rely on citizen-science, and benefit greatly from sportsmen and women who care about them.

Cole Hazeltine has been fly fishing throughout this state for almost 22 years. Cole manages Nomad Anglers fly shop in East Lansing, and is in the process of becoming a licensed guide here in the state.

Brian Bielecki grew up in Grand Rapids Michigan where his love of fly fishing grew on the Rogue River in Rockford. He has fished all over the world. Brian has owned Nomad Anglers since 2006.



Cliff Jacobson

Camping Secrets

3:00-3:45 Main Stage Auditorium

In this whirlwind presentation you'll learn practical camping tricks like how to: clear and purify silty water; stormproof your tent, bug-proof your body and camp; choose edged tools and make fire in the rain; cook with "cozies"; waterproof your sleeping bag; sleep comfortably on a bad site, safely remove an imbedded fishhook, "tune" your canoe for casual and wilderness travel, pack a canoe efficiently and essentials of canoe repair.

Cliff Jacobson, one of North America's most respected outdoors writers and wilderness paddlers, is a retired environmental science teacher, and an outdoors skills instructor. He is recipient of the prestigious ACA Legends of Paddling Award, and a member of the ACA Hall of Fame and is the author of more than a dozen top-selling outdoor skills books.

Arpita Nayak

Ticks: Protecting yourself and your furry companions on Quiet Adventures!



1:00-1:45 Au Sable River Room

As you prepare to embark on your quiet adventures, don't forget to protect yourself and your animal companions against ticks! Ticks are established and emerging in many parts of Michigan, and learning about protection from tick bites and tick-borne diseases is increasingly important. Come learn how to turn tick prevention practices into an effortless habit for us and our furry friends!

Arpita Nayak is a dual degree student in Veterinary Medicine at MSU, who studies the ecology of blacklegged ticks (deer ticks) and Lyme disease. She has recently conducted two tick surveillance projects in East Lansing and Wayne County. Her dissertation project examines factors contributing to the spread and establishment of blacklegged ticks in Michigan. She hopes to bring veterinary professionals into public health and environmental health conversations.

Tim Novak with Nicole Hunt

DNR E-Bike Policy Q&A



4:00-4:45 Red Cedar Room

The DNR's E-Bike policy will be tentatively updated in 2024, allowing class 1 E-Bikes on any DNR trails where pedal bikes are permitted, and class 2 E-Bikes on linear State Parks or rail trails. Here we will review the policy and discuss the needs of the DNR and the League of Michigan Bicyclists, then open a Q&A session with DNR staff. The policy will be reviewed in 2025, and a determination made on its permanence.

Tim Novak is the Trails Section Chief for the DNR Parks & Recreation Division. He holds degrees in Recreation & Parks Administration from CMU and has been in the field for over 20 years.

Nicole Hunt is the Regulatory Unit Manager for the DNR Parks & Recreation Division.



Zorbari Nwidor with Tia Coats and Noah Viner

From Underground to Water Trail: Blue Spaces for Black Faces

12:00-12:45 Betsie River Room

We discuss the African American heritage trail and its origins in the Underground Railroad, focusing on the 7-mile water trail on the Southside of Chicago, which touches many predominantly black communities. Join us to learn about the historical importance of this section of water and its significance for blue spaces for black faces. Our mission is to make the outdoors more accessible to people of color, in the context of restorative justice and its historical relevance.

Zorbari Nwidor who holds multiple BCU and SUP coaching certifications, is the Associate Executive Director of Chicago Adventure Therapy, working to break barriers in the outdoors and adventure sports.

Tiara Coats works for Chicago Adventure Therapy and is a paddlesport coach with a bright personality.

Noah Viner is a program developer at Chicago Adventure Therapy.



Danny Pejasa

Introduction to the World of Foraging!

3:00-3:45 Au Sable River Room

Knowing what to look for and how to tell the difference between a choice edible and a toxic lookalike is crucial to safe foraging. We'll discuss learning resources, strategies, and tools for successful foraging of food and medicine. We also consider some of the risks involved and the rewards to be gained from learning self-sufficiency and knowing more about the natural land.

Danny Pejasa, an avid hiker, hunter, fisherman and backpacker, is a chef in the farm-to-table restaurant industry, with wide knowledge of finding, identifying and cooking with foraged ingredients. He has lectured on topics ranging from foraging for beginners to specifics of botany and recipes with common, easily identifiable edibles. This year he cooked at the Midwest Wild Harvest alongside some renowned forager chefs.

Jonathan Ahlbrand

Cold Water, Deadly Water: Understanding and Managing Risks



9:30-10:30 Au Sable River Room

According to US Coast Guard statistics, paddle craft are the #2 vessel type for deaths on the water. Water temperature is a key contributing factor to drowning, yet many paddlers do not consider water temperature and the associated risks. This presentation will provide insight into the science of cold water and risk management as well as rescue and recovery. Most importantly, it empowers learners with the information they need to be safe when boating on cold water.

Jonathan M. Ahlbrand: Jonathan is an active member of the United States Coast Guard Auxiliary. He is the Public Affairs Officer for the Lansing Flotilla. He is also boat crew qualified and operationally certified. As a USCG Auxiliary leader, he focuses on public education and “on the water safety” for all. Jonathan is also a member of the Lansing Sailing Club. He is a sailor/racer and occasional paddler with over 50 years of sailing experience ranging from small boats to tall ships.

Jess Rasmussen with Charlotte and Shawn Towsley

Bicycle Touring with Children – Tips and Tricks



12:00-12:45 Au Sable River Room

We’ve been bicycle-touring with our children and grandchildren for many years, undertaking several cross-country trips, including one three-month trip with a one-year-old. We’ll share tips and tricks that will help you take multi-day bicycle trips with children without losing your mind, and instead make it a great adventure to cherish for a lifetime.

Jess Rasmussen has been riding multi day bicycle tours since age 8. Charlotte Towsley started touring at the age of 1! Shawn Towsley started touring after being dragged by her daughter to start riding. Together they’ve taken 18 children, including children with special needs, on multi-day bicycle tours in multiple states. Jess and Shawn are experienced educators, including bicycle and bicycle safety education. All are community volunteers promoting safe cycling and children’s educational training rides.



Stacie Sadowski with Vince Sadowski

Wilderness Within Reach: Planning Your Visit to North Manitou Island

1:00-1:45 Grand River Room

North Manitou Island in the Sleeping Bear Dunes National Lakeshore, with beautiful vistas, deep forests, deserted beaches, and miles of easy trails, is a backpacker's paradise. We will give you an overview of what to know before heading there, and what to expect on your visit, including tips for a successful multi-day backpacking adventure. Leave-No-Trace camping principles will be emphasized which are in place in this legally protected wilderness area.

Vince and Stacie Sadowski have a long history on the North Manitou Island, including meeting, becoming engaged and marrying there. They are volunteers of the National Park Service on the island, assisting with camper orientation, trail reports, and historical restoration projects. Vince is a DIY gear enthusiast, trip planner and navigator. Stacie is an outdoor writer, naturalist and published historian.



Wesley Schlenker

Paddling Superior's Rugged North Shore: Stories from the Lakeside

4:00-4:45 Betsie River Room

The Canadian National Marine Conservation Area (NMCA) on Lake Superior's north shore features a 100-mile archipelago, with rugged exposed shoreline, rich in agates, geodes, and columnar basalt formations, bordering a vast expanse of boreal forest, home to flourishing wildlife. The remains of shipwrecks, logging camps, and fishing villages dot the sheltered coves and harbors along the way. Hear the stories of an adventure guide and nature enthusiast based on two decades of paddling these shores.

Wesley Schlenker grew up hiking and paddling, logging thousands of miles exploring the Canadian wilderness. He works as an adventure guide sharing his wonder for the world with others, promoting safety and Leave-No-Trace practices along the way. An aspiring musician, he takes musical inspiration from the raw power and breathtaking landscapes of Lake Superior.

George Stockman with Dan Durbin

Five-day Fifty-mile Canoe Expedition in the Boundary Waters Canoe Area



9:30-10:30 Grand River Room

The Boundary Waters Canoe Area is a remote and wild territory; both beautiful and punishing: first you're paddling sun-soaked lakes, then wading through buggy cold bogs. We'll review our five-day fifty-mile trip and share what we'll do the same and differently when we return.

George Stockman, a former whitewater paddler and racer, was over sixty when he began multi-day paddling expeditions, having now completed several trips across the U.S. and Canada. He has coached the MSU Concrete Canoe Team and worked with the MSU Outdoor Club.

Dan Durbin can't believe he gets paid for his favorite hobbies - hunting, trapping, fishing, and camping. He earned a degree in Fisheries and Wildlife at MSU, where he was president of the Outdoor Club. Dan has led many extended paddling trips.

Dan Stockwell

Self Supported bicycle camping on an ebike



10:45-11:45 Grand River Room

The presentation will highlight biking destinations in Michigan and stories of the joys and challenges of E-Bike camping. Dan will review selecting equipment, selecting routes and campsites, provisions to bring along, provide tips and hints for safety, and for having a fun adventure. He will be demonstrating the equipment used and will answer your questions about the equipment and bicycle camping.

Dan Stockwell is the Director of DALMAC, the oldest and largest volunteer run bicycle tour in the nation. Annually 1,000 participants ride from 2-5 days on 7 different routes, consistently receiving outstanding support services at half the price of other tours. The DALMAC Fund has donated more than \$2 million to communities. Dan has participated in 16 DALMAC tours and enjoys self-supported camping with his E-Bike.



Bruce Umpstead

A Bungler's Guide to Backpacking TMB (Tour Du Mont Blanc)

4:00-4:45 Grand River Room

The Tour Du Mont Blanc (TMB) is a 105-mile hiking trail circumnavigating the Mont Blanc Massive, winding through the French, Italian and Swiss Alps. The views and cuisine are stunning, and camping is optional with hotels available throughout. Bruce shares tips for planning this adventure while avoiding bungles and managing adversities that may arise. Attendees will receive Complimentary copies of Bruce's forthcoming book: "A Bungler's Guide to Backpacking the TMB (Tour Du Mont Blanc)."

Bruce Umpstead is an avid adventurer and backpacker, having backpacked The Grand Canyon, Smoky Mountains, Rocky Mountains, and the Porkies. He leads annual "newbie" backpacking trips to help people acclimate to this exciting adventure sport. With a background in education, he has a talent for making concepts accessible, and has presented at many conferences nationwide.



Jerry Vandiver with Caitlin Evanson

Songs About All Things Outdoors!

1:00-1:45 Red Cedar Room

Back again to Quiet Adventures, Jerry teams up with Caitlin, fiddle player/singer extraordinaire, to play original fun and heartfelt songs about life, love and paddling! This all-acoustic set will make you laugh, cry, tap your toes and maybe even sing along.

Jerry Vandiver, with over 40 years paddling experience, has more boats than his wife thinks he needs. Jerry's songs have been recorded by such artists as Tim McGraw, Phil Vassar and The Oak Ridge Boys. His songs are on over 15 million records, two of which are in the Country Music Hall of Fame.

Caitlin Evanson, an avid hiker and paddler, has toured as a fiddle player and vocalist with Ringo Starr, Taylor Swift and Shakira. She's a prolific songwriter with a fun, angelic and engaging voice.

Wally Werderich

Tales of the 2023 Guinness World Record Breaking Descent of the Mississippi River



2:00-2:45 Grand River Room

In May of 2023 a team of four set the Guinness World Record for the fastest canoe trip down the 2,300-mile Mississippi River: 20 hours and 16 minutes. They slept, ate, drank, and used the bathroom in their canoe. Supported by a team of 27 people, 3 dogs, 2 documentary filmmakers, 2 support boats and 2 RVs, they negotiated 15 dams, 23 locks, 5 sets of rapids and 2 spillways. Come hear tales of the epic adventure!

Wally Werderich has enjoyed a lifetime of river adventures from the BWCA to the Grand Canyon. He has competed in many United States Canoe Association National Championships, winning and placing in several of these competitions. Wally's wife Belem and his Mom and Dad often accompany him on his canoe adventures.

Hap Wilson

Explore Manitoba's Best Canoe Routes



10:45-11:45 Main Stage Auditorium

Raging wildfires, polar bears, canoe-eating rapids, wolves and whales make up just a few of the adventures encountered while mapping 19 rivers for the guidebook: "Wilderness Rivers of Manitoba." Partnering with Parks Canada and Manitoba Tourism, rivers were chosen for their beauty, cultural history, adventure, and uniqueness. Hap takes us on a journey of discovery that will have you on the edge of your seats!

Hap Wilson, recipient of the Bill Mason Award for lifetime achievement in river conservation, has canoed and mapped more than 50,000 miles of Canadian wilderness. He is the author of 14 guidebooks, novels, and short stories, and is a photographer, artist, and wilderness guide. He co-founded the environment group Earthroots in Toronto. He and his wife Andrea own and operate Cabin Falls Ec lodge and Ecotrailbuilders.



13K+

MILES OF TRAILS

(Plenty of room for everyone)

Michigan is home to thousands of miles of beautiful trails, and we're committed to making them more accessible for everyone. Thanks to generous partnerships along with donations from visitors, track chairs are now available in a growing number of parks. To find an accessible trail near you, scan the QR code or visit Michigan.gov/DNRtrails.



Demonstration Information

John Chase

Power to the Paddle: Exercises to Improve Your Paddling



10:00-10:45 Demonstration Stage

Get ready to move in this fun, hands-on session where you'll learn and practice functional exercises to help you paddle longer, faster, and stronger. Discover simple exercises requiring little or no equipment that will make you a better paddler, build endurance, and prevent injury. Join us to improve your outdoor experience and become the best paddler you can be.

Perfectly Pack your Kayak for a Multi-Day Trip

1:00-1:45 Demonstration Stage

Loading your personal and shared group gear in your boat is both art and science. At this hands-on workshop you will learn tips and tricks to pack your kit for a dry, safe and enjoyable multi-day journey without having to cut the handle off your toothbrush.

John Chase is the host of the Paddling the Blue podcast, author of 'Power to the Paddle: Exercises to Improve your Canoe and Kayak Paddling', ACA Coastal Kayak/River Kayak/SUP Instructor and Instructor Trainer, and NASM Certified Personal Trainer. As an instructor, guide, fitness professional, and speaker, John Chase helps people reach their potential, on and off the water.



Erica Clites and Lynnea McFadden

MI Paddle Stewards: Paddling with Problematic Plants

10:00-11:00 MI Sea Grant Booth

Michigan Sea Grant and local partners empower paddlers to protect local waters through the MI Paddle Stewards program. Today we will teach paddlers to identify, report, and prevent the spread of aquatic invasive species.



MI Paddle Stewards: Quick Cleaning your Boat

2:00-3:00 MI Sea Grant Booth

Invasive species clinging to boats may give the bad actors a toehold in the next lake or river paddled. Cleaning your boat after paddling is important to contain the spread of aquatic invasive species. Today we'll talk about tips for boat and equipment cleaning.

Erica Clites in her role with Michigan Sea Grant, designed the updated MI Paddle Stewards program with statewide partners. Erica has an extensive background in natural resource management.

Lynnea McFadden is a conservation biologist, Director of Programs and Services with Friends of the St. Clair River and has partnered with the MI Paddle Stewards program to present Train-the-Trainer workshops.

Carol McGrath and Jim McGrath

Reptiles and Amphibians of Michigan



9:00-1:30 Arena

Nature Discovery, Michigan's "biggest little nature center," will display live snakes, turtles, frogs, and salamanders. They'll answer your questions and discuss any species in the exhibit. The experience is interactive, informative, and personal for visitors of all ages.

Carol McGrath has been involved in science education for the past 24 years. She teaches all ages and has been teaching youth-oriented classes through Lansing Community College for 20 years. Carol's love of science is infectious to all students, preschool through high school.

Jim McGrath is the founder of Nature Discovery and has over 34 years of experience as an interpretive naturalist. A strong lifelong interest in the natural world, coupled with an enthusiasm to share knowledge with others, is key to Jim's popularity with students of all ages.



Sean Rowley and Derek Specht

Power to the Paddle: Exercises to Improve Your Paddling

9:00-5:00 Exhibit Booth

Recording at QAS this year will be podcast hosts Sean Rowley and Derek Specht. They report on the news, events, stories, and reviews from the world of paddle sports. Whether you are into canoes, kayaks, stand up paddle boards or rafts, Sean and Derek bring you information from and for the paddling community.

Sean Rowley grew up as far north as James Bay and as far west as the Rocky Mountains and the Prairies. He has spent most of his life outdoors combining his love of canoes, camping, and photography.

Derek Specht has always enjoyed spending time outdoors, whether it is hiking, skiing, sea kayaking or winter camping. Since moving to the Toronto area, Derek has combined his love of paddling with camping.

Dave Wermuth and Grandson Michael

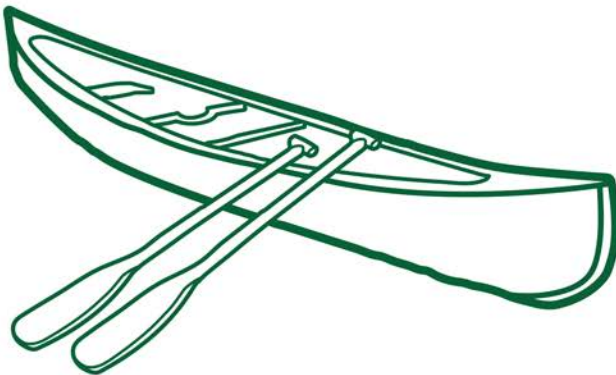
Canvas application to a wood/canvas canoe



11:00-2:00 Arena

Watch the restoration of a canvas canoe beginning at 11:00. Over the course of three hours Dave will apply canvas to a canoe. Also on display will be a 1908 Rushton Indian Girl canoe.

Dave Wermuth acquired his first wood/canvas canoe in 1997. He had it restored by Brian Baker, who also helped him learn the process of canoe restoration. He soon joined the Wooden Canoe Heritage Association (WCHA). As a hobbyist canoe restorer, he honed his skills by networking with other WCHA members. Dave has restored about 40 canoes and built several from scratch. Some of the most challenging restorations were canoes that arrived in the trunk of a car. Dave continues to learn about restoring canoes





Bryan Wilkinson and Billy Vickers

Adaptive Hiking and Cycling

11:00-12:00 DNR Booth

This demonstration highlights adaptive hiking and cycling with trackchairs, wheelchairs, and adaptive mountain bikes, available in Michigan State Parks, MetroParks and Recreation Areas.

Bryan Wilkinson is a wheelchair user, who is 23 years post spinal cord injury (dirt bike accident). He is an Action Trackchair dealer, MDNR Accessibility Advisory Council Member, and disabled sports advocate.

Billy Vickers is a wheelchair user, who is 21 years post spinal cord injury (motorcycle accident). He is a rehab and mobility systems - DME specialist, MDNR Accessibility Advisory Council member, and a disability mentor and advocate.



4906 W Mt Hope Hwy. Lansing, MI 48917 517-708-7350
Hours: Tuesday - Friday 3pm - 10pm. Saturday 12pm - 10pm
Sunday 12pm - 9pm. Closed Monday.

QAS '24 Volunteer Bandanas Sponsor

2024 Quiet Adventures Symposium Planning Committee

We here at the Quiet Adventures Society were so grateful to be back at it again for the 29th annual Quiet Adventures Symposium. However, the Symposium could not have happened without the enormous efforts of our 2024 Planning Committee. The Committee met numerous times throughout the last several months to create and coordinate every facet of the event you see here today. The volunteer members put in countless additional hours outside of the committee meetings to be able to bring together all the different outdoor communities, groups, and individuals that you see around today to celebrate adventure with one another. The members of the 2024 Planning Committee are (in alphabetical order): Collin Tarr, Cynthia Donovan, Elin Thorlund, Emma Bailey, Emma Knapp, Gary de Kock, Joe Lessard, Kate Lederle, Lauren Smith, Liu Gedvilas, Pat Harrington, Patty Vance, Rachel Ochylski, Rich Bailey, Sally Burns, Susan Hopp, Thad Vance, Tim Muhich, and Tony Kuhlman.

We would like to provide a special thanks to Emma Knapp for designing this year's Symposium Program with help from Cynthia Donovan, Pat Harrington, Kate Lederle, and Collin Tarr. Emma spent countless volunteer hours designing many of the Symposium's posters, advertisements, and this program.

Without volunteers like Emma Knapp, Kate Lederle (this year's Stacy Smith Outstanding Volunteer Award recipient), and the rest of the Planning Committee, the Symposium would not be able to happen. It is thanks to the efforts of individuals like them that we have been able to host the Symposium for 29 years, and we hope to continue it for another 29 more (and then some!). There is always room to grow, so if you are interested in getting involved on the ground floor of an event like this, please reach out to info@quietadventures.org or talk to one of this year's Planning Committee members for more information.



Ride



Ride all su

Tri-County Bicycle Association

Weekly rides around Greater Lansing weekdays & weekends

Ride with friends & ride preparation for longer tours

Week long and weekend tours:

SummerTour - Michigan coastal multiday beachtown tour

Northwest Tour - Traverse City, Leelanau & Sleeping Bear Dunes

Jeanen Reynolds Joy Ride - One day, Grand Ledge countryside

Youth Cycling - one day rides around town for youth & families



BikeTCBA.org

With Us



Summer long!

DALMAC

Seven routes up Michigan from Lansing to the Mackinac Bridge on **DALMAC**, Michigan's epic Labor Day Weekend Tour

5-day West

5-day East

5-day East Gravel

4-day West

3-day East

2-day East

2-day Trail

DALMAC.org



Quiet Adventures Society Board of Directors



President: Cynthia Donovan

Cynthia has been the President of the Board of Directors since 2021. She is an avid kayaker and hiker, as well as skier and snowshoer, when the snow is good. She spends part of the year encircled by water on an island in the northern Great Lakes region. She retired from Michigan State University in 2019, where she was on the faculty of the Department of Agricultural, Food and Resource Economics, engaged for over 20 years in development and training projects in Africa and elsewhere. Among her responsibilities at MSU, she was the Deputy Director of the Legume Innovation Lab. Her interest in the Society began with the Quiet Water Symposium as a volunteer and speaker. She loves being able to bring people together to connect and is always looking for new adventures and learning among the friends, old and new, at QAS.



Vice President: Lauren Smith

Lauren joined the Quiet Adventures board in 2022 after several years representing various organizations as exhibitors at the annual symposium. Lauren brings more than a decade of event planning, outreach, and fundraising experience to the Quiet Adventures Society.

An enthusiastic outdoorsperson, Lauren enjoys hiking, backpacking, kayaking, snowshoeing, snowboarding, and hammocking. Her adventures have taken her from the mountains of the west coast of the U.S. to the beaches of Cape Town, South Africa and beyond; but her favorite place in the world is the shores of Lake Superior. Lauren is grateful for the opportunity to help others explore and enjoy the outdoors through her service with the Quiet Adventures Society and Quiet Adventures Symposium.



Secretary: Emma Ruth Bailey

Emma joined the QAS Board of Directors in 2023 after many years of involvement with the symposium as a volunteer, volunteer coordinator, planning committee member, speaker and exhibitor. She is an avid paddler, backpacker and lover of all things outdoors. Self titled "A Freak FOR Nature", Emma has always had a passion for experiencing those hard to get places. Emma was raised in the Lansing area and is passionate about supporting, growing and enjoying the unique outdoor community in the Mid-Michigan area. She is excited to offer her skills, knowledge and insight to support the Quiet Adventures Symposium and connect people to outdoor resources, education and ideas.



Treasurer: Joe Lessard

Joe Lessard has been a part of the Quiet Adventures Symposium for many years and joined the Board as treasurer in 2018. His contributions as a planning committee member, board member, and lead volunteer have enhanced the show's growth and focus on quality and conservation. He is an unsung hero, keeping the books straight not just for QAS but for LOAPC as well, playing a behind the scenes role. An avid paddler, he smiles at the challenges of whitewater and can be seen paddling through the waves of the Great Lakes and many Michigan Rivers, one of our paddling community. As one paddler put it "He's someone I'd want in my party when the going gets tough, because I know he's always there for others."



Director: Gary De Kock

Gary served as chair of the Quiet Water/Adventures Society Board of Directors from 2014 to 2022. He presented the River Guardian Award to Verlen Kruger at QWS 2003 and made a presentation on kayaking in the Great Lakes at QWS 1996. In 2014, he and Linda De Kock paddled a tandem kayak from source to sea on the Mississippi River (2,291 miles in 70 days). In 2018, they canoed the Missouri River from Three Forks, Montana to St. Louis (2,341 miles in 86 days). These and other trips have been used to raise funds for communities worldwide that lack safe drinking water and adequate sanitation. In 2023, they were honored to receive the annual Verlen Kruger Award for these and other contributions to paddlesport.



Director: Pat Harrington

Pat has been active on non-motor transportation since hit by a school bus while commuting in 1976. Having participated in 40 DALMAC bicycle tours, with 20 as a volunteer organizer for Tri-County Bicycle Association, Pat also has been active in recreational paddling volunteerism for over 20 years and co-organized such events as The 2010 Grand River Expedition and MGROW.org's Hugh Heward Challenge. Pat has a collection of Sawyer solo canoes and has been involved with Lansing Oar & Paddle Club since the mid 1990's.

Actively participating in Quiet Adventures Society activities, Pat's voice is commonly heard from the rafters of The Symposium's speaker system and can be found with his wife Robin helping out in whatever way we let them. They are known as "The Dynamic Duo" of Patman & Robin or Flipper & Sweep and received the Stacy Smith Volunteerism Award in 2021 from The Quiet Adventures Society.



Director: Collin Tarr

Collin is an avid outdoor enthusiast, finding himself spending his time backpacking, rock climbing, and skiing whenever he can. Collin graduated from the University of Redlands in 2021 where he received his Bachelor's Degree while also working as an outdoor guide for university students. He has led trips in California, Utah, Arizona, and New Hampshire in the United States, as well as international trips in Austria and Bavaria. While he hails from the Northeast, he now finds himself located in the Greater Lansing Area of Michigan where he has and currently works in both the outdoor retail sector and the outdoor non-profit sector with organizations like Moosejaw Mountaineering, the Quiet Adventures Society, the Michigan Waterway Stewards, and others. Collin finds himself now focusing on educating and spreading a passion for stewardship in outdoor spaces, and hopes to continue to help build community through the QAS.



Director: Susan Hopp

Susan attended and volunteered at Quiet Adventures Symposium in 2023 for the first time. She found it to be an amazing event, motivating her to get more involved. She loves biking and paddling and would like to pass that on to others, including the next generation. Susan bring business and educational skills to the Board.

Volunteer Information

Our volunteers are old and new. We value how things were done and welcome fresh ideas. Hundreds of volunteer hours go into organizing an event like the Symposium. There are months of planning, tireless Zoom calls, and attention to details behind the scenes on QAS day because we care. Without the volunteers of QAS, we'd all be twiddling our thumbs on the first Saturday of March. But there aren't enough of us! Volunteers get tired and retired, and they move around. We constantly need new people!



Many of the exhibitors are volunteers, especially the non-profit groups. They are passionate about the resource and their experiences. They have a story to tell and share with you. The commercial exhibitors are spending their weekend at QAS. They may be relying on family and friends to set up and manage their exhibits while they are speaking in one of the sessions. Volunteers have a spirit of community. Please take a moment to let them know you value their work. A sincere smile and thank you will be much appreciated.

Thanks to Eagle Monk Pub and Brewery, Volunteers will receive a Buonodono Banana Bandana, bright yellow and gorgeous!

THANK YOU TO ALL THE VOLUNTEERS!

Frequently Asked Questions



- **Are more people needed on the Board of Directors?**

Yes! The Board is a talented group of fun and dedicated people. They'd love to talk with you.

- **Are more people needed for the QAS Planning Committee?**

Yes! This is where creative and problem-solving people excel. The committee meets and works together from May until the next QAS day.

- **Can you live outside the Lansing area and still help?**

Yes! Contact any of the QAS Board members to learn more.

The Verlen Kruger Award



Verlen Kruger, a world record canoeist from Delta Mills, Michigan, was named “The River Guardian” at the 2003 Quiet Water Symposium. This was a heartfelt honor from the mid-Michigan paddling community. Verlen was recognized for his outstanding achievements and records in paddle sports, for bringing international awareness to our environmentally sensitive waterways, and for fostering stewardship of our treasured water resources. Each year, we recognize others who embody his spirit.

On March 2, 2024, at a live presentation during the 29th Quiet Adventures Symposium, the 2024 Verlen Kruger Award will be given to John Bollman. John is a member of the Williamston Sunrise Rotary Club, and the founding chair of the Friends of the Red Cedar River. Since 2020, he has led the work to clear the Red Cedar River of obstructions and debris. He has organized many meetings and facilitated many partnerships so that a project of this complexity could be implemented. His organizational skills supplied the missing link that then resulted in opening the river to paddlers from Williamston to Lansing.

What was impossible for individuals working alone or in small groups was accomplished by John and his tireless dedication to the river. This has inspired others to join the effort and it will hopefully create a sustainable workforce to maintain the Red Cedar River for safe and enjoyable recreation.

The many examples of John’s collaboration with other organizations include working with the Boy Scouts on river clearing work and building a canoe rack in McCormick Park. With Rotary Clubs, he successfully organized a fair in McCormick Park in September 2023 to introduce the recreational potential of the Red Cedar to the local community. In addition, he also worked on two occasions with volunteers from Top Notch Tree Care of Jackson to remove some of the more difficult log jams that blocked the river.

John joins the ranks of the previous Verlen Kruger Award winners, all recognized for bringing awareness to our environmentally sensitive waterways, and for fostering stewardship of our treasured water resources. He will receive a plaque, and a brick on which the date and his name are engraved. A duplicate brick will be added to the walkway around the Verlen Kruger Memorial located by the Grand River in Portland, Michigan. John's name will also be engraved on a perpetual plaque where it will join the names of the previous 28 Verlen Kruger Award winners.



John Bollman, 2024 Verlen Kruger Award Recipient

Past Recipients

2003	2004	2005	2006
Verlen Kruger	James C. Woodruff	Janet Gross & Dave McCune	Gloria Miller
2007	2008	2009	2010
Albert Schultz	Dan Smith & Mike Smith	Karl Pearson	Charlie Parmalee
2011	2012	2013	2014
Doug Carter	Jay Hanks	Russ Hicks	Jean Kinnear
2015	2016	2017	2018
Ron Sell	Tiffany & Patrick Van DeHey	Dean Sandell	Tom & Connie Cannon
2019	2020	2021	2022
Hugh Walton	Andrea Knepper	Deana Jerdee	Todd Leigh Linda Savage Nancy Uschold
2023	2024		
Linda and Gary De Kock	John Bollman		

Lansing Oar and Paddle Club

in Lansing Michigan since 1988

Please join [Meetup.com](https://www.meetup.com) at Lansing Oar and Paddle Club to find our upcoming paddling, hiking, biking, and skiing trips.

Visit [LOAPC.ORG](https://www.loapc.org) to learn more

The mission of the Lansing Oar and Paddle Club is to plan and enjoy human powered activities with a focus especially on paddlesports. We promote proper planning, safety, and respect for all natural resources. LOAPC is a 501(c)(4) non-profit corporation.

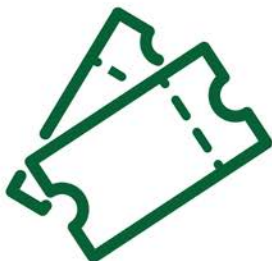


Check out our great

Door Prizes!

First Ticket free with entry.

Additional tickets one for \$1 or three for \$5



Thank you to our exhibitors and sponsors for their door prize donations!

Stacy Smith Outstanding Volunteer Award

On February 4, 1968, Dr. Martin Luther King Jr. spoke to his congregation saying, "Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love". In 2018, the Quiet Water Society (now Quiet Adventures Society) made a commitment to honoring the service of individuals volunteering with us with hearts full of grace and souls full of love. Through the Symposium each year, hundreds of selfless individuals donate countless hours, talents, and monies to causes that actively make our world a better place, and all of them are deserving of recognition for their contributions. While every volunteer is invaluable, each year the Society selects one volunteer who stands out among the rest for their commitment, service, grace, and love.

The Stacy Smith Outstanding Volunteer Award was presented for the first time at the 2018 Symposium to her family in memory of her many years of volunteer service, as well as her selfless dedication to the paddling community. The award was designed to be given annually to a volunteer deserving of recognition for the qualities that Stacy exemplified, and this year the Society is pleased to present the award to Kate Lederle.

For years, Kate Lederle has been a volunteer with multiple Quiet Adventures Society events where she became a familiar face to many. When it comes to the Symposium, Kate has been a friendly face at the raffle or check-in tables, as well as being someone who can always be counted on to step in and take on last-minute challenges. Kate's work on behalf of the Society was extraordinarily helpful through difficult times like the pandemic wherein she made the effort to remain involved with volunteering. While at Society events, Kate always took the time to make sure that the Lansing Oar and Paddle Club (LOAPC), another group she finds herself involved with, was always appropriately and duly represented. Always ready to help, Kate was never one to sit back and watch others do all the work. She has foresight and intuition that she uses to be thorough in her activities, which greatly assist the organizations for which she is a volunteer. In addition to chairing LOAPC committees, Kate has supported and coordinated LOAPC's participation in the Annual Youth Sports Event, where kids have the opportunity to try out kayaks in a safe and supervised location, along with other outdoor activities. It is with great honor that the Quiet Adventures Society selects Kate Lederle as our 2024 Stacy Smith Outstanding Volunteer Award.



Kate Lederle, 2024 Stacy Smith Award Winner

Past Award Winners:

2023 - Joe Lessard

2020 - Pat Harrington and Robin Barfoot

2019 - Rich Bailey

2018 - Family of Stacy Smith

*2021 and 2022 were omitted as no award was presented those years due to the COVID-19 pandemic.

The Quiet Adventures Symposium

Code of Conduct

The Quiet Adventures Symposium (QAS) serves as a platform for education, discussion, and the presentation of ideas that promote human powered outdoor recreation and help conserve our Great Lakes resources. In pursuit of these goals, the Quiet Adventures Symposium embraces the right to free speech while also being aware that there may be many sides to every issue and many possible solutions. The viewpoints of our many guests, exhibitors, speakers, and demonstrators are their own, and may not necessarily represent the views of the Quiet Adventures Symposium, its board members, or its many volunteers.

Therefore, the Quiet Adventures Symposium requires that:

- Exhibitors, speakers, and demonstrators must keep their activities and the activities of their group, employees, and volunteers confined within the area assigned to them by the QAS Planning Committee.
- Interactions with event staff, guests, exhibitors, speakers, and demonstrators must be held in a civil and professional manner.
- Conduct or behavior must not be disruptive to the event.

If members of the QAS Planning Committee find that any action of guests, exhibitors, speakers, or demonstrators violates these requirements, event staff will attempt to resolve the situation. In cases where agreement on a solution cannot be found, parties may be asked to leave the site. In the most extreme cases, parties may be restricted from future participation in the event.

The QAS Code of Conduct is included as a part of exhibitor registration. Submission of the exhibitor form indicates acceptance of the Code of Conduct.

This will help make it possible for all parties to interact in a positive way.

Silent Auction

Up for Auction:

COSINE WHERRY ROWBOAT

Proceeds benefit the Quiet Adventures Society



This Beautiful Western Red Cedar Rowboat is 14 feet long and weighs 120 lbs. The boat was completed in 2000 and was displayed at the Quiet Water Symposium in 2001. The boat features 3 rowing stations, a non-slip interior, and is fully varnished. 8' 6" Shaw-Tenny and 8' Qualicum oars are included in the auction of this boat. This boat was generously donated for auction by Jon Bauer, who has diligently cared for the boat. Value: approx \$2000.

Please also be sure to visit Jon at his booth during the Symposium!

GRAND PRIZE RAFFLES

Saturday, March 2, 2024
MSU Pavilion
9 am - 5:30 pm

1 TICKET FOR \$10
3 TICKETS FOR \$25



P&H Virgo Kayak or
\$2100 voucher toward
your purchase at
The Power of Water.



Sirrus X Bike or \$1500 voucher
toward your purchase at
Denny's Central Park Bicycles.



Grand Prize Raffle tickets will be sold on the day of the event at the Grand Prize Raffle Table. Drawings will take place at 5 PM the day of the symposium. You need not be present to win. Winners must be able to claim prize within 24 hrs of drawing. Vouchers do not have cash value. The QAS Raffle License and House Rules will be displayed at the event as required by the Michigan Lottery Charitable Gaming Division.



QuietAdventures.org

