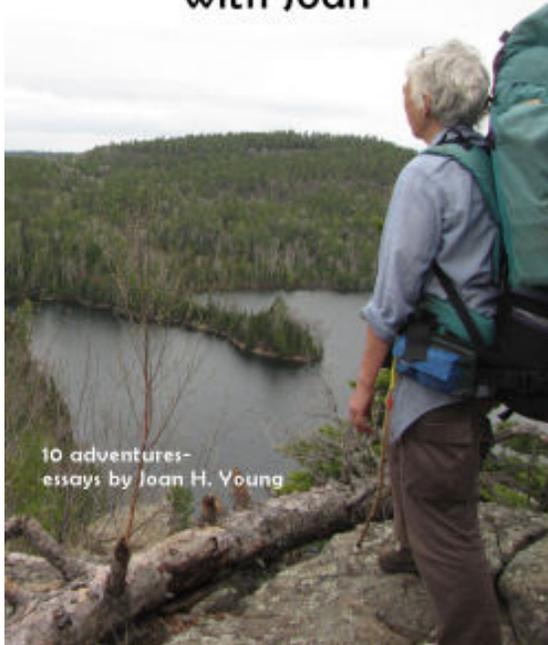


## Get Off the Couch with Joan



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## Single Programs or Multi-Day Seminars:

Can provide up to 3 programs in one day or a total of 5 programs for a two-day event. It is expected that book sales will be allowed before/after the program.

Programs:

## Keynotes:

### **The North Country Trail and the Kitchen Sink**

Fast-paced media show about the North Country Trail. This is the newest program  
Time: 60-75 minutes, see adaptations  
Cost: \$75 plus travel expenses requested, book sales following program. Screen 4x6' or larger will need to be provided.  
Adaptations: The best coverage of the trail is a 75-minute version of this media, but realizing that this is too long for many groups, a slimmer 60-minute version is available, and also a flash 45-minute version.

### **High Hopes Wearing Sweaty Socks**

Fast-paced media show about the North Country Trail, and Joan Young's personal hikes on the trail.  
Time: one hour, see adaptations  
Cost: \$75 plus travel expenses requested, book sales following program. Screen 4x6' or larger will need to be provided.  
Adaptations: Portions of this program can be broken out to promote the trail. Presentations as short as 15 minutes can be made.

## Additional Programs:

Fast-paced media shows about the best features of the North Country Trail in and near individual states. Each will include a brief overview of the entire trail.

Time: one hour each

Cost: \$50 plus travel expenses requested, book sales following program. Screen 4x6' or larger will need to be provided.

### **The North Country Trail in New York State**

### **The North Country Trail In and Near Pennsylvania**

### **The North Country Trail in Ohio**

### **The North Country Trail in Michigan**

### **The North Country Trail in and Near Wisconsin**

### **The North Country Trail in Minnesota**

### **The North Country Trail in North Dakota**

## Workshops:

### Thinking Beyond Jerky and Gorp

Backpacking trail food demonstration, including samples, tips, recipes - primarily with home dehydrated food

Time: one hour, see adaptations

Cost: \$100 plus travel expenses, book sales following program. Screen will need to be provided.

Adaptations: This topic has been presented as a 2-hour workshop, a program, and a display in an all-day trade show format. Presentations as short as 30 minutes can be made.

### Planning a Long-Distance Hike

How to plan and prepare for a hike of more than a weekend in length.

Time: one hour

Cost: \$50 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

### Trail Design and Layout- Just the Facts!

An introduction to designing a good footpath that can be easily maintained and will be enjoyable to walk. Excellent for anyone thinking of building even a backyard path or a nature trail.

Time: one hour

Cost: \$50 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

### Basic Health and Safety on the Trail

Tips that are essential to coming home safely with a good experience to remember. Includes media and hands-on demonstrations. Suitable for both adults and young people.

Time: one hour

Cost: \$50 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

### Essential Knots for Hikers/ Campers

Hands-on session to learn how to tie and when to use several knots that hikers/campers will use over and over again.

Time: one hour

Cost: \$50 plus travel expenses, book sales following program. Screen will need to be provided.

Adaptations: a 30-minute session with fewer knots is available

### Careers and Trails

Program most suitable for middle school thru high school age as an introduction to various career paths which are associated with managing trails. However, many adults could learn a lot from this program.

Time: one hour

Cost: \$50 plus travel expenses, book sales following program if possible. Screen 4x6' or larger will need to be provided.

### Really Basic Map Skills

This is a hands-on seminar for people who are totally intimidated by those squiggly lines on a topographic map. The amount of material covered will depend on the comfort level of participants. Topics include: understanding contour lines, map symbols, how to use that map you were told to take to the woods, distances, locating yourself in the landscape

Time: one hour for the classroom session. Best if combined with a second hour in the field

Cost: \$50/ hour plus travel expenses, book sales following program if possible. Screen 4x6' or larger will need to be provided.

## Botany Focused Workshops:

### Botanizing along the North Country Trail

Program with brief promotion of the NCT, primary focus is on plants seen along the trail. 90 minute program for serious botanizers, 1 hour program for those with more general interest

Cost: \$50 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

Adaptations: This topic has been presented as 2-hour and 1 1/4-hour programs. An overview of plant genera. With enough lead time there can be a focus on sub groups such as flowering plants, trees, etc.

### Spring Wildflowers of the Northeast

Program about spring wildflowers of the NE United States

Cost: \$30 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

Adaptations: I am working at making this a tighter presentation, of higher educational value.

### The Incomplete, Quick and Dirty Key to Some Things with Green & Brown Spiky or Droopy Heads

Educational workshop about wetland plants. 2-hour hands-on workshop as an introduction to identification of wetland plants.

Cost: \$100 plus travel expenses, book sales following program. Screen 4x6' or larger will need to be provided.

Adaptations: Can be done in one continuous, or two shorter sessions.