

SAVE THE DATES

CAMP WORKDAYS

SATURDAY, MAY 11TH

SUNDAY, MAY 12TH

10 AM TO 1 PM

SEE TOM UEBEL

JOIN US IN MAKING THE CAMP READY FOR THE SEASON. ALL ARE WELCOME.

RENTAL CABIN CLEAN UP & LUNCH

SATURDAY, APRIL 27TH- 10AM TO 4PM

(DATE MAY CHANGE TO FOLLOWING WEEK IF WATER NOT TURNED ON)

BOARD OF DIRECTOR MEETINGS

SUNDAY, MAY 5TH, 11:00 AM

SUNDAY, JULY 7TH, 11:00 AM

SUNDAY, SEPTEMBER 8TH, 11:00 PM

ANNUAL MEETING FOR MEMBERSHIP

SUNDAY, SEPTEMBER 8TH, 12 PM

ACA 53ND YOUTH REGATTA

THURSDAY, AUGUST 1ST

VOLUNTEERS NEEDED

NEW CAMP INFORMATION SITE

FOR MOST CURRENT INFORMATION ON THE CAMP AND SCHEDULES GO TO"

[HTTPS://SITES.GOOGLE.COM/SITE/ACALAKESEBAGO/](https://sites.google.com/site/acalake Sebago/)

MESSAGE FROM THE ACA ATLANTIC DIVISION CHAIR - JERRY DUNNE

Folks, we are about to start another season of the Atlantic Division of the American Canoe Association, and looks like a great paddling season is shaping up.

Many clubs are scheduling joint activities in the metro area. There are many opportunities to paddle, receive instruction and make new friends. Review the schedules, check out the many clubs in our Division, and take part in the American Canoe Association.

The Camp at Lake Sebago Camp in Harriman State Park remains the center of our Division activities, and many sailing and racing regattas, as well as instructional courses are again being planned.

The Canoe-Sailing folks under the leadership of the Sheepshead and Empire clubs will again have an extensive series of canoe-sailing regattas and events at the Camp; and welcome those interested in canoe sailing to participate. Canoe sailing instruction will again be offered for those interested.

The Rockaway club will again be conducting training sessions for those interested in racing; and hosting spring races at the Camp. ACA-certified instructors from the Yonkers Paddling and Rowing Club and Sebago Canoe Club will be available on selected summer weekends for instruction in canoeing and coastal kayaking; and formal ACA courses will again be offered throughout the summer.

And this year we will be having courses at the Camp for new kayak instructors to be certified; and existing instructors will be able to

obtain their updates at the Camp.

For instruction, training, or fellowship in canoe sailing, coastal kayaking, canoeing and flat water racing; we will have ample opportunities for all at the Camp this summer.

Hurricane Sandy passed through without much damage to the Camp, but the Camp did take a hit from hurricane Irene. Plans and financing are in place to enhance our docks and swimming area this Spring; and visitors to the camp will see great improvement.

Those at the Camp are committed to making the Camp at Lake Sebago the crown jewel of the ACA. Come to the Camp often, purchase a season pass, bring guests (and please pay all the fees!) to experience this wonderful Camp, less than an hour from NYC.

There are many ways to get involved. We have many affiliated clubs that offer introductory classes, boats and training, and the Camp, is open to all ACA Members; with rental cabins and camping facilities available.

With expanded communication (see the new site for camp activities) we expect an even better experience at the Lake Sebago Camp and throughout the Division.

Just let Linda know of events you would like publicized this year, and we will get the word out! All who are interested in participating in any events, read on!

JERRY DUNNE

CHAIR, ATLANTIC DIVISION OF THE ACA



ATLANTIC DIVISION
2013 BOARD OF DIRECTORS

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CONSERVATION COMMITTEE ACTIVITIES

Adopt a Path

This year, there has been unanimous participation in the Adopt-a-Path program in which all paths were "adopted". It is obvious to everyone where paths are located now because paths are delineated with logs and/or rocks. Having the program continue over the past two years has really made an impact on the orderly appearance of our camp, as well as keeping foot traffic off the grass and grounds, thereby keeping soil from compacting and preventing erosion.

After a huge tree fell down, our "main" path to the main dock had to be temporarily uprooted to allow trucks to get close to telephone poles for repair. The main path will be restored in the Spring. This path has the most foot traffic and needs to be maintained by two "adoptees" using rocks, dirt, and organic material to keep it well maintained.

Proposal - ACA Atlantic Division supports other Conservation Organizations

ACA Atlantic Division should be an organization that supports conservation efforts locally, regionally and globally. Our Division should stand behind other conservation organizations. I would like to open this conversation for discussion. We can support conservation organizations financially and/or with volunteers, and/or by participating in events they sponsor. We need to make it clear that the ACA Atlantic Division takes a stand and actively endorses and supports other conservation organizations.

GRAVEL AND DIRT

Up until 4 years ago, the Park provided

truckloads of gravel and dirt to each camp in the park to fill in the eroded areas in their parking lots, paths, and trails. Since the Park has not provided these materials in the last few years, our eroded paths have been filled in with either nothing or donated wood chips. Wood chips are not heavy enough to stay in place and need to be mixed with a heavier material like gravel and dirt. We need to find a solution to provide a substantial mixture of materials to fill in our eroded paths, trails, and parking lot.

Kathleen O'Sullivan
Director, Conservation & Public Policy



To see what the ACA is doing on Stewardship on a local and national level, visit:

<http://www.americancanoe.org/?page=Stewardship> and look at all the submenus. In addition to events, there are partnerships, and a variety of initiatives where we can get involved.

WHAT DO IDW AND ICE MEAN?

The IDW class on May 25th and 26th is an Instructor Development Workshop required for all those who would like to be ACA certified coastal kayak instructors. The course is a training workshop both on land and water to develop instructors' teaching and paddling skills.

The ICE on June 15th and 16th is the actual Instructor's Certification Exam where the instructor candidates are assessed and certified to be ACA instructors.

MESSAGE FROM THE CAMP DIRECTOR - LINDA PETERSON

“Are you excited about the camp opening soon”? seems to be what everyone whom I see lately has been asking me. I do love the camp, and am looking forward to being there, but what everyone seems to forget is that this is work for me. Even though this is the camp’s off-season, there is a lot of “behind the scenes” items that need to be done before the camp opens which is keeping me quite busy these days. Last season went very well with a lot of activities for our members along with instructions and workshops. My goal is make this season even better.

One of the reasons why the camp is always improving is because of our ACA members. So many members are involved in the organizing, maintaining and planning of what the camp needs that everything gets done or resolved throughout the season and I want to thank everyone for making my job that much easier. The more people who are involved in the camp, the easier and quicker everything gets done.

I cannot stress enough, that this is your camp, I am only there to make sure that everyone continues to use the camp safely, pays the required fees so that the camp can continue to be maintained in the way it needs to be, and to answer any questions that our members may have. I am also in camp to explain to the general public that



CAMP DIRECTOR
Linda Peterson

tends to wander in when that gate is down, that this camp area is a members only facility which is why it is so important to lock the cable gate on Seven Lakes drive or, in the very least, to put it back up. If the gate is up, people tend to just drive by and not enter the camp.

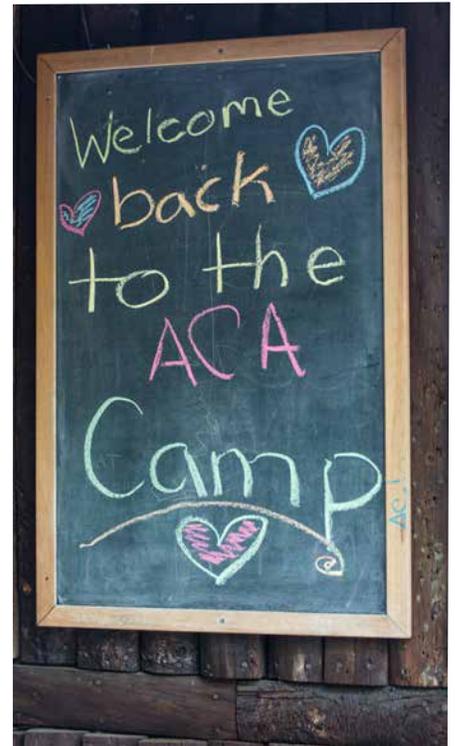
The best part of our camp, to me, is the many instructions and social events that we have. The main event will be the 80th anniversary of Harri-man State Park and 125th anniversary of the ACA, which will take place over the Labor Day weekend. I just love getting together for the potlucks and have planned at least one a month.

BASIC CAMP RULES

- No pets (DOGS) are allowed in camp
- You need to have a PFD in the boat for each person (preferably on your body),
- Anyone under 16 years of age must have an adult with them when they are paddling and must be wearing a PFD,
- Absolutely no swimming anywhere in the lake except at the swim area during daylight hours only

There will be many opportunities to improve your sea kayaking and canoeing abilities through instruction and workshops. The Sailing Committee will continue their free sail program and their weekend races. There will be a Greenland paddle making class along with a canoe paddle making class. These are just a few of the many activities that will be held at the lake this season.

Keep checking the bulletin board at the Pavilion (and soon the one in the main parking area) where all the events will be posted along with a monthly calendar.



If there is an activity you would either like to do at the camp or would like to see held at the camp, please let me know (surenoproblem27@yahoo.com) and I will see what we can do to make it happen.

Also see our new Camp information site where all the latest can be found: <https://sites.google.com/site/acalake-sebago/>

So, am I excited to see the camp open, sure once May 1st rolls around and everything is set in place. I look forward to seeing everyone at our opening potluck on May 4 at the Pavilion of course

Fondly,

LINDA PETERSON, CAMP DIRECTOR

LAKE SEBAGO CAMP RULES

Changes to the Camp Rules were published in *CanoeSport* in 2009. No revisions have been made to date. You can download the full rules at <http://aca-atlanticdivisionblog.com/wp-content/uploads/2011/03/Rules-2011.pdf>

ACA Camp at Lake Sebago Events

All ACA members welcome. Some classes require preregistration. More events sponsored by the clubs can be found on page 6 and 8.

MAY 1

- » Camp Opens

MAY 4 Camp Potluck

MAY 4 - 5

- » ACA Certified Trip Leader Workshop with Chris Raab

MAY 25 - 27

- » IDW and Update Level II with Chris Raab

JUNE 15

- » Camp Pot Luck

JUNE 15 - 16

- » ICE and Update Level III with Chris Raab

JUNE 21

- » ACA Canoe Paddle making class with Chris Raab

JULY 6

- » Crazy Scupper Races

JULY 13

- » Movie Night at the Camp

JULY 21

- » Canoe Paddle making with Chris Raab

AUGUST 3

- » ACA Sea Kayak Rescue Clinic

AUGUST 10

- » Camp Potluck

AUGUST 24

- » Camp Dessert night

AUGUST 31 - SEPT. 2

- » 75th Camp Anniversary, 125th Atlantic Division Anniversary Celebrations

- » Crazy Scupper Races
- » Annual Square Dance

SEPT. 8

- » Atlantic Division Annual Meeting

SEPT. 14 - 15

- » Navigation Class with Chris Raab

SEPT. 28

- » Greenland Paddle making Class with Chris Raab

OCT. 12-13

- » Ready Camp for Close

OCT. 15

- » Camp Closes

ATLANTIC DIVISION SPONSORED EVENTS

The Atlantic Division is sponsoring 6 events with IT, Chris Raab.

- ACA Certified Trip Leader workshop Participants need to have ACA Level 2 skills.?
 - IDW and Level I and II updates
 - ICE and Level II updates
 - Canoe Paddle Making
 - Navigation
 - Greenland Paddle making class can be done by all ages and skill levels. You will go home with a completed paddle made to fit you.
- For more information, contact Linda Peterson or Jerry Dunne.



LAKE SEBAGO CAMP COMMITTEE MEMBERS 2013

Adele Abrams	Rental Cabins Registrar	abrams.adele@gmail.com
Anne Schneider	Chair	world3@aol.com
Gerard Grillo	Secretary	screamgg@aol.com
Beth Bloedow	Treasurer	bethbloedow@netzero.com
Bob Anderson	Vice Chair	anderson7759@gmail.com
Elena Ambotaite	Publicity and Communications	elenaambo@gmail.com
Beata Cseke	Host & Sanitation	beatacseke@gmail.com
Jerry Dunne	Atlantic Division Chair	jerry.dunne@dunnelaw.net
Linda Peterson	Camp Director	surenoproblem27@yahoo.com
Pat Cannon	Evaluation and Selection	tapcannon@aol.com
Pete Peterson	Waterfront	surenoproblem727@google.com
Tom Uebel	Buildings & Grounds	cruising26@hotmail.com

SEASON/WEEKLY PASS APPLICATION 2013

	Season Pass	ACA Member Guest Fees per day	NON ACA Members Guest Fees per day
Adult 18 and over	\$65	\$8	\$12
Senior over 65	\$50	\$8	\$12
Junior under 18	\$30	\$3	\$5
Family maximum (two adults plus children)	\$125	\$20	\$30

*NOTE: THESE FEES ARE IN ADDITION TO FEES FOR CABIN RENTAL OR MEMBERSHIP DUES.

GUEST FEE RULES IN EFFECT FOR 2013 SEASON:

1. Everyone must pay a daily fee or guest fee for each day that they are in camp, or must have a season pass. EACH PERSON must be a current ACA MEMBER AND MUST SIGN A WAIVER.
2. Everyone applying for a rental cabin must pay his or her guest fees in advance for rental period before beginning their rental stay.
3. Only the family members listed on the season pass application will be covered by it. Additional guests will need to pay separately.
4. Members are responsible for their guests and fees of their guests. Be sure they know the rules and pay all fees upon arrival.

Enclose a self-addressed, stamped envelope to get your season pass mailed back to you.

Make checks payable to: AMERICAN CANOE ASSOCIATION ATLANTIC DIVISION CAMP COMMITTEE

MAIL TO: BETH BLOEDOW - 4011 AVENUE P, BROOKLYN, NY 11234

& _____ CUT AND MAIL _____ &

NAME (LAST) _____ (FIRST) _____

EMAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

ACA # _____ EXP _____ HOME PH _____ CELL _____

TYPE OF PASS	ADULT - OVER 18	FULL SEASON \$65 _____
	SENIOR - OVER 65	FULL SEASON \$50 _____
	JUNIOR - UNDER 18	FULL SEASON \$30 _____
	FAMILY (2 ADULTS + KIDS)	FULL SEASON \$125 _____

FOR FAMILY PASSES, LIST FAMILY MEMBER'S NAMES BELOW:

SPOUSE (LAST) _____ (FIRST) _____ ACA# _____

CHILD (LAST) _____ (FIRST) _____ ACA# _____

A CALL TO COMPETITIONS OF ALL SORTS

Competitions to Join

- Run Of The Charles - Boston,MA 04/ 28 Sun. (sprint)
- Essex River Race - Essex,MA 05/ 11 Sat. (sprint/ocean)
- **Rockaway Team Trials - Lake Sebago,NY 05/ 12 Sun. (sprint)**
- USA Canoe&Kayaks Marathon Team Trials Houston,TX 05/ 18-19 (ICF)
- Philly Spring Regatta - Philadelphia,PA 05/ 19 Sun. (sprint)
- Sakonnet River Race - Portsmouth,RI 06/ 01 Sat. (ocean)
- Ride the Bull Race - Jamestown, RI 06/ 22 Sat. (ocean)
- Casco Bay Challenge Portland,ME 06/ 29 Sat. (ocean)
- Lake Placid International Regatta Lake Placid,NY 07/ 6-7 (sprint)
- Blackburn Challenge - Gloucester,MA 07/ 20 Sat. (ocean)
- Jamestown Double Beaver - Jamestown,RI 08/ 03 Sat (ocean)
- US Surfski Championships - San Francisco,CA 08/ 3-4 Aug. (ocean)
- Nahant Bay Cup - Swampscott,MA august - ? (ocean)
- U.S Sprint Nationals - Oklahoma City TBD (sprint)
- Canadian Masters Regatta - Montreal,CAN 09/ 01 Sun. (sprint)
- Light House to Light House Race/ East Coast Surfski Championship - Norwalk,CT 09/ 07 Sat. (ocean)
- Salem Sound Race Beverly,MA 09/ 21 Sat. (ocean)
- Fall Classic Canoe & Kayak Race - Philadelphia,PA 09/ Sun. (sprint)
- Middle State Championships & Master Invitational Regatta Washington,DC. 10/ 5-6 (sprint)
- NE Surfski Downwind Run York,ME 10/ 12 Sat. (ocean)
- **Rockaway Team Trials - Lake Sebago,NY 10/ 12-13 (sprint)**
- Delaware & Raritan Canal Race - Somerset,NJ 11/ 17 Sun. (sprint)



2013 - Another year you would say. Are you thinking about weekends spent at the Lake, BBQing, relaxing and doing a “little paddling”?

I have a proposition. Let’s make it interesting and let’s challenge yourself a little.

How you will ask?

The answer is simple; competition. ACA has members from different backgrounds and no matter what sport, sprint kayaking, ocean kayaking,

white water, sailing, SUP and surfskis, there is something for everyone.

Prepare yourself

It doesn’t take much - the internet, friends, and books offer a wealth of information on how to train, what equipment to use. You will find plenty of tools to do it smart, set you goals within reason, and start training.

The ACA Atlantic Division with its Lake Sebago Camp offers perfect springboard to success.

Rewards?

Besides medals, trophies and fame (LOL), there are real rewards - getting healthier, enjoying what you like more often, new places you get to see while traveling to competitions, the people you meet and the friendships you establish.

Take my advice, I have been doing just that for over 30 years. It is worth it.

JAN LUPINSKI, DIRECTOR COMPETITION

COMPETITION - ATLANTIC DIVISION SLALOM

The New England Slalom Series (NESS) is a white water slalom series designed and run for racers in open boats, as well as C/D and unranked closed boats. Our series warmly welcomes people of all ages and abilities, from those who are complete beginners in white water slalom racing, to those who race regularly for fun and excitement, as well as national champions who are in the area and want to join us. This year, the The Kayak & Canoe Club of New York and the Atlantic Slalom

Committee is sponsoring the Ten Mile River Clinic & Slalom, May 25-26, 2012 - Ten Mile River, Webatuck Craft Village, Wingdale, NY. For detailed information on the clinic and races, go to <http://aca.whitewater-slalom.us/a-clinic.htm>. For more information on NESS events, training, race videos, how to get started and clinics, see the webpage sponsored by the ACA Atlantic Division Open Canoe Slalom Committee - <http://ness.whitewater-slalom.us/>.





LARRY ZUK RECEIVES ACA LEGENDS OF PADDLING AWARD

Larry Zuk, known to many at Lake Sebago and canoe sailors everywhere, was named an ACA Legend of Paddling at the annual meeting in 2012. Presented to one or more individuals each year for their legendary contributions to paddlesport, recipients of this prestigious award will be inducted into the ACA Paddlesport Hall of Fame.

Larry Zuk has been involved in all aspects of canoeing from safety instruction to designing and building canoes and kayaks, to competing in and winning whitewater, flatwater, and canoe sailing races. He has been paddling and canoe sailing for over 76 years.

He started the ACA Rocky Mountain Division in 1955 and established the ACA National Slalom Committee. He hails from a family dedicated to the betterment of the ACA and paddlesports. His father was Commodore, which we now call President, of the ACA in 1950 and Larry has been attending the ACA's Sugar Island Encampment since 1924 when he was just one year old.

He is still writing and has a new book out, *Stories of a Century of Canoeing and Canoes*. Larry shares his stories from over seven decades of experience in touring, racing, race design, instruction, coaching, building canoes, kayaks, paddles and rigs, and so much more. Larry is a National Championship winner many times over. He was born into the Zuk ACA family membership in 1923 and has literally written canoe history!

Buy your copy of *Stories of a Century of Canoeing and Canoes* from the ACA eStore. Don't forget to login to your account to receive your membership discount.

ACA ATLANTIC DIVISION SAILING SCHEDULE 2013

SAILING WORKSHOP

Saturday, June 29 10 am-4 pm

An opportunity for novice and experienced sailors to learn the techniques of cruising class sailing, using a paddle instead of a rudder. Co-sponsored by the Sailing Committee and the Sheepshead Canoe Club

"FREE SAIL"

Sunday, June 30 10 am-4 pm

Sailing Canoes will be rigged and available for interested sailors (or want-to-be sailors) to take out on the water. Give it a try – you'll enjoy it! (Sponsored by Sheepshead Canoe Club)

LADY BUG TROPHY – DIVISIONAL CRUISING CLASS CHAMPIONSHIPS

Saturday, July 6 10 am and 2 pm

Sunday, July 7 11 am

SEBAGO SERIES RACE #1 - CRUISING CLASS (SPONSORED BY SHEEPSHEAD CANOE CLUB)

Sunday, July 14 11 am

"FREE SAIL" – (SPONSORED BY EMPIRE CANOE CLUB)

Saturday, July 20 10 am-4 pm

Sunday, July 22 11 am

SEBAGO SERIES RACE #2 - CRUISING CLASS (SPONSORED BY SHEEPSHEAD CANOE CLUB)

2012 Racing - Tom Uebel and Sam Rogers (photo from Pilar Rogers)



BY SHEEPSHEAD CANOE CLUB)

Sunday, July 28 11 am

SEBAGO SERIES RACE #3 - CRUISING CLASS (SPONSORED BY SHEEPSHEAD CANOE CLUB)

Sunday, Aug. 4 11 am

ADK TROPHY - CRUISING CLASS - TWO SAILORS TO A BOAT

Saturday, July 21 10 am and 2 pm

JOHN KOMP TROPHY - CRUISING CLASS

Saturday, Aug. 10 10 am and 2 pm

Sunday, Aug. 11 11 am

DIVISIONAL CHAMPIONSHIPS C CLASS (5 METER)

Saturday, Aug. 17 10 am (first race)

ACA CLASS

Sunday, Aug. 18 10 am (first race)

WILKINSON TROPHY - NATIONAL CRUISING CLASS CHAMPIONSHIPS

Saturday, Aug. 31 10 am and 2 pm

Sunday, Sept. 1 11 am

For more information on the races or learning to sail, contact:

JOANIE KRILLA AT [201-825-9350](tel:201-825-9350)

SHERRIE WINKWORTH AT SWINKWORTH@VERIZON.NET OR 973-252-3484

NYC AREA PADDLING EVENT CALENDAR

Did you know that as many as 10 paddling events are taking place in the Atlantic Division area during a summer weekend?

The NYC Watertrail Association is sponsoring an event calendar for all area human paddling events or other activities of interest to the community. The idea is to collect all the events in one place, making it easier for paddlers to find out what is going on.

If your group is sponsoring an event, send it to calendar@nycwater-trail.org.

To find an event, go to <http://www.nycwatertrail.org/events.html>

JUNE 21-27 ALL DAY 7TH ANNUAL GREENLAND FESTIVAL CROTON POINT PARK

The 7th Hudson River Greenland Festival at Croton Point Park will include instruction, Greenland-style kayak races, rope demos and instruction, paddle making demos, and boat building.

For info and the schedule, go to <http://www.hrgf.org/> or e-mail hrgfny@gmail.com #

NEW ANDROID ACA MOBILE APP



The ACA has developed a new app for Android users that enables Android Smartphones to connect easily to the various ACA sites. More in development!

Click here to [download](#) or scan the QR Code. You can also go to Google Play Store and search "ACA" to find this app.

The mobile site for non-Android smartphones is www.americancanoe.org/m.

CLUB EVENTS AND ACTIVITIES FOR ALL



First timer at the 2012 Crazy Scupper Race



Crazy Scupper Races - 2012



FROM SEBAGO CANOE CLUB:

All are invited to our **Open House**, in Brooklyn on Saturday, May 18th from 10 to 4. Try kayaking, sailing, rowing, flat-water racing, war canoes, food and drink.

Open Paddles on Jamaica Bay

Every Wednesday at 5:30 pm, beginning May 30th, and throughout June, July and August: Take a trip on Jamaica Bay at an **Open Paddle**, at our Brooklyn club.

Also, every Saturday at 9 am, beginning June 1st, and through September 1st, more Jamaica Bay **Open Paddles**, in Brooklyn. Visit www.sebagocanoeclub.org/openPaddle.html for more info.

Sunday, June 23rd

Intro to Canoeing - Learn the basics of canoeing taught by ACA Sebago instructors. Contact Dan Olson danolson98@aol.com for info and to register.

Saturday & Sunday, June 29- 30 Learn to kayak in our **ACA Level 1** class, held at Lake Sebago on Saturday. Follow up with a 4 hour workshop on Sunday. Contact Linda Peterson surenoproblem27@yahoo.com for info.

Saturday & Sunday, August 17th -18th

Increase your kayaking skills at our **ACA Level II** class, held at Lake Sebago. Contact Linda Peterson surenoproblem27@yahoo.com for info and to register.

Sunday, August 25 Learn to kayak in our **ACA Level 1** class, held at Lake Sebago on Saturday. Contact Linda Peterson surenoproblem27@yahoo.com for info.

CRAZY SCUPPER RACES

JULY 6TH AND LABOR DAY WEEKEND

For kids of all ages, enjoy all the wacky races that can be devised by scupper master Joanie. Everyone wins and learns something new. Laughing and cheering are encouraged. Prizes and ice cream afterwards.

Join us on Saturday, July 6th and Saturday, August 31st at noon to 3 pm at the docks and be ready to get wet and have fun.

JUNE 15TH AND 16TH CLEARWATERS GREAT HUDSON RIVER REVIVAL FESTIVAL CROTON POINT PARK

Includes free kayaking activities on the waterfront. Check at <http://www.clearwater.org> for more information.

CELEBRATE OUR 75TH AND 125TH BIRTHDAYS ON LABOR DAY

Come celebrate our birthdays on Labor Day weekend with a square dance, great food, fun races including Crazy Supper races and more.

Who will be our oldest member?

Camp at Lake Sebago and the ACA Atlantic Division have birthdays in 2013. The ACA Camp at Lake Sebago was founded in 1928 and, nearly as we call tell, the ACA Atlantic Division was founded by 1888, though it may be older. It was the first Division of the ACA which was founded only 8 years earlier.

HARRIMAN STATE PARK GROUP CAMPS ARE 100 YEARS OLD

Did you attend a camp in Harriman State Park?

2013 is the 100th anniversary of the founding of the Harriman State Park Group Camps program. In celebration of this important centennial, the Rockland County Historical Society will host an exhibit of the Harriman camp experience. The show will open in May of 2013 and continue through the summer

The group camping program started 100 years ago with the belief that parks should be for all people, particularly the underprivileged that did not have fresh air or leisure time. To address the needs of the urban poor, particularly in NYC, the PIPC instituted social relief programs at more than 100 camp facilities in Harriman State Park. Sponsored by social and philanthropic organizations, thousands of children came to the park every summer to experience nature.

THE OTHER ACA CAMP - SUGAR ISLAND

Since 1901, ACA members have been able to enjoy the charms of this unspoiled 35 acre island in the middle of the Thousand Islands.

A great family time can be held during the Annual Encampment July 21st through August 2nd when there are activities for the children and evening events.

Only two miles from the Mainland, it is part of the Thousand Island Water Trail, and a great place to explore this wonderful part of the world. There is no electricity or running water, but it is filled with birds, wildflowers and natural beauty. For campsite reservations or renting a cabin contact Jessica Coyle

campsugarisland@gmail.com

For a packet of information contact Marilyn Vogel by e-mail: seashell@entermail.net.

Lodging on the mainland is also available. Misty Isles Lodge www.mistyisles.ca



COASTAL KAYAKING INSTRUCTION

*SUNDAYS - MEMORIAL TO LABOR DAY
11 AM*

With ACA Certified instructors.

All levels welcome including absolute beginners. Equipment can be provided. Meet in parking lot at Camp Sebago. \$10 equipment fee.

Sponsored by the Sebago Canoe Club

Open to all ACA members. Meet in parking lot at Camp Sebago. Advance notice is appreciated.

LAKE SEBAGO'S 53RD ACA ANNUAL YOUTH REGATTA AUGUST 1ST, 2013

Each year the ACA and the Palisades Park Commission, with the help of several camps in the park sponsor and organize the Youth Regatta. The event is a very important canoe regatta for the youth camps in the park. Every year many of the camps bring the entire camp to the race. For some camps this is the most important session for their campers, who return year after year especially for this event. At other camps the kids train for the entire summer leading up to the race.

The American Canoe Association has sponsored this event from the very start. Young paddlers from the ACA Camp at Lake Sebago also compete in the regatta.

Running this event takes a great amount of work on the day of the race. We need several people on the finish line as timers and spotters; some people are needed for the scoring of the events. Many paddlers are needed on the water to help line up the campers and to help rescue them when they fall in. They also serve as on-the-water referees, to make sure that competitors don't crash into each other.

We also need people on the starting line to help organize the paddlers for their races and to start the race. The job of on-the-water volunteer is very strenuous so we need at least 30 volunteers to help. Many of our safety and starting people need relief during the day, so that we need people early to get the race started and then more around noon to give the first group a break.

Volunteers should contact Scott Greifenberger 1425 Bellmore Ave, Bellmore, NY 11710 Home Phone 516 781-8889 Cell 516 993-3692 E-mail scottcanoe@aol.com or Sue Scher 845 351-2883, E-mail scher5@optonline.net.



Youth Regatta Paddlers

ACA ATLANTIC DIVISION CAMP RENTAL CABINS APPLY NOW FOR APRIL 20TH, 2013 LOTTERY

Four rustic cabins and a primitive ground tent site are available for ACA members' use for up to three continuous weeks in the division camp at Lake Sebago in Harriman State Park. The season is from May 1 through October 15, 2013. Use the form on the next page to apply by April 20th, 2013 for the Lottery. Requests after the Lottery date are on a first-come, first-served basis.

RENTAL RULES

You are responsible for following all camp and rental cabin rules and ensuring that your guests do as well, including payment of daily camp fees or having a season pass for you and your guests. According to the park rules you are not allowed to bring pets into the camp.

WHAT WE OFFER

The cabins are: Lakeside (505), Overlook (518), Bliss (523) and Hilltop Lodge (501). Each cabin has electricity, a refrigerator, a cooking stove, table and chairs, dishes, pots and pans, tableware and screened windows. Each has a picnic table and fireplace.

PICK THE APPROPRIATE CABIN

BLISS sleeps six. Each of its two bedrooms has a set of bunk beds and an additional bed.

LAKESIDE sleeps four. It has one bedroom with two beds and two daybeds in the lounge area.

OVERLOOK sleeps up to five. It has one bedroom with a set of bunk beds and a single bed. The living room has two sleeping couches.

HILLTOP is suitable for large families and groups of up to seventeen people. It provides a lounge area and a separate kitchen with running water. Three bedrooms sleep

up to six people each in bunk beds. It is adjacent to the camp recreation room.

At the edge of the camp, beyond tent platform 12, a primitive tent site can be reserved for ground tenting. There is a fireplace and a picnic table. All gear and supplies, including water, must be packed in. A maximum of two tents and eight people may use this site.

AMENITIES

The camp provides a separate latrine with flush toilets, hot water and showers. There is a swimming dock, boat-launching areas, hiking on marked trails, and fishing with a NYS fishing license for all sixteen years and older.

ELIGIBILITY & TIME

Only a current Atlantic Division adult member twenty-one years and older may rent a cabin up to a limit of three continuous weeks. The minimum period is one week from July 1 to September 2. The weekly rental period is from Sunday at 6 pm through the following Sunday at 5 pm.

COSTS

The cost to rent is \$175 per week for Bliss, Lakeside and Overlook, except for the holiday week of August 27 through September 3, which will cost \$200. For this same time-period, Hilltop is \$300 and \$350.

Except during the weekly season outlined above, shorter stays are available, with a minimum rental of two nights. The cost is \$30 per night (5 pm to 6 pm the next day) for Bliss, Lakeside and Overlook and \$50 for Hilltop Lodge. The ground tent site is \$10 per night. The maximum tent

site rental is two weeks or two weekends.

Plan your stay carefully. There are no refunds of rental fees once your reservation is confirmed. The registrar must receive the rental fee with your application. Allow two weeks for processing.

REGISTRAR: ADELE ABRAMS
1695 E. 21ST STREET, APT. D6
BROOKLYN, NY 11210
E-MAIL ABRAMS.ADELE@GMAIL.COM

For more information and the Rental Application, see page 11. Rental Applications are also available on the website -<http://aca-atlanticdivisionblog.com/wp-content/uploads/2013/04/RentalCabins2013.pdf>



	Tent Site	Bliss	Lakeside	Overlook	Hilltop
Max Capacity	8 in 2 tents	Six	Four	Five	Seventeen
Max. Duration	2 weeks or 2 weekends	Up to 3 continuous weeks Minimum period one week from 7/1 – 9/3 Sunday 6 pm thru Sunday 5 pm. Minimum period two nights at other times from 6 pm thru 5 pm next day.			
Rent 8/26 – 9/2	\$10/night	\$200	\$200	\$200	\$350
Rent other weeks	\$10/night	\$175	\$175	\$175	\$300
Daily rent when applicable	\$10/night	\$30/night	\$30/night	\$30/night	\$50/night

DIVISION AND CLUB NOTICES

EVERYONE NEEDS A WAIVER

ATLANTIC DIVISION BOARD MEETINGS

The ACA Atlantic Division Board of Directors holds regular meetings during the season at the Lake Sebago Pavilion or in Manhattan in the off season. All ACA Division members are welcome to attend the meetings.

For more information, contact Jerry Dunne, Division Chairman at jerry.dunne@dunnelaw.net

SUNDAY, MAY 5TH

- Lake Sebago 11:00 am

SUNDAY, JULY 7TH

- Lake Sebago 11:00 am

SUNDAY, SEPTEMBER 8TH

- Board of Directors 11:00 pm
- Annual Meeting for members - 12:00 pm

PADDLE AMERICA CLUBS DIRECTORS AND OFFICERS INSURANCE

The insurance policy of the ACA includes officers and directors insurance coverage for all ACA members serving as an officer or director, or Board member of a registered Paddle America Club. Paddle America Clubs in good standing need not provide their own insurance for their officers, directors and Board members as long as the covered person is an ACA member.

For further information contact the Division Chair, Jerry Dunne at jerry.dunne@dunnelaw.net.

For insurance purposes, it is critical ACA members complete and sign their waivers. If visiting the Camp at Lake Sebago, file them with the Camp Director. Waivers for adults and minors can be downloaded on the ACA National website

ACA Waiver - Adult

http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_jan_2012_adult.pdf

ACA Waiver & Release of Liability - Minor (Under age 18 at the time of registration)

http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_jan_2012_minor.pdf
[aca_waiver_jan_2012_minor.pdf](http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_jan_2012_minor.pdf)

NEED TO RENEW YOUR MEMBERSHIP?

ACA membership renewals are easy - just go on-line at http://www.americancanoe.org/?page=Membership_Renewal Remember to add your family members and take advantage of the Paddle America Club Discounts.

WANT TO SEE CANOE SPORT IN COLOR??

If you want to see this issue of CanoeSport in glorious color with clickable links, we need to have your correct e-mail address. We're trying to communicate with our Division members but many e-mails bounce or are simply blank. ACA National is also putting out great stuff through e-mail. If you would like to save paper and get information faster, send your e-mail address to bethbloedow@netzero.com

ONE COMPLETED RENTAL CABIN APPLICATION IS REQUIRED FOR EACH RENTAL

Make checks payable to: ACA Atlantic Division Rental Cabins Committee (No Cash). If your group is larger than 10, YOU MUST notify the Camp Director One Month in advance. **Please Print Clearly.** ADELE ABRAMS - 1695 E. 21ST STREET, APT. D6, BROOKLYN, NY 11210

Name: _____

ACA Number _____

Address _____

Phone _____ E-Mail _____

Cabin Name 1st Choice _____ 2nd Choice _____ Tent Site _____

Desired Dates 1st Choice _____ 2nd Choice _____

Amount Enclosed: Full rent \$ _____

I agree that I will be the responsible member at the cabin during the rental period and that I and all my guests will follow the cabin procedures and Camp rules and pay Camp fees. I understand that not doing so may result in my not being able to rent any cabin again. There will be a \$15 penalty if I do not return the cabin key to Adele Abrams (as above) within one week of the last day of my rental.-----

ACA PADDLE GREEN BAGS LET'S PICK UP THE TRASH

The ACA has developed the Paddle Green Bags as part of our Paddle Green Program. Our Paddle Green Bags are durable mesh bags that will not get water logged while paddling, allowing you to pack out your own trash while proactively cleaning up the waterways you paddle. Great for the individual paddler, these bags also allow for co-branding. Whether you are an outfitter wanting to provide them to patrons during rentals, a non-profit organization using them at your stewardship events, or a local homeowners association trying to encourage good stewardship of your neighborhood, the ACA wants to help you protect local waterways!

- The ACA Paddle Green Bags allow you to reduce your plastic waste by providing a means of collecting trash in a sustainable way.

- Paddle Green Bags only cost \$3.50 per bag
- You pay for the production of the bags themselves. The ACA pays for the screen printing!

- Through co-branding options, they also give your business or organization an opportunity to demonstrate a commitment to cleaner waters and a sustainable future.

- Must order at least 12 bags for co-branding



ACA MEMBERSHIP & CLUB BENEFITS

The American Canoe Association offers both individual members and clubs benefits including:

Member Benefits

- Subaru VIP Program
- Stewardship Support
- Magazine Choice
- Member Discounts

Club Benefits

- Event Promotions
- Insurance for Club Trips

- RPF Discount

- Reduced ACA Dues

For more information on your membership benefits, stewardship activities, events and training, go to <http://www.americancanoe.org/>

Join the ACA on Facebook

(<http://www.facebook.com/Paddlesport>),

Twitter (@

AmericanCanoe) and read

the blog <http://americancanoe.blogspot.com/> for the latest.

ACA Newsletter
1557 East 35 Street
Brooklyn NY 11234-3438

GET INVOLVED TODAY CANOE AND KAYAK SPORT IN GREATER NEW YORK AREA