



SAVE THE DATES

ACA WEEK

JUNE 8TH - JUNE 13TH 2010

INSTRUCTION, SKILLS, INTRODUCTION TO CANOE & KAYAKING. CHOOSE YOUR CLASS. SEE PAGE 3 FOR DETAILS

CAMP WORKDAYS

APRIL 24TH AND 25TH 2010

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

RENTAL CABIN CLEAN UP & LUNCH

SUNDAY, MAY 16TH - 10AM TO 4PM

WORKERS ENJOY FRANCES' HOT CHICKEN LUNCH AT 12:30

FACILITIES HOLDERS' MEETING

*SUNDAY, MAY 8TH, 2010
MEET AT THE PAVILION AT 6 PM
FOR A POT-LUCK AND UPDATES*

BOARD OF DIRECTOR MEETINGS

SATURDAY, MAY 8TH, 3:00 PM

SUNDAY, SEPTEMBER 26TH, 12:30 PM

ANNUAL MEETING FOR MEMBERSHIP

SUNDAY, SEPTEMBER 26TH, 2 PM

MESSAGE FROM THE ACA ATLANTIC DIVISION CHAIR - JERRY DUNNE

We are about to start another year of the Atlantic Division of the American Canoe Association, and this year more than ever we will be encouraging participation from a wider group of members. The Camp at Lake Sebago in Harriman State Park remains the center of our Division activities, and this winter the Camp Committee has been very active in preparing for the new season.

The Atlantic Division Sailing Committee has planned an extensive series of canoe sailing regattas and events at the Camp, and welcome those interested in canoe sailing to participate. And as always, training is available for those who wish to try their hand at this sport which dates back to the very founding of the ACA!

This year we will again sponsor the ACA Training Week. See the announcement on page 3. The ACA week will be the second week in June, run by ACA Open Water Coastal Kayak Instructor Trainer, Elizabeth O'Connor. This year Elizabeth will add canoeing skill training as well as coastal kayaking training, and will include courses for beginners, trip leaders and instructors. Plan to attend. This will be a wonderful event to bring our paddling community together. And our able ACA-certified coastal kayaking instructors from the Yonkers and Sebago Canoe Clubs will again conduct training sessions throughout the season at Camp Sebago; just check the schedule. And under the leadership of the Rockaway Club, the Camp will again host the training program for youth for flatwater racing, and many other training opportunities and races throughout the season.



For instruction, training, or fellowship in canoe sailing, coastal kayaking, canoeing and flatwater racing, we will have ample opportunities for all at the Camp this summer. This year, New York State Parks and Recreation will make budget cuts; and the ACA Camp at Lake Sebago is scheduled to have the Parks' contribution to its maintenance costs reduced. We at the Division are still committed to making the Camp at Lake Sebago the crown jewel of the ACA; but with anticipated budget cuts we will be relying even more on our membership to help where they can. Come to the Camp often, purchase a season pass, bring guests (and please pay all the fees!) and experience this wonderful Camp, less than an hour from NYC, and participate!

We will continue to encourage paddle sports and canoe sailing throughout the Metropolitan region, and welcome all suggestions of how the Atlantic Division can help promote these sports. Our mission is to promote canoe and kayak sport, through education, stewardship, recreation, and competition, and our Division offers instruction and support in coastal kayaking, canoe sailing, Olympic flat water canoe and kayak racing, and many other disciplines in paddle sports.

There are many ways to get involved. Our many affiliated clubs offer introductory classes, boats and training, and the Atlantic Division Camp, located in Harriman State Park, is open to all ACA members, with rental cabins and camping

Continued on page 2

ATLANTIC DIVISION
2010 BOARD OF DIRECTORS

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JOIN THE CONSERVATION COMMITTEE

The Conservation Committee will be focusing on several key areas this coming year:

PARKING AREA

When visitors and members arrive at our camp and park their car, they have their first impression of our camp. We would like to continue what was started last year, to beautify and preserve the area around the parking area with clearly marked paths, using logs, natural rock, wood chips, and pine needles. One goal is that paths and protected areas will be self-evident, thus removing the need for excessive signage. Planting native bushes and plants in this area will fill in the bare spaces and help keep the topsoil from eroding.

RECYCLING 3 R's – RECYCLE, REUSE, RE-CONFIGURE

To encourage recycling, we will instruct the youth training program participants on these issues. A poster contest on environmental issues will motivate the children to make artistic drawings with messages of conservation that we can display around the camp, increasing conservation awareness for all campers.

PRESERVING ECOSYSTEM

As stewards of the land, we need to build the attitude that this land belongs to each of us and as such we are responsible to take care of it as best we can. The conservation committee will meet with our very own ecology experts, who are active ACA members, i.e. a botanist, geologist, horticulturist. We also invite everyone else who wants to brainstorm what are the most important

conservation projects at the camp this year, from clean-up, to plantings, to recycling, counting specific birds, etc. We will form an active volunteer conservation committee to work on those areas delineated as most important to help preserve the delicate ecosystem of our camp. So please volunteer!!



FUNDING SOURCES

We will continue to look for grant sources as well as donations to finance our environmental projects at the camp.

KATHLEEN O'SULLIVAN, DIRECTOR OF CONSERVATION

ANNE SCHNEIDER, CONSERVATION COMMITTEE CHAIR

Continued from page 1

facilities available. We are expanding our website, and working with the National office to have even more information available this year through the internet. With expanded communication we expect an even better experience at the Lake Sebago Camp and throughout the Division. Just let me know of events you would like publicized this year, and we will get the word out! It's a very exciting time to get involved. We invite all who are members of the Atlantic Division to participate, and all who are interested in any of our events to read on!

JERRY DUNNE, ATLANTIC DIVISION CHAIR

DIVISION REPORT CAMP AT LAKE SEBAGO

The ACA Atlantic Division submitted a report to the ACA National Properties Committee in the Fall of 2009.

Answering the questions gave us an opportunity to learn about ourselves - for example, how many of us there are and where we come from. A surprising large number come straight from New York City. We also realized how very diverse our group is in every respect.

Download the full report at http://aca-atlanticdivision.net/whats_new.htm

MESSAGE FROM THE CAMP DIRECTOR - LINDA PETERSON

Yay! ACA will be opening on May 1st and will be here before we know it. I am looking forward to another successful year at camp. What makes our camp so successful is our members so please don't forget to renew your ACA membership, if you haven't done so already. Everyone who attends camp regularly must be an ACA member for insurance purposes.

Purchasing a season pass makes everyone's life easier, so please take a few minutes to fill out the enclosed application and mail it back to the Treasurer (Beth Bloedow). If you are undecided about purchasing a season pass, let me help you out.

SEASON PASS	AT LEAST IN CAMP
INDIVIDUAL	9 TIMES
CHILD UNDER 18	17 TIMES
FAMILY (2 ADULTS, 1 CHILD)	7 TIMES
FAMILY (2 ADULTS, 2 CHILDREN)	4 TIMES

If you plan on being in camp more often than these amounts of times, then a season pass is for you. This year, each season pass will have a number on it that will be required on the sign in sheet. Please include a self-addressed envelope with your application or stop by the camp director's cabin (C-25) to pick up your season pass card.

If you don't have a season pass, then each person/family is required to pay a daily fee for each day they are in camp. Please make sure to place the cash/check in an envelope (provided at the Pavilion) and



place it in the box at the Pavilion. Guests are allowed into the ACA camp area as long as accompanied by an ACA member who is also responsible to make sure that each guest pays the required guest fees.

These fees (guest and daily) are how the camp pays its bills (rent, insurance, propane, electric, repairs, lifeguards). Without these fees, there is no camp. These fees are mainly collected using the honor system, which works most of the time—let's try to make it work 100% of the time!!

If you need assistance regarding these fees,

please feel free to stop by the Camp Director's cabin (C-25) and I will help you out.

Volunteer, volunteer, and volunteer!! It is so important for all ACA members to volunteer to help out around the camp. This is our camp and we need to take care of it. Feel free to sign up for a committee (there is a sign up sheet at the Pavilion) or talk to the committee chairs/camp director, to find out what needs to be done around camp. All work needs to be approved before it is done.

Please don't forget to sign in as soon as you arrive at camp. This is our record to show PIPC and ACA National that the camp is widely used. Each person needs to sign in on his or her own line. Please also include all the information that is being asked, especially what club or cabin you are from (this is your proof of attendance) and your season pass number.

I am looking forward to seeing everyone at camp and participating in all the activities that are planned for this year. Don't forget to check out the calendar of events that will be posted at the Pavilion. The Camp Director must first approve all activities. See you all soon!!

LINDA PETERSON, CAMP DIRECTOR



Scupper Races - Labor Day 2009

ACA WEEK AT SEBAGO LAKE JUNE 8 - 13, 2010

The Atlantic Division of the ACA has put together a full week of training at the ACA camp at Sebago Lake in Harriman State Park. Training will be available for levels 1- 4 of canoe and kayaks, by some of the highest certified instructors in the ACA.

INSTRUCTOR TRAINING

For those looking to become ACA-certified instructors, mid-week is when you want to come. There will be instructor training courses (IDW/ICE) given Tuesday through Friday for Level 2 Essential Instructor for canoe or kayak.

SKILLS TRAINING

The weekends will be for those looking to improve their skills, with skill courses for levels 1 - 4. If you have never been in a boat before or you are ready to learn to roll, or somewhere in between, there is a place for you including Quick Start. There are 1/2 or full-day or even multi-day classes.

Each day we will be on the water by 9:00 AM, go to noon and be on the water again from 1:00 pm - 5:00 pm. Times vary depending on the class and instructor. The more you know about paddling the easier it becomes.

Come join us and have some fun while you learn.

Detailed class information, the registration form and ACA waiver can be found at: www.sksa-ltd.com/events.htm

Summer has many attractions for birds and consequently for birders. There are streams dropping into the lake over rocky edges. There is a marsh at one of the ends (Y shaped lake). There are several inlets and coves, where there is quiet water. The edges of the lake are rimmed with Mountain Laurel and blueberry bushes. The Mountain Laurel is mainly for the paddlers to enjoy, but the blueberry we share. If you steal up quietly to one of the edges lined with blueberry bushes, you will certainly enjoy an assortment of warblers and other passerines. They might not even notice you are there. And you can shake the berries into your spray skirt for later. One morning as we were paddling along the shore we saw a flock of turkeys meandering up the hill. Another morning later in the summer five of them flew across the lake in front of us. I was astonished really, to see those birds airborne.

One of the most elegant birds to see on our shores is the Great Blue Heron. It is a regular, but nonetheless, a treasure to observe. Sometimes the bird is so still, so statuesque, it simply blends into the driftwood and rocky perimeter. The Great Blue is a quiet bird, until it lifts off croaking its annoyance. If you do manage to see the bird before it detects your presence, just stop paddling and drift as close as you can.

There are some species of wood warbler, and other passerines, that breed in the vicinity of Harriman, so it is not uncommon to find them around the perimeter of the lake in the summer months. Blue-winged, Golden-winged, and their mixes, breed in Sterling Forest, adjacent to Harriman. There are swallows, fly-catchers, woodpeckers, and many other species to be found in the camp or in the hills surrounding us. Phoebes breed in our roofs and trees, and call out to wake us each morning.

LAKE SEBAGO AND THE BIRDING IS GREAT

On a hike heading out of the camp, I found a wondrous array of Eastern (Rufous-sided) Towhees, juveniles and adults. Our hummingbirds are a special attraction. Many of us have feeders, and at times the warring Ruby-throated Hummingbirds keep us occupied as we sip our coffee (or tea). In case you think these little characters are benign . . . be thankful they are so small. Otherwise, they would take over the earth!



One day when a friend and I were standing in the parking area in front of my cabin I looked up and basically belatedly “Pileated”! The Pileated Woodpecker is the stand-in for the Ivory-billed Woodpecker. The latter is thought by some to be extinct. And others maintain that it is still to be found in the swamps and bayous of the southeastern states. If you are not familiar with the Pileated Woodpecker, perhaps you recall Woody Woodpecker. He was closely related.

I knew there were Pileated Woodpeckers in our area when I saw the trees around the Pavilion stripped of their bark. That’s what these birds do, to get at their insect food source. It was thrilling to see them fly over, and fun to know they were

around picking up food where they could.

There are swallows and other insectivores. On the power lines overhead, we see Tree Swallows and Barn Swallows when we launch. And quite soon thereafter we see Eastern Kingbirds along the shore. It’s easy to understand the attraction, since the insect life is so vibrant. The dragonflies are a delight from late June ‘til the summer’s end.

Many days I sit outside my cabin sipping my coffee or tea, watching the birds overhead and at eye level. I hear them sing and call, and watch them flit from tree to tree or shrub to stump. It’s a delight. They are so content there – not heading anywhere else at the time. It is their summer home.

Birds are of course not our only diversion. There are wondrous insects and mammals too, to savor or avoid. In the latter part of the summer the dragonflies on and around the lake are delightful to behold. There are beavers, and coyotes, and bears (oh my). One evening the coyotes were singing across the lake and it was a bit magical. Since we don’t allow pets at the camp, it’s nothing to worry about. Lake Sebago is amazing.

I was attracted to Sebago Canoe Club by Jamaica Bay, and that is still a main attraction. The bird life in the bay is unequalled. Lake Sebago is a different experience. It’s smaller, and quieter. There are no motors to disturb the rhythms. Everything is there, just waiting to be observed and enjoyed, at your own speed.

By MARY EYSTER



SEASON/WEEKLY PASS APPLICATION 2010

	<u>Season Pass</u>	<u>One Week Pass</u> (for cabin rental)	<u>Daily Fees</u> for ACA members per day	<u>Guest Fees</u> for non-ACA members per day
Adult - 18 and over	\$65	\$20	\$8	\$12
Senior - over 65	\$50	\$20	\$8	\$12
Junior - under 18	\$30	---	\$3	\$5
Family maximum (two adults plus children)	\$125	\$60	\$20	\$30

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

DAILY and GUEST FEE RULES IN EFFECT FOR 2010 SEASON:

1. Everyone must pay a daily or guest fee for each calendar day or portion thereof that they are in camp, or must have a season pass or a one-week pass. EACH PERSON must be a current ACA MEMBER and EACH MUST SIGN A WAIVER.
2. Everyone applying for a rental cabin must pay his or her daily and guest fees in advance for rental period before beginning their rental stay.
3. Only the family members listed on the season or weekly pass application are 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.

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

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

ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE TO GET YOUR SEASON PASS MAILED BACK TO YOU

CUT AND MAIL

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 _____	ONE WEEK \$20 _____
	SENIOR - OVER 65	FULL SEASON \$50 _____	ONE WEEK \$20 _____
	JUNIOR - UNDER 18	FULL SEASON \$30 _____	
	FAMILY (2 ADULTS + KIDS)	FULL SEASON \$125 _____	ONE WEEK \$50 _____

DATES OF DAILY/WEEKLY STAY _____

FOR FAMILY PASSES, LIST FAMILY MEMBERS' NAMES BELOW:

SPOUSE (LAST) _____ (FIRST) _____

CHILD (LAST) _____ (FIRST) _____

CHILD (LAST) _____ (FIRST) _____

CHILD (LAST) _____ (FIRST) _____

CHILD (LAST) _____ (FIR) _____

GOLDS AND SILVERS WON AT THE WORLD CHAMPIONSHIPS ATLANTIC DIVISION RACERS, AMBOTAS AND MENKE, EXCEL



Alex Ambotas - 4 Gold Medals

ACA Member Alex Ambotas, paddling for the US, took home four gold medals from the World Masters Games, held in Sydney, Australia on October 18-19, 2009.

The Games are a forum for fierce but friendly competition and are conducted with the rules and regulations of the International Canoe Federation (ICF). Competitions are broken into age and gender categories so that competitors face their peers.

Alex raced in the 50-55 age category. Alex won all three solo kayak K-1 events, and together with a Romanian paddler named Martinenko, the 200 meter tandem kayak K-2 event.



Hannah Menke - 2 Silver Medals

Hannah Menke, member of Team USA and ACA Atlantic Division Special Director for Competition, took home two silver medals from the International Canoe Federation's World Championships, held on Lake Banook, Dartmouth, Nova Scotia, August 12-16, 2009.

Hannah, 23, has been canoeing since age 12 and is also the 2008 US National Champion. She is well known at Camp Sebago, having spent every summer since 1998 paddling on our Lake's waters. She spent most of 2009 training for the World Championships, under the supervision of Coach Rafael Islamov (who is also an ACA member). Hannah competed in two solo canoe C1 events, and took second place in both, with Canada taking the gold.

COMPETITION AND TRAINING KEY DATES

The **Youth Training Program** will run from June 26 thru July 16 on weekdays

The special **Youth Regatta** training program will run from Sunday Evening August 1 to Friday August 6

Empire State trials for NYC will be on Sunday June 6 11 AM at Lake Sebago.

Empire State Games will be July 21 thru July 25 in Buffalo NY

Lake Placid International Regatta will be a three day event because of being able to use the lake and beach only part of the day due to fireworks display July 2, 3, 4. More information to follow.

Mayors Cup Race around Manhattan August 14

Sprint National Championships Oklahoma City, August 26, 27, 28

Master's National Championships August 29

ACA ADAPTIVE PADDLING TRAINING

May 13-16: New Haven, CT - Hosted by New Haven Parks Rec & Trees. Contact: Martin Torresquintero (203) 946-6768 mtorresq@newhavenct.net

ACA NATIONAL PADDLESORTS CONFERENCE

ASHEVILLE, NC - NOVEMBER 5-7, 2010

■ WHAT IS THE ACA NATIONAL PADDLESORTS CONFERENCE?

This is the premier event for all paddlesports enthusiasts, ACA Members, Club Members, Instructors, and Instructor Trainers from all disciplines to learn about the latest in paddlesport education, instruction, and developing national trends.

■ WHERE IS THE ACA NATIONAL PADDLESORTS CONFERENCE?

The 2010 conference will take place at the Crown Plaza Resort in Asheville, N.C. The skills, certification, and update courses will take place at various river and lake venues in the immediate area.

■ WHEN IS THE ACA NATIONAL PADDLESORTS CONFERENCE?

November 5-7, 2010

For more information, visit: www.americancanoe.org/nationalpaddlesportsconference



JOIN CANOE SAILING AT LAKE SEBAGO

Sailors at Lake Sebago are a dedicated group, always looking for new members. There are several types of canoe sailing, but most of the races at the camp on Lake Sebago are Cruising Class sailing races. The most important distinction in Cruising Class is that the boats are steered with a paddle, rather than a rudder. Years ago (late 1800's) when the class was first established, the goal was to use a standard, open canoe which could be either paddled or sailed – and many of the first competitive races mandated that the participants compete in both areas on different legs of the race.

Every summer, on the weekend nearest the 4th of July, the Atlantic Division Cruising Class Championship races are held on the lake. Sailors are competing for the “Lady Bug Trophy”, a replica of the America's Cup. In 2007 we celebrated the 100th anniversary of the trophy!

Many of today's rigs are more highly developed than the simple, triangular (lateen) sails that were first used. However, Larry Zuk, a long time outstanding sailor, boat designer and sailing historian, has designed a standard ACA lateen sail that is now sailed both in the Cruising Class and in a class of its own, the ACA Class. For the Cruising Class, the size of the sail is determined by boat dimensions, and can vary significantly for different boats.

Canoe sailing can be challenging – and more importantly – fun. The sailors at Lake Sebago are eager to share their enthusiasm for the sport, and the Sailing Committee has several sailing canoes available to those who would like to give it a try. In 2010 there are two scheduled “Free Sail” days when boats can be rigged for those interested. They are Sunday, June 20 and Saturday, July 24.

There are sailing races almost every weekend from July 4th to Labor Day. We'd love to have both spectators and new sailors, so come join us.

ACA ATLANTIC DIVISION SAILING SCHEDULE 2010

SAILING WORKSHOP

SATURDAY, JUNE 19 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 20 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 3 10 AM AND 2 PM

SUNDAY, JULY 4 11 AM

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

SUNDAY, JULY 11 11 A.M.

ADK TROPHY - CRUISING CLASS - TWO SAILORS TO A BOAT

SATURDAY, JULY 17 10 AM AND 2 PM

SUNDAY, JULY 18 11 AM

“FREE SAIL” – (SPONSORED BY SHEEPSHEAD CANOE CLUB)

SATURDAY, JULY 24 10 AM-4 PM

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

SUNDAY, JULY 25 11 AM

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

SUNDAY, AUG. 8 11 AM

JOHN KOMP TROPHY - CRUISING CLASS

SATURDAY, AUG. 14 10 AM AND 2 PM

SUNDAY, AUG. 15 11 AM

DIVISIONAL CHAMPIONSHIPS

C CLASS (5 METER)

SATURDAY, AUG. 21 10 AM (FIRST RACE)

ACA CLASS

SUNDAY, AUG. 22 10 AM (FIRST RACE)

WILKINSON TROPHY - NATIONAL CRUISING CLASS CHAMPIONSHIPS

SATURDAY, SEPT. 4 10 AM AND 2 PM

SUNDAY, SEPT. 5 11 AM

Contacts for more information
on the races or learning to sail
contact::

JOANIE KRILLA AT JOAN141@EOPLEPC.COM OR 201-825-9350

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



CLUB EVENTS AND ACTIVITY SPONSORSHIPS FOR ALL TO ENJOY

FROM YPRC:

MAY 1ST 11AM TO 3 PM

Shad Festival: Palisades Interstate Park. Paddle from YPRC to Alpine (Kearney House) at 9 AM. Enjoy a hike along the Palisades. Kearney House will offer music and food (shad) from 11 am to 3 pm. Paddle back to YPRC at 3 pm

MAY 22 9-3

CPR/AED for the Professional Rescuer Certification/Recertification, Lake Sebago; Instructor Eileen O'Connor 914.523.7845.

JUNE 21-22

Clearwater Festival, Croton Point Park Public Kayaking 12-5. Enjoy the Clearwater festival even more by getting out on the water under the supervision of the YPRC.

JUNE 26-27 ALL DAY

4TH ANNUAL GREENLAND FESTIVAL CROTON POINT PARK

The 4th Hudson River Greenland Festival at Croton Point Park will include instruction with Cheri Perry, Turner Wilson and others!

Greenland-style kayak races, rope demos and instruction, paddle making demos, and boat building. Camping available, easily accessed from local highways and Metro North trains. More details to be posted soon, including registration and website. For info please contact Jack Gilman at HUDSONSB@YAHOO.COM

JULY 17TH 12 TO 5

YPRC Skills Session at Lake Sebago

JULY 24TH

Beczak Center with **YPRC Campfire** by the Hudson, Public Kayaking and Seining. See WWW.BECZAK.ORG for details.

AUGUST 14TH 12 TO 5 PM

YPRC Skills Session at Lake Sebago

SEPTEMBER 11TH

Yonkers Riverfest

Public kayaking 12-5; kayak races; at 11 Alexander St. See WWW.YPRC.ORG for details.



Worms for Fishing



Fun at the Scupper Races Labor Day



Going Fishing

FROM INWOOD CANOE CLUB:

The Inwood Canoe Club will host Elizabeth O'Connor teaching **ACA Trip Leader Training** on May 1st and 2nd, at the Club on the Hudson River just south of Dyckman St., NY, NY. Contact <http://WWW.SKSA-LTD.COM/> for more information regarding fees, etc. All are welcome, space is limited.

FREE KAYAKING AT INWOOD

The Inwood Canoe Club offers free kayaking every Sunday from Memorial Day Weekend thru Labor Day Weekend from 11AM -1PM.

FROM SEBAGO CANOE CLUB:

SATURDAY, MAY 22:

The Sailing Committee will host a **Laser Regatta for Laser District 8** and the NYC region qualifier for the Empire State Games, at our Brooklyn club. Check out WWW.SEBAGOCANOECLUB.ORG/SAILING.HTML for the details

SATURDAY, MAY 29, 10 TO 5:

All are invited to our **Open House**, in Brooklyn. Try kayaking, sailing, rowing, war canoes, food and drink.

Open Paddles on Jamaica Bay

Every Wednesday at 5 pm, beginning June 2, and throughout June, July and August: Take a trip on Jamaica Bay at an **Open Paddle**, at our Brooklyn club. Visit WWW.SEBAGOCANOECLUB.ORG/OPENPADDLE.HTML for details.

Also, every Saturday at 9 am, beginning June 5, and throughout June, July and August: more Jamaica Bay **Open Paddles**, in Brooklyn. Visit WWW.SEBAGOCANOECLUB.ORG/OPENPADDLE.HTML for more info.

SATURDAY & SUNDAY, JULY 10-11

Learn to kayak in our **ACA Level 1** class, held at Lake Sebago. Contact jerry.dunne@dunnelaw.net for info.

SATURDAY, JULY 17, 10-5:

Sebago hosts an **All Club Invitational**, at our Brooklyn club.

SATURDAY & SUNDAY, JULY 31-AUG. 1

Increase your kayaking skills at our **ACA Level II** class, held at Lake Sebago. Contact jerry.dunne@dunnelaw.net for info

SATURDAY & SUNDAY, AUGUST 28-29

Continue your kayaking training in our **ACA Level III** class, held at Lake Sebago. Contact jerry.dunne@dunnelaw.net for info.

*SUNDAYS - MEMORIAL TO LABOR DAY
11AM*

Coastal Kayaking Instruction with ACA Certified instructors. Free, all levels welcome including absolute beginners. Meet in parking lot at Camp Sebago.

FIFTY YEARS AND WE ARE STILL HAVING FUN!!

SQUARE DANCING WITH CALLAHAN

All communities have traditions, which help cement the fabric of friendship and fellowship between its members. This Labor Day, our camp is celebrating 50 years of square dancing with caller John Callahan

Every Labor Day for the past 50 years, the Pavilion has been filled with the sounds of Mr. Callahan's calling for people to do-si-do their partners and swing their corners. Joanie Ryan-Krilla said that it was her parents Kay & Joe Ryan, who first saw John Callahan at a square dance somewhere in New Jersey. They had such a good time they invited him to come to camp. Long ago the floorboards of the pavilion use to shake with the weight of dancing feet. So many people packed the pavilion, that the overflow of dancers had to form squares on the badminton court. Unfortunately attendance for the square dance has declined over the past 10-15 years.

According to lifelong member Tom Uebel, before square dancing with John Callahan, the camp community had dances where people just played records. Polka dancing was one of the favorite dance styles. These gatherings were so popular that four dance parties per

year were held on Memorial Day, 4th of July, Labor Day and Halloween. Tom said that after the Halloween dance everyone helped take down the tents and pack up for the season.

As a square dance caller, I don't go to many dances where I actually get to dance.



John Callahan

Celebrating the end of the summer on Labor Day weekend with John Callahan's calling is a treat. However, most 11-year-old boys aren't square dance enthusiasts, especially when your mother calls square dances for a living. But if you can help sell snacks and eat some at the same time then it becomes cool. Last year my son Jake helped to sell refresh-

ments and had a good time doing it. "Hey mom, guess how much money we raised selling stuff." He was proud of doing something which contributed to the camp community.

So this year, if your child won't dance, let them sell and eat a few muffins. If your spouse or significant other won't dance, let them watch and perhaps have a laugh. If you have two left feet, John Callahan will find you a partner with two right feet. Perhaps for this 50th anniversary we can fill the Pavilion with family, friends and people we would like to get to know better. Let's celebrate a camp tradition by building new friendships and deepening old ones with an American Folk tradition, which was created for one reason – to have fun!

I recently found out that Kay Ryan has passed away. Perhaps we can dedicate this 50th anniversary square dance to the memory of Kay and her husband Joe.

Let's have some fun in their honor.

BY PAT CANNON

LAKE SEBAGO'S 49TH ACA ANNUAL YOUTH REGATTA

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.

We have 34 different events; a short course for the younger campers and longer course for the older paddlers. The races are for females, males, campers and staff. Everyone has a great time. Most camps bring many campers to act as a cheering section for their paddlers. The regatta now includes a Spirit Award, which is independent from the race results. This has enabled the camps to get a great effort from their kids to show camp spirit and

have a good time. Some of the camps use talented and artistic campers to make banners and costumes for weeks before 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 spot-

ters; 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.

ACA ATLANTIC DIVISION CAMP RENTAL CABINS APPLY NOW FOR MAY 16, 2010 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, 2010. Use the form on the next page to apply by MAY 16, 2010 for the Lottery. Requests after the Lottery date are on a first-come, first-served basis.

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 five. It has one bedroom with two beds and a folding cot, 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 plat-

form 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 June 27 to September 6. The weekly rental period is from Sunday at 6 pm through the following Sunday at 3 pm. In addition to the rent, a security deposit of \$50 is required. It will be refunded at the end of the season, if the cabin is left clean and undamaged, and you paid all the appropriate camp fees and returned the key by mail.

COSTS

The cost to rent is \$175 per week for Bliss, Lakeside and Overlook, except for the holiday week of August 28 through September 5, 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 (6 pm to 3 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. No security deposit is required for the tent site.

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

Note: Due to use by Activity Committees, Bliss, Hilltop, Lakeside, and Overlook cabins will not be available for rent June 26 thru July 16, 2010. Hilltop will also not be available August 1 through August 6.

*REGISTRAR: FRANCES LOWNEY, 796
BRIGHTON AVE, STATEN ISLAND, NY
10301. PHONE 718-448-4124*

You are responsible for following all camp and rental cabin rules and ensuring that your guest does so 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. For more information and the Rental Application, see page 11. Rental Applications are also available on the website - http://www.aca-atlanticdivision.net/Committees/ACA_Camp/camp_committee_forms_policies.htm

	Tent Site	Bliss	Lakeside	Overlook	Hilltop
Max Capacity	8 in 2 tents	Six	Five	Five	Seventeen
Security Deposit	None	\$50	\$50	\$50	\$50
Duration	2 weeks or 2 weekends	Up to 3 continuous weeks Minimum period one week from 6/26 – 9/6 Sunday 6pm thru Sunday 3 pm. Minimum period two nights at other times from 6pm thru 3pm next day.			
Not Available	N/A	June 26 th thru July 16 th 2009 Hilltop also August 1 st -August 6 th			
Rent 8/29 – 9/6	\$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

LAKE SEBAGO CAMP RULES

ATLANTIC DIVISION BOARD MEETINGS

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

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

SATURDAY, MAY 8TH

- Executive Committee, 2:00 PM
- General Board meeting 3:00 PM

SUNDAY, SEPTEMBER 26TH

- Executive Committee 11:30 AM
- General Board meeting 12:30 PM

ANNUAL MEETING FOR GENERAL MEMBERSHIP AND ELECTIONS FOR NEW BOARD

Sunday, September 26th at 2:00 PM
at the Lake Sebago Pavilion.

CLUB FOSTERED STEWARDSHIP (CFS) GRANT OPPORTUNITY

Since 2002, the ACA has partnered with L.L. Bean to sponsor the Club Fostered Stewardship (CFS) Program. The CFS Program provides funding to local and regional paddling clubs that undertake stewardship projects on waterways in their area. The purpose of the program is to encourage paddling clubs to take an active role in protecting and improving the nation's rivers, lakes and coastlines.

The two page application can be downloaded on the ACA website - www.americancanoe.org/site/c.lvIZIkNZJuE/b.4355349/apps/s/content.asp?ct=6476161

LOOKING FOR WAIVERS?

For insurance purposes, it is critical ACA members complete and sign their waivers. And, 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 - http://www.americancanoe.org/site/c.lvIZIkNZJuE/b.4514925/k.F049/SEI_Forms.htm

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://www.aca-atlanticdivision.net/Committees/ACA_Camp/CampRules-2009Final%20for%20Web%20Site.pdf

GETTING THIS CANOE SPORT ONLY IN BLACK AND WHITE?

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.** Mail to Frances Lowney, 796 Brighton Ave, Staten Island, NY 10301

Name: _____

ACA Number _____

Address _____

Phone _____

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

Desired Dates 1st Choice _____ 2nd Choice _____

Amount Enclosed: Full rent plus one \$50.00 security deposit per session \$ _____

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 Frances Lowney (as above) within one week of the last day of my rental.-----

CANOE SAILOR AND PADDLER

KAY RYAN 1917-2010

Kay Ryan, a dedicated canoe sailor, and Masters kayak racer passed away in New Jersey on January 29th, 2010. Kay began sailing and paddling a canoe in the 1940's for recreation with her husband, Joe, on the Hudson River at Yonkers, NY. In the 1980's and 90's she learned to sail on her own and regularly entered races at Lake Sebago, NY and Sugar Island on the St. Lawrence River.

Although she started out sailing for fun with Joe and occasionally accompanying him in races, once her children had grown, she was determined to learn to sail and race her own boat. Her trademark yellow and blue lateen sail was a familiar sight in races, at first following and later, as she learned, sometimes fin-

ishing ahead of Joe's red and white sail.

Kay showed her competitive spirit by entering races against the men who had previously dominated sailing. She was a quick learner and continued to sail even



Kay Ryan on Sugar Island with her husband, Joe after Joe's death in 1994. At first she was often the only woman in races. Gradually she encouraged and taught other women, including Sherrie Winkworth, Marilyn

Vogel and Joan Ryan Krilla, that racing a canoe under sail was fun and a sport in which women could compete. Kay was delighted to be joined by these women and took great pleasure when she or her pupils could out-sail men. She willingly served as Sailing Chairperson at Lake Sebago for four years and took her duties seriously. Kay was always an ardent supporter of her five children, when they participated in paddling.

At the age of 80 she entered her first masters kayak race and raced for four years in the annual Masters Regatta on the Potomac. Even in races, however, she always kept her appreciation of sailing and paddling as pure enjoyment. Kay's blue and yellow sail has joined Joe's red and white as they sail together into the sunset.

FROM DOUGLAS RYAN

ACA Newsletter
1557 East 35 Street
Brooklyn NY 11234-3438

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