



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

SAVE THE DATES

CAMP WORKDAYS

APRIL 16TH AND MAY 14TH 2011

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

RENTAL CABIN CLEAN UP & LUNCH

SATURDAY, APRIL 30TH- 10AM TO 4PM

WORKERS ENJOY FRANCES' HOT CHICKEN LUNCH AT 12:30

FACILITIES HOLDERS' MEETING

SATURDAY, MAY 7TH, 2011
MEET AT THE PAVILION AT 6 PM
FOR A POT-LUCK AND UPDATES

BOARD OF DIRECTOR MEETINGS

SUNDAY, JUNE 12TH, 10:00 AM

SUNDAY, SEPTEMBER 25TH, 12:30 PM

ANNUAL MEETING FOR MEMBERSHIP

SUNDAY, SEPTEMBER 25TH, 2 PM

MESSAGE FROM THE ACA ATLANTIC DIVISION CHAIR - JERRY DUNNE

Welcome all to the start of another year of the Atlantic Division of the American Canoe Association. We have some new officers and Board members, and I must say a good group of dedicated and enthusiastic members. The Camp at Lake Sebago in Harriman State Park remains the center of our Division activities, and this winter the Camp Comm. has been very active in preparing for the new season. The Canoe-Sailing folks under the leadership of the Sheepshead and Empire clubs have planned an extensive series of canoe-sailing regattas and events at the Camp; and welcome those interested in canoe sailing to participate in the events. And as always, training is available for those whose wish to try their hand at this sport which dates back to the very founding of the ACA!

Our able ACA certified coastal kayaking instructors from the Yonkers and Sebago canoe clubs will again be the site for conducting 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 camp for youth for flat water racing, and many other training opportunities and races throughout the season. 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.

As last year, New York State Parks and Recreation will have many financial pressures, but we at the Division are still committed to making the Camp at Lake Sebago the crown jewel of the ACA. Financial planning for the upcoming season has begun; and we will be able to provide the same level of activities at the Camp this year without any substantial increase in costs. 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.

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, recreation, and competition, and our Division will offer instruction and support in coastal kayaking, canoe slalom, canoe sailing, Olympic flat water

canoeing and kayaking racing, and many other disciplines in paddle sports.

There are many ways to get involved. We have many affiliated clubs that 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 facilities available. We are expanding our website, and note our blog at www.aca-atlanticdivisionblog.com.



ATLANTIC DIVISION
2011 BOARD OF DIRECTORS

CHAIRPERSON

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jerry.dunne@dunnelaw.net

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CONSERVATION COMMITTEE ACTIVITIES

Last summer, the ACA Atlantic Division Conservation Committee met to prioritize the conservation issues that needed to be addressed in our camp. It was determined that there were several areas that were needing our immediate attention to not only prevent more erosion but also to enhance the appearance of the camp. We needed to define walkways and paths, plant native shrubs, bushes, and trees and generally replenish the bare ground with native plants.

Since funds were not available to begin this project, the members generously gave \$384 in donations to purchase woodchips and other materials. It was heartening to see dozens of volunteers give their time- spreading woodchips, digging up rocks, and improving paths. A special thanks goes to Don Uebel who brought in truckloads of wood chips purchased locally and Scotty Griefenberger who strategically placed logs and 4x4's to prevent runoff on the trails and paths. One of the examples of our team work is the area in front of Hilltop where depleted soil was replaced with organic mulch (from wood chips) improving the area's overall appearance and preventing further soil erosion.

The Conservation Committee will continue these projects in the Spring/ Summer of 2011 to provide paddlers with easy access to the water. Plantings

of native bushes, shrubs, and trees in designated areas will improve the overall appearance of the camp as well as provide erosion control.

In June, our committee will meet again to plan for the season. Please know that you are invited to come to



our planning meeting and to be an active member of our committee as we focus on sustaining our camp now and for generations to come. Bring your friends, your ideas, your muscle, and your donations of any sort. We need many volunteers to donate so that no one is overworked and everyone will still have time to enjoy our beautiful lake. "Many hands make light work."

Kathleen O'Sullivan, Director of Conservation

Continued from page 1

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 members of the Atlantic Division to become involved, and all who are interested in

participating in any events, read on!

JERRY DUNNE, CHAIR, ATLANTIC DIVISION OF THE ACA

MESSAGE FROM THE CAMP DIRECTOR - LINDA PETERSON

Happy New Year!! Here I am sitting and thinking about what I would like to see happen in camp this upcoming season. I always like to look forward rather than rehash the past, however, this past season was a good one that will be hard to beat. So I am going to limit my "wish list" to just three items.

My first "wish" is to see more people get involved with the camp. Whether this is done by going to the social events, working and/or going to the instructions, working in the camp, being on a committee, that is up to the individual. I am planning on having more social events available to all of the ACA members. The square dance was a huge success and I would love to see even more people attend this year.

There will be a calendar at the Pavilion that will list all of the events being held in camp so please check it out and plan on attending the events that interest you. Please let me know of any events that you would like to see happen in camp and if they are possible to hold, we will. There will also be a sign up sheet for the many committees that are involved with maintaining our camp so please look it over and sign up for the committee that interests you. Remember, this is your camp and you only get out of it what you put into it.

My second "wish" is that I want everyone to come to camp to relax, enjoy their



CAMP DIRECTOR
Linda Peterson

friends' and family's company, to go swimming, kayaking, canoeing, racing, sailing, hiking, bicycling, jogging, barbecue and just soak up the atmosphere. We are all so fortunate to be a part of this camp that it is easy to just take advantage of it and forget how truly blessed we are to be able to come here all season long. When I go back into camp in May, I forgot how much I missed it until I am there once again. So when you first enter the camp in



May, keep in mind how you first feel and try to maintain that feeling all season long. I am the only one who is allowed to be stressed out while in camp (LOL).

My third "wish" is that everyone would just do the "right thing" when in camp. I know you all know what that is but I am just going to give you a few hints: sign in as soon as you enter the camp, make sure that you pay your guest and/or daily fees or have a season pass, make sure your ACA membership is current when camp opens, wear and/or have a PFD with you while you are paddling, swim only at the swim dock and do not bring any pets into camp.

So there you have my three wishes for the 2011 season that will be here before we know it. I look forward to seeing everyone back in camp starting on May 1. Please feel free to contact me at surenoproblem27@yahoo.com for any reason at all.



Scupper Races - Labor Day 2010

ACA INSTRUCTOR DEVELOPMENT AND CERTIFICATION - APRIL/MAY

The Sebago Canoe Club will be hosting a Level 3 and 4 ACA Instructor Development Workshop April 29, 30, May 1 and the Instructor Certification Exam May 13, 14, and 15. The course will be taught by Elizabeth O'Connor a Level 4 Open Water Instructor Trainer.

The course is available to any paddlers possessing the appropriate skills. A detailed course description is available on the ACA website.

Contact by email directly for further information.

Walter Lewandowski
Kayak Chair Sebago Canoe Club
dlewandowski@nyc.rr.com



NEW ENGLAND SLALOM SERIES

Including Atlantic Division Races

The New England Slalom Series (NESS) is a whitewater 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 whitewater 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.

All races are sanctioned by the ACA, and points earned count toward national rankings. Open canoe paddlers from this series commonly compete and place at the annual Open Boat Nationals. Others have gone on to compete in A/B races and Closed Boat Nationals. We also are proud that training programs use NESS to develop their paddlers, some of whom have gone on to compete in national and international competitions as members of the U.S. Teams in the sports of whitewater slalom and freestyle.

NESS is a nine race series and each participant can enter up to three classes at each race. Prizes are awarded at each race and there are series awards presented at the final race in the fall for those who have participated in the required number of races. Special participation awards are given

to those racers who complete a minimum of one race run in each of the 9 races in the series. At the end of each race, there is a drawing for a certificate good for free entry in up to three classes at one of the next two races in the series. Any participating racer present at the awards ceremony is eligible to win.

We look forward to racing with you in 2011!!!

<http://aca.whitewater-slalom.us/a-ness.htm>



ARCHIVING THE ATLANTIC DIVISION

Did you know that the ACA was founded in 1880 and Sugar Island was purchased in 1903?

Did you know that the Mystic Seaport Library has over 43 boxes and 8 volumes of ACA and Atlantic Division materials from the earliest days? And that these materials came from three prominent Atlantic Division members - Walwin "Charlie" Barr, William Beute, and Roger Wilkinson?

Following in their example and the recent project by the Sebago Canoe Club, we would like to inventory what historical materials are still left in garages, attics, basements, under beds that should be preserved for future generations. If we don't, they are likely to be thrown out, eaten by mice, be water damaged or just rot away.

- Step One** - Form a working group - email abarry@pipeline.com if interested.
- Step Two** - Solicit the membership and find out what items are hidden out there.
- Step Three** - Based on the findings, determine what needs to be preserved and where it should be preserved.
- Step Four** - Collect materials to be preserved, organize them and put in appropriate repository. Maybe Mystic would like more? <http://library.mysticseaport.org/manuscripts/coll/coll291.cfm>

LAKE SEBAGO CAMP COMMITTEE MEMBERS - 2011

Adele Abrams	Rental Cabins Registrar	Abrams.adele@gmail.com
Anne Schneider	Host and Sanitation	World3@aol.com
Art Bridgman	Administrative Overview	Dancebp@gmail.com
Beth Bloedow	Secretary/Treasurer	Bethbloedow@netzero.com
Bob Anderson	Vice Chair	R_m_anderson@hotmail.com
Dona Connor	Publicity and Communications	Donaleeconnor@yahoo.com
Donald Sweeney	Chair	Dswe2@allstate.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	Surenoproblem27@yahoo.com
Scott Greifenberger		Scottcanoe@aol.com
Tom Uebel	Buildings and Grounds	Cruising26@hotmail.com

SEASON/WEEKLY PASS APPLICATION 2011

	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 2011 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# _____

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

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

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

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

ATLANTIC DIVISION 2011 SPRINT PROGRAM SCHEDULE



LOCAL COMPETITIONS AND TRAINING DATES

The **Youth Training Program** will run from July 5 thru July 29 on weekdays

MAY 28TH
Master Races at Lake Sebago. 200 & 500 meter races

JUNE 18TH
Master and Kids Races at Lake Sebago. 200 & 500 meter races.

JULY 9
Lake Sebago Kids Race
at Lake Sebago.

JULY 23
Kids and Master Races
at Lake Sebago

REGIONAL & NATIONAL COMPETITIONS

APRIL 22-23
National Team Trials
Chula Vista, California

JULY 2 & 3
Lake Placid International Regatta
Open, Juniors, Junveniles, 200,500, 1000 meters

AUGUST 4-6-
USA Canoe Kayak Sprint National Championships
Lake Lanier, Gainesville, GA

AUGUST 26-28
Masters Int'l Regatta
Szeged, Hungary

ROCK MEMBERS EXCEL AT MIDDLE STATES REGATTA

OCTOBER 9TH, 2010

Dean Bass and Mimi Rogers paddled in this Potomac River race, sponsored by the Washington Canoe Club. Both won gold medals in bantam-level canoe and kayak. Dean and Mimi are graduates of ROCK's Canoe/Kayak Training Program for Kids. This was their first "away" race.

AUGUST 28
Canadian Master Championships,
Welland, ON, CA

OCTOBER 8
Middle States Championships,
Washington Canoe Club

OCTOBER 9
Annual Master Championships,
Washington Canoe Club

JUNE 26-27 ALL DAY
5TH ANNUAL GREENLAND FESTIVAL
CROTON POINT PARK

The 5th 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 please contact Jack Gilman at HUDSONSB@YAHOO.COM



ACA NATIONAL PADDLESPO RTS CONFERENCE

LOUISVILLE, KENTUCKY - SEPTEMBER 30 - OCTOBER 2, 2011

■ WHAT IS THE ACA NATIONAL PADDLESPO RTS 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 PADDLESPO RTS CONFERENCE?

The 2011 conference will take place at the Galt House conference center. The skills, certification, and update courses will take place at various river and lake venues in the immediate area.

■ WHEN IS THE ACA NATIONAL PADDLESPO RTS CONFERENCE?

September 30-October 2, 2011

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



Lady Bug Trophy Winner Tom Uebel 2010

BOAT STORAGE POLICY

Lake Sebago's Camp Committee has created rules for storing boats at the ACA camp. Here are the highlights:

ACA members may store a boat on an approved rack for \$30 per season (May 1 through October 15). We discourage storage over the winter (you don't want your property stolen or damaged), but charge \$100 for winter storage if you require.

Clubs may store boats on an approved rack for \$10 per boat, in season. If you are a club member, you may enjoy that reduced rate, too.

Those who rent a cabin or tent platform yearly may keep a limited number of boats stored on, in or under their facility at no charge. No new racks may be built without written permission from the camp director.

Racks at Bliss, Lakeside, Overlook and Hilltop are only for renters during their stays.

All boats must have an official ACA boat sticker. You can get one from Camp Director Linda Peterson.

Any questions can be addressed to Bob Anderson, r_m_anderson@hotmail.com.

ACA ATLANTIC DIVISION SAILING SCHEDULE 2011

SAILING WORKSHOP

SATURDAY, JUNE 18 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 19 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 2 10 AM AND 2 PM

SUNDAY, JULY 3 11 AM

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

SUNDAY, JULY 10 11 A.M.

ADK TROPHY - CRUISING CLASS - TWO SAILORS TO A BOAT

SATURDAY, JULY 16 10 AM AND 2 PM

SUNDAY, JULY 17 11 AM

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

SATURDAY, JULY 23 10 AM-4 PM

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

SUNDAY, JULY 24 11 AM

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

SUNDAY, AUG. 7 11 AM

JOHN KOMP TROPHY - CRUISING CLASS

SATURDAY, AUG. 13 10 AM AND 2 PM

SUNDAY, AUG. 14 11 AM

DIVISIONAL CHAMPIONSHIPS

C CLASS (5 METER)

SATURDAY, AUG. 20 10 AM (FIRST RACE)

ACA CLASS

SUNDAY, AUG. 21 10 AM (FIRST RACE)

WILKINSON TROPHY - NATIONAL CRUISING CLASS CHAMPIONSHIPS

SATURDAY, SEPT. 3 10 AM AND 2 PM

SUNDAY, SEPT. 4 11 AM

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

JOANIE KRILLA AT 201-825-9350

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



CLUB EVENTS AND ACTIVITY SPONSORSHIPS FOR ALL TO ENJOY

FROM YPRC:

JUNE 6TH 10:00 AM

YPRC Skills Session

Lake Sebago. Gather at 10 am and be on the water by 11:00 am.

JUNE 18-19

Clearwater Festival

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

JULY 9TH TIME TBA

YPRC Bike Club Biyakathon

Bike 10 miles, Kayak 2 miles

YPRC PUBLIC PROGRAM

JFK Marina, Mondays and Thursdays starting the first week of July, 2011.

JULY 23RD 10 AM

YPRC Skills Session

Lake Sebago Gather at 10 am and be on the water by 11:00 am.

AUGUST 21ST

Hudson River Museum

Public kayaking sponsored by YPRC.

September 11th

Yonkers Riverfest

Public kayaking 12-5; kayak races; at 11 Alexander St. See www.yprc.org for details.

For more information on these events, contact Jerry Blackstone at gerrychem@aol.com or Eileen O'Connor at cioc@optonline.net for details. More information for the Yonkers Paddling and Rowing Club can be found at www.yprc.org.

FROM INWOOD CANOE CLUB

FREE KAYAKING AT INWOOD

The Inwood Canoe Club offers free kayaking every Sunday from Memorial Day Weekend thru Labor Day Weekend from 11AM -1PM at the Club on the Hudson River just south of Dyckman St., NY, NY.



Mother and Daughter Races



Fun at the Scupper Races Labor Day



Stand-up paddling

CRAZY SCUPPER RACES

4TH OF JULY AND LABOR DAY WEEKENDS

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 Sunday, July 3th and Sunday, September 4th at 2:00 at the docks and be ready to have fun.

FROM SEBAGO CANOE CLUB:

SATURDAY, MAY 7TH

The Sailing Committee will host a **Annual Spring Regatta** at our Brooklyn club. Check out www.sebagocanoeclub.org/sailing.html for the details

SATURDAY, MAY 21, 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 1, 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 May 28th, 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 23 - 24

Learn to kayak in our **ACA Level 1** class, held at Lake Sebago on Saturday. Follow up with a workshop on Jamaica Bay on Sunday. Contact jerry.dunne@dunnelaw.net for info.

SATURDAY & SUNDAY, AUGUST 6-7TH

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

SATURDAY & SUNDAY, AUGUST 27-28

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. Equipment can be provided. Meet in parking lot at Camp Sebago.

SUGAR ISLAND - A GREAT PLACE TO VISIT

Another ACA membership benefit

Sugar Island isn't just a beautiful island in the vacation paradise called the Thousand Islands. It isn't just a great vacation deal to go kayak touring, canoe sailing and exploring. It isn't just for members to meet paddlers from other canoe clubs. It isn't just back to nature camping with osprey, herons, yellow warblers, mink, wildflowers, a forest, rocky shoreline and a 35 acre island to explore.

As an ACA member it is your island, your private campground! It is your heritage from the ACA members who bought the island for us in 1901.

Sugar Island has been preserved in its natural state; there is no electricity, nor running water. Only two miles from the mainland, it is on the Thousand Islands Water Trail, popular for coastal kayaking. Camping here is rustic, if you pack it in, you pack it out and leave no trace. Club trips have been popular here for the Sebago Canoe Club, the Washington CC, the Chesapeake Paddlers Association, and Scouting.

The best times to go are Memorial Day or July 4 weekends, or during the Annual Encampment which starts July 24, 2011. During the two week Annual Encampment there are programs for children and evening activities for all including a campfire and Island dinner.



Since Sugar Island is on the Canadian side of the NY border, you will need either a Passport or a Customs Card, which is for Mexico or Canada.

From Lake Sebago, drive on Route 17 west to Route 81 north, and over the Thousand Island Bridge into Canada. Go six miles

west on the Thousand Islands Parkway, then park and launch at Misty Isles Lodge. Paddle two miles to the Island and there you are! Misty Isles has rental kayak and motor boat services.

For your 2011 paddling vacation this year why not try the ACA's other camp!

For more information and reservations: www.Paddle1000.com see water Route Guide 4

Misty Isles Lodge www.mistyisles.ca

For more information contact Tom Uebel at Lake Sebago.

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@entemail.net



LAKE SEBAGO'S 51ST ACA ANNUAL YOUTH REGATTA AUGUST 4TH, 2011

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 APRIL 13TH, 2011 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 April 30 through October 15, 2011. Use the form on the next page to apply by April 13th, 2011 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 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 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 June 26 to September 5. The weekly rental period is from Sunday at 6 pm through the following Sunday at 3 pm.

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 July 5th thru July 29, 2011.

REGISTRAR: ADELE ABRAMS
1695 E. 21ST STREET, APT. D6
BROOKLYN, NY 11210
TEL. 701-645-1028

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/2011/03/RentalCabin-application.pdf> > RentalCabin application

	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 – 9/5 Sunday 6pm thru Sunday 3 pm. Minimum period two nights at other times from 6pm thru 3pm next day.			
Not Available	N/A	July 5 th thru July 29 th 2011			
Rent 8/28 – 9/5	\$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

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 and directions to the Manhattan meetings, contact Jerry Dunne, Division Chairman at jerry.dunne@dunnelaw.net

TUESDAY, MARCH 22ND

- Manhattan - 6:15 pm

SUNDAY, MAY 12TH

- Lake Sebago 10:00 am

SUNDAY, SEPTEMBER 25TH

- Executive Committee 11:30 am
- Board of Directors 12:30 pm
- Annual Meeting for members** 2PM

TUESDAY, DECEMBER 6TH

- Manhattan - 6:15 pm

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 from the ACA website - <http://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

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>

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.** ADELE ABRAMS 1695 E. 21ST STREET, APT. D6 BROOKLYN, NY 11210

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 Adele Abrams(as above) within one week of the last day of my rental.-----

WHAT DO THEY MEAN “DRESS FOR THE WATER, NOT FOR THE AIR?”

Every year, paddlers are tempted to go out on lovely warm spring days forgetting paddling basics. They put on their summer gear. But the water temperature is actually much colder than it was on that cool day in autumn because the water is being fed by snow melts and the effects of a long, cold winter. And if you flip over – even the best paddlers do – you may not come up because of cold shock.

Experienced, well trained paddlers take a look at the air temperature, ignore it, and then look at the water temperature and start putting on their cold gear. And a life jacket is not cold gear.

To get the experienced kayaker's point of view, take a look at Bonnie Aldinger's post on her frogma blog - [Sebago Canoe Club's Off-Season Safety Practices](#). Her plan is excellent advice for all and actually followed by those who enjoy the water, winter, spring and fall.

If you want more information on what happens to a person in cold water, go to Chuck Sutherland's site - <http://www.enter.net/~skimmer/coldwater.html> . He explains cold shock, hypothermia, treatment, etc. and also has a nice brochure you can download, print out and give to your club and friends. <http://www.enter.net/~skimmer/CWB-2011.pdf>

There are videos at the National Water Safety Congress <http://www.watersafetycongress.org/resources.shtml> which also can be downloaded and shared.

And Atlantic Kayak Tours has some in-depth information <http://www.atlantickayaktours.com/pages/expert-center/coldwater/Coldwater-1.shtml>

Enjoy the water but keep safe.



ACA Newsletter
1557 East 35 Street
Brooklyn NY 11234-3438

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