

## SAVE THE DATES

### CAMP WORKDAYS

*SATURDAY, MARCH 31ST*

*SUNDAY, APRIL 22TH*

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

### RENTAL CABIN CLEAN UP & LUNCH

*SATURDAY, APRIL 28TH- 10AM TO 4PM*

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

WORKERS ENJOY FRANCES' HOT CHICKEN LUNCH AT 12:30

### BOARD OF DIRECTOR MEETINGS

*SUNDAY, MAY 6TH, 9:00 AM*

*SATURDAY, JUNE 23RD, 11:00 AM*

*SUNDAY, SEPTEMBER 30TH, 11:00 PM*

### ANNUAL MEETING FOR MEMBERSHIP

*SUNDAY, SEPTEMBER 30TH, 12 PM*

### ACA 52ND YOUTH REGATTA

*THURSDAY, AUGUST 2ND*

*VOLUNTEERS NEEDED*

### ATLANTIC DIVISION SPONSORED EVENTS

*SEE PAGE 4*

### SAILING SCHEDULE

*SEE PAGE 7*

## MESSAGE FROM THE ACA ATLANTIC DIVISION CHAIR - JERRY DUNNE

Welcome again to another season of the Atlantic Division of the American Canoe Association. Plans are now being made for a great paddling season, and many opportunities to paddle, receive instruction and make new friends will be apparent from this issue of Canoe Sport. 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 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 in the events. The Rockaway club will again be conducting training sessions for those interested in racing; and hosting spring races at the Camp. And, again, ACA-certified instructors from the Yonkers Paddling and Rowing Club and Sebago Canoe Club will be available on selected summer weekends for instruction in coastal kayaking; and formal ACA courses will again be offered throughout the summer.

New this year are courses at the Camp for new instructors to be certified in canoeing, and endorsements for existing instructors in rolling and greenland techniques. 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.

Last year, the Camp took a hit from hurricane Irene, and although the winter was relatively mild, many trees weakened by Irene had to be taken down and many branches were lost. The clean up will be this Spring; and volunteers will be needed in late March and April to get the Camp ready for the summer season. We at the Division are committed to making the Camp at Lake Sebago the crown jewel of the ACA; but with continued budget pressures from the State Parks Department, 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!) 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 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



**ATLANTIC DIVISION**  
**2012 BOARD OF DIRECTORS**

**CHAIRPERSON**

Jerry Dunne  
[jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net)

**VICE-CHAIRPERSON**

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To be Determined

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## CONSERVATION COMMITTEE ACTIVITIES

This past year the Conservation Committee focused on several projects including the *Adopt-A-Path Program*. This program was started to maintain the major paths around the camp to prevent erosion as well as enhance the camp with clearly defined paths that are easily accessible and well maintained.

Our camp is a volunteer camp. It is only through the cooperation of everyone that we can build and maintain desirable paths by putting our energy and sweat behind work that needs to be done to sustain the camp.

Our walking paths and certain sections were haphazardly maintained in the past. The Conservation Committee decided what needed to be done and how to get the manpower to do the job. If everyone takes a small section of the camp to maintain, then no one person/group will be burdened with the entire project. Many hands make work light.

Thus the *Adopt-a Path Program* was born. Twenty plus paths and sections have been identified as needing to have an overseer - an "adopter". These areas need to be managed by each club or facility holder who will take responsibility for keeping their awareness on their particular path/section to properly maintain it.

In our first year with the Adopt-a-Path Program, some stellar work has been done. Some individuals created paths where old paths had been overgrown and were virtually unrecognizable as paths. Others beautified paths around common areas that invited you to walk down them because they were so beautifully crafted and maintained.

Problems occurred when individuals picked up rocks, branches or logs that were already maintaining someone else's path. A good way to solve this issue is to be aware that the log you are picking up around the camp may be serving some purpose that you may not realize, i.e.. it may have been carefully placed to redirect rainwater drainage. It may

be standing by itself in a strategic spot. You assume that it's free for you to pick up and move. Please... slow down and reconsider!

If you need rocks, logs, and/or branches for your path, please take a trip to the road right outside the camp and bring a wheel barrel or your car to load fallen branches, rocks, and logs that are plentiful alongside the paved roads.

We need more adopters this year because some of the paths are long and harder to maintain by just one person. We will divide these up into several sections so they will be easier to maintain by three people rather than one person alone.

Members of the Adopt-a-Path Program were going to be recognized last Fall with an award for excellent service to the community, but the hurricane blew our recognition ceremony away. These awards will be given early this year to "adopters" who showed consistent and creative maintenance of their paths last year.

Another bonus is that you can receive work hour credits for being an *Adopt-a-Path Program* member under the Conservation Committee's supervision.

Our Conservation Committee will meet early this Spring/Summer to decide on our local, regional, and national priorities for this year. These may include but are not limited to ways to increase sustainability at our camp, reaching out and supporting other conservation organizations like e.g. Riverkeeper, and supporting State Parks by becoming active in our very own Harriman State Park programs.

Everyone is invited to join the Conservation Committee. We welcome your ideas and your participation.

**Kathleen O'Sullivan, Director of Conservation**

camping 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 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

The countdown has started; Camp will be open before we know it!!

I am looking forward to another great season. Each year seems to get better—there are more people using the camp, which results in generating income that can be then used to maintain the camp. It was great to see so many paddlers out on the lake all of the time and in so many different types of boats as well as all of the different social events that were hosted last year. I hope everyone will continue to host some sort of social event on his or her host and sanitation weekend even though it is no longer required. It was great getting together with everyone who attended in a fun and relaxed atmosphere as well as trying out all the different types of food and entertainment that was provided. Please do not forget to post all events and activities at the main pavilion so that everyone can join in as well as know in advance when the activities are so they can adjust their schedule if they plan to attend.

There will also be club endorsed events taking place at the lake such as: full moon paddles, camp potlucks, movie night, kids races on Memorial and Labor day, game/card night and a camp hike. If there is an event that you would like to see happen at the camp, just let me know and I'll see what I can do to make it happen. As well as the annual Greenland paddle making workshop, the annual



**CAMP DIRECTOR**  
Linda Peterson

square dance, a sea kayak instructors recertification, canoe instructors class, sea kayak levels I, II, and III, Sunday morning sea kayak instruction/paddle, the canoe sailing free sails, and the canoe sailing competitions. I am sure there will be many other events posted throughout the season so keep checking the pavilion.

To help ensure that this upcoming season is a successful one, all ACA members need to help out. This can be done by making sure that your ACA membership is renewed and up to date when the camp opens on May 1. Every ACA



member needs to submit a new waiver, which includes the current ACA number to the camp director (me) every year. It is very important to do this since this is how each member is insured in camp.

Guests are welcomed but on a limited basis. A guest is someone who is either coming into camp to visit an ACA member and will only do this once or twice throughout the whole season (May1-Oct 15) or someone who is visiting the camp only on that day to see whether they want to join ACA. All guests are expected to pay the guest fee and sign a waiver. Only ACA members may join in any of the events and activities at the lake since it is crucial that everyone participating is insured.

Don't forget to get your season pass when camp opens so that you can take advantage of the whole season at this dis-



*Race to the Rock- Labor Day 2011*

counted rate. The season passes will be at the camp director's cabin #525 so please make sure to stop by and pick it up since you need that number when you sign in.

Make sure to sign in everyday that you are in camp since this is the only way your attendance is calculated plus this is what we submit to the PIPC to show that the camp is being utilized. If you do not have a season pass, then you are expected to pay a daily fee for each day that you are in camp. These fees help the camp be maintained as well as pay for the lifeguards, bathroom supplies, hot water, and electricity.

I look forward to seeing everyone in May and catching up with all that you have done during the off-season.

Fondly,  
**Linda Peterson, Camp Director**

## 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



## 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 5**  
» Camp Potluck
- JUNE 2-3**  
» ACA Rolling Instruction and Endorsement with Chris Raab
- JUNE 23**  
» Camp Potluck
- JUNE 22-24**  
» Canoe Instructors Training and Assessment with Chris Raab
- JUNE 30**  
» Camp Full Moon Paddle
- JULY 7**  
» ACA Level I Instruction
- JULY 8**  
» ACA Level I practice session
- JULY 8**  
» Crazy Scupper Races
- JULY 21**  
» Camp Dessert and Movie Night
- JULY 28-29**  
» ACA Level II Class
- AUGUST 4**  
» Camp Dessert and Game Night
- AUGUST 25-26**  
» Greenland Rolling Endorsement with Chris Raab
- SEPT. 2**  
» Crazy Scupper Races

- » Square Dance
- SEPT. 15**  
» Camp Potluck
- SEPT. 29**  
» Paddlemaking Class with Chris Raab
- SEPT. 30**  
» Atlantic Division Annual Meeting
- OCT. 12-13**  
» Ready Camp for Close
- OCT. 15**  
» Camp Closes

### ATLANTIC DIVISION SPONSORED EVENTS

The Atlantic Division is sponsoring 4 events with IT, Chris Raab.

- ACA Rolling Instruction and Endorsement on June 2-3. Participants need to have ACA Level 2 skills.
- Canoe Instructors Training and Assessment. If you have good canoeing skills, learn how to train others.
- ACA Greenland Rolling Endorsement
- The famous Greenland Paddlemaking class which 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. Classes normally fill up very quickly.



Chris Raab at the Pavilion  
Greenland Paddlemaking 2011

### Empire Canoe Club Lake Sebago Cleanup Days

Empire Canoe Club will be hosting a Lake Sebago cleanup by canoe on May 12 and October 13th.

Meet at the Empire Cabin at 10:30. We will paddle the shore line of the Lake, except the North Cove, picking up debris for the May date and go to the North Cove in October.

Afterwards, enjoy a hot dog and hamburger social at the Empire cabin from noon to 1 p.m. Empire will provide garbage bags.

## LAKE SEBAGO CAMP COMMITTEE MEMBERS 2012

Adele Abrams	Rental Cabins Registrar	<a href="mailto:abrams.adele@gmail.com">abrams.adele@gmail.com</a>
Anne Schneider	Chair	<a href="mailto:world3@aol.com">world3@aol.com</a>
Art Bridgman	Administrative Overview	<a href="mailto:kirbysky@gmail.com">kirbysky@gmail.com</a>
Beth Bloedow	Secretary/Treasurer	<a href="mailto:bethbloedow@netzero.com">bethbloedow@netzero.com</a>
Bob Anderson	Vice Chair	<a href="mailto:anderson7759@gmail.com">anderson7759@gmail.com</a>
Elena Ambotaite	Publicity and Communications	<a href="mailto:elenaambo@gmail.com">elenaambo@gmail.com</a>
Beata Cseke	Host & Sanitation	<a href="mailto:beatacseke@gmail.com">beatacseke@gmail.com</a>
Jerry Dunne	Atlantic Division Chair	<a href="mailto:jerry.dunne@dunnelaw.net">jerry.dunne@dunnelaw.net</a>
Linda Peterson	Camp Director	<a href="mailto:surenoproblem27@yahoo.com">surenoproblem27@yahoo.com</a>
Pat Cannon	Evaluation and Selection	<a href="mailto:tapcannon@aol.com">tapcannon@aol.com</a>
Pete Peterson	Waterfront	<a href="mailto:surenoproblem727@yahoo.com">surenoproblem727@yahoo.com</a>
Tom Uebel	Buildings & Grounds	<a href="mailto:cruising26@hotmail.com">cruising26@hotmail.com</a>

# SEASON/WEEKLY PASS APPLICATION 2012

	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 2012 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# \_\_\_\_\_

## ALEX AMBOTAS WINS 5 GOLDS, 3 SILVERS AT WORLDS



*Alex Ambotas with one of his Gold Medals*

Alex Ambotas again came home with an amazing number of medals, this time from the ICF Canoe Sprint World Cham-

pionships held in August, 2011 in Szeged, Hungary. Alex earned 5 gold medals and 3 silvers and one bronze while competing with the best sprint racers in the world.

Among his gold winning events were K-1, K-2, and K-4. He was joined by fellow Atlantic Division/Rockaway member, Vytas Rudzinskas, who also won gold and silver.

Following the ICF Championships, he also competed in the European Masters Games of Lignano 2011 in September. There he participated in mixed races, different age groups and received 5 gold medals. He also earned a bronze medal in a marathon.

Alex and Vytas train at Lake Sebago and have introduced many ACA members to the joys of racing.

## COMPETITIVE RACING AT THE ACA ATLANTIC DIVISION

ACA Atlantic Division is not only promoting paddle sports for leisure, Our organization has long history of supporting competitive paddling, and sailing, from marathon to sprint kayaking. In fact, racing events have been held for over 125 years.

In recent years members of Atlantic Division / Rockaway Olympic Canoe Club competed in national and international regattas with great results. Athletes from ROCK are force to reckon with in Master and Open categories. Alex Ambotas won Master World Championships in 2011 in Hungary and Borys Markin won Nationals in

2010 ( he's also a coach ). These are only couple of examples of dedication to the sport, and what can be achieved So far we have Great Organization and Great People. What we need is a place and Lake Sebago provides an excellent setting for training and social events.

What we hope for in 2012 is for more enthusiasts to join the racing community, and help us do even better than previous years. We are trying to expand beyond sprint racing in to surfski hopefully with great results.

JAN LUPINSKI, DIRECTOR COMPETITION

*The swim dock, circa 1940 with current members*



*The swim dock after Hurricane Irene, 2011 - now in need of rebuilding*



## Learn to Race with Rockaway

Rockaway Olympic Canoe and Kayak Club specializes in sprint racing on national and international level. We provide paddling opportunities - recreational paddles, training sessions and competitions - for both adults and children at Lake Sebago, NY.

We regularly participate as a team at races such as the Lake Placid International Regatta, the US National Championships and Surfski races. We welcome new members!

Rockaway would like to invite ACA members to race at our 2000m spring and fall team trials on May 12, 2012 and Oct 13, 2012, where you can test your paddling skills and speed at the beginning and at the end of paddling season.

For more information contact us at: [rockawaykayak@yahoo.com](mailto:rockawaykayak@yahoo.com) or check us out on Facebook: *Rockaway Olympic Club*

## ATLANTIC DIVISION SPONSORED BEST PRACTICES CLUB WORKSHOP

The ACA Atlantic Division is planning to sponsor a workshop for club leadership to exchange best practices in the areas of governance, how to obtain 501(3)c status, how to apply for grants, communicate with members, use social media for branding, etc. What would you like to talk about, what are your biggest issues in club management? Date to be determined but will include kayaking and food. Contact Ann Barry ([abarry@pipeline.com](mailto:abarry@pipeline.com))





## 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 22nd through August 4th 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](mailto:campsugarisland@gmail.com)

For a packet of information contact Marilyn Vogel by e-mail: [seashell@entermail.net](mailto:seashell@entermail.net)

Misty Isles Lodge [www.mistyisles.ca](http://www.mistyisles.ca)

## 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 ATLANTIC DIVISION SAILING SCHEDULE 2012

## SAILING WORKSHOP

*Saturday, June 23 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 24 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 7 10 am and 2 pm*

*Sunday, July 8 11 am*

## "FREE SAIL" – (SPONSORED BY EMPIRES CANOE CLUB)

*Saturday, July 14 10 am-4 pm*

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

*Sunday, July 15 11 am*

## ADK TROPHY - CRUISING CLASS - TWO SAILORS TO A BOAT

*Saturday, July 21 10 am and 2 pm*

*Sunday, July 22 11 am*

*Tom Uebel after another winning race in 2011*



## SEBAGO SERIES RACE #2

**-CRUISING CLASS (SPONSORED  
BY SHEEPSHEAD CANOE CLUB)**

*Sunday, July 29 11 am*

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

*Sunday, Aug. 5 11 am*

## JOHN KOMP TROPHY - CRUISING CLASS

*Saturday, Aug. 11 10 am and 2 pm*

*Sunday, Aug. 12 11 am*

## DIVISIONAL CHAMPIONSHIPS C CLASS (5 METER)

*Saturday, Aug. 18 10 am (first race)*

## ACA CLASS

*Sunday, Aug. 19 10 am (first race)*

## WILKINSON TROPHY - NATIONAL CRUISING CLASS CHAMPIONSHIPS

*Saturday, Sept. 1 10 am and 2 pm*

*Sunday, Sept. 2 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](mailto:SWINKWORTH@VERIZON.NET) OR 973-252-3484

## FESTIVALS

JUNE 22-24 ALL DAY  
**6TH ANNUAL GREENLAND FESTIVAL**  
CROTON POINT PARK

The 6th 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](mailto:hrgfny@gmail.com) #

JUNE 16TH AND 17TH  
**CLEARWATERS GREAT HUDSON RIVER REVIVAL FESTIVAL**  
CROTON POINT PARK

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

### NYC AREA PADDLING EVENT CALENDAR

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](mailto:calendar@nycwater-trail.org).

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

## FROM INWOOD CANOE CLUB

### FREE KAYAKING AT INWOOD

The Inwood Canoe Club offers short kayak trips to the public on Sundays, from Memorial Day weekend to Labor Day weekend. Our 2012 program of Sunday open houses starts on May 27. Please come out and see us this year from 11AM-1PM at the Club on the Hudson River just south of Dyckman St., NY, NY. <http://www.inwoodcanoecub.com/>

## CLUB EVENTS AND ACTIVITY FOR ALL



Standup at the 2011 Crazy Scupper Race



Sebago Open House - May, 2011



Safety Instruction on Sebago Beach, 2011

## CRAZY SCUPPER RACES

### JULY 15TH 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 Sunday, July 15th and Sunday, September 2th at 2:00 at the docks and be ready to get wet and have fun.

## FROM SEBAGO CANOE CLUB:

Saturday, May 12th

The Sailing Committee will host a **Annual Spring Regatta** at our Brooklyn club. Check out [www.sebago-canoeclub.org/sailing.html](http://www.sebago-canoeclub.org/sailing.html) for the details

Saturday, May 26 10 to 4:

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 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 3rd, and throughout June, July and August: more Jamaica Bay **Open Paddles**, in Brooklyn. Visit [www.sebago-canoeclub.org/openPaddle.html](http://www.sebago-canoeclub.org/openPaddle.html) for more info.

Sunday, May 27th

**Quick Start Training** - Learn the basics of kayaking at Brooklyn, starting at 10 am. Follow up with more training. Contact [jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net) for info

Saturday & Sunday, July 7 - 8

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

Saturday & Sunday, July 28th -29th

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

## COASTAL KAYAKING INSTRUCTION

SUNDAYS - MEMORIAL TO LABOR DAY  
11 AM

With ACA Certified instructors. Free, all levels welcome including absolute beginners. Equipment can be provided. Meet in parking lot at Camp Sebago. Sponsored by the Sebago Canoe Club

Open to all ACA members. Register with Jerry Dunne [jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net)



# CELEBRATE OUR 75TH AND 125TH IN 2013

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. And the family camps in Harri-man State Park will be 100 years old.

The Atlantic Division also includes some of the oldest clubs in the country—such as Yonkers Canoe Club which was founded in 1886 and Inwood in 1902. Sebago Canoe Club did not start until 1933.

With all of these special anniversaries coming in one year, we would like to celebrate in style. But celebrating in style means lots of careful planning so we are starting early and forming a planning committee.

What would you like to see - special races, a gala, square dance, recognition of members, etc.?

How would you like to help?

Get in touch with Directors Pilar Rogers, Ray Schneider, or Ann Barry or Anne Schneider with your ideas. The more creative the better.



*Canoeing on Lake Sebago in the early 1940's.*

## NEW ENGLAND SLALOM SERIES

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.

This year, the The Kayak & Canoe Club of New York and the Atlantic Slalom Committee is sponsoring the Ten Mile River Clinic & Slalom, May 26-27, 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/>.

## LAKE SEBAGO'S 52ST ACA ANNUAL YOUTH REGATTA AUGUST 2TH, 2012

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](mailto:scottcanoe@aol.com) or Sue Scher 845 351-2883, E-mail [scher5@optonline.net](mailto:scher5@optonline.net).

# ACA ATLANTIC DIVISION CAMP RENTAL CABINS APPLY NOW FOR APRIL 22TH, 2012 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, 2012. Use the form on the next page to apply by April 22th, 2012 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 July 1 to September 3. 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 (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.

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  
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/2010/04/RentalCabin-application.pdf>



	Tent Site	Bliss	Lakeside	Overlook	Hilltop
Max Capacity	8 in 2 tents	Six	Five	Five	Seventeen
Max. Duration	2 weeks or 2 weekends	Up to 3 continuous weeks Minimum period one week from 7/1 – 9/3 Sunday 6pm thru Sunday 5 pm. Minimum period two nights at other times from 6pm thru 5 pm next day.			
Rent 8/27 – 9/3	\$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, contact Jerry Dunne, Division Chairman at [jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net)

*SUNDAY, MAY 6TH*

- Lake Sebago 9:00 am

*SATURDAY, JUNE 23TH*

- Lake Sebago 11:00 am

*SUNDAY, SEPTEMBER 30TH*

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

### NEED TO RENEW YOUR MEMBERSHIP?

ACA membership renewals are easy - just go on-line at [https://aca.site-ym.com/?page=Membership\\_Renewal](https://aca.site-ym.com/?page=Membership_Renewal) Remember to add your family members and take advantage of the Paddle America Club Discounts.

## 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.

Grants range from \$100 to \$1,000 and nearly \$71,000 has been granted to 81 clubs.

Applying is easy - go to: [http://www.americancanoe.org/?page=CFS\\_Application](http://www.americancanoe.org/?page=CFS_Application)

## EVERYONE NEEDS A WAIVER

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://www.americancanoe.org/resource/resmgr/insurance-documents/aca\\_waiver\\_jan\\_2012\\_adult.pdf](http://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://www.americancanoe.org/resource/resmgr/insurance-documents/aca\\_waiver\\_jan\\_2012\\_minor.pdf](http://www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_jan_2012_minor.pdf)

### 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](mailto: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 \$ \_\_\_\_\_

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 NATIONAL PADDLESPORTS CONFERENCE

CHARLESTON, SC - NOVEMBER 2 - 4, 2012

## ■ WHAT IS THE ACA NATIONAL PADDLESPORTS 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. Includes the SUP Summit, Reel Paddling Film Festival and events for all levels.

## ■ WHERE IS THE ACA NATIONAL PADDLESPORTS CONFERENCE?

The 2012 conference will take place at the Tides at Folly Beach. The skills, certification, and update courses will take place as close as the hotel parking lot and other nearby waters.

For more information, visit:

<http://www.americancanoe.org/?page=NPC>



## 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**