

## SAVE THE DATES

### CAMP COMMITTEE MEETINGS

*ALL CAMP COMMITTEE MEETINGS  
ARE OPEN TO ALL ACA MEMBERS.*

*DURING THE SEASON AT LAKE SEBAGO,  
THE MEETINGS WILL BE HELD AT THE  
PAVILION AT 11:00 AM ON:*

*JUNE 14TH*

*JULY 13TH*

*AUGUST 9TH*

*SEPTEMBER 20TH*

*ALL ARE WELCOME.*

### BOARD OF DIRECTOR MEETINGS

*SUNDAY, SEPTEMBER 28TH, 11:00 PM*

### ANNUAL MEETING FOR MEMBERSHIP

*SUNDAY, SEPTEMBER 28TH, 12 PM*

### ACA 54ND YOUTH REGATTA

*WEDNESDAY, AUGUST 6ST VOLUNTEERS  
NEEDED*

### CAMP'S 81ST ANNIVERSARY

*SATURDAY, AUGUST 30TH 7:00PM. -  
ANNIVERSARY POTLUCK AT THE PAVILLIO*

### WEBSITE REVAMP

*SEE OUR REMODELED ATLANTIC  
DIVISION WEBSITE WITH MORE  
INFORMATION"*

[WWW.ACA-ATLANTICDIVISIONBLOG.COM/](http://WWW.ACA-ATLANTICDIVISIONBLOG.COM/)

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

Welcome again to another season of the Atlantic Division of the ACA. Spring is coming, and so is another great paddling and sailing season. Plans are now being made for a great season, and many opportunities to paddle, canoe sail, 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 good news is we have signed a new 5 year lease with the Palisades Interstate Parks Commission for the Camp; so we can start out 81st year at the Camp knowing this wonderful tradition will continue.

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 welcomes those interested in canoe sailing to participate in the events. For those interested in learning the joys of canoe sailing, the sailors will again be providing instruction and assistance. The Rockaway club will again be conducting training sessions for those interested in racing; and hosting spring races at the Camp.

The Camp will also host training sessions for those wishing to gain ACA certifications as instructors. Certified ACA instructors from the Yonkers Paddling and Rowing Club and Sebago Canoe Club will be available on selected summer weekends for instruction in coastal kayaking; with formal coastal ACA courses will again be offered throughout the summer.

We at the Atlantic Division are committed to making the Camp at Lake Sebago the crown jewel of the ACA; and we are receiving great support form the Palisades Interstate Parks Commission. We've been making improvements to our facilities and docks, so come to the Camp often, purchase a season pass, and experience this wonderful Camp, less than an hour from NYC.

We will continue to encourage paddle sports and canoe sailing throughout the Metropolitan region. Our mission is to promote canoe and kayak sport, through education, recreation, and competition, and our Division will offer instruction and support in costal 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. 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 working with the National office to have even

more information available this year

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

**ATLANTIC DIVISION**  
**2014 BOARD OF DIRECTORS**

**CHAIRPERSON**

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

**VICE-CHAIRPERSON**

Sam Rogers  
[admiraltyops@yahoo.com](mailto:admiraltyops@yahoo.com)

**SECRETARY**

Beth Bloedow  
[bethbloedow@netzero.com](mailto:bethbloedow@netzero.com)

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**CANOE SPORT EDITOR**

Ann Barry  
[abarry@pipeline.com](mailto:abarry@pipeline.com)



## CONSERVATION COMMITTEE ACTIVITIES

### OUR OCEANS ARE IN TROUBLE.

Six million tons of debris are being dumped into our oceans every year. 80% of this debris comes from the streams and rivers carrying trash directly to our oceans.

There is a "garbage island", a soupy mass, about the size of Africa that has formed in the middle of the Pacific Ocean containing marine debris, mostly plastic, that has made its way from our shores to our oceans. Every piece of plastic that has ever been made on earth is here forever...much of it making its way into our oceans. We can't get the plastic out of the water, it has broken down into microscopic pieces and is all pervasive. In the "garbage island", there are six pounds of debris for every pound of plankton.

### HOW CAN WE HELP?

What can we do to help our oceans, fish, and bird life? The only way to reduce marine debris, all sides agree, is to cut it off at its source — on land.

### STREAM TO SEA

That is why ACA National has created the "Stream to Sea Initiative" whose purpose it to promote positive environmental stewardship within the paddling community. ACA National has instituted the "Paddle Green Program" which is a three-pronged effort to educate, motivate, and model proactive on-water stewardship practices to curb marine debris at its source.

The Atlantic Division is aligned with ACA National in its vision to stop polluting our waters by keeping the health of the nation's waters free of debris.

### PADDLE GREEN

Specifically, the "Paddle Green" program promotes clean-up events where an especially polluted area will be targeted for cleaning. Our volunteers will provide the manpower to clean at least a half-mile area. Trash will be collected and placed into categories - plastic, paper, wood, cans, and bottles. The ACA is doing a nationwide trash data collection with clubs and organizations like ours all around the country. ACA's "stewardship coordinator" will help us find donations to pay for the cost of the clean-up, e.g. special "paddle green bags" which every member will receive, gloves, dumpsters, grab-it extenders, and other material needed for the clean-up. Our conservation team will choose a trash-strewn area and will organize a clean-up such as the Piermont Marsh which was blanketed with trash by Hurricane Sandy, or our many rivers and banks etc.

### PARTICIPATE

Please give us your suggestions. Volunteers from each club will be encouraged to participate so that we can model positive water stewardship and demonstrate leadership for our entire community.

**Kathleen O'Sullivan**  
**Director, Conservation & Public Policy**

To see what the ACA is doing on Stewardship on a local and national level, visit: <http://www.americancanoe.org/?page=Stewardship> and look at all the submenus. In addition to events, there are partnerships, and a variety of initiatives where we can get involved.

# MESSAGE FROM THE CAMP DIRECTOR - LINDA PETERSON

The countdown to the new camp season at Lake Sebago has begun!!! So much goes into the planning of each season that sometimes it feels like it cannot all possibly get done on time and sometimes that does happen but the camp always opens up regardless.

This season, prior to May 1, our goal is to get at least one dock completed with 2 more docks to be rebuilt before Memorial Day weekend, get the rental cabins cleaned and ready to be used, along with all the general maintenance that is needed to open the camp. The only way all of this can get accomplished in such a timely manner is through our dedicated volunteers (this means you :) so please attempt to come into camp on the scheduled workdays even if it is only for a couple of hours.

## EVENTS AND INSTRUCTION

This camp season there are a lot of events and instructions scheduled that will be open to all ACA members. Check this google site (<https://sites.google.com/site/acalakesebago/home>) which has a calendar that is updated regularly along with all the information needed for the camp. If you would like to schedule an event, feel free to contact me and we can see what can be arranged. If you would be willing to



help out with the set up and planning of the camp events, please let me know.

## ACA MEMBERSHIP

Please make sure that your ACA membership is current before you come into camp. You may renew your ACA membership online at or with me on the weekends once the camp opens. It is crucial that your ACA membership is current since this is how you are insured during your stay in the camp. Everyone also needs to have a current waiver on file for this year so the first day you come into camp, please give me one. I will also need to see your ACA card in order to get your correct number and expiration date. You are required to have your ACA card on you whenever you are in camp.

## 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

Every member of your family should have their own ACA card so if someone does not, please see me so I can correct this.

## GUEST WAIVERS

This season, every guest must have a waiver filled out at the beginning of their visit. All guests coming into camp needs to stop by my cabin so we can fill out the waiver and all fees can be paid. A guest is either someone visiting the camp for the first time before they decide to join or someone who is visiting an ACA member for a short period of time. After the same guest visits the camp more than twice, they will be asked to join the ACA



before they can come back to the camp.

## REVISED DAILY FEES

All daily fees must be paid at the beginning of your visit into camp. Please use the metal box at the Pavilion to pay all fees using the provided envelopes. The daily fee for an ACA member is \$10 per adult, \$5.00 per child or \$20 for the family (2 adults and children under 18). The daily fee for a guest is \$15 for adult and \$5 per child. If you plan on coming into camp a lot (which I hope you are), then purchasing a season pass is the way to go. It allows you unlimited visits to the camp for the season which is from May 1 to Oct. 15.

As always, I am available to help you out with any questions or concerns that you may have. Feel free to email me at [surenoproblem27@yahoo.com](mailto:surenoproblem27@yahoo.com) whenever you need to. I look forward to seeing everyone at camp this upcoming season.

**Linda Peterson,  
Camp Director**

## LAKE SEBAGO CAMP RULES

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



# ACA Camp at Lake Sebago - Events

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

**MAY 1**

- » Camp Opens

**MAY 10**

- » Greenland Paddle Making with Chris Raab (fee)

**MAY 17**

- » Camp Potluck

**MAY 16 - 18**

- » IDW and Update with Chris Raab (fee)

**MAY 24**

- » Family Games Night

**JUNE 14**

- » Camp Potluck

**JUNE 14 - 15**

- » ICE and Update with Chris Raab (fee)

**JUNE 21**

- » Camp Potluck
- » Mexican theme

**JUNE 29**

- » Rescue Clinic Sponsored by YPRC

**JULY 4**

- » Movie Night

**JULY 5**

- » Family Bingo Night
- » Crazy Scupper Races

**AUGUST 16**

- » Camp Potluck

**AUGUST 29**

- » Family Game Night

**AUGUST 30 TO SEPT 1 -**

- » Labor Day Weekend Events
- » Crazy Scupper Races
- » Annual Gala Potluck
- » Annual Square Dance

**SEPT. 20**

- » Family Bingo Night

**SEPT. 28**

- » Annual Atlantic Division Member Meeting

**OCT. 4**

- » Wine & Cheese Potluck with Art Exhibit

**OCT. 12-13**

- » Ready Camp for Close

**OCT. 15**

- » Camp Closes

## OTHER AREA EVENTS

**JUNE 21ST AND 22ND**

**CLEARWATER GREAT HUDSON RIVER REVIVAL FESTIVAL**

**CROTON POINT PARK**

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

**JUNE 26-27/9 ALL DAY**

**7TH ANNUAL GREENLAND FESTIVAL CROTON POINT PARK**

The 8th 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) #



# LAKE SEBAGO CAMP COMMITTEE MEMBERS 2014

Adele Abrams	Rental Cabins Registrar	<a href="mailto:abrams.adele@gmail.com">abrams.adele@gmail.com</a>
Nancy Grillo	Chair	<a href="mailto:nancygrillo@aol.com">nancygrillo@aol.com</a>
Gerard Grillo	Secretary	<a href="mailto:screamgg@aol.com">screamgg@aol.com</a>
Beth Bloedow	Treasurer	<a href="mailto:bethbloedow@netzero.com">bethbloedow@netzero.com</a>
Pilar Sanz-Rogers	Vice Chair	<a href="mailto:pilar_at_home@yahoo.com">pilar_at_home@yahoo.com</a>
Elena Mykoe	Publicity and Communications	<a href="mailto:elenaambo@gmail.com">elenaambo@gmail.com</a>
Anne Schneider	Host & Sanitation	<a href="mailto:world3@aol.com">world3@aol.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:noproblem727@gmail.com">noproblem727@gmail.com</a>
Tom Uebel	Buildings & Grounds	<a href="mailto:cruising26@hotmail.com">cruising26@hotmail.com</a>

# SEASON/WEEKLY PASS APPLICATION 2014

	Season Pass	ACA Member Guest Fees per day	NON ACA Members Guest Fees per day
Adult 18 and over	\$65	\$10	\$15
Senior over 65	\$50	\$10	\$15
Junior under 18	\$30	\$5	\$5
Family maximum (Two adults plus children)	\$125	\$20	NA

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

### GUEST FEE RULES IN EFFECT FOR 2014 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# _____



## CITY OF WATER DAY JULY 12TH

Mark your calendars for the City of Water Day Festival on July 12, 2014 -- a free, day-long event that features on-the-water fun, free boat tours, a Waterfront Activity Fair with many children's projects, great food and music, and much more! The purpose of City of Water Day, hosted by the Metropolitan Waterfront Alliance ([waterfrontalliance.org](http://waterfrontalliance.org)), is to focus wide-scale public attention on the potential of the New York-New Jersey Harbor.

More than 25,000 people are expected to attend the festival this year at its two main locations -- Governors Island and Maxwell Place Park in Hoboken, NJ -- and thousands more will visit City of Water Day "In Your Neighborhood" festivities at waterfront venues all around the metropolitan region. For more information, please visit [cityofwaterday.org](http://cityofwaterday.org)

## JOIN US ON GOVERNOR'S ISLAND FOR CITY OF WATER DAY

In addition to the Paddle America Clubs participating in the "In Your Neighborhood" programs, the Atlantic Division will have a booth on Governor's Island. If you are going to be on Governor's Island, stop by and say hello. If you have a little extra time, stop by and volunteer at the booth and help us introduce the ACA and the joys of paddling to the expected 15,000 visitors.

We will have a list of all the Atlantic Division Paddle America Clubs so that people can find a compatible group to paddle with, but if you have a brochure or fact sheet about your club and activities, we would be happy to make them available.

Like to volunteer for a very fun day? Contact Ann Barry - [abarry@pipeline.com](mailto:abarry@pipeline.com)



## CHANGE TO THE BY-LAWS TO INCLUDE E-MAIL VOTING

The Atlantic Division proposes to amend the by laws of the Atlantic Division to allow email as well as mail voting.. This would allow us to match the recently changed by-laws of ACA National,

The change will voted on at the September 28th General Membership meeting at Lake Sebago

The changed by-laws can be downloaded at <http://aca-atlanticdivisionblog.com/wp-content/uploads/2014/06/Proposed-Amended-By-Laws.pdf> for your review.

## UPDATED THE ATLANTIC DIVISION WEBSITE

We've updated the Atlantic Division blog where you can find more information on the Division, the Camp at Lake Sebago, upcoming events, forms and even some photos.

Help us keep the website active and send the webmaster ([abarry@pipeline.com](mailto:abarry@pipeline.com)) photos, announcements, event results and other items that would be interest to the membership.

The website can be found at <http://aca-atlanticdivisionblog.com>.





**ATLANTIC DIVISION**  
**FACEBOOK GURU(S) WANTED**



The Atlantic Division would love to have an active, vibrant Facebook page that helps keep everyone up-to-date on paddling activities, showcases photos, and talks about great events and places to paddle.

To see what we have in mind, look at the Mid-West Division's Facebook page - <https://www.facebook.com/ACAMid-westDivision>. They have offered to help us set up something similar but to make this happen, we need an administrator and people who will help provide content.

If you love spending time on Facebook and keeping current with the paddling community, let us know.

E-mail [abarry@pipeline.com](mailto:abarry@pipeline.com).

**AN ACA JEWEL- 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 ACA Annual Encampment at Sugar Island July 27st through August 8nd 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 Marcia Banholzer [campsugarisland@gmail.com](mailto:campsugarisland@gmail.com)

For a packet of information contact Marilyn Vogel by e-mail: [marvogel@verizon.net](mailto:marvogel@verizon.net). Lodging on the mainland is also available. Misty Isles Lodge [www.mistyisles.ca](http://www.mistyisles.ca)

**ACA ATLANTIC DIVISION SAILING**  
**SCHEDULE 2014**

**SAILING WORKSHOP**

*Saturday, June 28 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 29 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 5 10 am and 2 pm*  
*Sunday, July 6 11 am*

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

*Sunday, July 13 11 am*

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

*Saturday, July 19 10 am-4 pm*

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

*Saturday, July 26 10 am and 2 pm*  
*Sunday, July 27 11 am*

**SEBAGO SERIES RACE #2**

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

*Sunday, Aug. 3 11 am*

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

*Sunday, Aug. 10 11 am*

**JOHN KOMP TROPHY - CRUISING CLASS**

*Saturday, Aug. 16 10 am and 2 pm*

*Sunday, Aug. 17 11 am*

**DIVISIONAL CHAMPIONSHIPS:**

**C CLASS (5 METER)**

*Saturday, Aug. 23 10 am (first race)*

**ACA CLASS**

*Sunday, Aug. 24 10 am (first race)*

**WILKINSON TROPHY - NATIONAL**  
**CRUISING CLASS CHAMPIONSHIPS**

*Saturday, Aug. 30 10 am and 2 pm*

*Sunday, Aug. 31 11 am*

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**



# CLUB EVENTS AND ACTIVITIES FOR ALL

## FROM YONKERS (YPRC):

**JUNE 28TH**

Skills Assessment for ACA members who volunteered at Riverbank. Contact Lee Reiser [lee060@earthlink.net](mailto:lee060@earthlink.net)

**JUNE 29TH**

Rescue Clinic Contact Phil Giller for registration [Briogg@yahoo.com](mailto:Briogg@yahoo.com)

**JULY 26TH - 1 P.M.**

Balance and Play Session, given by Kam Truhn and Gwen Kloosterman

**AUGUST 9TH**

Moonlight Paddle led by Lee Reiser

**AUGUST 16TH - 1 P.M.**

Rolling Class, given by Kam Truhn and Gwen Kloosterman

YRPC is now running a free public kayaking program at JFK Marina.

For more information on dates and time see <http://www.yprc.org/public-kayaking-sessions.html>

## PADDLE AMERICA CLUBS ACTIVITIES

The Atlantic Division has more than 17 very active Paddle America Clubs offering all types of paddling from sea kayaking, canoe sailing, flat water racing, white water, canoeing and more. Many have public programs. Find the list at <http://aca-atlanticdivisionblog.com/aca-atlantic-division/atlantic-division-paddle-america-clubs/>

## FIND MORE AREA EVENTS

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

The NYC Watertrail Association is sponsors an event calendar for all area human paddling events.

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>



## CRAZY SCUPPER RACES

**JULY 5TH AND LABOR DAY WEEKEND**

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

Join us on Saturday, July 5th and Saturday, August 30th at the docks and be ready to get wet and have fun.

Exact time to be posted.



## FROM SEBAGO CANOE CLUB:

### Open Paddles on Jamaica Bay

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

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

### Lake Sebago Events

**SATURDAY, JUNE 14TH**

Rescue Clinic - free For more information and to register, contact Tony Pignatello, [picksix929@aol.com](mailto:picksix929@aol.com)

**SATURDAY, JUNE 21ST SATURDAY, JUNE 21ST**

Learn to kayak in our **ACA Level 1** class. Contact . Jerry Dunne, [jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net) for info.

**SATURDAY, JUNE 29TH**

Rescue Clinic with Yonkers. Contact Phil Giller for registration [Briogg@yahoo.com](mailto:Briogg@yahoo.com)

**SATURDAY & SUNDAY, AUGUST 9TH AND 10TH**

Game Weekend - Learn while you play.

**SATURDAY & SUNDAY, AUGUST 16TH - 17TH**

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

**SATURDAY & SUNDAY, AUGUST 23RD - 24TH**

Increase your skills in this **ACA Level 2** class. Limited enrollment.

Contact [kayaker824@gmail.com](mailto:kayaker824@gmail.com)

to register and for information

## COASTAL KAYAKING INSTRUCTION

**SUNDAYS - MEMORIAL TO LABOR DAY 11 AM**

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

Sponsored by the Sebago Canoe Club  
Open to all ACA members.  
Advance notice is appreciated.



# ACHIEVEMENT AWARD WINNERS RECOGNIZED AT 125TH AND 80TH ANNIVERSARY GALA



*Tom Uebel and Joanie Krilla*



*Dave Sherman and Patric Conner*



*Sherrie Winkworth and Carol Loomis  
accept for Sheepshead Canoe Club*



*John Knudson (1927-2014)*

## A CELEBRATION OF THE CAMP'S 81ST ANNIVERSARY

Saturday, August 30th 7:00pm. -  
Anniversary Potluck at the Pavillion

- Cocktails and appetizers  
followed by dinner and dessert
- Awards
- Music provided by Dave  
Sherman and Patric Conner

More than 75 people celebrated the 125th Atlantic Division and the 80th Camp anniversary last Labor Day. The pavillion was decorated with fancy lights and crepe; the tables with their tablecloths and table settings looked great and the good food just kept coming. Music was provided by Dave Sherman and Patric Conner - and some enjoyed a dance.

Awards were presented to Tom Uebel, Joanie Krilla, Sheepshead Canoe Club, John Knudson and Alex Ambotas.

Tom Uebel received his Life Time Achievement Award for his tireless work and still on-going work for the Camp. Joanie was cited for her teaching - swimming and paddling and her work with children. John Knudson for his leader-



*Alex Ambotas*

ship and dedication, Sheephead for sustaining canoe sailing, and Alex Ambotas for his representation of flatwater racing at the national and international level.

## LAKE SEBAGO'S 54RD ACA ANNUAL YOUTH REGATTA AUGUST 6TH, 2014

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

The ACA 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 work on the day of the race. We need several people on the finish line as timers and spotters; others are needed for the scoring of the events. Paddlers are needed on the water to help line up the campers and 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.

Also needed are 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.

Rain day August 7th

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 20TH, 2014 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, 2014. Use the form on the next page to apply by April 20th, 2014 for the Lottery. Requests after the Lottery date are on a first-come, first-served basis.

## RENTAL RULES

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

## WHAT WE OFFER

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

## PICK THE APPROPRIATE CABIN

**BLISS** sleeps six. Each of its two bedrooms has a set of bunk beds and an additional bed. **LAKESIDE** sleeps four. It has one bedroom with two beds and two daybeds in the lounge area. **OVERLOOK** sleeps up to five. It has one bedroom with a set of bunk beds and a single bed. The living room has two sleeping couches. **HILLTOP** is suitable for large families and groups of up to seventeen people. It provides a lounge area and a separate kitchen

with running water. Three bedrooms sleep up to six people each in bunk beds. It is adjacent to the camp recreation room.

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

## AMENITIES

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

## ELIGIBILITY & TIME

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

## COSTS

The cost to rent is \$200 per week for Bliss, Lakeside and Overlook, except for the holiday week of August 28 through September 5, which will cost \$225. For this same time-period, Hilltop is \$350 regardless of the time period.

Except during the weekly season outlined above, shorter stays are available, with a minimum rental of two nights. The cost is \$35 per night (5 pm to 6 pm the next day) for Bliss, Lakeside and Overlook and

\$60 for Hilltop Lodge. The ground tent site is \$10 per night. The maximum tent site rental is two weeks or two weekends.

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

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

E-MAIL [ABRAMS.ADELE@GMAIL.COM](mailto:ABRAMS.ADELE@GMAIL.COM)

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



	Tent Site	Bliss	Lakeside	Overlook	Hilltop
Max Capacity	8 in 2 tents	Six	Four	Five	Seventeen
Max. Duration	2 weeks or 2 weekends	Up to 3 continuous weeks Minimum period one week from 7/1 – 9/3 Sunday 6 pm thru Sunday 5 pm. Minimum period two nights at other times from 6 pm thru 5 pm next day.			
Rent 8/26 – 9/2	\$10/night	\$225	\$225	\$225	\$350
Rent other weeks	\$10/night	\$200	\$200	\$200	\$350
Daily rent when applicable	\$10/night	\$35/night	\$35/night	\$35/night	\$60/night

# DIVISION AND CLUB NOTICES

## EVERYONE NEEDS A WAIVER

### ATLANTIC DIVISION BOARD MEETINGS

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

For more information, contact Jerry Dunne, Division Chairman at [jerry.dunne@dunnelaw.net](mailto:jerry.dunne@dunnelaw.net)

*SATURDAY, MAY 17TH*

- Lake Sebago 11:00 am

*SUNDAY, SEPTEMBER 28TH*

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

12:00 pm

*SATURDAY, JANUARY 25TH*

- Manhattan
- 11:00 am

### CAMP COMMITTEE MEETINGS

The Camp Committee meets every month and all members are welcome to attend. Check with a Camp Committee member for time and place.



#### RENEW YOUR MEMBERSHIP AND SIGN YOUR WAIVER ON-LINE

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

Paddle America Club members can also fill out their waivers on-line. <http://www.americancanoe.org/?page=PACOnlineWaiver>

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.

Guests must also fill out the waivers. See the Camp Director for the forms or download them and give them to the Camp Director.

Instructors who are leading events can, when they register their events with the ACA, setup their events so participants can fill out the event waiver on-line, saving valuable time at the day of the event.

#### ACA Waiver - Adult

[http://cymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca\\_waiver\\_aug\\_2013\\_adult\\_p.pdf](http://cymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_aug_2013_adult_p.pdf)

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

[http://cymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca\\_waiver\\_aug\\_2013\\_minor\\_p.pdf](http://cymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_waiver_aug_2013_minor_p.pdf)

### ONE COMPLETED RENTAL CABIN APPLICATION IS REQUIRED FOR EACH RENTAL

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

Name: \_\_\_\_\_

ACA Number \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Cabin Name 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ Tent Site \_\_\_\_\_

Desired Dates 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Amount Enclosed: Full rent \$ \_\_\_\_\_

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



# JOIN ACA'S ADAPTIVE PADDLING SUMMIT

The ACA's inaugural Adaptive Paddling Summit will be held in Grand Rapids, Michigan, on September 15 – 17, 2014. The summit will bring together industry leaders in a collaborative environment to learn from each other, refine best practices, and celebrate the latest innovations in the field of adaptive paddling.

The ACA will share the knowledge it has accumulated through operating its Adaptive Paddling Program since 1990.

**DATE: SEPTEMBER 15-17, 2014**

**LOCATION: GRAND RAPIDS, MICHIGAN**

**FACILITY: PRINCE CONFERENCE CENTER AT CALVIN COLLEGE**

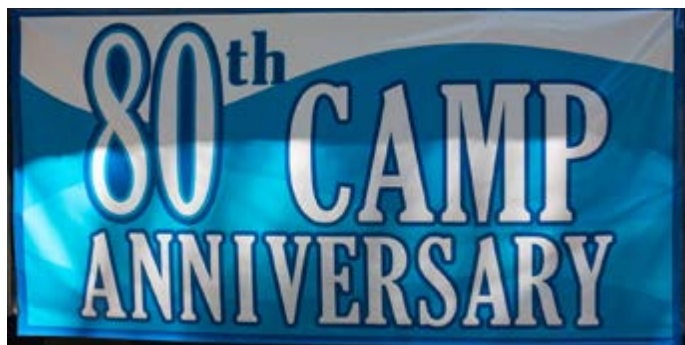
*EXCITING EVENTS FOR PADDLERS OF ALL EXPERIENCE LEVELS*

*HIGH QUALITY EDUCATIONAL SESSIONS*

*THE LATEST IN ADAPTIVE EQUIPMENT DEMONSTRATIONS*

Save the date and join fellow paddlers from across the country in Grand Rapids, MI this fall!

Online Registration - Available June 23



## 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.

## Atlantic Division Newsletter

1557 East 35 Street

Brooklyn NY 11234-3438

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