

CANOESPORT



Camp Director's Welcome

May 1 will be the beginning of the 2018 season at Lake Sebago. So much is still being planned for this upcoming season to make it fun and relaxing for all our members. If there is an event or activity that you would like to see happen at the lake, let me know and I will see what can be done to make it happen. Also keep checking the Pavilion and sign in areas for updates as well as the google site: <https://sites.google.com/site/acalakesebago/>.

Lake Sebago is an ACA member only camp so please make sure that your ACA membership is current. Sign in every day that you are in camp. Pay your fees, or better yet, purchase a season pass. Attend the events held on the weekends. Pick up and lock the chain link fence on 7 Lakes Drive. No pets are allowed in camp so do not bring them, you will be asked to leave. Sign up (at the Pavilion) to help on a committee, be a productive member of our camp.

Looking forward to catching up with everyone this season.

Linda Peterson
Camp Director of Lake Sebago

It's been a long winter, and that could only mean one thing camp will open soon. There'll be cleaning up and lots to do to get the camp up and running. That means lots of opportunities to get some volunteer hours early in the season. Please remember to sign in and sign up it's important for camp. Camp sign-in sheets can be found in both parking lots and the Pavilion. When you sign in you protect yourself and the Camp. Additionally, an account of our Camp's attendance is required by Parks and often assist in the upgrades our Camp receives. If you're interested in volunteering, the committee sign-up sheets are on the bulletin board in the Pavilion. Take a look at what's available, what interests you or what you're good at. Together we can insure that the Camp remains one of the most beautiful places on Earth.

Thanks and have a wonderful season,
The Camp Committee

Announcing 2018 T-shirt Winner Congratulations Tamar 2018



You can pre-order your t-shirt now for just \$10

Please email your order information to Beth Bloedow bethbloedow@netzero.net

If you would like to purchase t-shirts from previous seasons, they will be available during the season. Please reach out to our Camp Director or Beth Bloedow and those ladies will get you in style in no time!

2017



2016



A Letter, From the Secretary



We have an official logo!

Camp opening workdays

Camp opening workday will be Sat. April 28 and Sun. April 29. There is a new form that needs to be filled out and signed off on regarding work that is being done in camp. Download the form here: <https://sites.google.com/site/acalakesebago/rental-cabins-application> or stop by the camp director's cabin and pick one up.

Work to be done includes:

- setting up the boat docks
- taking everything out of the meeting room and putting it back in place at the Pavilion
- giving the bathrooms a good cleaning
- giving the Pavilion a good cleaning
- raking the leaves off the paths
- cleaning the rental cabins
- helping to move abandoned boats to the abandoned boat rack
- assisting facility holders where ever needed

Please note work performed in camp during these days will count toward facility holders' 15 hour work requirement. However if a facility holder is working on his/her own cabin/tent platform that will NOT count toward the 15 hour work requirement. If you are helping someone else with their facility please get Linda's approval first.

ACA Camp Meeting and potluck

Sat. May 19 at 9:00 am with Potluck to follow at the Pavilion at 7:00 pm
Come and not only meet the camp committee members but also find out all that is planned this season at the lake. Let your voice be heard on what we can do to continue to improve the camp. Positive comments with suggestions are appreciated :)

Camp Events

- May 5 S'mores Night 7:00 pm
- May 19 Annual Camp meeting 11:00 am
- Facility holders meeting 12:30 pm
- Camp Potluck 7:00 pm
- May 27 Kids crafts 1:00 pm

- June 9 Potluck (Mexican night) 7:00 pm
- June 23 Family movie night 7:30 pm
- July 1,8,15, and 22 Family Canoe Instruction 12-2
- July 7 Scupper races 12:00 pm
Camp Potluck (barbecue) 7:00 pm
- July 8 Ice Cream Social 3:00
- July 14 Family Bingo Night 8:00 pm
- July 21 Open Mic Night 7:30
- July 28 Drinks on the Dock
- July 28 Rockaway kids sit-on-top kayak race 12pm
- July 29 Mock Youth Regatta 11-2
- Ice cream social 3:00
- Aug. 1 Youth Regatta
- Aug. 4 Radio Bingo
- Aug. 5 Kids crafts 1:00
- Aug. 11 Camp Potluck (International night) 7:00
- Aug. 12 Rice Krispie decorating 2:30
- Aug. 18 Dessert Night 8:00
- Aug. 31 Family Bingo night 8:00
- Sept 1 Scupper Races 1:00
- Annual Anniversary Dinner 7:00
- Sept. 2 Annual Square Dance 7:00 pm
- Sept. 29 S'mores Night 7:30
- Oct. 6 Camp Fire 8:00

Lake Sebago Mock Youth Canoe Regatta

Sunday, July. 29

1:30 am -- 4:00 pm

At the Aluminum dock

Canoe paddlers are warmly invited to participate in this year's rehearsal for the Youth Regatta (scheduled for later in the week on August 2, 2017). 1 person, 2 people and 4 people races will be held. Come with a cheer in mind to teach the camp. Get some practice in before joining the camp at the Youth Regatta where we will then compete with other camps. Races are open for ages 7 to 18+.

Camp Committee meeting dates

(are subject to change)

All meetings will start at 9:00 am and be held at the camp at the Pavilion

- Sun. March 18
- Sun. May 6
- Sat. June 2
- Sun July 22
- Sat. Aug. 18
- Sat. Sept. 22
- Sat. Oct. 6

Boat Storage Policy

- The American Canoe Association is not responsible for damage to or loss of boats for any reason, including (but not limited to) accidents, theft, vandalism, animal activity and natural disasters. All boats are stored at their owner's risk.
- There is no charge to ACA members who bring a boat into camp for the day. Boats may be kept on top of a car free of charge while the owner is visiting camp. All boats stored overnight on any type of rack at camp will be assessed a storage fee.
- ACA members who hold a season pass may store a boat on an approved rack for \$30 per season (5/1-10/15).
- Boats belonging to club members and club boats may be stored on an approved rack for \$10 per season (5/1-10/15).
- Clubs are assigned racks that each club will manage. The Camp Director manages all other racks. All racks will be numbered; club racks will be clearly marked. The Camp Director is responsible for the assignment of storage spaces for general ACA members. The assigned spot is yours; do not take another person's spot.
- The Camp Committee will decide where and how many racks are in camp. Do not build your own racks without written permission from the Camp Committee.
- Facility holders may keep four boats stored on, in or under their facility at no charge. Any boats over this number may be stored in an assigned spot for \$10 per season.
- ACA members renting Bliss, Lakeside, Overlook, Hilltop and the camping area may keep boats at no charge for the duration of their visit in an assigned space, subject to availability. See the Camp Director for an assignment.
- Boats may not be stored on the ground, walkways, roads, parking lots, docks, tied up to docks, or moored in Lake Sebago. The Camp Director may grant exceptions, e.g. sailboat races. Written approval must be obtained from the Camp Director for these exceptions.
- During the day, boats shall be properly stored immediately upon end of use. No boat shall be left unattended on the ground, dock or tied up to a dock for more than fifteen minutes. Do not leave your boat on or tied to a dock; other people need to land and launch.

- All boats stored in camp for the season must have an official ACA boat sticker with a unique id assigned by the Camp Director.
- Clubs will provide the Camp Director with an up-to-date boat list. A Camp Committee member will periodically walk through camp and validate that the lists are correct.
- Any boat stored on a rack in camp out of season (10/16-5/5) will be assessed a \$100 off-season boat storage fee. Facility holders may store their boats inside or under their cabin or in the Pavilion without charge over the winter. The camp does not own boats for the use of ACA members. All boats in camp belong to either individuals or clubs. Do not use a boat without the owner's permission.

This policy comes into effect 2/1/2018

12 Vital Camp Rules

1. You must sign in each day that you are in camp: you, your family, your guests.
2. Everyone is required to pay the daily/guest fees or have a season pass.
3. A guest is defined as someone who is either visiting an ACA member, or someone who is checking out the camp prior to joining. The same guest may only utilize the camp twice and will then need to join the ACA in order to continue coming into the camp.
4. Pets are not allowed in camp.
5. The cable gate on Seven Lakes Drive should always be locked - at the very least, put back up and secured.
6. Dishes may not be washed in either bathroom. You can either use the spigots or bring water from the bathroom back to your facility.
7. Swimming is only allowed in the designated swim area and only if there is a lifeguard or 2 adults, not off the boat docks.
8. Children must be monitored at all times while in camp or at the swim and/or boating docks.
9. No eating, drinking (especially alcohol), or fishing is allowed at the swim dock.
10. Fishing is allowed on the boating docks and fishing lines must be pulled in whenever a boat is approaching the dock or leaving from the dock.
11. No swimming or boating is permitted after dark.

12. Quiet time in camp is from 10:00 pm until 7:00 am. Be respectful. For the complete Camp Rules Document go to the following link: <https://sites.google.com/site/acalakesebago/about-us> (get the updated link for season pass from Beth Bloedow)

The Season Pass Application can be downloaded from: aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/season-pass/

ACA Safety and Rescue class

Sunday, July 1st
Start time 10 am

Instructors: Dottie and Walter Lewandowski

Sebago Canoe Club invites ACA members of all skill levels (beginner through advanced) to join us for a free, on-water ACA Safety and Rescue class at Lake Sebago.

Course Overview:

This Kayak Safety and Rescue workshop introduces essential flatwater safety practices and rescue techniques that can be performed with a minimum of equipment, in the first few minutes of an emergency.

Course Objectives:

- Understand that prevention is the key to a safe trip.
- Understand how to avoid potential dangers.
- Develop and practice key self-rescue skills.
- Learn to focus on fast, simple, low-risk rescue techniques.
- Develop the skills to manage minor in-water incidents.

Free. Open to all ACA members.

Registration is required. Contact jdorlester@gmail.com to register.

Limited boats available. Let us know if you need a boat when you register.

ACA Atlantic Division Sailing Schedule 2018

ACA Camp, Lake Sebago, NY

“Free Sail”

Sunday, June 24 - 10 am-4 pm

Experienced sailors will have their boats rigged and ready to take those interested in sailing out on the water. Learn the techniques of cruising class sailing, using a paddle instead of a rudder. (Sponsored by Sheepshead Canoe Club)

Lady Bug Trophy –Divisional Cruising Class Championships

Saturday, June 30 - 10 am and 2 pm

* (See Note Below)

Sunday, July 1 11 am

ADK Trophy - Cruising Class - Two sailors to a boat

Saturday, July 7 - 10 am and 2 pm

* (See Note Below)

Sunday, July 8 11 am

“Free Sail” /Workshop

Saturday July 14 - 10 am-4pm-4pm

Experienced sailors will have their boats rigged and ready to take those interested in sailing out on the water. Learn the techniques of cruising class sailing, using a paddle instead of a rudder. (Sponsored by Sheepshead Canoe Club)

Sebago Series Race #1 - Cruising Class

Saturday, July 21 - 10 am.

(Sponsored by Sheepshead Canoe Club and Empire Canoe Club)

Sebago Series Race #2 - Cruising Class

Saturday, July 28 10 am

(Sponsored by Sheepshead Canoe Club and Empire Canoe Club)

Sebago Series Race #3 - Cruising Class

Saturday, Aug. 4 10 am.

(Sponsored by Sheepshead Canoe Club and Empire Canoe Club)

Divisional Championships C Class (5 meter)

Saturday, Aug. 19 - 10 am
(first race- others to follow)

ACA Class

Sunday, Aug. 19 10 am

(first race- others to follow)

John Komp Trophy - Cruising Class

Saturday, Aug. 25 - 10 am and 2 pm

* (See Note Below)

Sunday, Aug. 26 11 am

Wilkinson Trophy - National Cruising Class Championships

Saturday, Sept. 1 - 10 am and 2 pm

* (See Note Below)

Sunday, Sept. 2 11 am

Kay Ryan Memorial Trophy- Ladies

Monday, Sept. 3 - 10am and 2pm

* (See Note Below)

***Note:** If the first race takes less than one hour, the races will be run one after the other in the morning, with no race in the afternoon.
Rescue Boats sponsored by Empire Canoe Club

Contacts for more information:

Joanie Krilla 201-669- 9994

Sherrie Winkworth at swinkworth@verizon.net or 973-252- 3484



Paddle Fish

Join the staff of Paddle Fish for a week of kayak fishing adventure camp July 15-21. Campers stay at the cabins at Lake Sebago and spend their days fishing in kayaks from Harriman State Park to the Delaware River and everywhere in between. For more information and to register, visit <http://paddle.fish>.

Open to boys and girls ages 12-16. ACA members get a 15% discount if registering before March 15.

Tee Clarkson

Virginia Fishing Adventures/ Virginia Outside

Paddle fish

Richmond Times Dispatch Outdoors Columnist

804-687-1869



Greenland Rolling Clinic at Lake Sebago

June 9, 2018

The Hudson River Greenland Festival is running a one-day Greenland rolling clinic at lake Sebago on June 9, 2018.

All levels welcome!

This rolling clinic is open to everyone and is offered by experienced mentors who teach at the Hudson River Greenland Festival. We'll work with you whether you have never rolled before, whether your rolling got rusty, or if you want to work on a particular roll. We'll start the day with an introduction to Greenland kayaking and a rolling demo. After a (light) lunch we will get on the water and you will receive one-on-one mentoring.

Preliminary Schedule of Events:

10 am - Noon:: Greenland 101 Talk and Demo
(Open to All ACA camp residents and visitors)

Noon-1: Lunch

1-4: On-water Mentoring

4-6: Wrap-up Discussion, Thoughts, Things you can do to improve your rolling on and off the water

The morning activities will be open (and free) to everyone. The on-water activities are for registered and paying guests only (\$75). On-water participation is limited to 9 guests.

To RSVP, please email melanielorek@gmail.com subject line: Sebago Rolling Clinic and provide the following info:

- What you want to work on

- Rolling experience
- Expectations

*Looking forward to seeing you on the water!
Melanie, Milton, and the Hudson River Greenland
Festival team*

Conservation Committee

Concerned about the water, trees, and our health at Lake Sebago? Take action by joining the Conservation Committee and attending events hosted by our members throughout the summer.

Our first meeting will be held Sunday, May 20 at 3 pm at the Pavilion. Please email me, loren.edel-son@gmail.com if you can attend or let me know if you want to help but can't make the meeting.

Mark your calendar: Ian Jack, acclaimed arborist certified by the International Society of Agriculture, will lead a guided walking tour "The Trees at Lake Sebago" on Sunday, June 23 at 3 pm.

We're also interested in inviting an expert on Lyme Disease and Prevention to speak at Camp this summer. If you know someone who can do this, please send their contact information to me at loren.edel-son@gmail.com. Interested in hearing a talk on a different topic? Just let me know.

Under the past leadership of Kathleen O'Sullivan, several projects are already underway. These include surveying the lake for invasive species, removing the noxious, invasive terrestrial species Barberry in conjunction with members from neighboring camps, as well as maintaining the walking paths around camp. We have more educational initiatives underway this summer, but need your help to implement them. Please join us to ensure the future well-being of our beautiful camp!

An Environmental Reminder from the Camp Committee

Be aware that you may not cut, remove, pull or damage ANY plants or trees in the ACA camp (or anywhere in Harriman State Park).

The Palisades Interstate Park Commission, which manages our park, has set rules to protect plant life, which we all must follow. Here are some selections from those rules, which can be found in full at <http://www.njpalisades.org/pdfs/pipcRegulations.pdf>:

"Cutting, placing nails or screws into, or otherwise damaging trees or other vegetation is prohibited. No laundry shall be hung or spread on trees, shrubs or lawns. No person shall attach a rope, line or other device to a tree, shrub or structure. No person shall make an excavation on or injure, destroy, deface, remove, fill in, tamper with or cut any real or personal property, tree or other plant life."

Be kind to the plants and trees in our camp! We have seen many violations of these rules lately: breaking branches because they're in the way; removing Mountain Laurel, which is a protected species; pulling "weeds" from paths (there's no such thing as a weed when you're in Harriman State Park); and trampling plants to make new paths through the camp. We are very lucky to be allowed to spend such extended time in a NY/NJ State Park! Some of our camp visitors even get to live here, overnight, for a week, or for an entire season. We must all keep in mind that every branch and blade of grass belongs to all NY and NJ citizens – and we do not have the right to decide that it annoys us or is unimportant.

You can see a list of protected plant species here:

govt.westlaw.com/nycrr/Document/I21ef-e775c22211ddb7c8fb397c5bd26b?viewType=Full-Text&origina tionContext=documenttoc&transitionType=CategoryPageItem&contextData=%28sc.Default%29



ACA Rental Cabins at Lake Sebago

Four rustic cabins and a primitive ground tent site are available for ACA members' use in the Division camp at Lake Sebago in Harriman State Park. The season is from May 1 through October 15, 2018. This year we

are utilizing an online booking system which will be available starting April 1, 2018 through the website. There will not be a lottery this year and rentals will be on a first-come, first-served basis. Click [here](#) for more information: Rental Cabins

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 and signing of the rental waiver upon arrival. A full listing of all camp and rental cabin rules will be provided to you when your reservation is confirmed. When you have guests, you are required to be in attendance while they are at the camp. According to the park rules, there are no pets allowed in camp.

What We Offer

The cabins are: Lakeside, Overlook, Bliss and Hilltop. Each cabin has electricity, a refrigerator, a cooking stove, microwave, coffee maker, table and chairs, dishes, pots and pans, cleaning supplies, tableware, screened windows and beds (no bedding). Each has a picnic table and outdoor fireplace. Other than Hilltop, there is no running water in the cabins but water is available nearby.

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 eighteen 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.

Tent Site: 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 (no electricity). 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 two separate latrines with flush toilets. One latrine has hot water and showers. There is a swimming dock, boat-launching areas, hiking on

marked trails, and fishing with a New York State 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 1st to September 3rd. The weekly rental period is from Sunday at 6 pm through the following Sunday at 5 pm. All cabins must be cleaned by check-out for the next guest.

Costs

The cost to rent is \$210 per week for Bliss, Lakeside and Overlook, except for the holiday weeks of July 1st through 8th and August 26th through September 3rd which will cost \$280. Hilltop is \$350 a week except for the holiday weeks when the rent is \$455. There is a three-night minimum rental for the holiday weekends of Memorial Day, Labor Day and Columbus Day which will cost \$120 for Bliss, Lakeside and Overlook and \$210 for Hilltop.

Except during the minimum weekly rental season outlined above, shorter stays are available, with a minimum rental of two nights. The cost is \$35 per night (6 pm arrival and 5 pm departure for Bliss, Lakeside and Overlook and \$65 for Hilltop Lodge. The ground tent site is \$10 per night. The maximum tent site rental is two weeks or two weekends.

For questions please email donnacain.rentals@gmail.com



Overlook-Cabin

New Gate

There is now a second locked chain across the road leading to our ACA camp, just after the fork to the ADK camp. During the open season, the lock opens with the same key as the first gate at Seven Lakes Drive. Please lock the gate upon entering and leaving camp, just like the first gate. This barrier increases our security and lets everyone know that this is a private camp for ACA members only! And please be careful when driving in the dark, as it is easy to forget that there is a NEW GATE! We have installed reflectors on both sides, but please be aware of possible vehicle, biker and hiker traffic, as the road turnoffs in that area are, well, interesting. Thanks for supporting this improvement to our awesome camp!

Buildings and Grounds,
Jeff Kraus



All images are © Zarina S.

Sebago Camp Committee Members 2018

Camp Director
Linda Peterson
LPeterson_aca@yahoo.com

Chair
Nancy Grillo
nancygrillo@aol.com

Vice Chair
Tom Uebel
cruising26@hotmail.com

Secretary
Gerard Grillo
screamgg@aol.com

Atlantic Division Chair
Jerry Dunne
jerry.dunne@dunnelaw.net

Treasurer
Beth Bloedow
bethbloedow@netzero.com

Buildings and Grounds Chair
Jeff Kraus
Jakraus314@gmail.com

Selection and Evaluations Chair
Pat Cannon
tapcannon@aol.com

Publicity and Communications Chair
Elena Mykolaitis
elenaambo@gmail.com

Waterfront Chair
Pete Peterson
noproblem727@gmail.com

Host and Sanitation Chair
Erica Pajerowski
erica.pajerowski@gmail.com

Rental Cabins Chair
Barbara McCann

mcbarr

SEASON PASS APPLICATION 2018

	Season Pass	ACA Member Fees Per Day	Guest Fees Per Day
Adult 18 and over	\$65	\$10	\$15
Senior 65 and over	\$50	\$10	\$15
Junior under 18	\$30	\$5	\$5
Family maximum (2 adults plus children under 18)	\$150	\$20	NA

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

FEE RULES IN EFFECT FOR 2018 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. A guest is someone who is visiting a member. Be sure they know the rules and pay all fees upon arrival.

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

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

CUT AND MAIL

NAME (LAST) _____ (FIRST) _____
 EMAIL(S) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 ACA # _____ EXP _____ HOME PH _____ CELL _____

TYPE OF PASS ADULT - 18 and over FULL SEASON \$65 _____
 SENIOR - 65 and over FULL SEASON \$50 _____
 JUNIOR - under 18 FULL SEASON \$30 _____
 FAMILY (2 ADULTS + KIDS under 18) FULL SEASON \$150 _____

FOR FAMILY PASSES, LIST FAMILY MEMBERS' NAMES BELOW:

2nd Adult (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____
 CHILD (LAST) _____ (FIRST) _____ ACA# _____