

CANOE SPORT



Closing of another Great season at camp

I just want to thank everyone for making this a very enjoyable camp season. Every year the camp gets better and better. What is great, is that the same people are rejoining every year and the members are really getting to know each other. There are more families in camp than in previous seasons and it is great to see all of the children running around together and making friendships that I hope will last their entire lives. The camp does not move forward without the many members who volunteer their time and talents to maintain that the camp is thriving and safe. There are a multitude of volunteers that are needed to make sure the camp season goes smoothly, this goes from the members who come up on the weekends to help out on workdays, to the facility holders who make sure our bathrooms are cleaned every weekend, to the members who come up and organize the great social events that we have on the weekends, to the chairs on the camp committee who not only attend monthly meetings but also spend numerous hours in camp making sure that the committees they are in charge of are running smoothly, but most of all, to that members who see something that needs to get done and just do it without receiving any thanks and in some cases any type of acknowledgment of what they did. I want to take the time now to thank each one of you for helping me make this camp what it has become and for moving it forward. I look forward to another outstanding year and hope everyone has a healthy, happy, fun off season.

Linda Peterson
Camp Director of Lake Sebago



Camp Committee Nominations

The Camp Committee is the local managing body of the ACA Camp on Lake Sebago. Serving on the camp committee requires attendance at monthly camp committee meetings as well as assuming responsibility for chairing a subcommittee (e.g. selection and evaluation, buildings and grounds etc.). Serving on the camp committee involves a significant time commitment. If you wish to nominate a member to serve on the camp committee, please respond to Beth Bloedow at bethbloedow@netzero.com with the name and contact information of the person you are nominating by December 1, 2018.

Beth Bloedow
Nominating Committee

ANNUAL REPORTS AND APPLICATIONS

If you have a cabin or a tent platform then you need to submit the ANNUAL CAMP FACILITY REPORT for an Individual Facility Holder.

Due NOVEMBER 15, 2018.

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/facilities-holders-individuals-and-clubs/>

If you are a club and have a facility, then you need to submit the ANNUAL CAMP FACILITY REPORT for Club Facility Holder.

Due NOVEMBER 15, 2018.

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/facilities-holders-individuals-and-clubs/>

If you would like to apply for a cabin or a tent platform, you need to fill the CAMP FACILITY APPLICATION for an INDIVIDUAL MEMBER.

Due by December 31, 2018.

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/facilities-holders-individuals-and-clubs/>

T-SHIRT SALE !

NEW 2018 DESIGN



ONLY \$10

ONLY \$10

CANOE KAYAK CAMP AND HAVE FUN!

ONLY \$10

HAT \$15



If you would like to purchase t-shirts or a hat, they will be available during the season. Please reach out to our Camp Director, Linda or Beth Bloedow bethbloedow@netzero.net

Camp Events

Barberry Cleanup, with the New York-New Jersey Trail Conference

Date: Saturday, Oct. 6, 10 am-1 pm

Rain date: Sunday, Oct. 7

Time: 10 am-1 pm

Meet by the flag pole in the Main Parking Lot.

Suggested attire: long sleeves, long pants, and ideally, long socks--barberry can be sharp.

Just show up or contact: conservation@aca-atlanticdivisionblog.com

Barberry is an invasive plant that threatens to crowd out the native flora and change the structure of the forest. Moreover, barberry is a haven for mice, which carry Lyme Disease. Let's do what we can to safely remove this species and restore the environmental health of Harriman State Park.

You will get work hours, make sure to sign the work hours log and to have the person in charge (Loren) sign off on your work hours sheet in order to get work hour credit.

Closing of Camp Workday

Date: Sat. Oct. 13

Sun. Oct. 14 (just pavilion)

Time: 11 am- 1:30 pm

Help close the camp, winterize the pavilion, help give the bathrooms a good cleaning and help out in any way possible.

Limited work so let the camp director know if you will be attending.

email: Lpeterson_aca@yahoo.com

End of Season Camp Fire

Date: Sat. Oct. 6

Time: 7:30 pm

Let's celebrate another great season at camp and wish everyone a good off season. Bring your favorite beverage and/or snack and let's enjoy a camp fire.

**Camp is closed from
Oct. 15 to May 1.
No one is allowed back
into camp during this off
season**

WINTER BOAT STORAGE POLICY

- All boats (club's, facility's and privately owned) must be off the boat racks by Sat. October 15 even if you are leaving your boat in camp for the off season.
- There will be no off season fee assessed provided that your boat is out of camp by Sat. Oct. 15
- All club and facility holder's boats that are being left in camp must be in the cabin, on the tent platform, under the facility or at the Pavilion by Oct. 15.
- Any privately owned boats that are being left over the off season (Oct. 15 to May 1) will be assessed a \$100 off season fee and must store their boats at the Pavilion.
- All privately owned boats must be placed at the Pavilion by Oct. 15
- Boats may start being stored at the Pavilion as of Sun. Oct. 7
- All boats being stored at the Pavilion must be removed by May 1, 2017
- After Oct. 15, you will not have access to your boat until May 1.
- The camp is not responsible for any boats that are left in camp during the off season.

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>

Preventing Tick Bites

If you find a tick attached to your skin, there's no need to panic. Several tick removal devices are available on the market, but a plain set of fine-tipped tweezers will remove a tick effectively.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are un-

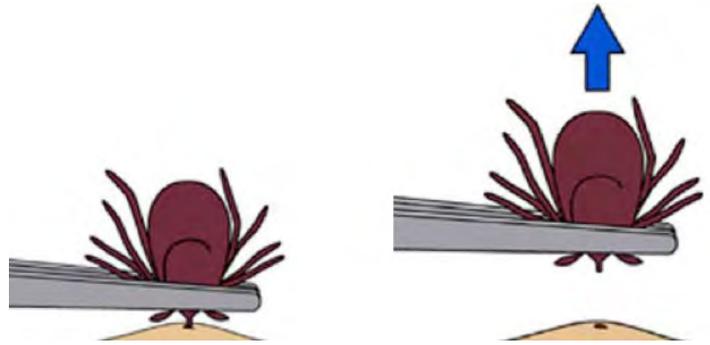
able to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible—do not wait for it to detach.



Sebago Camp Committee Members 2018

Camp Director

Linda Peterson
L.Peterson_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 Krauss
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
mccbarab@mac.com



**This camp year in pictures,
thanks to Zarina**

<https://sites.google.com/site/acalakese-bago/gallery>

Closing of Facility Check Off List

To be done by October 15th

- Clean cabin thoroughly—stove, refrigerator, microwave, floors, cabinets
- Unplug ALL electrical appliances, especially the refrigerator.
- Leave refrigerator and freezer doors open
- Remove all food items from the cabin
- Remove all paper goods from the cabin
- Make sure all the windows are securely closed
- Make sure all of the lights are off
- Make sure to lock the cabin door.
- Remove all needed items out of facility prior to Oct. 15—you will not have access to your facility after this date.
- Suggestion: if you are leaving clothes in the cabin, you may want to secure it in a storage container with a cover on it.



Closing of Tent Platform Check Off List

To be done by October 15th

- Remove tarp by Oct. 15
- Clean all appliances thoroughly, especially the refrigerator.
- Cover the refrigerator with a tarp and fasten tightly
- Make sure the refrigerator and freezer doors are tightly secured and cannot be opened
- Remove all items that are not secure from your tent platform
- Make sure to secure all items on your tent platform, especially any boats left on it
- Unplug all appliances, especially the refrigerator.
- Remove all needed items from the tent platform prior to Oct. 15—you will not have access to your facility after this date