

CANOE SPORT



Family Canoe Instruction

Dates: Sunday July 14

Sunday July 21

Time: 12-2 pm

Place: Meet at the aluminum dock

Instructor: Jerry Dunne

Come and learn how to paddle a canoe and be ready to participate in the Youth Regatta being held on Wed. Aug. 7. Certified ACA canoe instructors will be leading this class. All equipment will be provided. An adult must be in the canoe with the children.

“Free Sail”/Workshop

Sponsored by Sheepshead Canoe Club

Dates: Saturday July 20

Time: 10 am-4 pm

Place: Sheepshead cabin

C-516 near the Pavilion

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 !!

Conservation Event at Nawakwa

Date: Sat. July 20

Time: 7:30 pm

Place: Nawakwa

(Our next door neighbors) at the main lodge.

This is an informative night with dynamic guest speaker, Maya Van Rossum. She will be speaking on a Green New Deal for the environment, to save and protect the world for future generations and how we can make an impact! She will be joined by Cathy Pedler, the ADK State Director of Government Relations & Conservation, who will speak on the proposed Amendment to the NYS Constitution to give Civil Rights to the Environment

Tie-Dye and Dye-Painting Workshop with Katherine from NBBC

Date: Sat. July 27

Time: 11:00 am

Place: Pavilion

Participants will learn tie-dyeing and dye-painting as they create their own unique scarves and flags or bring your own 100% cotton t-shirt

Dessert Night

Date: Sat. July 27

Time: 8:00 pm

Place: Pavilion

Bring your favorite dessert to share with the camp. Coffee and tea will be supplied. Let's help Pete celebrate his birthday.

Canoe Rescue Class

Sponsored by NBBC

Date: Sunday July 28

Time: 11:00--2:00 pm

Place: At the Aluminum dock

Instructors: Elaisha Stokes

Learn the fundamentals of canoe rescues. Expect to get wet. Open to all ACA members. Children ages 7 and up may participate when accompanied by an adult.

Registration with Elaisha: elaishastokes@gmail.com

Ice Cream Social

Dates: Sun July 28

Time: 3:00 pm -- 4:00 pm

Place: Pavilion

Bring your favorite ice cream and/or toppings and let's enjoy making sundaes.

Greenland Rolling Clinic at Lake Sebago

Sponsored by the HRGF mentors

Date: Sat. Aug. 3

Time: 11:00 am-5:00 pm

Place: Meet at the Pavilion

The Hudson River Greenland Festival is running a one-day Greenland rolling clinic which is open to all levels! Everyone participating must be a current ACA member.

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.

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

To RSVP email melanielorek@gmail.com

Subject line: Sebago Rolling Clinic provide the following info:

- What you want to work on
- Rolling experience
- Expectations

Camp Potluck

Date: Sat. Aug. 3

Time: 7:00 pm

Place: Pavilion

Bring your favorite dish and/or beverage to share with the camp.

On Water Treasure Hunt

Date: Sun. Aug. 8

Time: 2:00 pm-4:00 pm

Place: Starting point is the aluminum dock

Let's have a treasure hunt on the water. Using sit on tops and canoes, be the first boat to find all the clues and find the treasure chest. An adult must be in the canoe with children under 13. On water support would be appreciated.

Lantern Making with Frances

Sponsored by MCKC

Date: Sat. Aug. 17

Time: 3:30 pm

Place: Pavilion

Come and make lanterns with the MCKC club. Kids may keep one and make one for the anniversary dinner as the table's centerpiece. Materials will be supplied by MCKC. All children must be supervised by a responsible adult. Afterwards there will be a short paddle on the lake.

Open Mic Night/ Potluck: Italian theme

Organized by Lee Reiser and YPRC

Date: Sat. Aug. 17

Time: 6:30 for dinner

with entertainment to start at 7:00

Place: At the Pavilion

Let's all get together and have some fun. While everyone is enjoying the food, our fellow ACA members will provide the entertainment. Microphone and speakers will be available, come prepared to sing, play music, organize a sing along, tell jokes, read poetry, what ever you would like to share with the camp. Come and reveal your secret talents :) If you would like song sheets printed out, send the lyrics to the camp director before the event and I will have them ready.

KAYAK POLO

Exhibition Kayak Polo Games & Lakeside BBQ

Organized by: Brooklyn Bridge Park Boathouse

Date: Sat. Aug. 17 and Sun. Aug. 18

Time: 7:00 am - 7:00 pm

Join us as we host for the third year Kayak Polo Games & BBQ at the camp at Lake Sebago. This year, New York Kayak Polo is teaming up with us to make it a spectacular two-day event of A/B/C Division games, fun outdoor activities including SUP, kayaking, hikes, bonfires and good food.

This event is geared towards creating a wider focus on Kayak Polo in the region as well as build inter-club relations. It is a family oriented event, so we welcome any and all ages to join us!

COST:

Saturday Games & BBQ ONLY: \$25 (Includes Saturday games, food and all activities)

Sunday Games & BBQ ONLY: \$25 (Includes Sunday games, food and all activities)

Questions ? : Email_polo@bbpboathouse.org

Family Bingo Night

Date: Fri. Aug. 30

Time: 7:45 pm -9:30 pm

Place: Pavilion

Bring your own bingo markers and snacks to share at the table.

Family Scupper Races

Sponsored by ROCK

Date: Sat. Aug. 31

Time: 10:30 am - 12 pm

Place: At the aluminum dock

Family fun, sit-on-top (scupper) kayak races for all to enjoy. Compete with each other, get wet and have a blast while doing it. All kids must wear life jackets and an adult must be present.

Annual Camp Potluck—Chef's choice

Date: Sat. Sept. 1

Time: 7:00 pm

Place: Pavilion

Prepare your favorite appetizer, salad, entrée or dessert to share with the camp. Prizes will be awarded to the favored dish of the camp's choosing. Let's celebrate all the hard work we have done this season.

LAKE SEBAGO CAMP COMMITTEE MEMBERS 2018

Ice Cream Social

Dates: Sun Sept. 1
Time: 3:30 pm – 4:30 pm
Place: Pavilion

Bring your favorite ice cream and/or toppings and let's enjoy making sundaes.

Annual Square Dance

Date: Sat. Sept. 1
Time: 7:20 pm-10:00 pm
Place: Pavilion

Do experience necessary. Lots of fun and laughs. Square dance caller will explain the needed moves and off we go.

Dessert Night

Date: Sun. Sept. 1
Time: 7:20 pm
Place: Pavilion

Bring your favorite dessert to share with the camp. Coffee and tea will be supplied. Let's enjoy the dessert during the square dance.

End-of-Season Campfire

Date. Sat. October 5
Time: 7:30pm
Place: The camp site just up the hill from the first parking lot.
Bring snacks & drinks to share!

Kayak Training/K-4 Race

Date. Sat. October 5
Time: 11am
Date. Sun. October 6
Time: 11am
Place: Dock next to Rockaway club
Saturday: Paddling technique workshop with on a land and on water training.
Sunday: Fun K-4 race.

All participants must be current ACA members. If you have questions please email Jan: lupinski1966@gmail.com

Camp Director

Linda Peterson
lpeterson_aca@yahoo.com

Chair

Nancy Grillo
nancygrillo@aol.com

Secretary

Gerard Grillo
screamgg@aol.com

Treasurer

Beth Bloedow
bethbloedow@netzero.com

Vice Chair

Tom Uebel
cruising26@hotmail.com

Publicity and Communications

Elena Mykolaitis
elenaambo@gmail.com

Buildings and Grounds Chair

Jeff Krauss
jakraus314@gmail.com

Atlantic Division Chair

Jerry Dunne
jerry.dunne@dunnelaw.net

Selection and Evaluation Chair

Carrie Mazanec
Sebago.selection@gmail.com

Waterfront Chair

Pete Peterson
noproblem727@gmail.com

Host and Sanitation Chair

Erika Pajerowski
erica.pajerowski@gmail.com

Rental Cabins Chair

Deirdre Power
deirdrepower@verizon.net

New Recommendations for Facility Holders and Guests

The soap we use at camp matters!

Beginning last summer, the Camp Committee began providing environmentally friendly soap in the bathrooms. In turn, we are now recommending that all facility holders and guests use similar, biodegradable soaps and cleaning products.

Obviously, we cannot--nor do we care to--track you down in the shower and see what kind of soap you're using.

However, we want you to know that many soaps and cleaning products contain harmful chemicals, including Triclosan, which is purported to be a hormone disruptor and carcinogen. Furthermore, according to the Environmental Working Group, antimicrobial/antibacterial soaps do not offer any better protection against germs than soap and water.

Therefore, we are asking you to use soap and cleaning products that 1) avoid artificial fragrance or phthalates 2) are neither "antimicrobial" nor "antibacterial". 3) do not contain triclosan or other harmful chemicals 4) comply with guidelines on the EWG's website.

Our TOP PICK for Liquid Soap is Dr. Bronner's Pure Castille Soap (unscented, peppermint, lavender, Eucalyptus, tea tree; not citrus). This soap is perhaps the most widely available. It is an all-purpose soap that can be used for hands, body, as well as for washing dishes. It is also highly concentrated--a little goes a long way.

Other recommended soaps include: Attitude super leaves Natural Hand Soap, Be Green Bath & Body Citrus Hand Soap, Deter Outdoor Soap, and Nature Clean Liquid Hand Soap.

Earth Friendly Products and Aspen Clean make great all-purpose cleaners for your cabins and tent platforms. Check out other options on the EWG's website:

https://www.ewg.org/skindeep/browse.php?category=liquid_hand_soap&&showmore=products&start=10

With appreciation,

The Conservation Committee

conservation@aca-atlanticdivision.com

The Conservation Committee's Top 10

1. **Throw your trash in the main dumpster.** Please do not throw ANY food away in the garbage cans in the bathrooms.
2. **Recycle glass, newspapers, and papers.** Harriman Park does not recycle, but that doesn't mean we shouldn't do it. Bring home your recyclables.
3. **Don't allow Aqua Invasive Species to hitchhike!** Clean, dry, and inspect your boat before bringing it to camp.
4. **Use biodegradable soap.** Our top pick is Dr. Bronner's Pure Castille Soap. This soap can be used for hands, body, as well as for washing dishes. It's highly concentrated--a little goes a long way.
5. **Be Bear Aware.** Do not feed the wildlife. Please ensure that food is secured in sealed containers. Raccoons, squirrels and mice love to feast on our leftovers and they have an uncanny ability to remember where they last found food!
6. **Adopt a path at camp.** Please remove litter and any other obstructions, like branches or large rocks, on all paths. You can sign up to adopt a path (and get work hours!) at the Pavilion.
7. **Don't burn leaves.** It's illegal in New York State and burning leaves releases dangerous compounds, including carbon monoxide, benzene, and dioxin. It's also the number one cause of wildfires in New York.
8. **Put out your campfire before you go to sleep!**
9. **Keep the lake clean.** What are you putting on your body before you swim? Are you wearing bug repellent or permethrin? This can be toxic to aquatic life.
10. Limit lantern, flashlight, and headlamp use when possible.

Camp Committee meeting

You are invited to the Camp Committee meeting on **SATURDAY, AUGUST 24 at 10 AM, at the Pavilion.**

The Camp Committee will be discussing an important issue at our August meeting, and you're invited to give us your input as we make a decision. We are going to establish a new policy on moving in/moving out of cabins & tent platforms. We would like to set a date at the end of the camp season where folks whose leases are ending that year are required to get their belongings ready for moving (because when a person's lease ends, it is uncertain whether they will keep their specific cabin/tent platform, or if they will need to move.)

Then we want to set a date at the beginning of each season where folks will all switch cabins/tent platforms on the same day – so no one is waiting around for another person to move out, and so we can have lots of helpers on hand to make things run smoothly for all renters. This issue only effects INDIVIDUAL cabin and tent platform renters. Clubs with facilities do not need to move out.

Other Camp Committee meeting dates:
Saturday, September 21, 10 am
Saturday, October 12, 10 am

ATLANTIC DIVISION ANNUAL MEETING:
Sunday, September 22, noon

Grant proposals

Do you have expertise in writing grant proposals? Are you willing to try it out? Can you help us search for grants? The Camp Committee is considering applying for financial support for installing solar panels around camp, and we'd like some help finding grants and writing applications for them. Contact BethBloedow@netzero.com if you want to help with this project.

And thanks

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, 2019.

Download the application here:
<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-ten-platforms-for-the-full-season-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, 2019.

Download the application here:
<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-ten-platforms-for-the-full-season-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 DECEMBER 31, 2019.

Download the application here:
<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-ten-platforms-for-the-full-season-individuals-and-clubs/>

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

<https://sites.google.com/site/acalakesebago/gallery>

SEASON PASS APPLICATION 2019

	Screen Fee	ACA Member Fees Per Day	Guest Fee Per Day
Adult 18 and over	\$65	\$10	\$20
Senior 65 and over	\$50	\$10	\$20
Juniors under 18	\$30	\$5	\$10
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 2019 SEASON:

- 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.
- Everyone applying for a rental cabin must pay his or her guest fee in advance for rental period before beginning their rental stay.
- Only the family members listed on the season pass application will be covered by it. Additional guests will need to pay separately.
- Members are responsible for their guests and fees of their guests. A guest is someone who is visiting a member. Because they leave 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 D BROOKLYN, NY 11234

CUT AND MAIL

Name (Last) _____ (first) _____
 Email(s) _____
 Address _____ City _____ State _____ Zip _____
 ACA # _____ E-mail _____ Home Ph _____ Cell _____

Title or Pass: ADULT - 18 and over First Season \$65 _____
 SENIOR - 65 and over First Season \$50 _____
 JUNIOR - under 18 Full Season \$30 _____
 FAMILY (2 ADULTS + KIDS under 18) Full Season \$150 _____

FOR FAMILY PASSES, LIST FAMILY MEMBER'S NAME BELOW

2nd Adult (Last) _____ (first) _____ ACA# _____
 Child (Last) _____ (first) _____ ACA# _____
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