

North Atlantic Canoe and Kayak, Inc.



NACK



An ACA Paddle America Club

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North Atlantic Canoe & Kayak, Inc. is an

American Canoe Association Paddle America Club and a NYS Not-For Profit Corporation serving Long Island and Northeastern USA.

NACK is based on Long Island, New York and is a club serving all aspects of paddle sports. We believe that a strong commitment to training and assessment fosters personal growth. We encourage all members to safely explore the limits of their capabilities in order to best enjoy their chosen aspect of paddling. Together we seek adventure in paddling. Please check out get-the-nack.org for History, Schedules, Training, Navigation & Planning Resources, Membership, Gallery, Library & Photos, Sea Market, Docs & Forms, and Links.

To stand at the edge of the sea, to sense the ebb and flow of the tides, to feel the breath of a mist moving over a great salt marsh, to watch the flight of shore birds that have swept up and down the surf lines of the continents for untold thousands of year, to see the running of the old eels and the young shad to the sea, is to have knowledge of things that are as nearly eternal as any earthly life can be. -- from The Sea around Us by Rachel Carson





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www.GetTheNACK.org
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A Message from the President

Spring is here and the weather is HOT as I write this. We had an active 1st quarter this year with all the pool sessions and lessons taken. I was not able to attend due to my shoulder surgery but I hope to catch up with all the new “hi rollers” we have.

I want to thank Jerry Collins “Captain Kayak” for allowing us to hold our next few monthly meetings at his store in Sayville. However I will miss hearing “*the library will be closing in 15minutes---10 minutes-5 minutes*” . I am looking forward to having refreshments after the meeting and just chatting with everyone, building the comradery among us.

The first meeting at Capt. Kayak will be a Yoga primer presented by Renee L. The meeting in May will be “*Where am I?*” How to read a Nautical Chart, and not get lost. There is a lot of information on a chart and it is important to know, where it is save to paddle and why.

The warmer weather will be staying with us soon so let us all get ready to be out on the water to paddle. NACK is your club and we have a lot planned and we can add many more things. NACK is only as good as its members so the more participation we have the greater our club will be

See you on the water,

John Weichert, Jr.
President



Last summer our President John Weichert, Jr. paddling in Udalls Cove Park Preserve on the Queens - Nassau border with Rennee L entering from starboard.

We are serious about FUN!

Inter Coastal Assessment

by Debbie H

Hal asked me to write something about the Inter Coastal assessment I participated in last July. Well, it has been a while so like everything these days memory seems to fade, but I can liken it to taking a final exam or defending my Masters thesis. The nervousness, the anxiety, with all those Monday night peer practices that we had all attended so faithfully been for nothing? All those figure eights around the buoys and practice rescues and practice strokes till we were freezing?

The conditions were quite agreeable, good wind and 2 to 3 ft waves. Oh boy! This was going to a long day! And so it was. Right from the beginning our skills were tested. Not far out of the put-in at Timberpoint half the group went over (pre-planned of course) but unbeknown to the rest of us and we demonstrated our rescues in a real life scenario. Not quite as easy as when it's planned. And that's pretty much how the whole six hours went. One challenge after another, never knowing what was coming next. Why did it have to be so windy? And then of course, the best for last, the final test, and the ultimate challenge the roll! Some of us were more successful than others but what was really inspiring was that we were all rooting for each other and hoping for their success. As it turned out in the end, we all ended up passing and I will look forward to paddling with all of them knowing that I am in the company of very skilled paddlers and that should I ever need assistance, I know I can count on any of them to know what to do. I encourage all the club members to keep challenging themselves and setting their sights on the next level. Training for the assessment was a great way share skills and companionship with other club members and I look forward to some great trips this season.

ACA Kayak Training Week at Lake Sebago, NY

by Steve M

The Atlantic Division of the ACA has put together a full week of training in June at the ACA camp at Sebago Lake in Harriman State Park. Training will be available for levels 1- 4 of canoe and kayaks, by some of the highest certified instructors in the ACA. For those looking to become ACA certified instructors, mid week is when you want to come. There will be instructor training courses (IDW/ICE) given Tuesday through Friday for Level 2 Essential Instructor for canoe or kayak. The weekends will be for those looking to improve there skills, with skill courses, for levels 1 – 4. If you have never been in a boat before or you are ready to learn to roll, or somewhere in between there is a place for you. There are 1/2 or full day classes or even Multan classes. Each day we will be on the water by 9:00 AM until noon and on the water again from 1:00 pm until 5:00 PM. Times will vary depending on the class and instructor. The more you know about paddling the easier it becomes. [Complete Details....](#)



New Jersey Paddlesport Symposium

The Paddlesport symposium in New Jersey was a great experience. As new paddlers, Greg and I looked forward to learning more about kayaking gear, and having a chance to see many different boats, etc. We enjoyed doing that (and of course bought lots of gear!) but even more enjoyable were the many workshops offered by top instructors.

We arrived Friday night, and got right into the swing of things by taking Ben Lowry's workshop on forward strokes. Ben has a unique, relaxed style and a very dry wit. He assembled 3 teams of 2 "paddlers" each, set them on the floor in the center of the room, and proceeded to demonstrate what the dynamics of a forward stroke are. It was surprising to me how most of them struggled to do what looks so deceptively simple! But by physically holding each paddlers wrists and bracing his legs against their feet (in effect becoming their kayak and paddle) he was able to guide each paddler into the proper position and rhythm. What a class! We stayed for his rolling class, which was equally good. I can't imagine how tiring it was to roll that 19' kayak back and forth on that rough rug for an hour! He must have done it 500 times. We heartily recommend his classes to anyone.

Saturday the place was buzzing with excitement. You could hear old friends greeting each other, exclaiming over their latest achievements and acquisitions. There were many booths selling equipment, and boats, and numerous booths set up for the many different kayak clubs in attendance. We were happy to man our booth for a while, and enjoyed the company of Dara, Colin, Ann, Elizabeth, Gordon, John, Tom, Doug and Renee during the course of the weekend. There were probably others there but in all the hustle and bustle I didn't see them.

Saturday afternoon we took two more classes - the first was taught by Danny Mongo, on choosing the correct paddle for your style, body type, and kayak. He was great, explaining why or why not certain paddles work for certain people. He jumped up on the table and showed the specifics of each stroke - and there's really nothing better than a good

demonstration! Reading about it and talking about it is a good beginning, but seeing it done by an expert is invaluable. Danny is a funny, engaging guy, and I would love to take more classes from him.

Later in the day, we had a great treat - a class on recoveries giving by Wayne Horodowich of University of Sea Kayaking. His bio includes the fact that he taught kayaking to college students for 29 years, and that fact was clearly evident in his style. He had a warm, accepting, and realistic response for all questions. His enthusiasm for his sport was clearly evident, and we both learned a lot in his class. If I ever had the chance to go to Seattle, where he now lives, and take a class from him, I would jump at it!

The rest of the day was terrific - I "tried on" kayaks endlessly, constantly peppering Elizabeth with questions about pfd's and kayaks (which she generously and patiently answered!). Our NACK booth had many visitors, and hopefully we will have additional new members as a result. We had a "contest" involving a large vessel of ice-water; after writing their name with a warm, comfortable hand, the contestant would then immerse their hand in ice-water for as long as they could tolerate. After the immersion, the contestant would then write their name with the same hand, demonstrating the lack of coordination cold water immersion causes. The winner of the contest won a book on kayaking. People really thought it was fun, and it generated a lot of comments.

Saturday night we went to dinner in a large group, and laughed and talked for a long time. Wayne held forth with many interesting stories, and it was a great night.

Sunday there was a little more time for shopping (of course) but we had to get back to Long Island early. Who knew Paddlesport would be so much fun? I can't wait for next year! See you there!

Pat Weber



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Spring 2010 - 2nd Quarter

☛ April 12

- Board Meeting (S) 6:30 PM
- Panera Bread in 1025 Montauk Highway West Babylon, NY Babylon
- Contact John W. - Bluek@weickert.com

☛ April 20th

- Club Meeting (S), Captain Kayak
- 23 River Road Sayville, NY 11782
- 6PM Paddlers Forum - TBA
- 7PM Business Meeting
- 8PM Yoga for Paddlers by Renee L.
- Refreshments Afterwards

☛ April 24th Saturday

- Outreach (S)
- Nassau County Boy Scouts Scoutwalk
- Presentation on Paddlesports Safety
- Contact John W. - Bluek@weickert.com

☛ April 24th-25th Saturday & Sunday

- Outreach (S)
- Heckscher Park
- Contact Tom S. - tstraub@optonline.net

☛ May 1st Saturday

- Mayday on the Bay Race (S) (NR)
- Empire Kayaks
- Contact Elizabeth O' - sksa@optonline.net

☛ May 3rd Monday

- Peer Practice Level 3 (S) on water
- Contact Steve M. - mcdonald@optonline.net
- Timber Point

(S) ACA Sanctioned Activity

(NS) NACK Non-Sanctioned Activity

(FW) Flat-water (ACA L1)

(AFW) Adv. Flat-water (ACA L2)

(IC) Inner Coastal (ACA L3)

(OW) Open Water (ACA L4)

(AOW) Advanced Open Water (ACA L5)

(NR) Non-Rated Skill Level

Highlighted are new events added



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Spring 2010 - 2nd Quarter

- ☞ **May 10th Monday**
 - Peer Practice Level 3 (S) on water
 - Contact Steve M. - mcdonald@optonline.net
 - Timber Point
 -
- ☞ **May 16th Sunday**
 - Paddle Level 2 (S)
 - Orient Beach Hallock Bay
 - Dry/wet suite required
 - Contact Collin M.- colin82abn@optonline.net
- ☞ **May 17th Monday**
 - Peer Practice Level 3 (S)
 - Timber Point
- ☞ **May 18th Tuesday**
 - Club Meeting (S), Captain Kayak
 - 23 River Road Sayville, NY 11782
 - 6PM Paddlers Forum - Can you get lost on the water
 - 7PM Business Meeting
 - 8PM Nautical Chart reading.
 - Refreshments afterwards
- ☞ **May 24th Monday**
 - Peer Practice Level 3 (S)
 - Training (NR)- Fundamentals of Kayak Safety- Contact Steve M. - mcdonald@optonline.net
 - Timber Point
- ☞ **May 31st Monday**
 - Peer Practice Level 3 (S)
 - Contact Steve M. - mcdonald@optonline.net
 - Jones Beach

(S) ACA Sanctioned Activity
 (NS) NACK Non-Sanctioned Activity
 (FW) Flat-water (ACA L1)
 (AFW) Adv. Flat-water (ACA L2)

(IC) Inner Coastal (ACA L3)
 (OW) Open Water (ACA L4)
 (AOW) Advanced Open Water (ACA L5)
 (NR) Non-Rated Skill Level
 Highlighted are new events added



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Spring 2010 - 2nd Quarter

- ☞ **June 7th Monday**
 - ➔ Peer Practice Level 1, 2, & 3 (S) (NR)
 - ➔ Training (NR)- Fundamentals of Kayak Safety- Contact Steve M. - mcdonald@optonline.net
 - ➔ Timber Point

- ☞ **June 8th Tuesday June 13th Sunday**
 - ➔ ACA Week at Lake Sebago
 - ➔ Contact Elizabeth O' - sksa@optonline.net

- ☞ **June 14th Monday**
 - ➔ Peer Practice Level 1, 2, & 3 (S) (NR)
 - ➔ Tune-up for Assessments-Contact Steve M. - mcdonald@optonline.net
 - ➔ Timber Point

- ☞ **June 15th Tuesday**
 - ➔ Club Meeting (S)(NR) On Water, Captain Kayak
 - ➔ 23 River Road Sayville, NY 11782
 - ➔ 6PM Paddlers Forum -TBA
 - ➔ 7PM Paddle in Browns River
 - ➔ Refreshments afterwards

- ☞ **June 19th Saturday**
 - ➔ Outreach Belmont Lake State Park (S) (NR)
 - ➔ On Water Paddle Sport Safety Program
 - ➔ Program is in the development stage
 - ➔ Contact John W.- Bluek@weickert.com

- ☞ **June 21st Monday**
 - ➔ Peer Practice Level 1, 2, & 3 (S) (NR)
 - ➔ Level 1&2 Assessments-Contact Steve M. - mcdonald@optonline.net
 - ➔ Timber Point

(S) ACA Sanctioned Activity
 (NS) NACK Non-Sanctioned Activity
 (FW) Flat-water (ACA L1)
 (AFW) Adv. Flat-water (ACA L2)

(IC) Inner Coastal (ACA L3)
 (OW) Open Water (ACA L4)
 (AOW) Advanced Open Water (ACA L5)
 (NR) Non-Rated Skill Level
 Highlighted are new events added



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Spring 2010 - 2nd Quarter

- ☛ **June 27th Sunday**
 - ➔ Level 2 Paddle (S)
 - ➔ Little Sebonac Creek
 - ➔ Contact Dara F. - dara4dogs@optonline.net
 - ➔
- ☛ **June 28th Monday**
 - ➔ Peer Practice Level 1, 2, & 3 (S) (NR)
 - ➔ Contact Steve M. - mcdonald@optonline.net
 - ➔ Jones Beach



(S) ACA Sanctioned Activity
 (NS) NACK Non-Sanctioned Activity
 (FW) Flat-water (ACA L1)
 (AFW) Adv. Flat-water (ACA L2)

(IC) Inner Coastal (ACA L3)
 (OW) Open Water (ACA L4)
 (AOW) Advanced Open Water (ACA L5)
 (NR) Non-Rated Skill Level
 Highlighted are new events added

Outfitting Your Kayak

by The Staff at Rutabaga.com with permission of Darren B. Bush the owner of Rutabaga.com the paddlesport shop in Madison, Wisconsin.

In order for your kayak to work the way it is supposed to it has to fit. It used to be that only whitewater kayakers got any kind of attention in this area, but now kayakers of all stripes are taking advantage of all that custom outfitting has to offer. The good news is that today's kayakers come from the factory with more outfitting aids than ever before. Even so, nearly all kayakers can benefit from some additional work. This article is intended to give you some ideas about things you might customize in order to increase your enjoyment of your kayak. Keep in mind that outfitting your boat is a process, not an event. Unless you've got a lot of practice, you will probably not be able to completely outfit your boat to your liking in one session. Once you get everything in your boat, you'll frequently want to move things around a bit, adding something here and shaving something down there. Outfitting your boat is almost a hobby in itself.

The goal of kayak outfitting is to get the boat to perform as an extension of your body. The old way of doing this was to make it really tight. Back in the early days of kayak outfitting, this was OK, since you'd get out on a regular basis to scout the next rapid on the river allowing you to stretch, walk around, and put a fresh shot of Novocaine into your feet. If you've planned a 20-mile crossing in your sea kayak, though, getting out isn't exactly an option. The way it's done now is to use components that can be shaped to make the boat fit. The discussion is limited to closed-cockpit kayakers (sea and touring boats). Not every kayak is going to need attention in every single area.

Seat

This is the one most people think of first, since a sore rear end can make you more miserable than almost anything else. The seat is critical not just for comfort, but also for performance. The purpose of the seat is to provide solid contact between the hips and the kayak. The seat should also hold your pelvis in such a way that you have full range of motion both above and below.

The simplest way to improve the comfort of the seat is to apply some padding. Self-adhesive foam pads are available for that purpose, most of which also provide a bit of traction for improved control. There are also inflatable seat pads that provide tremendous comfort, but be careful when using one. Sitting up on a thick pad decreases the stability of the kayak.

A seat can sometimes also be repositioned. Many whitewater kayakers' seats can be moved front-to-back to fine tune the performance of the boat. If you are handy, most any seat that is not molded into the hull (as with Perception's Carolina family) can be repositioned to some degree. The most common changes made are to move it up or down (to change stability characteristics or to create or take up room for the legs), or to tilt it forward or back (to relieve stress on the back, or to alleviate tension in the hamstring muscles). As a last resort, a seat can be

replaced. Seat styles vary widely between manufacturers, so probably won't be able to fit a current Design' seat into your Dagger boat, but Valley makes a foam seat that can be placed in any kayak by gluing it to the floor. The seat is soft and comfortable on its own, and it can be sanded with coarse sandpaper. Just keep in mind that some seats provide structure to the hull, and removing them may compromise the integrity of the center of the boat.

Hip pads will set you up for performance. You won't slide around on your seat, so your strokes will be more efficient, and your braces will be more effective. In fact, most people are not really able to Eskimo roll until they spend some time putting hip pads in. The classic solution is hip pads made of minicell foam. They are easily shaped with sandpaper or Dragon Skin, and can be glued into the cockpit. They provide a range of possibilities limited only by your imagination. A newer idea is modular pre-made hip pads. They are easy to attach to the sides of the seat and shims can be added or removed to fine-tune the fit. They're convenient to install and use, but not as adaptable as the home made type.

Back Support

This perhaps the most important but least understood aspect of outfitting: first of all, the purpose of back support is to hold the pelvis in proper alignment, which in turn allows the back to hold itself in good position. It also provides a solid surface for the feet to push against—an essential component of powerful efficient paddling. Many people think that a tall seat back provides the sort of relief they need, but in most cases this is not the correct solution. Think of one of those therapeutic back chairs—they don't have any backrest at all! The principal is that if the pelvis is supported correctly, the back will align itself naturally. The same is true of kayakers. In fact, an over-tall backrest is not just unnecessary, but actually harmful. It reduces your ability to rotate your torso during your stroke, isolating the stress of paddling in your relatively fragile shoulders which become susceptible to exhaustion and injury. It also sticks up higher than the level of the back of the cockpit and seriously complicates the matter of re-entering the kayak in deep water. So what makes a good backrest? We recommend something that's substantial. It can be padded, but it should have a fairly rigid structure inside. This can come from a hard plastic seat back, or from a back band that has some kind of stiffener inside. Many are adjustable, which is nice, but not really essential. After you get it set up properly, you won't spend a lot of time fiddling with it. It's also best to use something that tops out at or below the cockpit rim. Once you find something good, set it up so that it presses securely against your sacrum and lumbar area, and allows you to sit comfortably with a slight forward lean.

Foot-braces

As noted above, the back rest is for pushing against. The foot-brace is what you'll be pushing off of, and it should be able to take the pressure. Most adjustable plastic foot-braces that come as standard equipment are not really up to the task. They function OK for a while, but they don't tend to last. Luckily there are several options available for upgrade. Yakima foot-

braces have been the gold standard for years. They are very stoutly constructed of aluminum and stainless steel, and they can be expected to last indefinitely. They are available for both ruddered and non-ruddered boats. A newer product is the SmartTrack footbrace. It's a cleverly designed system that addresses one of the few shortcomings of the Yakima product—adjustment on the fly. Changing the position of the SmartTrack footbrace while sitting in the cockpit is child's play. Also available for ruddered kayaks, the SmartTrack system also addresses the inherently inefficient nature of sliding foot-braces. If your kayak has a fiberglass or welded plastic front bulkhead (as most British kayaks do), you can also use blocks of minicell foam to create a bulkhead footrest. These are very solid and comfortable, but will not work with rudders and also do take up cockpit space that might be needed on a long trip.

Thighs/knees

Good thigh contact is essential to performance, and since we often paddle in the summer, paddling with our bare knees against the underside of the deck without knocking on the underside of the deck, makes the whole experience just that much nicer. Plain old padding does help, but it works best if it's shaped in such a way as to lock the thighs in place. Many kayaks today have contoured (and sometimes adjustable or interchangeable) molded thigh braces in them., and some are even padded. Other kayaks are more "rustic" and could use a bit more work. A thin sheet of minicell foam (or thicker one if your kayak is too roomy) with a shaped foam wedge to create a "hook" can be glued to the underside of the deck and provides great performance. Some thigh hooks are padded with neoprene rubber, which provides nice grip but has a greater tendency to come unglued.

Storage

Part of outfitting is making sure that you have access to the items you need while on the water. The key is to keep things accessible but protected from damage and loss. It's also possible to over-do it. The most obvious storage solution is a deck bag. There are a variety available, from simple mesh organizers to 100% watertight consoles. The key is to remember that anything you put on deck will alter the performance of your boat in the wind, may kick spray into your face, and is subject to damage during rescues. A map case helps keep charts available and protected, and most attach easily to your deck lines. Storage inside the boat strikes a different balance with things being more protected but less accessible. Much is made of storage space behind the seat, but it's frequently difficult or impossible to retrieve anything stuffed there. The space between the knees, however is prime real estate, and there are a couple of ways to make use of it. With composite kayaks, Valley's Knee Tube can be bonded to the underside of the deck providing a rigid tube for storing a thermos, water bottle, rain shell, or whatever. For those with plastic kayaks, Northwater's Under Deck Bag provides something similar. It's a soft sided bag that hangs from anchors glued to the underside of the deck.

Other Tips

Outfitting a kayak ain't rocket science. Most people will have fun doing it, and it doesn't take a lot of specialized equipment. All you really need is a bread knife or hacksaw and some sandpaper or Dragon Skin (for cutting and shaping minicell foam), duct tape for holding things in place, and Mondo-bond or other water proof contact cement to secure things once you've figured out where you want things. Major modifications like cutting out a seat or installing a knee tube are more involved, but none of it is really difficult. The best way to proceed is to look at what other people have done with their boats and if possible sit in them. This will help you find out what you think is comfortable, and you can take those ideas and adapt them to your own use. As always, we're just a phone call away if you need help or moral support.



The art of the sailor is to leave
nothing to chance.
-Annie Van De Wiele

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"Chance Favors the prepared
mind" – *Harlan Ellison*

Aboveboard – A person who deals honestly is said to be "aboveboard." When pirates sailed the seas, they had a rather sneaky practice of keeping many of their crew below decks. Thus, when a merchant ship loaded with treasure caught sight of a pirate ship, only a few crew members would be visible on the pirate ship. The pirate vessel could then capture the luckless merchant ship by employing their below-decks crew. Honest captains kept their crew "above board."

Please send your articles, stories, tips, photographs, etc. to Harold M @

[<halmcl@mac.com>](mailto:halmcl@mac.com)

Water Notes and Activities

From Collin M

NACK members were offered a 10% discount and or organize a group trip and receive 15% off and one person goes free on trips offered by Sea Kayak Adventures, Inc. They run trips out of Baja, Mexico, British Columbia, Canada and other locations. Their 2010 Sea Kayaking & Whale Watching Trip Schedule is posted at www.seakayakadventures.com They can be reached at Sea Kayak Adventures, Inc., P.O. Box 3862, Coeur d' Alene, ID 83816, or call their office for trip availability 800-616-1943 or e-mail them at info@seakayakadventures.com

From Steve M and our website

Welcome to the latest addition to the web presence of North Atlantic Canoe and Kayak. This site is organized as a Web Log or "blog" for short. It enables us to post information as soon as it becomes available and allows you to interact by posting comments. You can even subscribe by email to keep up with the latest posts and comments. And if you're looking for something specific the postings and other materials are now fully searchable in several ways. Check out the [Site Information](#) link for details. Enjoy your visit.

The [Hudson River Greenland Festival](#) will be held in Croton Point Park June 25, 26 and 27. The park is 508-acres situated on a peninsula on the east shore of the Hudson River. It is located in Croton-on-Hudson, Westchester County, New York. The focus of the festival is to learn, refine, and share traditional kayaking techniques in a stimulating and enjoyable environment. Whether you are new, along, or far down this path, this promises to be a great weekend of Greenland-Style kayaking!

The [Northeast Intermediate Rough Water Symposium \(RWS\)](#) will be conducted outside Point Judith, RI on **Friday, June 11 to Sunday June 13, 2010**. It will again be based out of Camp Fuller where (this year) nearly everyone can bunk in cabins, have a post paddling shower, all while sharing great home cooked meals and a chance to connect to the paddling community. There will be access to both flood and ebb tides each day, and the sea state should be livelier in June. It will be the long, lazy days of early summer, fewer power boaters competing for space...and a chance to get

prepared for the upcoming paddling season. Nigel Dennis and a large number of his strong Pro paddlers will be in full force along with the top notch Fishers Race Team members. You'll note some new coach faces that will keep you on the front edge of your seat. You'll see new offerings of Incident Management, Core Paddling and Short Boat Surfing. But the emphasis remains on rock gardens, long boat surfing and tidal races, along with continued commitment to building our paddling clubs and community. There will be BCU 4 Star Sea Leader training and a 5 Star Tidal Training module.

The [Mid-Atlantic Kayak Festival](#) on May 7, 8 and 9 is billed as the MidAtlantic Region's premier kayak festival and demo event! Located at the wooded and water surrounded tip of Historic Camp Letts in the boating capital of the US, Annapolis, MD just outside our Nations Capital, this three-day, RAIN OR SHINE event offers everything the new or experienced paddler could ask for! Free demos and expert advice on the greatest and latest gear from industry legends and top-quality

manufacturers and free instruction for beginners from the Nation's kayaking authority. Experienced Paddlers can register for special instructional packages packed to the brim with the sport's most accomplished coaches. Those in the market will find a comprehensive selection of sea and recreational kayaks, paddles, PFD's and more! Get the down-low from the up-high, get up close and personal with the gear and then take it home – all in the same day!

Learn to roll your kayak. There are several good DVDs out there that can help a kayaker learn how to roll their boat. But [1st Roll by Jay Babina](#) is probably the only one that deals exclusively with rolling a sea kayak. No whitewater boats. From the DVD... "Learning the Eskimo Roll is every kayakers dream from the moment they venture out on their first paddling experience. The idea of bringing yourself upright from a capsize is not only unique to the design of the kayak but remains one of the utmost safety skills that the sea kayaker can learn. "1st ROLL" addresses the concerns of the novice kayaker and demonstrates a simplified approach to learning the

extended paddle roll, which is the easiest style roll to learn for beginners." With this DVD, and some professional instruction, you can easily learn to roll your kayak. This DVD has been out there for a while but is not well known since it's not marketed by the big guys or Amazon.com It is available directly from Jay. Jay is probably best known as a designer and builder who created the Greenland style [Outer Island](#) strip built kayak that was later used as the basis for the Impex Outer Island.



Saturday and Sunday, April 24 and 25, the Dingy Shop in Amityville, New York, will have all their kayaks available for on water paddling. This is your chance to get down there and try the boats. Demos will run from 10AM until 5 PM each day. The shop is located at 334 South Bayview Ave in Amityville

and the shop number is 631-264-0005.

The Annual and Final Mayday on the Bay is Saturday, MAY 1. Checkin at 8:30-9:30. 10:00 am Start. Empire Kayaks presents the 12th and final MayDay On The Bay Kayak & SUP Race. This fun 3 mile loop around Garret Marsh starts and ends at Empire Kayaks. No more excuses, register now. [Click for entry form.](#)

SKSA-Ltd. says daffodils are sticking their heads up. Birds are returning from their winter homes and SKSA-Ltd. is gearing up for another great paddling season. Check out their [class page](#) and home page and to see what is coming soon. If you are paddling in our area during the early spring months then you need to be skilled, well prepared and extra cautious, though the serenity and scenery make the effort worthwhile. ***Please remember to paddle smart and stay safe.***

If you never paddle with those better than you, you never improve!

THE WORK CREDIT/NACK BUCK system is as follows:

As part of the membership responsibilities all members are asked to donate 10 work hours to NACK each year. These hours can be fulfilled by being elected as club officer, appointment as a committee chairperson, volunteering on any of the committees, or helping out at outreach events.

See the full Work Policy on the web site for detailed job descriptions and work credit given. Go to get-the-nack.org, click on Docs and Forms, scroll to the button that says NACK Work Policy and click on it. If you're unsure who to contact to volunteer for a position call or e-mail Steve McDonald at mcdonald@optonline.net, John Weickert at bluek@weickert.com or Ann Kaiser at akaiser@optonline.net or 516-445-5504.

For every 10 hours over the 10 required hours a "NACK Buck" is deposited to your work account. Each NACK Buck currently has a credit value of \$25 towards NACK approved training. In order to accumulate work credits and earn NACK Bucks **PLEASE! YOU MUST REPORT YOUR WORK HOURS. DON'T BE SHY.**

To report your work hours send an e-mail to Ann Kaiser at akaiser@optonline.net. They need to be sent within two months of contributing the work hours. Submissions of work hours received more than two months after service will not be counted.

To redeem your NACK bucks e-mail Ann Kaiser at akaiser@optonline.net with your request.

Any questions email or call Ann Kaiser at 516-445-5504.

Full details are on the web site in Docs and Forms under NACK Operations-NACK Buck Procedure.



NACK Meetings:

Our next three monthly **General Meetings** will be held on April 20th, May 18th and June 15th at CaptainKayak at 23 River Road Sayville, NY 11782. Please see the spring schedule. Join us at 6:00 PM for Paddler's Forum, a discussion group where we explore topics related to paddling, personal development and club growth. The formal meeting starts at 7:00 PM and generally includes a program or speaker of general interest. Often, we meet again after the meeting for a social hour at an inexpensive nearby restaurant. Details and directions are contained on our web site. Please always check our website get-the-nack.org for the location and date of the 2010 general meetings.



2010 SPRING Paddles & Activities:

There are a number of paddling opportunities scheduled during this Spring and more are being planned for this summer. Please see the spring 2010 schedule in this newsletter and on the NACK web site and links for details at get-the-nack.org

"While wandering a deserted beach at dawn, stagnant in my work, I saw a man in the distance bending and throwing as he walked the endless stretch toward me. As he came near, I could see that he was throwing starfish, abandoned on the sand by the tide, back into the sea. When he was close enough I asked him why he was working so hard at this strange task. He said that the sun would dry the starfish and they would die. I said to him that I thought he was foolish. There were thousands of starfish on miles and miles of beach. One man alone could never make a difference. He smiled as he picked up the next starfish. Hurling it far into the sea he said, "It makes a difference for this one." I abandoned my writing and spent the morning throwing starfish." – Loren Eiseley



After surf practice, the NACK founders flagged down a beach walker to aid with a group photo. Unfortunately all were too busy to get any pictures of actual surf landings. Five of the original six founding members of **NACK** include, from left to right: Gordon, Elizabeth, Tim, Pam and Stu. Doug was busy that day and only got to the put-in in time to welcome the group back.

NACK

P.O.Box 124

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