

NORTH ATLANTIC CANOE & KAYAK



NACK



NEWSLETTER

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North Atlantic Canoe & Kayak, Inc. is a Long

Island, New York based kayaking club. It's an American Canoe Association (ACA) Paddle America Club and a NYS not-for-profit corporation serving Long Island and the Northeast. NACK was formed to promote ongoing education in safe and responsible canoeing and kayaking for paddlers of all skill levels on the rivers, lakes and coastal waters of the northeastern United States.

Together we seek paddling adventure and fellowship in a congenial atmosphere. Members can expect monthly meetings, on water trips, and training opportunities.

Together we seek adventure in paddling. Please check out (click) our site at www.get-the-NACK.org for History, Schedules, Training, Navigation & Planning Resources, Membership, Gallery, Library & Photos, Sea Market, Docs & Forms, Links and more.

"David had once been a seal hunter, hunting in summer from his kayak. His father had built his first kayak for him out of wood and sealskin when he was young. He had built several more for him over the years, four in all. That was on the east coast, at Natak I think he said, in Labrador. He was proud of his skills, but now, he said, he was too stiff. He couldn't bend enough to squeeze into a kayak. The translator laughed and poked fun, saying "Too much television! Too much food!" and he patted the air in front of his stomach, suggesting a paunch" (From Chapter 7 of *Stepping Stones of Ungava and Labrador* by Nigel Foster.)



NACK - North Atlantic Canoe & Kayak, Inc.
 An ACA Paddle America Club & NYS Non-Profit Corporation
www.Get-The-NACK.org
 P.O. Box 124
 Wantagh, NY 11793
info@get-the-NACK.org



Executive Board

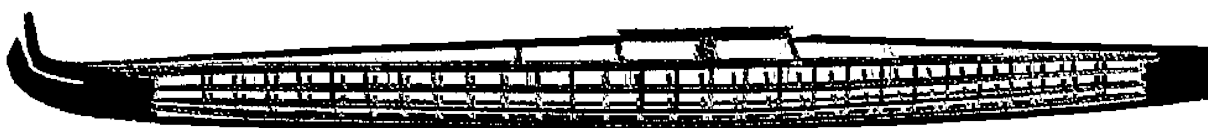
John W.. President.. bluek[at]weickert.com. 917-681-0749
 Steve M.. Treasurer. mcdonald[at]optonline.net
 Ann K..... Vice-President. AKaiser[at]optonline.net. 516-445-5504
 Dara F.. Secretary.. Dara4Dogs[at]optonline.net

Board of Directors

Elizabeth O.. Founding Director. changingtidespc[at]gmail.com.. (203) 903-5705
 Gordon D.. Founding Director. gdayton2[at]gmail.com
 John W.. Board Chairman.. bluek[at]weickert.com. 917-681-0749
 Steven M.. Director. mcdonald[at]optonline.net
 Roy B.. Director. rbaillar[at]optonline.net
 Ann K.. Director. AKaiser[at]optonline.net. 516-445-5504
 Colin M.. Director at Large. Colin82abn[at]optonline.net
 Debbie H.. Director. Hikerdebb[at]aol.com. 516-449-5521
 Bob H.. Director. hawkmac[at]optonline.net
 Buddy F... Director. bfic[at]hotmail.com

Committee Chairpersons

Steve M.. Awards.. mcdonald[at]optonline.net
 Elizabeth O..... Training Advisor. changingtidespc[at]gmail.com.. (203) 903-5705
 Vacant. Training. Board / Executive
 Vacant..... Program. Board / Executive
 Collin M.. Trips.. Colin82abn[at]optonline.net
 Roy B.. Trips.. rbaillar[at]optonline.net
 Steve M.. Webmaster.. mcdonald[at]optonline.net
 Greg/Pat W..... Publicity.. greg.weber[at]gpakc.com... 631-368-5606
 Ann K.. Membership. AKaiser[at]optonline.net. 516-445-5504
 Ann K.. Corresponding Sec.. AKaiser[at]optonline.net. 516-445-5504
 Robert/Matt F..... Library. RobKen[at]optonline.net. 631-472-0373
 Robert/Matt F..... Greeter. mattyferrizz[at]hotmail.comt. 631-472-0373
 Harold M.. Newsletter. halmcl[at]mac.com
 Tom S.. Work. tstraub[at]optonline.net. 631-204-9957
 Renee L.. Social. 516-829-9792
 Gordon D.. Advisor / Historian.. gdayton2[at]gmail.com



Presidents Message

Happy Holidays. I hope everyone had a healthy and happy holiday season. We held elections to fill the open director positions at our December meeting; Myself and Roy were re-elected and I want to welcome our 2 new directors Buddy F. & Bob H., both are active members in our club and will be a great addition to the board. We will be holding our next board meeting in early January at which time we will elect the Board Chair.

Also at our December meeting we had Arthur Kopelman, Ph. D., President of "Coastal Research and Education of Long Island, Inc." CRESLI give an unbelievable presentation on marine mammals.

Our annual holiday/awards dinner is all set for January 8th. Renee L. has been hard at work coordinating everything and I know it will be wonderful as usual. Please contact her if you have not already made your reservation.

January is the start of our indoor pool sessions, Ann K. has again done a wonderful job arranging the pool and all the logistics that go with it.. As of now all the openings have been taken, however there will be times when members cannot not attend. Just email me a note if you are not attending and I will get a notice of the opening out by email to all members to contact the member who has a space open, so please watch your emails.

John Weickert, Jr.

Bluek@weickert.com





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An ACA Paddle America Club & NYS Not For Profit Corp.



www.GetTheNACK.org

NACK Winter Pool

NACK winter pool practice sessions - a great way to get ready for the 2012 season at Suffolk County Community College, Grant Campus in Brentwood. Members can share a subscription. Members, friends and other interested paddlers may access the pool on the dates indicated for practice sessions or lessons based on the fees given below, if space permits.

Dates: Sundays from 1:30 PM to 3:30 PM on the following dates:

1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4

Participation Rates: Pool sessions have become exceptionally expensive and the Suffolk Pool is no exception. We have worked hard to keep costs favorable and to let as many paddlers participate as possible.

Item	NACK Members	Non-NACK Members	
		ACA Members	Non-ACA Members*
8-Session Package	\$225	\$240	\$280
Single Session (ea)	\$35	\$45	\$50

* An additional event fee is required for all non-ACA members.

Reservations: Space is limited. The 8 session subscription will be on a first come first served basis. We will make every effort to accommodate all those interested with space in the pool. However in the interest of safety we must place restrictions on the maximum number of boats of various types based on their size and the available space in each session. Please register early to reserve space for your desired craft if you are doing a single session. For the 8 session reservation call Ann at 631-286-8782 or email at akaiser@optonline.net. You may use 2 NACK bucks towards an eight session subscription.

ACA Instruction Available (added fees): All Instructors must be ACA Certified. NACK INSTRUCTORS: Roy Baillard L2, Gordon Dayton L4 & L2 Canoe, Buddy Ficarella L1, Doug Ford L3, Ann Kaiser L2, Steve McDonald L2, Elizabeth O'Connor L4 IT, Dan Troup L3, John Weickert L2. Contact information can be found on the *Members Only* page.

Pool Practice Rules:

1. We practice "Leave No Trace". All boats must be visibly clean inside and out.
2. Use of PFD's is required except in special circumstances.
3. There will be no "seal-launching" or "seal-landing" at the edge of the pool.

Recommended Gear: you may want to bring nose clips, swim goggles, rescue gear, wetsuit, towel, lock, drinking water in plastic container

Directions: at LIE exit 53, take Wicks Road south ½-mile. The SCCC entrance is on the right. Make a left at the stop sign and make the first right, the main building will be on your left. Continue to the back of the building, we are allowed to use the rear entrance to unload kayaks and park.

Getting the most from Kayak Pool Sessions

By [admin](#) Steve M on NACK Blog Comments (1)

Getting the most out of pool sessions. Pool time is expensive, so you will want to make as much as possible of the opportunity. Here's my list of 10. I'm sure there's more. Your input and comments are welcome.

1 Arrive early with a super clean kayak. You will need time to unload and move boats, check in, get changed, etc.

2 Take some time to warm up. You should stretch and limber up and maybe do a few yoga poses.

3 Plan your activities. Not just rolling, ten minutes of trying to roll can be exhausting. Review your wet exit especially if you have a new or different boat or equipment. In between try something different like a balance brace. Have some alternatives, a plan B, to make the most of your time.

4 Make an equipment checklist. Nothing like getting to the pool without a paddle! You might not need sunscreen but you'll probably need a PFD, spray skirt, nose plugs and goggles, lock for your locker and a towel to dry off. And don't forget water to drink. Strenuous activity can easily cause you to become dehydrated.

5 Try something different. If you ask, most paddlers are willing to let you try their kayak, paddle or PFD.

6 Team up with another paddler. Wet exits and dumping water from your boat is exhausting and time consuming. Safety considerations aside, peer practice can be very rewarding.

7 Take photos and video. There's nothing like actually seeing yourself doing something. When learning to roll I was shocked to see my position under water. There I was, sitting bolt upright instead of set-up, curled upward to the water surface. No way that's going to work.

8 Seek instruction if available. An experienced instructor will often be able to give pointers to help improve skills and avoid common mistakes. We often think we're doing something right when a trained observer can see that we're not doing what we think we are doing.

9 Did I mention arrive early? See #1

10 Most important, have fun and enjoy the clean, warm water! And no jellyfish

December 12, 2011

Level 1 - Flat Water

These guidelines are to be used when rating a NACK L-1 trip level.

1. Paddle location: protected waters, such as small lakes, estuaries and marshes.
2. Paddler should remain within their swimming distance to shore.
3. Paddle during daylight hours only.
4. Wave conditions should be calm to less than 1/2 foot in height.
5. Current should be calm and within the paddler's ability to comfortably paddle against, approximately a 1/2 knot.
6. Winds should not exceed force 1 on the Beaufort Scale, (1 to 3 knots) or (1 to 3.5 MPH)
7. Trip length should be under 5 miles or a distance that the individual paddle can accomplish without becoming fatigued.
8. All conditions should not exceed the individual kayaker experience or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.

December 12, 2011

Level 2 - Advanced Flat Water

These guidelines are to be used when rating a NACK L-2 trip level.

1. Paddle location: Paddle waters equal to L-1 paddler and in addition protected bays.
2. Paddle within a safe distance to shore, approximately ½ mile and/or the paddler's ability to comfortably return to shore.
3. Paddle during day light and evening hours.
4. Wave height should be minimal, under 1 feet in height and within the kayaker's ability to comfortably paddle in.
5. Current should be moderate approximately 1 or 2 knots or within the paddlers ability to comfortably paddle against.
6. Winds should not exceed force 2 on the Beaufort scale, (4 to 6 knots) or (4.5 to 7 MPH).
7. Trip length should be under 10 miles or a distance that the individual paddle can accomplish without becoming fatigued.
8. All conditions should not exceed the individual kayakers experience or ability to safely paddle in or upon.

Number 2 is taking into consideration that there are a number of places were at a 1/2 mile from shore the waters depths is only 2 feet or less.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

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December 12, 201

Level 3 - Intercostal

These guidelines are to be used when rating a NACK L-3 trip level.

1. Paddle location: Paddle on waters equal L-1 and L-2 paddlers with the addition of open bays and protected sounds.
2. Paddle within reasonable distance to shore and within sight of land.
3. Paddle during daylight and night hours.
4. Should have a basic knowledge of on water navigation, during both day and night.
5. Wave height should not exceed approximately 2 ½ feet or the paddlers ability to maintain a safe craft.
6. Currents should not exceed the paddler's ability to make headway.
7. Winds should not exceed force 4 on the Beaufort scale, (11 to 16 knots) or (12.5 to 18.5 mph).
8. Trip length should be under 15 miles or a distance that the individual paddle can accomplish without becoming fatigued.
9. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

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December 12, 201

Level 4 - Open Water

These guidelines are to be used when rating a NACK L-4 trip level.

1. Paddle location: All previous waters listed and in addition open sounds and coastal waters including surf zones.
2. Possess the ability to paddle both in daylight and at night.
3. Possess superior navigational skills with the ability to navigate during day and night.
4. Be comfortable paddling in wave conditions up to 4 feet.
5. Currents should not exceed the paddler's ability to make headway.
6. Paddle in winds up to force 4 on the Beaufort scale (11 to 16 knots) or (12.5 to 18.5 mph).
7. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.

December 12, 201

L 5 - Advanced Open Water

These guidelines are to be used when rating a NACK L-5 trip level.

1. Paddle location: Advanced open water paddlers are capable of paddling any waters including open oceans.
2. Possess advanced navigational skills capable of navigating day or night on the open ocean out sight of land for multiple days.
3. Possess the ability and capability to deal with challenging ocean wave and current conditions.
4. Paddle in winds up to force 5 on the Beaufort scale (17 to 21 knots) or (19.5 To 24 mph).
5. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.



GLIDING THROUGH SUMMER and WINTER

by

Bob Horchler

I love kayaking, wandering through nature. Nice easy strokes propel me along. Paddle and glide, paddle and glide. Naturally I watch where I'm going, but I also take in my surroundings. I paddle and glide while looking in astonishment at the raccoon swimming across Milburn Creek just in front of my kayak. Then I watch in awe as it crawls up the bank on the other side, turns and stares at me like a puppy dog looking at his master for approval. I paddle and glide while watching the herons and egrets spearing fish at Mud Creek in Freeport. I paddle and glide while listening to the ospreys screech; while the parents are circling above, the hatchlings are nesting in their stands at Hallocks Bay near Orient Point Park. I paddle and glide while watching the sandpipers, plovers and other sea birds in Middle Bay, their volume sometimes deafening. I paddle and glide while watching the red-wing black birds sitting on the skinny phragmites all over Long Island, gently swaying with the wind. I'm always surprised the fragile reeds don't snap from the weight of the birds. I paddle and glide looking down at all the horseshoe crabs walking almost procession-like on the sandy bottom of the creek near the Jones Beach Coast Guard Station, which is only accessible at high tide. I wonder where they're going.

In the winter, I kayak less and ski more. If the conditions are right, which means snow-covered ground, I'm Nordic skiing, known as cross-country skiing, usually abbreviated XC skiing in writing. Whether I'm paddling and gliding or kicking and gliding, I get the same euphoric feelings.

I love XC skiing, wandering through nature. Nice easy kicks propel me along. Kick and glide, kick and glide. Naturally I watch where I'm going, but I also take in my surroundings. I kick and glide past red-winged crossbills at Garnet Hill Lodge in the Adirondacks. I wonder if they can stick their beak into small places, with the way the upper and lower halves of their bill don't line up. I kick and glide past the snow covered evergreens all over the New England states and hear the chickadees chirping in alarm chickadee dee dee, before I finally see them flitting about. I kick and glide past the white-tailed deer in Vermont, sometimes watching them stand still and stare at me, and sometimes watching them run for cover. Occasionally I take a shot at them—but only with my camera. I kick and glide in Maine past the imprints in the snow of grouses' tails made as they pushed down to fly away when they were spooked by something. I kick and glide past the wild turkeys busily clucking their way along in the snow-covered Adirondacks, near Friends Lake Lodge. They're certainly heading away from a waiting holiday table.

Sometimes while I'm kayaking, I feel like I'm XC skiing, and sometimes when I'm XC skiing I feel like I'm kayaking. XC skiing has always been my true passion. However, the Long Island ski season where I live is so short, frequently requiring a long drive to reach some good snow. I am so delighted that kayaking filled that void in my heart where I was always waiting for "next winter." Paddle and glide or kick and glide, I love them both.

Wind and Waves

Ann K has worked out a super winter pool program that will start at SCCC on Sunday January 15, 201 (see page 4).



NACK Winter Pool Practice

Photo courtesy of Steve M

Look on the NACK web site for just some of the activities that took place in 2011. Just click www.get-the-NACK.org and scroll. Steve and Greg are doing a superior job with the web site. If there is a yearly national award for web sites, this site should get it.

NACK members paddled along the shoreline of the Connetquot River and adjoining canals for the 6th annual Paddle Out Hunger on Sunday October 30, 2011 and collected food donations for The Ministries, a non-profit, nonsectarian organization that helps to feed growing numbers of jobless, homeless and working poor people on Long Island. The outreach event was organized by Dan and it's always a success.

Few Peer Practice paddles had to be cancelled last year because of strong winds, rain and/or the possibility of lightning. Most took

place on Monday evenings as scheduled from 6 PM to dark . A cold water Peer Practice took place on December 12th at 10 AM. For those of you new to NACK or thinking of joining this winter or in 2012, Peer Practices are sessions for NACK members to get together to practice their skills and prepare for official ACA Skill and Level Assessments. There is no cost for peer practices or the one (1) annual assessment by ACA instructors. Other ACA Training is offered to members at a substantial discount from what is commercially available. Many of our training activities are based out of Timber Point Park, Long Island on the Connetquot River or at Jones Beach State Park (the bay side, parking lot #10) or Heckscher State Park Parking lot # 7).



Peer Practice

Photo courtesy of Steve M

To see the ACA | Canoe - Kayak - SUP - Raft - Rescue: Winter 2011 eNewsletter go to aca@americancanoe.org.

**When I forget how talented
God is, I look to the sea.
-Whoopi Goldberg**

NACK members paddled along the shoreline of the Connetquot River and adjoining canals for the 6th annual Paddle Out Hunger on Sunday October 30, 2011 and collected food donations for The Ministries, a non-profit, nonsectarian organization that helps to feed growing numbers of jobless, homeless and working poor people on Long Island. The outreach event was organized by Dan and it's always a success.

On Sunday morning December 4, 2011 about 18 NACK paddlers participated in Cold Water Peer Practice (a first for NACK). At 11:00 AM they slowly walked 100 to 150 feet out into Great South Bay with there arms up for balance, to a depth of about 4 to 5 feet, from a sandy beach at Hecksher State Park (parking lot # 7) and swam, floated and generally had a great time in the 50° water.

kayaking and looking for adventure. First everyone had to do a wet exit and get back in their kayaks (with or without assists). All started west with some going into a salt pond and inlet in the park at lot # 6 and some going further west and some heading back to prepare for the hungry paddlers upon their return. They all wore and had their cold water clothing and gear and had just participated in a meeting and discussion about hypothermia and cold shock, clothing selection and risk assessment. Before walking into the cold water they checked to make certain that their zippers were fully zipped and that they had the proper drysuits (burped), wetsuits, dry pants (burped), dry tops (burped), boots, gloves, pogies, fleece, and hoods. Upon return at about 1:00 PM they gathered together in the parking lot and ate bagels, pastries and drank hot tea, etc. It was a valuable experience of selecting and putting on cold weather kayak clothing and actually using it in relatively cold water. The water was 50° and the air was about 55° and not as cold as it would soon become.



Having a Great Time & Before Burping
Photo courtesy of Ron H

Then they gingerly walked back to the beach where their kayaks were waiting and went



Getting Ready
Photo courtesy of Ron H

Steve and Greg remind us that NACK has a Message Board to accompany our website. What's a message board? And how does it work? It's a place to post messages, exchange ideas, maybe learn some new stuff and share your knowledge. Sometimes they're called forums, discussion groups or message boards. They're all the same thing. But it's not a "chat room", and it's not Facebook. There is a Members-Only area and a Public area. All messages are open for public view (though some are members-only) and are saved for the benefit of others who might have the same questions or who are looking for information on the same topics. Give it a try and don't give up if you have some initial trouble. It's like kayaking, the more you do it the easier it gets. Go to the message board at: <http://www.nacknotes.org/phpbb> or [Forum Page](#)



Nissequogue River, NY Paddle Last Summer
Photo courtesy of Mary Ann R



NACK Awards Post Holiday Dinner

It's a New Year and time to celebrate NACK

Where: **Irish Coffee Pub**
131 Carlton Avenue
East Islip, NY 11730

When: Sunday, January 8th

Time: 5:30 PM

Dinner is \$29.90 per person excluding Tax and Gratuities.
Cash Bar

See The Irish Coffee Pub's [website](#) for Menu Information*

* Our Menu will be similar to the [2011 Holiday Restaurant Menu](#).
In January this menu will be called *Chef's Table*

Please register with Renée by January 3rd.
Phone: (516) 829-9792
Or
Email: renee1@verizon.net

Coming this spring in 2012 are two of the best paddles shows and symposiums in the northeast. Mark your calendars!
NJ Paddlesport 2012 3/23-25 in 2012 (see article in the NACK spring 2010 newsletter by Pat W) and go to [Jersey Paddler](#)
Adirondack Paddlefest 2012 5/18-20 is a huge on-water canoe and kayak sale in the country and features over 75 of the leading manufacturers of canoes, kayaks, and accessories. Over 1,000 canoes and kayaks will be on sale all weekend at special show prices. There will also be big savings on paddling accessories and outdoor gear. Go to <http://www.mountainmanoutdoors.com/events/adirondack-paddlefest>

Learn the stitch 'n glue method of building a boat. LISEC (Long Island Seaport & Ecology Center) will utilize Chesapeake Light Craft kayak and canoe kits to provide hands on lessons in build preparation, stitching, filleting, prep for cloth application and application of cloth. Participants can register for any one session or for all five sessions. Pre-registration required by 1/11/12

\$25 per session if register and pre-pay by Jan 1

\$35 per session if pay day of session

\$100 pre-pay by Jan 1 for all 5 sessions

NO REFUNDS UNLESS LISEC IS NOTIFIED

ONE WEEK PRIOR TO CANCELED SESSION

AGE LIMIT: MIN. 18 (Due to insurance limits)

Session Content and Dates: each session

limited to 8 people (except last-all come) -

same information for each like session

Tues. nights – 7 pm – 10 pm

Sat. mornings – 9 am – noon

Sat Jan 14 - Setting up and prep for starting

Tues Jan 17 –Setting up and prep for starting

Sat Jan 21 – Stitching components

Tues Jan 24 – Stitching components

Tues Jan 31 - Filleting

Sat Feb 4 - Filleting

Sat Feb 11 - Prep for applying cloth

Tues Feb 14 - Prep for applying cloth

Sat Feb 18– Cloth application

Registration forms available at www.lisec.org

or at Bayles Boat Shop

Send form and check made out to LISEC to:

LISEC PO Box 750 Port Jefferson, NY 11777

Joe Traum (son of Dick Traum, 70, who founded Achilles International in 1983) said "The beauty of the Achilles Kayak Program is that when you give a person with a disability a chance to kayak, the disability virtually disappears. The person become one with the kayak and more importantly is able to enjoy training and racing without being different. Our team has chapter members from all over the US, especially the Achilles' Freedom Team of Wounded Vets. Our kayak team program uses Current Designs Unity tandem kayaks. An Achilles" member is in the front seat and an experienced guide in the back." The program is always looking for volunteers to come out and be part of the Kayak Team. If you are interested in becoming a member or volunteering with the Achilles' International Program contact Joe Traum at 212-354-0300 or email him at

Jtraum@achillesinternational.org/



**To young men contemplating a
voyage I'd say go.**

-Joshua Slocum

Need a Kayak? Why Not Just Build Your Own ?

by Steve M

It's a fun project that doesn't require much skill or fancy tools. You can build any size and style you desire and it won't cost a bundle. If you choose skin-on-frame construction (SOF for short), as I did, you can get a finished kayak for under \$250. Possibly best of all, my kayak weighed in at a mere 25 pounds, not bad for a 17 foot boat.

Traditional kayaks of the Arctic peoples were all SOF construction. A wooden frame was constructed by lashing long pieces of wood (stringers) together, steam bent ribs are added and the resulting skeleton was covered by sewing on seal skins. They built sea worthy craft that served them well in their pursuit of the seals. Seals, of course, and their kayaks (or qajaqs as they called them) were vital for their very survival.

After doing some research my construction began in the fall of 2010. While there are some very good books on the subject of kayak construction, the on-line resources were just about all I needed. Tom Yost has designed a number of kayaks that can be built using modified SOF construction. All the information you need is on his website www.yostwerks.com His designs are modified in that instead of steam bent ribs his designs use a number of plywood frames to create the shape of the kayak. This insures that your kayak will have certain specific proportions. Steam bending ribs can introduce quite a bit of variability in hull shape which can lead to stability and handling issues.

The frames are lashed together with artificial sinew (waxed nylon) and the "skin" is nylon or polyester fabric that is sewn on the frame. Finally the skin is painted with polyurethane for waterproofing.

The design I chose to build was the Yost Sea Rider which is a Greenland style design that is long, narrow, and has a small cockpit and a low rear deck. Having attended the Hudson River Greenland Festival in 2010, I was intrigued by the speed, handling and ease of rolling typical of the Greenland kayaks.

The Sea Rider is 17 feet long but only 19 inches wide. Its low slung frame sits very low in the water but it is fast and still turns easily. It's a pretty tight fit for someone of my size (6 feet and 190 lbs) but it is very responsive. After making a few design modifications to the cockpit for a more secure fit, it was also very easy to roll.

There are a number of kayak designs on the Yost website. Instead of me trying to explain how to build one just check out his website. Building your own kayak (qajaq) is an enjoyable winter project. Following the information on the website you can build your own kayak in about a 40 hours time, save a bundle and have a custom fit kayak. There's definitely a sense of satisfaction in setting out on the water in a craft that you have constructed yourself.



Reflections from the Cockpit "Keeping A Kayaking Logbook"

While down sizing the books in my den I came across one of my many logbooks. I opened it up and began to read of my early adventures in kayaking. It was a nice trip down memory lane. Then I began to reflect upon the values of keeping a logbook. I have used logbooks ever since I began Scuba diving in the early 1970's. When I took over the outdoor program at U.C. Santa Barbara in 1980 I used logbooks for the different trips I would lead (backpacking, canoeing, snow camping, mountaineering, etc.) I have not only recommended logbooks to my trip leaders and staff I have required them for my instructors in training. Some instructor/guide organizations require logbooks. It can also provide documentation for a job.

I found my logbooks to be invaluable for many reasons. They provided me a time to reflect ([see Time for Reflection](#)) which has helped me in lessons learned. My logbooks also provided incredible logistical data and weather information. I also had record of when the event took place and who was there (which has won me many arguments with friends.) The more times I launched from the same location I realized I was recording a long-term study of that location. I could see the changes in the beach and exposed obstacles, the seasonal weather patterns, the seasonal use by others, the wildlife differences, seasonal ocean conditions and the changes in clothing I used for the different seasons. A detailed logbook can make

future trips to an area easier for you or your friends.

When I had enough information in the logbook I was able to listen to a forecast and check the buoy conditions and I would know what to expect from my different launch sites. If I had left that information to memory I would have been lost. Since it was recorded, I was able to compare the data and see the patterns that were relevant to my locale. I had created my own document for "local knowledge." The information from my logbook also helped in how and where I would teach my classes. I would set up my teaching progressions to take full advantage of the normal daily wind patterns. There is so much information that can be recorded on a simple day's paddle. The key is to know what you would want in the future and your intentions for recording it. A good question to ask yourself is, "what would I like to know about a location if I want to try paddling there?" The answer to that question is a good foundation for your logbook.

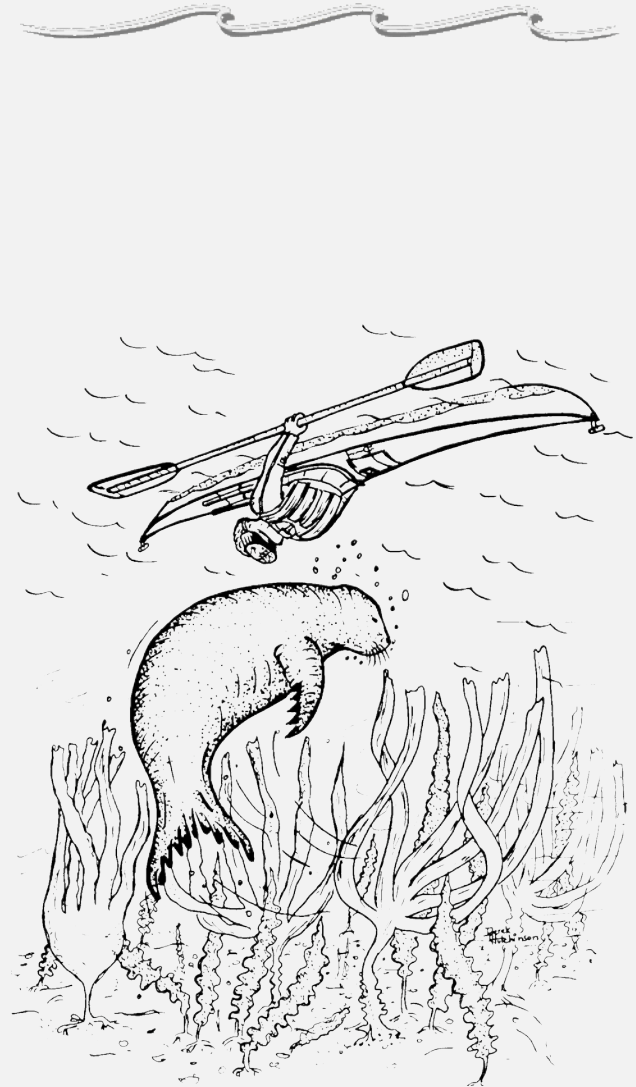
I also found out my logbooks would grow with information categories as I used it more often. I got carried away for a while when my logbooks seemed like they were guidebooks. If one wanted to take the time, a well thought out logbook would have the necessary information to be a published guidebook. The great thing about logbooks is how diverse they can be. It is totally up to you in what you wish to record. I have seen many different styles over the years, from simple to fancy. The prettiest one I have seen was hand made with a carved leather cover.

One of my early kayaking logbooks was a commercial pseudo-diary. I added many other categories for each page. The categories were: date, day, time, launching site, tide, weather conditions at site, wind, marine forecast, buoy information, paddling partners, ocean conditions, surf conditions, about the paddle, estimated mileage, general comments. When I look back at this journal there are other things I wish I had recorded. When I have viewed other logbooks I think about what I can or could have included. With the advent of GPS units there are even more categories that can be added to logbooks. I have included a link to [A Sea Kayaker's Logbook Categories](#), which is a list of possible categories for logbooks.

As I mentioned earlier you should have a reason to use a logbook. I have shared some of my reasons. I also recommend NOT using a logbook for every outing. I think it is important to just jump in your kayak and go for a paddle. Rather than worrying about record keeping just feel and enjoy the moment. When you use a logbook keep it in prospective. Hopefully your first reason for being there is to enjoy the paddle. If you decide you want or need a logbook, collect the information you may find useful. It has been years since my last entry into a logbook. In reflection, I wish I had kept up on log entries more often. I do know that my learning curve is much higher due to keeping a logbook. Since I am moving to the Pacific Northwest in the next month I will be setting up a new logbook to develop my own record of local knowledge for my future favorite paddling sites.

This article was written by Wayne Horodowich, founder of the University of Sea kayaking and

the producer of the award winning "In-Depth Instructional Video Series" for sea kayakers. Visit the USK website at <http://www.useakayak.org> for more information and links to hundreds of other articles.



Join NACK - Get a New Viewpoint on the
World

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 Tom Straub at tstraub@optonline.net.

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 Tom Straub at tstraub@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 Tom Straub at tstraub@optonline.net with your request.

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

A small craft in an ocean is, or should be, a benevolent dictatorship.
-Tristan Jones

NACK Meetings

Our February (Connetquot Library) meeting, no date yet will be a swap meet where members can swap and/or sell their unwanted equipment.

We will also do videos that night. Members are encouraged to bring their favorite DVD and we will show clips. We will also spotlight the DVD's we have in our club library.

Our March or April meeting will be in Bellport we will have the Wildlife center of the Hamptons do a presentation (<http://www.wildliferescuecenter.org/>) Please contact any director, officer or committee member listed if you are thinking about joining our club or, if you would like just come and attend a meeting. More details and directions are contained on our web site at www.get-the-NACK.org. Please always check our website for the location and date of the general meetings. During warmer weather, we sometimes hold our meetings on the water. Our email is info@get-the-NACK.org. Hope to see you at a meeting and on the water.



2012 Winter Paddles
Sometimes paddles are scheduled on on a few days notice and see the **Klassifieds** below. Please also see our web site and our message board.

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-Joseph Conrad

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

<halmcl@mac.com>

NORTH ATLANTIC CANOE & KAYAK



The Concept for NACK

The concept for NACK came from recognition that Long Island has amazing natural resources for a variety of types of paddling and a wide range of interests and skills among its population. NACK was founded by a group of highly trained local instructors with a diversity of certification backgrounds including the American Canoe Association, the British Canoe Union and the American Red Cross. All had a desire to bring the fundamentals of paddling safety to the community at large as well as provide for a program of continuous improvement in skills for paddlers at all levels.

Inception of NACK

In the late-spring of 2005 the founding directors and leaders of NACK realized that Long Island with its wealth of shoreline and freshwater resources needed a paddling club dedicated to training and safety. We began working to formulate the basic tenets of what we considered be a premier paddling club. In the Articles of Incorporation the stated purposes for which NACK has been formed are educational and literary. Specifically: "NACK will promote ongoing education in safe and responsible canoeing and kayaking - for paddlers of all skill levels - on the rivers, lakes and coastal waters of the Northeastern United States.

Some of the Many Benefits of Joining North Atlantic Canoe & Kayak (NACK)

- Association with some of the best, most active paddlers in the northeast
- Free assessment of your paddling skills (once per year)
- Discounted training from ACA Certified Instructors
- Discounts at local retailers (see membership chairman for details)
- Participation in NACK activities and Sanctioned Events
- Benefits of participating in an incorporated club
- Not-For-Profit tax deduction for NACK Dues
- Not-For-Profit ability to solicit corporate donations for club activities
- Library of books, DVDs and tapes

Training

Skill is the elastic in the system. When conditions worsen, having a reserve of skill makes the difference between terror and excitement.

Top Tips for Coaches 2002

Safety

If the first time you rely on a skill is in a survival situation and you find you have not mastered it - then what?

Top Tips for Coaches 2002

Adventure & Fellowship

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

NACK Training Director Elizabeth O'Connor 2005