

# North Atlantic Canoe and Kayak, Inc.



# NACK



An ACA Paddle America Club

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**North Atlantic Canoe & Kayak, Inc. (NACK)** 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 [www.GetTheNACK.org](http://www.GetTheNACK.org) for History, Schedules, Training, Navigation & Planning Resources, Membership, Gallery, Library & Photos, Sea Market, Docs & Forms, and Links.



***"For she is such a smart little craft, Such a neat little, sweet little craft."***

- W.S. Gilbert, from the opera Ruddigore





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 An ACA Paddle America Club & NYS Non-Profit Corporation  
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## The Attack of the What Ifs

This article is taken from the Wetdavg.com website. Prepare for your next sea kayaking adventure by tackling the what ifs before you embark. Learning risk management with Mark Jones.

By Mark Jones, March 26th, 2007 and submitted by NACK member Ann Kaiser

Rules are for the obedience of fools and the guidance of wise men."— David Ogelvie

You've stopped for a snack on a trip down the coast. You're a confident paddler and you're on your own. The wind is offshore and has raised a moderate sea. You contemplate the wisdom of electing not to take a VHF radio or flares, but then discard the thought just as quickly. Shore is only a half hour paddle away, you still feel strong and you have expert self-rescue skills, what could possibly necessitate flares and rescue? Something catches your attention out of the corner of your eye. It is your paddle! It has slid from the deck unnoticed onto the windward side of the boat and your kayak is rapidly being blown away from it. Your first instinct is to lift your rudder and hand paddle like hell to try to close the gap. But your efforts are in vain; the gap continues to grow. The paddle is gone.

This kayaker is now in deep trouble, relying on the favor of the gods to avoid being another statistic. There is a poor chance that a passing runabout will notice his plight—a slimmer chance that he will be found alive by a search team when it becomes apparent that he is overdue.

Good sea kayakers don't leave themselves open to such potential. It appears that "covering the bases" is one of those common sense practices that's not so common. In fact, the Kiwi Association of Sea Kayakers (KASK) is considering offering a certificate of competence for recreational kayakers.

One of the fundamentals of adventures, big and small, is that they are undertaken responsibly. Being prepared, being self-reliant and having sound risk management skills are important attributes to foster.

Risk management is neither a paper trail, nor a complex process based on bureaucratic jargon. Rather it is a mental exercise and state of awareness. It is primarily concerned with identifying things that could go wrong,

figuring out how nasty the consequences could be and doing something to prevent them.

Identifying hazards: A good imagination and use of the "What If?" model can be invaluable to being well prepared for any eventuality. This involves thinking through the potential problems that could occur on a trip and ensuring you can deal with them. Let's take the incident above. The "what if?" is losing your paddle, and with it your propulsion, steering, and means of self-righting.

Once the risks are known, and the consequences weighed, you can either accept them or do something about them (manage them). Managing the risk above consists of either reducing it, avoiding it or planning for it. Avoiding the risk is easy. Don't go paddling, or don't go paddling on windy days. We can reduce the risk several ways by how we operate. By stowing the paddle under a bungie during breaks rather than leaving it idle on the spray deck, putting it on the downwind side of the boat, or by having a tether from paddle to boat. But what if you were to have it blown from your hands by a squall, or the shaft was to break in a particularly violent brace? Well, we could plan for the loss by carrying a spare split paddle, accessible from the cockpit, or paddling with others who have a spare.

In this way, by running various possible, if somewhat improbable scenarios through your head, you can feel assured that you have covered the potential problems that could beset you on your trip. Remember it is the improbable that will catch you, the freak squall, the faulty equipment, the one in a thousand wave that catches you with your guard down.

What would you do if you suddenly found yourself in the water next to your boat, paddle busted? A temporary nuisance if you are paddling with others, or a grave situation when on your own in a lumpy sea. This raises an important point. Each trip is comprised of a unique set of circumstances, as ever changing as energy levels and weather whims; an interaction of people, environment and equipment. Each trip has its own inherent risks and hazards that need to be identified and dealt with.

The first time you undertake this thought process, completely covering every hazard from sunburn to thunderstorm, may be a little daunting, however it will be a valuable exercise. To do it thoroughly and systematically it is best to map it on paper. After a time the thought process will become second nature and the

ingredients of each trip can be inspected to ensure they become a recipe for success not disaster.

Be cautious about following a set of rules. Textbook rules are for textbook cases, which real life situations seldom are. Think through each trip to ensure that for its own unique set of circumstances you have the bases covered, are self-reliant and can deal with any possible situation. Thinking to oneself, "I don't have to worry too much as I have a VHF radio or cell phone if anything should go wrong," is unacceptable. Sea kayakers must take responsibility for their actions. Emergency services are only there as a backup if, despite the best precautions and planning, something still goes awry.

Risk management must be a continuous process, not merely a planning tool. It starts during trip planning, it takes place prior to the event in the form of weather observations, having a decent dinner and breakfast beforehand and it continues throughout the trip monitoring weather conditions, people's level of fatigue and hazards that appear throughout the day.

Each hazard that goes unchecked increases the likelihood of something going wrong. Epics and accidents commonly exhibit a pathway of unmanaged hazards, at any one of which the downward spiral to disaster could have been stopped. For example, a group member misses breakfast (hazard one), the strongest paddler goes on ahead out of earshot (hazard two), the forecast is unknown or is for worsening weather (hazard three), a sudden squall hits the group (hazard four), the group is very cold and needs to get to the shelter of a point quickly but suddenly one of the team hits the wall (hazard five)... You can see the potential for an epic setting up here. By running through the what if's for this day, a forecast would have been obtained, it would've been ensured that all had eaten breakfast and had snacks on board, the group would have stayed closer together and a route chosen appropriate to the weather.

The sea and weather have a way of conspiring against the best laid plans. Things can still go wrong and quickly go from bad to worse if you have not thought through the possibilities. Having some form of emergency plan is good insurance and plain good sense. As well as acquiring the skills and knowledge to cope in an emergency the following are sound practices.

1 Allow others to be privy to your plans: submit a route plan to the Coast Guard or just let someone responsible know your intentions.

2. Carry spares, paddles, batteries, food etc.
3. Have some means of communicating your plight (VHF or cell phone) to others.
4. Have the means to draw attention to yourself. A kayak is a small craft and easily overlooked once a sea gets lumpy. Flares can be a handy last resort or means of helping searchers zero in on you once help has been requested.

***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 200

Keeping the potential for epic in mind means you are always thinking ahead of the game; spotting bolt holes, observing the weather, anticipating tide effects, being cognizant of your paddling partner's level of fatigue (and your own). When things go pear-shaped you can calmly and efficiently take charge to instill order to impending chaos.

So, as you watch your boat being swiftly blown away from that carelessly dropped paddle, there's no need to panic. You reach smoothly behind yourself, extract your spare split-paddle and paddle back up-wind, secure in the knowledge that you are in control, you are self-reliant and you are the one looking out for yourself and your paddle partners.

Stay safe out there

***There is no such thing as bad weather, only bad clothes.***

Old Norwegian adage

## Wetsuits and Drysuits

*By Gordon Dayton*

Wetsuits and drysuits are useful gear for helping maintain body temperature when immersed in water. Wetsuits are suits which conform to the body and are made from closed cell neoprene fabric, generally 3/16" to 1/4" thick. Hydroskin is a trademarked product that is similar to the neoprene wetsuit material, but lighter, more flexible but generally less insulating.

Drysuits are made from waterproof material with gaskets at the neck and wrists to seal water completely away from the body. A drysuit may have attached booties, boots or may utilize an ankle gasket depending on design. Drysuits are loose fitting so that insulating clothing layers can be worn between them and the body. Drysuits may be made from different fabrics, some of which are breathable, but all will have a durable exterior fabric usually made of nylon.

### How they work:

1. Wetsuits work by trapping a layer of water between the suit and your body. Your body warms this layer and it then acts in combination with the insulation of the suit to keep you warm. The thicker the layer of neoprene insulation the warmer the suit, but generally the less freedom of movement.
2. Drysuits work by sealing water away from your body and trapping a layer of air between the suit and your skin. For different levels of protection you are required to wear different types of insulating clothing under the suit. Some companies make fleece union suits in different thicknesses depending on water temperature. If you sweat due to exertion, moisture can build up inside the suit, condense on the cold inner surface and compromise the insulation factor of your clothing. For this reason, paddlers often prefer to invest in drysuits constructed from breathable fabrics that allow moisture to escape while locking water outside the suit.

### How to use them:

1. Wetsuits should be clean and dry before use. Dusting a layer of talc on the inside will aid in donning the suit and will thereby put less strain on the seams. Try to don wetsuit components so that they overlap in successive layers. This will inhibit exchange of water in the layer next to your skin, keeping you warmer.
2. Drysuits must be clean and dry before use in order for them to function properly. Dusting a layer of talc on the gaskets will reduce strain in these delicate membranes when putting on the suit. Each suit will have an optimum order of limb insertion depending on the design and location of the zipper.

It is extremely important that the suit not leak in order for it to function properly in the event of immersion. Make sure that the zipper is fully and properly sealed. Then pre-test your suit by submersing prior to paddling. If you experience a leak of any kind, consider rescheduling your trip and arrange for repairs to your suit. A spare suit or other back-up gear is a good idea for use in emergencies or while your suit is being serviced.

Always "burp" your suit before embarking on a paddle. A great deal of air can be trapped in a drysuit and can result in "ballooning" upon immersion. If the air moves to the top of the suit it may restrict arm movement to the point of preventing recovery from a capsized. If it moves to the feet, the suit could cause the user to float head down – this can be very difficult to correct in deep water. Smart paddlers always carry a knife on their person for such emergencies.

**When to use them:**

The American Canoe Association advises use of immersion clothing any time the water temperature is below 60 °F or if the water plus the air temperature is below 120 °F. A more detailed set of recommendations is shown below, adapted from an article by Judy Bostian an expert on waterskiing and wakeboarding.

<b>Water Temp (°F)</b>	<b>Feels to body like:</b>	<b>What to wear</b>
80 +	Bath water	Sun/Wind protection only
72 – 80	Comfortable	Wetsuit Trunks or Shorty wetsuit or Sleeveless Shorty wetsuit
65 – 72	Cool at first	Short John Arms/Full leg wetsuit
60 – 65	Very chilly	Full Wetsuit or Drysuit
50 – 60	Extremely chilly	Full Wetsuit or Drysuit or Short John Arms/Full leg wetsuit with Paddle Jacket
< 50	May cause shock Or gasp reflex	Full wetsuit or drysuit with gloves, hood, and booties (if applicable)

NOTE: physical condition, medical conditions and wind velocity may serve to modify these suggestions to a more conservative level.

**How to maintain them:**

1. Neoprene or Hydroskin suits and booties quickly build up debris from dried skin tissue and body oils that quickly lead to undesirable odors. Your wetsuit should be cleaned thoroughly after each use. Most manufacturers do not recommend machine washing, but if you insist on this it is best to us a front-loader or a top-loader on “Gentle” cycle (“Normal” cycle could undo stitching). Use a mild detergent such as Woolite and add some fabric softener to the rinse cycle. Never machine dry!

A safer practice is to rinse the garment immediately after each use with warm water inside and out. Periodically it should be soaked in an enzyme-based cleaner such as “Odor Be Gone” or “Sink The Stink” available through many dive shops and on-line. Suits should be soaked for a number of hours or overnight then removed without rinsing and allowed to air dry.

Once dry, the suit should be coated with 303 Protectant or other UV protective product and suspended on a wide clothes hanger or special wetsuit hanger in a cool, dry place away from chemicals, gasoline, equipment or UV radiation. Alternatively the suit may be spread out flat on the floor under a bed. Do not fold the suit for storage as this can easily cause permanent wrinkles that leads to thin spots that are prone to wear.

2. Drysuits should be rinsed in clear water after use to remove salt and dirt. They should also be cleaned inside with a mild detergent such as Woolite to remove body oils. Scrubbing with a soft brush can be helpful in removing difficult soiling. Cleaning gaskets is especially important if sunblock is used. Once cleaned and rinse, turn the suit inside out and allow to air dry. When complete turn right side out and complete drying the outside.

After each use gaskets should be treated with food-grade silicone oil based grease, oil or spray to keep them supple and soft.

# CLASSIFIEDS



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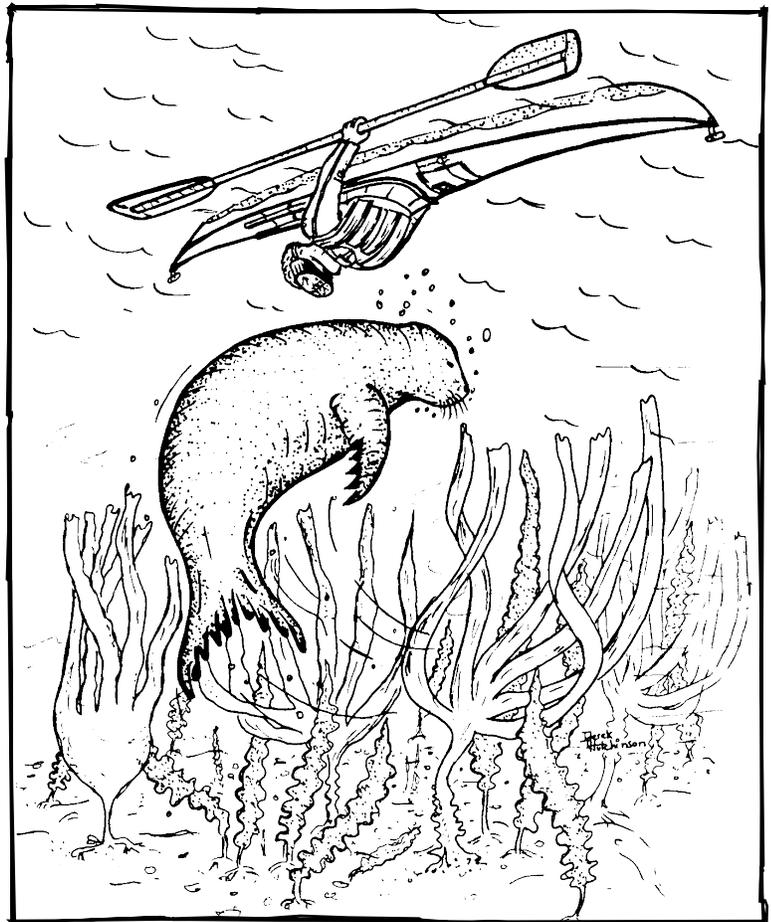
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***We are tied to the ocean. And when we go back to the sea-whether it is to sail or to watch it-we are going back from whence we came.***

John F. Kennedy



Please send your articles, stories, tips, photographs, etc. to Harold M @ [<halmcl@mac.com>](mailto:halmcl@mac.com)

### THE WORK CREDIT/NACK BUCK system has changed 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 [www.getthenack.org](http://www.getthenack.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](mailto:mcdonald@optonline.net), John Weickert at [bluek@weickert.com](mailto:bluek@weickert.com) or AnnKaiser at [akaiser@optonline.net](mailto: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](mailto: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](mailto: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.

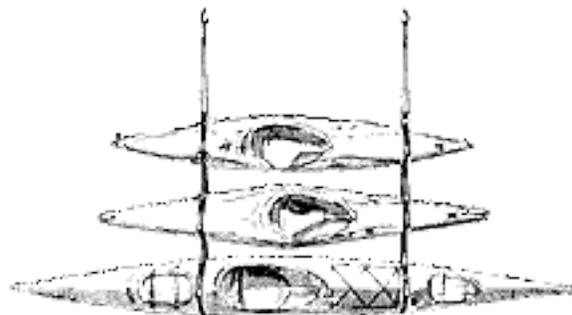


### NACK Meetings:

We hold our **General Meetings** monthly at the Connetquot Library, 760 Ocean Avenue, Bohemia, NY 11716. As summer approaches with growing daylight and warmer temperatures we will meet on the water at various suitable locations. 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.

### Spring and Summer Paddles & Activities:

There are a number of interesting paddles scheduled from May into summer and more are being planned. Please see the following pages and our site for details @ [www.GetTheNACK.org](http://www.GetTheNACK.org)



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## 2009 Spring Schedule - 2nd Quarter

Apr-3 (Fri)	(S) Off Water; Exec./Board/Committee Meeting; Location: Quiznos Bohemia at 7:00 PM ~Call: John W.; Phone: 917-681-0749; Email: <a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a>
Apr-15 (Wed)	(S) Off Water; General Club Meeting; Location: Connetquot Library ~7:00 PM Program Detail: Marine mammals of Long Island how can you help!; Presented by: Julika Wocial: the rescue program supervisor from the Riverhead Foundation ~6:00 pm Paddlers Forum; Topic: TBA; By, Elizabeth O'Connor ~9:00 pm After Meeting; Topic: Airport Diner, all are welcome ~Call: Steve M.; Email: <a href="mailto:McDonald[at]optonline.net">McDonald[at]optonline.net</a>
Apr-25 (Sat)	(S) Off Water; Outreach; Location: Heckscher Park Spring Festival at 11:00 AM ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Tom S.; Phone: 631-204-9957; Email: <a href="mailto:tstraub[at]optonline.net">tstraub[at]optonline.net</a>
Apr-26 (Sun)	(S) Off Water; Outreach; Location: Heckscher Park Spring Festival at 11:00 AM ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Tom S.; Phone: 631-204-9957; Email: <a href="mailto:tstraub[at]optonline.net">tstraub[at]optonline.net</a>
May-2 (Sat)	(S) (NR) On Water; Outreach; Location: Captree Clean-up at TBA ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Tom S.; Phone: 631-204-9957; Email: <a href="mailto:tstraub[at]optonline.net">tstraub[at]optonline.net</a>
May-2 (Sat)	(S) (NR) On Water; May day on the bay race; Location: Empire Kayak / Event at TBA ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Elizabeth O.; Phone: 631-357-0552; Email: <a href="mailto:SKSA[at]optonline.net">SKSA[at]optonline.net</a>
May-3 (Sun)	(S) (NR) On Water; Outreach; Location: Captree Clean-up at TBA ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Tom S.; Phone: 631-204-9957; Email: <a href="mailto:tstraub[at]optonline.net">tstraub[at]optonline.net</a>
May-3 (Sun)	(S) (FW) On Water; Paddle; Location: Timber Point at 1:00 PM ~Trip Leader: John W.; {Backup Leader: TBA} ~Notes: Wet or Dry Suit Required ~Call: John W.; Phone: 917-681-0749; Email: <a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a>
May-3 (Sun)	(S) (FW) On Water; Training-Paddle Strokes handling skills FW; Cost: \$60; Location: Timber Point at 9:00 AM ~Trip Leader: John W.; {Backup Leader: TBA} ~Notes: Wet or Dry Suit Required ~Call: John W.; Phone: 917-681-0749; Email: <a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a>
May-4 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser[at]optonline.net">AKaiser[at]optonline.net</a>
May-9 (Sat)	(S) (FW) On Water; Paddle; Location: Peconic River- Lower Moose Club at TBA ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: <a href="mailto:RBaillar[at]optonline.net">RBaillar[at]optonline.net</a>
May-11 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser[at]optonline.net">AKaiser[at]optonline.net</a>
May-15 (Fri)	(S) Off Water; Exec./Board/Committee Meeting; Location: Quiznos Bohemia at 7:00 PM ~Call: John W.; Phone: 917-681-0749; Email: <a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a>

(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

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Wantagh, NY 11793

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## 2009 Spring Schedule - 2nd Quarter

May-17 (Sun)	(S) (NR) On Water; Training-Quick Start FW; Cost: \$60; Location: Sunken Meadow 3 Hours at TBA ~Trip Leader: Buddy F.; {Backup Leader: TBA} ~Call: Buddy F.; Phone: 516-659-7476; Email: <a href="mailto:bfic@hotmail.com">bfic@hotmail.com</a>
May-18 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Jones Beach at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser@optonline.net">AKaiser@optonline.net</a>
May-19 (Tue)	(S) Off Water; Club meeting; Location: Connetquot Library ~7:00 PM Program Detail: What Paddles and Why!; Presented by: Elizabeth O'Connor ~6:00 pm Paddlers Forum; Topic: Favorite Paddling Gear; By, Elizabeth O'Connor ~9:00 pm After Meeting; Topic: Airport Diner, all are welcome ~Call: Steve M.; Email: <a href="mailto:McDonald@optonline.net">McDonald@optonline.net</a>
May-22 (Fri)	(S) (NR) On Water; Assessments FW - AFW; Cost: Membership benefit; Location: Lake Ronkonkoma at 5:30 PM ~Trip Leader: Elizabeth O.; {Backup Leader: Roy B.} ~Call: Elizabeth O.; Phone: 631-357-0552; Email: <a href="mailto:SKSA@optonline.net">SKSA@optonline.net</a>
May-23 (Sat)	(S) (NR) On Water; Assessments IC ; Cost: Membership benefit; Location: TBA at 9:00 AM ~Trip Leader: Elizabeth O.; {Backup Leader: TBA} ~Call: Elizabeth O.; Phone: 631-357-0552; Email: <a href="mailto:SKSA@optonline.net">SKSA@optonline.net</a>
May-24 (Sun)	(S) (FW) On Water; Paddle; Location: Oyster Bay at TBA ~Trip Leader: Steve M.; {Backup Leader: TBA} ~Call: Steve M.; Email: <a href="mailto:McDonald@optonline.net">McDonald@optonline.net</a>
May-25 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser@optonline.net">AKaiser@optonline.net</a>
Jun-1 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser@optonline.net">AKaiser@optonline.net</a>
Jun-8 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser@optonline.net">AKaiser@optonline.net</a>
Jun-11 (Thu)	(S) (FW) On Water; Paddle; Location: Wildwood Lake at TBA ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: <a href="mailto:RBaillar@optonline.net">RBaillar@optonline.net</a>
Jun-13 (Sat)	(S) (NR) On Water; Training-Assisted Recoveries IC; Cost: \$60; Location: Timber Point at TBA ~Trip Leader: Doug F.; {Backup Leader: TBA} ~Call: Doug F.; Phone: 631-902-4593; Email: <a href="mailto:Doug4D@optonline.net">Doug4D@optonline.net</a>
Jun-15 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Jones Beach at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser@optonline.net">AKaiser@optonline.net</a>
Jun-17 (Wed)	(S) (FW) On Water; Paddle; Location: Little Neck Bay at 5:30 PM ~Trip Leader: John W.; {Backup Leader: TBA} ~Call: Renee L.; Phone: 516-314-9690
Jun-18 (Thu)	(S) (NR) On Water; Club meeting; Location: Jones Beach Field 10 at 6:00 PM {Rain Date: Jun-19} ~Call: Steve M.; Email: <a href="mailto:McDonald@optonline.net">McDonald@optonline.net</a>

(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



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**2009 Spring Schedule - 2nd Quarter**

Jun-21 (Sun)	(S) (NR) On Water; Training-AFW Skills; Cost: \$60; Location: 3 Hours at TBA ~Trip Leader: Steve M.; {Backup Leader: TBA} ~Call: Steve M.; Email: McDonald[at]optonline.net
Jun-22 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Jun-26 (Fri)	(S) (NR) On Water; Training- Safety and Rescue FW; Cost: \$120 Total; Location: Roy's house & Timber Point at TBA (6 hr course) ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: RBaillar[at]optonline.net
Jun-27 (Sat)	(S) (FW) On Water; Paddle; Location: Nissequogue River State Park at 12:30 PM ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Harold M.; Email: halmcl[at]mac.com
Jun-27 (Sat)	(S) (NR) On Water; Training-Safety and Rescue FW; Cost: \$120 Total; Location: Roy's house & Timber Point at 6 hr course ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: RBaillar[at]optonline.net
Jun-29 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net



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## 2009 Summer Schedule - 3rd Quarter

Jul-6 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Jul-11 (Sat)	(S) (NR) On Water; Club meeting/Founders Day Picnic; Location: Shinnecock Shores at 6:00 PM ~Call: John W.; Phone: 917-681-0749; Email: bluek[at]weickert.com
Jul-11 (Sat)	(S) (NR) On Water; Outreach; Location: Shinnecock Shores at 10:00 AM ~Trip Leader: John W.; {Backup Leader: TBA} ~Call: John W.; Phone: 917-681-0749; Email: bluek[at]weickert.com
Jul-11 (Sat)	(S) (NR) On Water; Paddle; Location: Shinnecock Shores at 10:00 AM ~Trip Leader: John W.; {Backup Leader: TBA} ~Call: John W.; Phone: 917-681-0749; Email: bluek[at]weickert.com
Jul-13 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Jul-15 (Wed)	(S) (FW) On Water; Paddle; Location: Little Neck Bay at 5:30 PM ~Trip Leader: Steve M.; {Backup Leader: TBA} ~Call: Renee L.; Phone: 516-314-9690
Jul-17 (Fri)	(S) (AFW) On Water; Paddle; Location: Smith Point at TBA ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: RBaillar[at]optonline.net
Jul-20 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Jones Beach at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Jul-22 (Wed)	(S) (NR) On Water; Outreach; Location: Babylon Bay Festival at 6:00 PM ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Tom S.; Phone: 631-204-9957; Email: tstraub[at]optonline.net
Jul-22 (Wed)	(S) (IC) On Water; Paddle; Location: North Sea Road- Robins Island at 11:00 AM {Rain Date: Aug-16} ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: TBA
Jul-24 (Fri)	(S) (FW) On Water; Paddle; Location: Carman River at TBA ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: RBaillar[at]optonline.net
Jul-27 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Jul-28 (Tue)	(S) (FW) On Water; Paddle; Location: Little Neck Bay at 5:30 PM ~Trip Leader: John W.; {Backup Leader: TBA} ~Call: Renee L.; Phone: 516-314-9690
Aug-3 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Aug-10 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: AKaiser[at]optonline.net
Aug-11 (Tue)	(S) (NR) On Water; Club meeting; Location: Bellport at 6:00 PM ~Call: Steve M.; Email: McDonald[at]optonline.net

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## 2009 Summer Schedule - 3rd Quarter

Aug-12 (Wed)	(S) (AFW) On Water; Paddle; Location: Coecles Harbor -Shelter Island at 2:00 PM {Rain Date: Aug 13} ~Trip Leader: TBA; {Backup Leader: TBA} ~Call: Debbie H.; Phone: 516-449-5521; Email: <a href="mailto:HikerDebb[at]aol.com">HikerDebb[at]aol.com</a>
Aug-16 (Sun)	(S) (NR) On Water; Training-IC; Cost: \$60; Location: Timber Point at 3 hr course ~Trip Leader: Doug F.; {Backup Leader: TBA} ~Call: Steve M.; Phone: 631-902-4593; Email: <a href="mailto:Doug4D[at]optonline.net">Doug4D[at]optonline.net</a>
Aug-17 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Jones Beach at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504
Aug-22 (Sat)	(S) (AFW) On Water; Paddle; Location: Sebonic Harbor at TBA ~Trip Leader: Roy B.; {Backup Leader: TBA} ~Call: Roy B.; Email: <a href="mailto:RBaillar[at]optonline.net">RBaillar[at]optonline.net</a>
Aug-24 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser[at]optonline.net">AKaiser[at]optonline.net</a>
Aug-31 (Mon)	(S) (NR) On Water; Peer Practice/Demo Practice; Location: Timber Point at 6:00 PM ~Call: Ann K.; Phone: 516-445-5504; Email: <a href="mailto:AKaiser[at]optonline.net">AKaiser[at]optonline.net</a>
Sep-13 (Sun)	(S) (FW) On Water; Paddle; Location: Cow Harbor at 9:00 AM {Rain Date: Sep-20} ~Trip Leader: Doug F.; {Backup Leader: TBA} ~Call: Doug F.; Phone: 631-902-4593; Email: <a href="mailto:Doug4D[at]optonline.net">Doug4D[at]optonline.net</a>
Sep-15 (Tue)	(S) Off Water; Club meeting; Location: Sport Fishing Education Center at 6:00 PM ~Call: Steve M.; Email: <a href="mailto:McDonald[at]optonline.net">McDonald[at]optonline.net</a>
Sep-27 (Sun)	(S) (FW) On Water; Paddle; Location: Cow Harbor at 9:00 AM {Rain Date: Oct-4} ~Trip Leader: Doug F.; {Backup Leader: TBA} ~Call: Doug F.; Phone: 631-902-4593; Email: <a href="mailto:Doug4D[at]optonline.net">Doug4D[at]optonline.net</a>



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### Requirements for All Trips, Training, and Assessments

1. Pre-registration 2 weeks prior is mandatory.
  - a. The leader must confirm that everyone is a current NACK and ACA member.
  - b. All fees must be collected.
2. Pre-registration 1 week prior is mandatory for Peer-to-Peer practice. It is imperative that we know who is coming to assure adequate coverage.
3. 50% of all fees are non-refundable, unless canceled by instructor.
4. All remaining fees must be paid the day of the class, reimbursements for using NACK bucks will be made by the treasurer.
5. All instructors and back-ups will be paid a cancellation fee if the class is canceled 1-2 weeks before the class. They will be paid the full rate for all classes that are canceled within 1 week or less of the class.
  - a. A lack of participation will cause the training class, trip, assessment, etc., to be canceled.



### A MESSAGE FROM THE PRESIDENT

In the interest of providing greater opportunities for training and to reward members for helping with club activities the Board of Directors and the Executive Committee have made several program changes for 2009.

#### Training Incentive Program

Paid up members get a discount coupon worth \$25 towards NACK sponsored training programs

#### NACK Bucks Program

The annual work commitment has been reduced to 10 hours. Hours in excess of that go towards NACK Bucks, which can be used towards NACK sponsored training and in certain cases other training programs. Ten additional hours is good for a NACK Buck for \$25 towards training.

There is now a five hour credit for recruiting a new member

All negative balances have been eliminated. Hours will no longer be deducted from previously earned hours if you're not able to meet the voluntary minimum.

#### Assessment Program

NACK skills assessment standards will now be the same as ACA standards

## Inception of *NACK*

In the late-spring of 2005 the founding directors and leaders of NACK realized that Eastern 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 order to provide the best resources to all members we determined to incorporate the club as a Not-For-Profit corporation under New York State Law. This allows us tax deferral on club purchases and activities and makes our dues and donations legitimately tax deferred. There are other advantages that being part of a NFP Corporation offers its members that we hope will be evident in the future as the organization grows and can assume more responsibility.

We also decided it was important to provide for liability insurance for club activities in order to manage the risk to all members in the remote case of a serious accident. We found the best resource for this was to work through the American Canoe Association as a "Paddle America Club". This allows us to access some of the best "Sports Oriented" insurance available with the bargaining power of a National Organization. We further determined that the goals and principles of the ACA are eminently consistent with our own.

Much energy was invested in selecting a name. We decided that we did not want to limit the scope of our organization either in terms of the type of craft or interests of our members or in terms of the area we serve or can paddle in. The name North Atlantic Canoe and Kayak seemed to fit our goals well, and led directly to our humorous but well meaning slogan.

We agree that training must be fun, enriching, challenging, and adventurous to be enjoyable. We each agree that we will never stop learning. As much as we want to share good skills with our friends in the paddling community, we also want to continue growing ourselves.



After surf practice, the group 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 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**

**Wantagh, ny 11793**

