

North Atlantic Canoe and Kayak, Inc.



NACK



NEWSLETTER

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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.

We are based on Long Island, New York and we are a club serving all aspects of paddle sports. We believe that a strong commitment to training and assessment fosters personal growth. We help 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 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.

"The Inuit hunted seals in the icy waters of the Arctic in sleek kayaks, boats that were easy to negotiate through the ocean, sturdy enough to carry home heavy loads, but light enough to transport over the ice" (The Canoe by John Jennings).

"Sea kayaking is as hard to define as it is easy to enjoy. Its origins are as ancient as the hunting expeditions that plied brutal, arctic waters, but its current development includes high-tech boats of ultralight Kevlar and satellite navigation systems" (The Complete Sea Kayaker's Handbook by Shelly Johnson).



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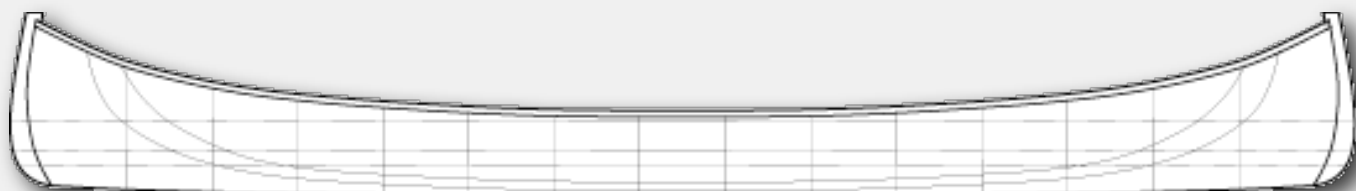
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A Message from the President

It is that time again, **Spring Time**, when the majority of us start to get out on the water.

We had a great pool session this year and a big thanks goes to Ann, Steve, Tom, Buddy, Doug & Dan our instructors, and all the others who kept things running smoothly.

Now that the warm pool practice is done it is time to get out on the water. Remember the water temperatures are still cold, so a drysuit or wetsuit is required. The Spring Calendar has been completed with; training, practice, assessments, and paddles. There is plenty of room for more paddles so please contact ether Colin or Roy to get your wants onto the schedule. If you are looking for any training that is not listed contact me.

Outreach is an important part of our club's goals and a way to recruit new members. We need more members to help out, the few cannot do it all. If you know of any event that we should participate in or group who wants a paddle program presentation please contact me.

Enough talk, get the dust off you kayaks, check all lines, rudders, skegs, pfd's, etc., install fresh batteries in all lights, stretch your muscles, grab a buddy and get out on the water.

Hoping to see you all at our meetings and on the water.

John Weickert, Jr,
BlueK



Wind and Waves

The Board of Directors of **North Atlantic Canoe & Kayak** is pleased to announce the establishment of the Long Island Sea Kayak Forum. The Forum has both a PUBLIC area and a Private area just for **NACK** Members. The Forum has been created by **NACK** to be a place where paddlers can exchange information and learn and help others learn about our great sport. The information posted to the message boards is, however, solely the opinions of various individuals. Please visit our [Forum Page](#) for more information on the message board.

The **NACK** kayak pool program is over until next year. Two hour sessions ran from 1:15 to 3:15 for 8 weeks. It was an excellent opportunity to practice rolling, wet exits and rescues in a paddler friendly environment and warm pool water. American Canoe Association certified instruction were available for those looking to improve their skills by instruction.

All **ACA** members (**NACK** members are required to become **ACA** members), as part of their regular membership benefits, are now entitled to a subscription of their choice between four paddling magazines. Previously **ACA** members got a subscription to Paddler Magazine but they now can choose Kayak Angler, CanoeRoots, Adventure Kayak or Rapid. You can also subscribe to additional magazines, in print or digital form, at special discounted rates. If you

don't select one (as an **ACA** member) you will automatically be subscribed to CanoeRoots. Here's a link to the RapidMedia site to choose your magazine. [ACA Subscription Selection](#)

Every now and then web surfing really pays off and a sharp eyed **NACK** paddler has discovered a real gem. It's a new YouTube feature called [SeaKayaking TV](#). It's got all sorts of short videos on things like kayak rolling, kayak surf handling and landing, forward stroke technique, wet exits and more. Of course, watching TV doesn't take the place of actual training with a certified instructor and practice sessions to maintain your skills. But what is important is that SeaKayaking TV illustrates techniques many casual kayakers don't even know exist. You never know what you don't know, and that can really get you in trouble.

Colin M and **Roy B** want your trips so they can be scheduled. It only takes a few minutes to plan a paddling trip. Paddling season is here and it will come and go leaving us behind if we don't plan ahead and share trips and the joys of paddling. Remember for **NACK** members to kayak as a group and not as individuals we need to plan and submit trips. Pick your favorite paddling locations on Long Island, plan a trip and share it with your friends at **NACK**. All it takes for us to paddle your trip in is: pick a location; 2) pick a date and time;

3) Plan for currents and tides. (NACK has members willing to help with this part of the planning, if you want help just ask); 4) list an alternate date; 5) rate your trip (see **NACK Paddler's Rating System** on page 6); 6) list your name and contact information!; 7) submit your trip to: **Colin** at colin82ABN@optonline.net or **Roy** at rbaillar@optonline.net; 8) if you have any question or would prefer not to be listed as the contact person, let them know. **NACK** is your club so why not share and paddle your trips in 2011 with other **NACK** members. Instructors if you are interested in teaching a class submit the date, time, class title, class level and location to **Elizabeth** and **John W** to have it included in the 2011 schedule. Our president John W has requested that **everyone** do at least one trip. Submit it and **NACK** will do the rest. And, don't forget the summer schedule (June, July and August).

NACK Greenland Paddling Skills Day with **Alison Sigethy** on Long Island was held last summer and will be held again this coming summer. In keeping with **NACK's** commitment to providing some of the best training opportunities on Long Island, we will sponsor local events with some of the very best paddlers anywhere including **Elizabeth O'Connor**, **Chris Raab** and now **Alison Sigethy**. So continuing with a Greenland kayaking theme

NACK will bring **Alison Sigethy** to Long Island to teach Greenland paddling skills again. Alison, who resides just outside Arlington, Virginia, is widely regarded for her Greenland skills. In 2006 she travelled to Sisimiut, Greenland to compete in the annual Greenland National Kayak Championships. This event is a celebration of traditional Greenland kayaking and seal hunting skills. **Alison** was the first international woman to compete in all nine events and medaled in eight of them. Besides rolling and various distance races, the competition includes such exotic events as harpoon throwing and Greenlandic rope gymnastics. In the course of winning the Women's International Championship she established competition records in her class for Rope Gymnastics and Distance Harpoon. She performed dozens of different rolls and don't forget the summertime water temps are probably still in the thirties. Check out her [rolling video on YouTube](#). **Alison** is not only a talented competitor, she is a patient and insightful instructor. Working directly with each individual, she spent several hours in the water guiding paddles along the surface and correcting blade orientation. Offering encouragement every step of the way, by the end of the morning sessions she had most folks rolling using their skinny Greenland paddles. Following the rolling classes the group worked on paddling skills and discovered that while the

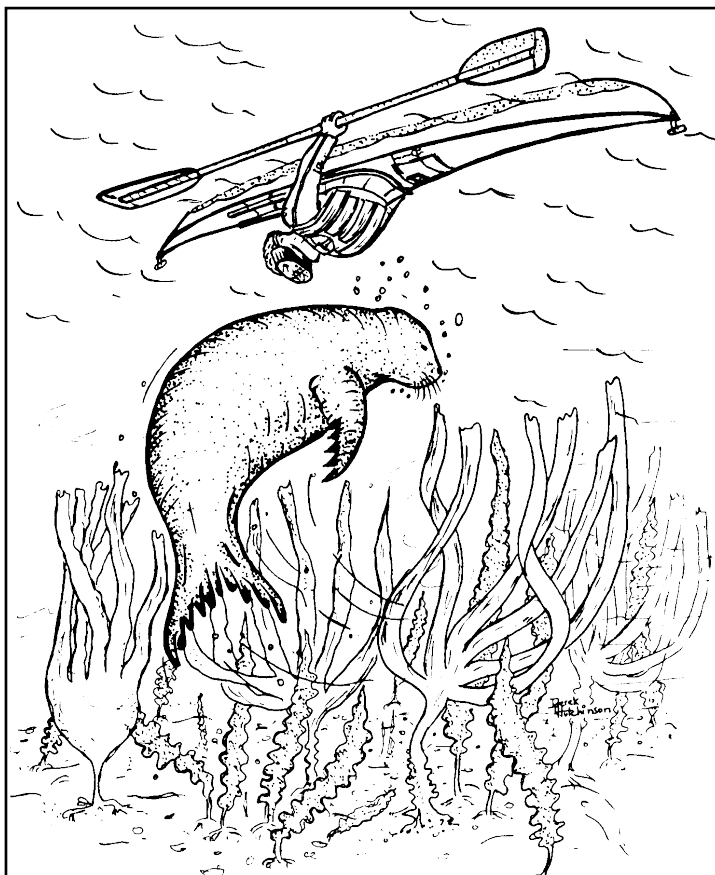
skinny paddle is easy on the shoulders it can still get your kayak really moving and turning. They also found using a stroke with the blade canted forward creates an effect much like that of a wing paddle. It was certainly impressive the way she has folks doing low brace turns with their kayaks edged way over with the paddle just skimming on the surface.

Last summer **NACK** also sponsored a Greenland Paddle making class with **Chris Raab** where a number of members carved authentic paddles out of western red cedar two by fours. Most folks, being accustomed to paddling with their wide blade “euro” style paddles, found the skinny Greenland paddles to be, shall-we-say, challenging. However they soon discovered some of the advantages of the “skinny stick.”

The Jersey Paddler’s PaddlerSport 2011 show billed as the largest canoe & kayak show on the east coast was an event not to be missed. Many **NACK** paddlers went. They attended lectures given by world class paddlers, bought all kinds of equipment and at least one member bought a new blue kayak.

A couple of books that paddlers might be interested in reading next winter: *ON ISLAND TIME* by Scott B. Williams and *WITHOUT A PADDLE* by Warren Richey.

The new **NACK Spring Schedule** and the beginnings of the Summer Schedule are out and on pages 17 to 20. There is training, peer practice, events and plenty for the novice and expert paddler.



From the ACA website

Be Prepared - Cold Water Can KILL!

Cold Water is extremely dangerous. It quickly robs the body of its strength, diminishes coordination and impairs judgment. Immersion in water as warm as 50 to 60 degrees can initiate what has been called "Cold Water Shock."

When a paddler capsizes and is suddenly immersed in cold water, the body's first reflexive action is to gasp for air, followed by increased heart rate, blood pressure and disorientation. The immersion can even lead to cardiac arrest. Without proper equipment and apparel, the body can become incapacitated in just a few minutes. Without a lifejacket, this is a very dangerous and often fatal combination. When paddling where the water temperature is 60 degrees Fahrenheit or colder, a wetsuit is a must and a drysuit is highly recommended.

Cold water or cold weather can also lead to dangerous hypothermia. Hypothermia occurs when exposure to the elements prohibits the body from reheating and maintaining its core temperature. Typical symptoms of hypothermia include shivering, impaired judgment, clumsiness, loss of dexterity and slurred speech.

Planning and Prevention are the best methods to avoid potentially life-threatening situations:

Plan your trip and "think smart" - Know the water temperature and weather forecast before you set out.

Fuel Your Body - Keep your body well fueled with high carbohydrate foods and lots of water.

Insulate Your Body - Simply said, you should dress for immersion in cold water.

- Avoid wearing cotton clothing when paddling in cool temperatures.
- Dress in layers using synthetic fabrics such as polyester fleece to prevent getting overheated or chilled from perspiration.
- Carry a waterproof jacket designed for splash and/or rain protection.
- Anytime the water temperature is less than 60 degrees Fahrenheit, wear specialized insulating clothing (wetsuit or drysuit) capable of protecting you while in the water.
- Keep in mind that the warmth and comfort range of a dry suit can be flexible based on the clothing worn underneath it.
- Wear a warm hat that will stay on your head in the water. A fleece-lined skullcap is ideal.
- Have spare, dry clothing and store in a sealed dry bag while on the water.

Watch Out for Your Group - Know your emotional and physical limitations. Group members need to constantly assess the behavior of others in their group. Look for changes in behavior, withdrawal, sluggishness, talking less or a member not eating enough. These are all symptoms of fatigue and may suggest a problem that the group needs to address.



Something to Think About

from the ACA Newsletter and Colin M

Some NACK members are seasoned veterans and highly skilled paddlers, others are novice beginners and the rest of us fall some where in between. There are NACK members for whom the paddling season never ends. For some the paddling season is just beginning and for others it may be a few more weeks off. But, regardless if you are seasoned veteran, novice, actively paddling or waiting for the warmer weather, training, caution, safety and common sense should prevail before and while we are on the water. Anytime we set out on the water situations may arise which are beyond our control. But with the proper training, equipment, and common sense kayaking can be one of the most enjoyable and safest outdoor activities.

The ACA's, SEI Focus Newsletter for April 2011 reprinted various newspaper articles involving kayak and canoe accidents. The following are segments of the nineteen kayak articles involving twenty two paddlers. For brevity I reduced and edited the articles. For those who wish to read the entire articles I included the active web sites which contain the entire stories. They can also be assessed from the ACA's web site <http://www.americancanoe.org/atf/cf/%7B74254dc2-74b4-446f-92be-547992272ab7%7D/04.2011.SEI%20FOCUS.PDF?tr=y&auid=8095971>

Fourteen of the nineteen articles involved kayakers capsizing; none of the paddlers performed a self rescue. Nine of the capsized kayakers died, seven survived. Of the nine deaths one person is reported as wearing a PFD and two are recorded as not. An inference can be drawn from the remaining articles that two paddlers may have been wearing PFDs and I surmise the other four paddlers who perished were not. One capsizing involved three boaters in a two person kayak.

Nine of the articles list the kayaker as paddling alone. Cold air and cold water are mentioned in six articles and probably contributed in more. Only one kayaker is listed as being dressed for immersion and he survived for approximately two hours in icy water before being rescued. Wind and current played a major factor in three incidents. There is no mention of a VHF radios in any of the open water articles.

It is not my intention to criticize or point out the mistakes of others. My intention is simple, if we recognize ourselves in any of the articles we need to improve our skills, change our attitude and consider the "what if's" before we set out on the water. There is no place in a kayak cockpit for the "it will never happen to me" attitude.

Seattle Times (01-02-11) http://seattletimes.nwsources.com/html/localnews/2013825048_coastguard02m.html A young woman who tipped over in her kayak and was unable to get back inside was rescued by the USCG near Anacortes late Sat. afternoon. SNOQUALAMIE, WA

01-10-11 GRAND CANYON NATIONAL PARK, AZ <http://www.8newsnow.com/story/13821032/kayaker-dies-on-river-trip-in-grand-canyon>

A kayaker has died while on a private river trip in Grand Canyon Nat'l. Park. Park rangers were dispatched Mon. (01-10-11) to help revive a man after his kayak overturned in the Colorado River. Authorities say attempts to revive him were unsuccessful.

01-22-11 TAMPA, FL.

<<http://www.theledger.com/article/20110123/NEWS/101235037/1001/BUSINESS?Title=Lakeland-Man-Dies-Kayaking-In-Bay>>Two men set out from the MacDill Air Force Base boat ramp Saturday morning (01-22-11) for a day of kayaking on Tampa Bay. When they set out, the sun was shining and the wind was brisk. They began their journey about 11:30 a.m. and paddled around the peninsula in the NE section of Tampa Bay. Strong winds and rough seas separated the two paddlers about 1:20 p.m. One kayaker became exhausted and could not paddle. As winds pushed him into a shipping channel, he tied his kayak to a buoy. A Hillsborough sheriff's boat rescued him from the buoy. The other kayaker's boat was found washed up on Beer Can Island and the search came to an end about 3:30 p.m. Sun. when a fisherman found his body, near E. G. Simmons Park in Ruskin. The body was found wearing a PFD. Hypothermia is the likely cause of death. A small craft advisory had been issued at 10:00 A.M. that day.

01-30-11 RALEIGH, NC <<http://abclocal.go.com/wtvd/story?section=news/local&id=7931041>> Search for missing kayaker turns to recovery. The kayaker has been missing since launching from the Barton's Creek Boat Ramp on Sun. (01-30-11). Several witnesses reported hearing someone screaming for help on the lake Sun. An empty kayak, a backpack and several other things have been found. Cold weather and water temperature pose challenges for the searchers and so does the area itself. The area has a lot of stumps and debris on the bottom and is anywhere from 10 ft. to deeper.

02-05-11 SNELLVILLE, GA <<http://www.gwinnettdaily.com/home/headlines/115491339.html>> Body of missing kayaker in Norris Lake recovered. Searchers pulled the body of a missing man from Norris Lake on Mon. afternoon, 2 days after the kayak he was in capsized. The man took the kayak on the lake Sat. afternoon (02-05-11). It capsized, and witnesses last saw him struggling to stay afloat, clinging to the overturned kayak before he went under. The man could not swim and was not wearing a PFD.

02-12-11 SEATTLE, WA. <http://seattletimes.nwsource.com/html/localnews/2014209682_kayaker13m.html> Police searching for missing Lake Washington, kayaker. A witness, on shore, saw someone fall out of a kayak. Searchers found the kayak and the kayaker's skirt, but no boater or life jacket.

02-12-11 LAKE MONROE, IN. On Saturday, (02-12-11) around 4p.m. A kayaker picked up his kayak and attempted to walk across the ice, trying to find open water. However, the ice was too thin and he fell through. He was pulled to safety around 6:15 p.m. and rushed to Bloomington Hospital. He was released after his body temperature returned to normal. Rescue crews say it could have been worse if he wasn't wearing a wet suit, which helped regulate his body temperature.

02-18-11 LA JOLLA, CA. Three kayakers a man and woman, both 25 and another man who worked for the kayak rental company were rescued Fri. morning after high winds and rough ocean conditions pushed them a couple of miles, off La Jolla Shores, CA.

02-19-11 WATTSBURG, PA <<http://www.goerie.com/apps/pbcs.dll/article?AID=2011302199949>> A woman escaped injury after her kayak capsized on French Creek Saturday. Rescue crews responded at about 4 p.m. After the woman's kayak overturned and she was unable to reenter it. The woman was able to swim to shore but became stranded on the far side. Rescue crews assisted her and returned the woman to the near shore.

02-26-11 PARKER FL. A Millville, FL resident, who grew up swimming, fishing and kayaking in local waters without incident ran into problems on Feb. 26. 2011. A current pushed his kayak out further than he wanted to be and when he turned the craft around, the kayak was hit by a wave and flipped over. He was alone about 400 yd. out from Oak Shore Drive with a capsized kayak, no PFD and no way of summoning help. He struggled for more than an hour trying to drag the kayak and swim to shore. Abandoning the kayak he attempted to swim to shore. "All I remember is my head going under the water and being pulled out by somebody," The Parker FD had arrived just in time to save him from drowning. He woke up in the hospital, close to hypothermia.

03-12-11 SHANENDOAH, IA. <<http://www.ketv.com/r/27174548/detail.html>> The Page Co. Sheriff's Office said a man died Sat. (03-12-11) after his kayak flipped over in Shenandoah. The paddler was taking advantage of the nice weather by kayaking when his kayak flipped over. A witness saw the kayak upside-down and called 911. Responding officers said they saw the kayaker struggling to stay above water when they arrived, he then went under about 150 meters from shore. Officers said they immediately administered CPR and transported the kayaker to the Nebraska Med. Center via a helicopter, where he was pronounced dead.

03-15-11 TACOMA, WA. Tacoma firefighters rescued a man stranded in the water off Browns Point, Puget Sound early Tue. (03-15-11) after his kayak overturned. A crew aboard the fire boat Commencement transported the man to shore shortly after 4:30 a.m. He was taken to a local hospital for evaluation. The man had been wearing a life jacket.

03-17-11 JEFFERSON COUNTY, NY. <http://centralny.ynn.com/content/all_news/536992/manfound-dead-underneath-capsized-kayak/> State Police say a man found dead underneath his capsized kayak in Jefferson County apparently drowned. He was found in a small area of open water near his home on Millsite Lake around 3 p.m. Thu. His family had reported him missing earlier in the day. Police say the cause of his death appears to be an accidental.

03-20-11 MAYO, FL Lake City A man is missing after his kayak overturned during a family outing on the Suwannee River. The Lafayette Co. Sheriff's Dept. and the Florida FWC responded and are searching to locate the missing boater. He was kayaking with family when his father-in-law noticed his kayak had overturned.

03-27-11 MANASQUAN, NJ. A kayaker is safe after being rescued from the chilly waters of the Manasquan River after his boat overturned Sun. afternoon (03-27-11). The kayak overturned shortly after 4:30 p.m. in the narrows of the river on the Brick side. The narrows are notoriously shallow even within the main boat channel. Point Pleasant FD, the New Jersey State Police Marine Services Bureau and the USCG responded.

03-31-11 BEAVER LAKE, AR Chicago <<http://www.4029tv.com/r/27390418/detail.html>> Benton Co. divers recovered a teenager's body Thursday. Deputies said 3 teens from Chicago were out on Beaver Lake early Thur. morning (03-31-11). Starky Marina neighbors called 911 to report a racket. When officers arrived, the 2-person kayak was tipped over. Officers believe the 3 were all in the kayak when it tipped over. But only 2 were able to stay afloat.



NACK

Paddlers Rating System

FLAT-WATER L-1

Paddlers at this level are generally new to the sport, having less than 8 hours of formal training. They can paddle in daylight hours only, in protected waters, and in winds of force 3, (7-10 Knots) or (8- 11 ½ MPH) or less.

ADVANCED FLAT-WATER L-2

The paddler has received a minimum of 8 hours of formal instruction or equivalent. Can paddle through twilight hours, in protected waters, with winds up to force 4, (11-16 Knots) or (12 ½- 18 ½ MPH). The Maximum distance from shore is not to exceed 220 yards (1/8 mile). The paddler must be able to complete a 2 hour journey at a moderate pace.

INLAND COASTAL L-3

Paddlers have participated in a minimum of twenty four (24) hours of formal training or equivalent. They can paddle in daylight or night, on inland coastal waters. Can paddle with winds up to force 5, (17-21 Knots) or (19 ½ - 24 MPH) and waves up to 2 feet. They can complete a day's journey of at least ten (10) miles at a moderate pace. The Maximum distance from land is not to exceed ½ mile.

OPEN WATER PADDLERS L-4

A paddler should have completed a series of training such as the ACA Open Water Coastal Program, as well as attended multiple club-sponsored paddling activities or seminars. Paddlers at this level will paddle in open water settings, crossings and in ocean conditions, including surf up to (3) feet and winds up to force 5, (17-21 Knots) or (19 ½ - 24 MPH). Currents up to 3 Knots, with ferrying and eddies utilized. They will be able to participate in extended trips in excess of 15 miles with limited shore access and may choose to embark upon overnight outings.

Plan A by Colin M

In the predawn hours of June 6, 1944, two U.S. Army Airborne divisions were parachuted behind the beach of Normandy France. Most troopers had missed their drop zones and were wildly scattered. Disorientated, lost, they stuck to their assigned mission plan and succeeded.

Thirty years later, I was a member of one of those divisions. We would be loaded onto aircraft, sometimes flown for a few minutes over North Carolina. At other times we would be flown for hours to some far-flung part of the country. Day or night, bright sunshine, rain or pitch-blackness it did not matter eventually the aircrafts doors would open at an altitude of 1,250 feet and we would be asked to leave.

Upon reaching the ground our best friends were often a map and compass. The map often contained the locations of our food, water, and final destination.

On one occasion we were given the wrong maps. That night the aircraft that brought us made several passes over the drop zone discharging its cargo, us in small groups. We arrived on the ground quickly formed into our group and headed off into the darkness. We followed the compass azimuth we were assigned prior to boarding.

Over the course of the next few days U.S. Army personnel picked up all the small groups of scattered troopers. Our group consisting of five troopers was picked up before we entered Mexico. Having the wrong maps, they could not be orientated to the landscape. When we ran out of C-rations, two members of our group ate an armadillo. I did not. We refilled our canteens and drank water from streams we shared with cattle.

Right about now you might be thinking that we a kayak club. What has this story have to do with us? We don't have maps. We use charts. The only water in the story is ankle-deep that not even a river kayak could float on. I have never eaten a C-ration and they do not even exist anymore. The only thing in this story

that might remotely have to do with kayaking or boating is the compass and we have marine compasses not orienting compasses.

Well you are partly right. This story in one way has nothing to do with kayaking and in another way everything to do with kayaking. Like our predecessor on June 6, 1944, we were given a plan. That plan included a compass azimuth we were to follow. We stuck to that plan, never second-guessing it, never changing it, never deviating from it and we succeeded in being found.

In kayaking, we file a float plan. It is left on our cars dashboard or we leave it with someone. Preferably both. If your float plan has been left with someone and you don't return at the scheduled time a search can be initiated sooner. If the float plan includes your course and destination, as it should, it will also reduce the size of the search area. If you stick to the float plan it will reduce the time it takes to find you. The personnel searching for us were ahead of us and coming towards us. If we would have reversed course and headed back to the drop zone it would have taken longer for them to find us. Rescue personnel look first where you are supposed to be. If you have deviated from where you are supposed to be makes their job harder and takes longer for them to find you.

Put your name and phone number in your kayak. Place it behind your seat or inside one of the hatches. Make sure the information is visible. If you should become separated from your boat and it's found when the person with the float plan is contacted the information they supply will limit the size of the search area. Listing your name and phone number inside your boat will also prevent the Coast Guard from starting a search for you if your kayak simply drifted away from shore on its own.

Have a plan and stick to the plan.

In Texas, we landed as a group and traveled as a group. Kayakers are never supposed to kayak alone. They kayak as a group. Even if you are not the leader of the trip, know the number of paddlers in the group.

In the Army when we traveled at night, we had “cat’s eyes” little pieces of florescent tape attached to the backs of our helmets or hats. We never lost sight of the cat’s eyes of the person ahead of us. As kayaker’s night, fog and even waves can separate us. In times of low visibility paddle closer together. Keep track of each other, use whistles, or call out to each other in low visibility. Keeping track of each other means more than you can see the other paddlers, it also means keeping track of the group’s health. That includes paddle only as fast as the slowest. It not only applies to keeping track of the least experienced member of your group. The most experienced paddler can be overcome with seasickness or fatigue when dehydrated or hungry. Keeping track of each other means keeping track of the entire group.

I always carried five quarts of water in hot climates. In Texas that ran out quickly. When it ran out I refilled my canteens from streams and used iodine tabs to purify the water. They don’t work on salt water. Bring water when you go out paddling regardless of the season or the duration of the paddle. A camelback water container can be placed under your kayaks front bungee. Its hose being within easy reach. Some models attach to the rear of PFDs. They hold more water than a water bottle and attach more securely to the boat. Just remember you can’t see or judge how much water is left in a camelback. Watch for dehydration in other paddlers in your group. Along with dehydration, food is another thing to consider. You can’t paddle when your body has no energy from the lack of food. Have a small meal before going out and bring some energy bars. Place them where you can reach them, in your PFD or day hatch. Having a case of energy bars buried in your rear hatch is useless. You don’t want someone groping around in your kayaks open rear hatch when you are in swells. When you’re out paddling and are starving there, are no armadillos on or in the waters around Long Island to snack on.

Safety in numbers applies to kayakers as much as it applies to other situations. Kayakers never paddle alone and they keep track of each other!

It was no fault of ours that we were issued the wrong maps. Have the correct chart or map for the area you are paddling and know how to use them.

That is one thing you the individual kayaker have complete control of; buying the correct chart or map, yes map. Topographical maps are also useful they show details of small streams, creeks and wetlands, places that kayaks can fit into at high tide and great places to watch birds. Just don’t get stuck when the tide goes out twelve hours is a long time to wait for a tide. When purchasing charts or maps remember the smaller the second number the larger the detail. A 1:20,000 chart will cover approximately ten or fifteen miles. If you are unfamiliar with the area you are paddling, carry a chart or map.

In Texas we carried orienteering compasses. They work the same as marine compasses. Zero degree points to magnetic north on both. Marine compasses are better on water then orienting. They have the advantage of being fixed to your boats deck. Orienteering compasses are handheld, a difficult task when you are white knuckled holding onto you paddle in swells and wind. They are made to be held level, not always an easy thing to do in a bobbing kayak. Even with faults, an orienteering compass deserves a place in your boat. It is easier to shoot a quick bearing to an object with an orienteering compass than to turn your boat for that purpose. Both compasses will give a false reading if any metal objects or electronic devices are near them. One compass can be used to check the accuracy of the other. Compasses are inexpensive, they don’t have batteries that die, and they might be your only way of telling direction in fog or at night.

When in doubt believe your compasses they are not affected by hunger, dehydration, and fatigue or at other times when you start to question yourself. If you paddle at night, wear a headlight; the best compass can’t help you if you can’t see it. Have the basic understanding of how to use a compass and have one on board. Once mastered navigating in the marine environment is not that difficult.

Well hopefully you now understand how my story is connected to kayaking. It’s about having a plan and being prepared. Having a plan was just as an important concept in 1944, as it is today. The concept holds true regardless of the activity. Unfortunately, we never found out if the plan was to issue us the wrong maps. But I don’t think so!

The Wood River

by Matthew Goldman

The crocuses, both purple and white, spread to the buttery sun. This Sunday the temperature finally attains the fifties; the first of the male goldfinches dons his brilliant array of courtship plumage.

I drag my goldfinch-colored kayak from its hibernation above the woodshed, dump out the spiders, and put it into my truck. Down the road a short piece lies a public landing just above the weir across the Wood River.

A couple of men lean across a pickup truck and jaw. Their amphibious canoes lean on the bank, their tails still in the water. They're had a swim in the millpond and now can't see much reason to leave the water. If left to themselves, they'll wriggle back down the bank and venture off.

In moments, I am afloat. The recent torrential rains have swollen this normally docile river. The gravid millpond approaches parturition; the water drops noisily over the concrete dam.

I work upstream for most of a mile to where the pond spreads out and becomes a marsh. The freshet has swallowed whatever dry spits existed—the underbrush stands up to its waist in water; the river runs into the weathered wood duck boxes. It takes me a while to locate the actual river—I haven't been up this way in a couple of years, and the copious water flows and spreads with abandon. There—that sandy slope with the stout white pine mark where the river bends.

Suddenly a red-tailed hawk, a-roost in a tall red maple, takes flight overhead in silent, awesome, graceful, astounding beauty. She wheels once and disappears among the budding trees. My dripping paddles poised, my gaze aloft, I drift back into the cattails and get a well-deserved scolding from some redwings.

I traverse more marsh, and a pair of mallards takes off with loud alarm. I approach two swans who haven't yet nested, else I might have to excuse myself to the cob. They paddle away, demurely, and I paddle away and promptly take the wrong turning. So much water flows that I mistake a cul-de-sac for the real river.

After a dozen double strokes I realize my mistake but continue forward. The water slows and spreads out. On a weathered snag, a painted turtle raises his little head. I drift within a few yards before

he tumbles into deep water and disappears. Ahead, I can see the river through the alders.

I find a gap and pull myself through and again ascend the stream. Now the current strengthens and I have to exert myself. A mile or so upstream stands another dam—it will take me an hour to work my way so far. On a tiny spit of land, connected in drier times to a grassy road, rest an old, old bench—up to its arthritic knees in water. Really two Adirondack chairs that share a common frame, their barn-red paint all but weathered away. They've stood here for years—without a house in sight.

But soon I come to a cottage, a field, another house, and then the Woodville Road. Piled froth rides the water—a heady beverage for any who would partake. Ahead, I can hear the thundering of the falls. Eight feet high and eighty broad, they grace the front yard of a trim colonial house. The mill has long since gone. The driven water spills yellow-white; the pool below the falls swirls, alive and loud and violent.

I reach the bridge just below the pool and grab hold of a girder. I haven't headroom, the river in spate, to use a double paddle. I bounce in place for a minute or two as I watch the water: foreordained to fall downstream—foreknowably and forever. Then I let go, to enjoy a free ride home.

At least as far as the millpond. There I find the wind blows in my face. The water spreads out, the current offers little help, and I have to work the last mile back to the landing. A dozen Canada geese announce my passage and, swim warily off, indignant and vociferous as only geese can be.

Ahead stands the big brick mill. The road across the roaring dam resounds with scurrying traffic. Half a mile more, and I get to stretch my legs, and surprise my old but contented truck—dreaming beneath the maples.

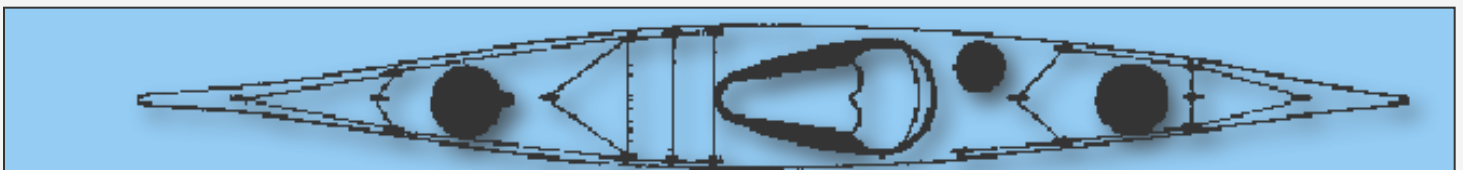
Permission to reprint *The Wood River* by Matthew Goldman from *The Journals of Constant Waterman: Paddling, Poling, and Sailing for the Love of It* by Matthew Goldman was given by Garth Battista, Publisher, Breakaway Books.
<http://www.breakawaybooks.com/>

New Blue Kayak by Hal M

I have a new blue kayak. I look out the window at her and wonder if she will always be this beautiful. Maybe, if I take good care of her and treat her right. E. B. White said: "If a man is to be obsessed by something, I suppose a boat is as good as anything, perhaps a bit better than most." We haven't had time or weather to go out together. I wonder if she will be as supportive and stable as my red kayak. This new blue kayak is sleek and slim, and mysterious. I don't know anything about her except her dimensions. I even covered her with a new cover. I never did that for my red kayak. I feel guilty now so I ordered a new cover for my red kayak too. I bought my new blue kayak at the Jersey Paddler's PaddlerSport's 2011 show. I had no intention of actually buying a kayak when I went there on Friday. I tried a number kayaks, but although they were all beautiful, they didn't feel right. They brought in the blue kayak special for me on Sunday. I went back, and spent some time with her. I took her home on the same day and now I'm wondering if I made a mistake. I'm wondering if she will be too much for me. After all, I am in my seventies. I keep telling myself that it's OK to be obsessed by something and I suppose that a new blue kayak is as good as anything, perhaps a bit better than most. And, my wife Pat said it was OK.

My new blue kayak is a Current Designs *Infinity* with a length of 17'9" and a beam of 22". She is an inch shorter than my red Necky *Tesla*, two pounds lighter at 48 lbs. and 3 inches narrower. She has a day hatch and a skeg instead of a rudder. I'm looking forward to kayaking with her and I think I'll keep my red Necky *Tesla* which has supported me for so long.

I learned a lot by going to the show, especially about kayak design and fit. I also had time to attend two talks by Wayne Horodowich. One entitled "How to Choose the Kayak That Works Best for You" and one entitled "Paddling in a Straight Line." He is, as you all know, an excellent teacher and is the founder of the "University of Sea Kayaking" that can be accessed on line at www.useakayak.org. There many excellent articles about kayaking that you can read. He so impressed me that I put one of his "Reflections From the Cockpit" with his permission in this newsletter. I enjoyed the show because there was so much to see, hear and try. After each day my brain was totally fried and I bought a new blue kayak on the last day of the show.



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.

The First Rule For Coastal Cruising: start early; finish early.
- Anonymous

"There is no such thing as a capsize, it's just degrees of lean"
- Derek Hutchinson, Adventure Paddler Magazine

NACK Meetings

Our **General Meetings** will be held at CaptainKayak 23 River Road Sayville, NY 11782. 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.



2011 Spring & Summer Paddles & Activities:

There are a number of paddling opportunities scheduled during this Spring and more are being planned for the Summer. Please see the NACK schedule in this newsletter, the web site and links for details.

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FRANK COPREN

CELL: 631-379-7332

FCOPREN58@AOL.COM

Greatness is not where we stand, but
in what direction we are moving....we
must sail,
sometimes with the wind, sometimes
against it, but sail we must, and not
drift nor lie at anchor.
- Oliver Wendell Holmes

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

<halmcl@mac.com>



NACK - North Atlantic Canoe & Kayak, Inc.
 An ACA Paddle America Club & NYS Non-Profit Corporation
www.GetTheNACK.org
 P.O. Box 124
 Wantagh, NY 11793
NACKinfo@optonline.net



Spring 2011 - 2nd Quarter

- ☞ **April 14th - Thursday (S)**
 - ➔ Board/Executive meeting
 - ➔ 6:30 PM Panera Bread W. Babylon
 - ➔ Contact John W. Bluek@weickert.com

- ☞ **April 28th - Thursday (S)**
 - ➔ General Meeting - at Captain Kayak- 23 River Road Sayville, NY 11782
 - ➔ 6PM Getting your kayak& you ready for the paddling season
 - ➔ 7 PM General meeting
 - ➔ 8 PM - NACK Instructors “Assessment what is it all about and what is expected of you.”

- ☞ **Peer Practice Mondays (S)(NR) Special Practices Are Listed below Again**
 - ➔ May 2,9,16; June 6,13,20; July 11,18; August 1,8,15,22
 - ➔ Timber Point 6 PM
 - ➔ May 23; June 27; July 25; August 29
 - ➔ Jones Beach 6 PM
 - ➔ No practice May 30; July 4
 - ➔ Contact: John W. Bluek@weickert.com Steve M. mcdonald@optonline.net

- ☞ **May 11th Wednesday (S)**
 - ➔ Board/Executive meeting 6:30
 - ➔ Location TBA

- ☞ **May 15th Sunday (S)(AFW)**
 - ➔ Moose Lodge Riverhead
 - ➔ Paddle and BBQ
 - ➔ Contact Dara F. dara4dogs@optonline.net

(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 2011 - 2nd Quarter

- ☞ **May 19th Thursday (S)**
 - ➔ General Meeting - at Captain Kayak- 23 River Road Sayville, NY 11782
 - ➔ 6PM
 - ➔ 7 PM General meeting
 - ➔ 8 PM TBA

- ☞ **June 4th Saturday (S)(NR)**
 - ➔ Training
 - ➔ Coastal Kayaking Level 1&2 Part 1
 - ➔ Cost \$50 members and \$75 Non-Members
 - ➔ Discount for members taking parts 1&2
 - ➔ Contact John W. Bluek@weickert.com

- ☞ **June 5th Sunday (S)**
 - ➔ Outreach
 - ➔ Bay Day in Oyster Bay
 - ➔ Contact John W. Bluek@weickert.com

- ☞ **June 5th Sunday (S)**
 - ➔ Outreach Nassau BSA Safety Discussion
 - ➔ Contact John W. Bluek@weickert.com

- ☞ **June 6th Monday (S)(NR)**
 - ➔ Peer Practice Level I, II, &III
 - ➔ Timber Point
 - ➔ Instructors will be available to demonstrate what is required for the assessments
 - ➔ Contact John W. Bluek@weickert.com

(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 2011 - 2nd Quarter

☞ **June 12th Sunday (S)(NR)**

- Training
- Coastal Kayaking Level 1&2 Part 2
- Cost \$50 members and \$75 Non-Members
- Discount for members taking parts 1&2
- Contact John W. Bluek@weickert.com

☞ **June 13th Monday (S)(NR)**

- Peer Practice Level I, II, &III
- Timber Point
- Instructors will be available to demonstrate what is required for the assessments
- Contact John W. Bluek@weickert.com

☞ **June 16th Thursday (S)(NR)**

- On Water Meeting - at Captain Kayak- 23 River Road Sayville, NY 11782
- 6:30 Open Paddle
- This is for members and Non-members
- Boats will be available for rent
- Every member is request to bring a non-member to the paddle
- Contact John W. Bluek@weickert.com

☞ **June 18th Saturday (S)(FW)**

- Paddle Udall's Cove in Douglaston
- Contact Hal M.HalMcL@mac.com

☞ **June 20th Monday (S)**

- Timber Point
- Level 1&2 Assessments in addition to normal peer practice
- Contact John W. Bluek@weickert.com

(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 2011 - 2nd Quarter

- ☛ **June 25th Saturday (S)(NR)**
 - > Level III Assessments
 - > Contact John W. Bluek@weickert.com

- ☛ **June 26th Sunday (S)**
 - > Outreach
 - > Huntington Swim support
 - > Contact Colin M. colin82abn@optonline.net

- ☛ **June 24th - 27th Friday-Sunday NON-NACK EVENT**
 - > Hudson River Greenland Festival 2011
 - > This is for information only

Future Events for Our Summer Calendar

- ☛ **July 9th Saturday (S) (NR)**
 - > Outreach & Paddle
 - > Shinnecock Shores
 - > Contact John W. Bluek@weickert.com

- ☛ **July 10th Sunday (S)**
 - > Outreach
 - > Fran Schnarr Memorial Swim Huntington
 - > Contact Colin M. colin82abn@optonline.net

- ☛ **July 16th Saturday(S) (IC)**
 - > Manhattan Circumnavigation
 - > Contact John W. Bluek@weickert.com

(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

Reflections from the Cockpit April 2007 "Can I Still Do That? - Thoughts On Self Assessment"

"We are all legends in our own minds." Most legends seem to have some basis in fact. That is true with our perceived skill levels. There is some basis in fact. However, is our perception a reality? As a result of a recent stream of club e-mails, a recent tragic event and a search and rescue on Santa Cruz Island (California) I thought I would like to address the issue of knowing our own skill levels.

In order to do justice to this subject one should have a good understanding of what I call the "[Transient Nature of Skills](#)" (USK article May 2007). In brief, the skills you demonstrate today can change from day to day depending on a number of factors. The point of this article is looking at the accuracy of self-assessment regarding our skills.

How do we know when we have achieved a particular skill? The answer is simple. When you try the skill and perform it correctly then you have achieved the skill (under those conditions on that day.) When do we know when we cannot perform the skill? When you are faced with the need to perform and you cannot do the skill, then you know that you no longer have the skill at that moment in those conditions. The problem is we don't want to find ourselves in conditions with serious consequences and realize we have lost our skill. As we get older our bodies change and so does our psychological make-up. With some skills we know we are probably losing our edge without even testing them. We also may not be as daring as we were when we were younger. I believe we have a built in safety net that works most of the time, but not all the time.

As we get older our bodies change and so does our psychological make-up. With some skills we know we are probably losing our edge without even testing them. We also may not be as daring as we were when

we were younger. I believe we have a built in safety net that works most of the time, but not all the time.



In 1991 I was competing in the world championships (In Thurso Scotland) as part of the US Surf Kayaking Team. I must say I was at the top of my game regarding my surf kayaking skills. I won the bronze medal in the "Hot Dog" event. The waves were big, the water was cold and the waves were breaking on a tiered rock shelf. On the wave you see me riding, one of my team mates couldn't get over the wave in time and it broke his kayak in half under the seat. The kayak folded with Mark inside and luckily without injury. The kayak was a durable roto-molded plastic boat. In 1991 I was a hot dog. Today I feel like an overweight Polish Sausage. While I can still feel myself back on that wave when I look at the picture, I know I would not get on that wave again until I tried to get my skill level back (if I could.) It is obvious to me that I am no longer at my peak for extreme wave riding.

The real questions we should all be asking ourselves are, Am I still at my peak for a simple self-recovery? Can I still perform my braces so I don't need to do a self-recovery? Can I still do those eddy turns in fast water? Do I still have my roll? Can I still help someone into his or her kayak? Do I still feel comfortable in rough conditions or do I get a little nervous? We don't know until we try. I added a new "[Yakism](#)" last night which exemplifies this point, "we are either training or we are un-training." (Thank you Sharon Lindsay)

If the last time you performed a self-recovery was two to three years ago I would be hesitant to rely on it in a real situation until I tried it again in a practice situation. Unfortunately this may have been the cause of a recent loss in our kayak community during a solo paddle. Again, when do we know our skills no longer work? I wish I could give a perfect timetable for how often one should practice. It doesn't exist, because we are all different. I would feel comfortable to say that skills should be practiced, at the longest, every three months. Of course, the more often you practice the better barometer you have of your skill level. Longer than three months may occur during the winter season, so I suggest you have a practice session at the beginning of the paddling season to see if you still have it. If you don't, try to get it back. At the end of the season it would be wise to have a "shut down" practice session to enforce the skills before the off-season rest period.

I think the best way to train is adopting the "Capsize Every Trip" philosophy. Since we are usually practicing our strokes while paddling, we need to spend some time maintaining our capsize recovery skills. I have yet to read "poor strokes" as the cause on a death certificate. If you cannot get into your kayak and/or you are dressed improperly, then you have a problem. When you are approaching shore and the water is still deep enough not to touch bottom, try some wet skills. Practice bracing until capsizing and then practice a recovery. You will find out if your skills are working and if your clothing choice was correct. If you can roll, try rolling. After a successful roll, try it again and miss it on purpose. Then set up for a second try. It is good to practice second and third set ups to condition yourself in case you miss a roll when you really need it. Imagine how much more reliable your capsize recovery skills would be if you were to do this every time you go out. If you are getting rusty you will get immediate feedback. Be sure to alternate which recoveries (solo and assisted) you practice. If you can try two or more the same day, all the better, because you will be adding a fatigue factor into your training. If it doesn't go well or if you are getting cold, you are right near shore to get

out and warm up with the clothes you have ready in the car at take-out.

One of the positive aspects of certification is you are being assessed by another who is supposed to be a professional. They are trained to give you feedback as to your skill level. It is good to get outside feedback on your skills. I just tried out a new ballast system in my kayak and I had Hadley video tape me, as I performed certain maneuvering skills and some rolls, so I could review it from the outside perspective rather than how it felt. I must also add that a false sense of security can result from certification, because your skill rating was on that given day in those conditions based upon the individual assessing you. If you don't practice to maintain those skills, then the certification means you were once at that level. A good instructional program should include judging your skills and the conditions that are appropriate to your skill level.

There is another element of self-assessment that I will not go into in great depth. The recent search and rescue that occurred on Santa Cruz Island was a result of "ignorance is bliss." The group's self-assessment was so far from reality, because they just didn't know what they needed to know. That is another good reason for continuing education (classes, books, videos, club e-mails, practice sessions, etc.) Making an educated decision means you are educated in what needs to be considered.

In closing, I encourage all of you to try to keep the legends in your mind closer to reality than legend.

Wayne Horodowich

University of Sea Kayaking

Visit www.useakayak.org for more educational articles and for comprehensive training videos.

Permission to reprint *Reflections from the Cockpit April 2007* was given by Wayne Horodowich

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

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