



NACK



QUARTERLY NEWSLETTER & JOURNAL

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North Atlantic Canoe & Kayak, Inc. is a Long Island, New York based Paddling Club. It's an **American Canoe Association (ACA)** **Paddle America Club** and a **NYS not-for-profit corporation** serving **Long Island and the Northeast**. NACK was formed to promote ongoing education in safe and responsible canoeing and kayaking for paddlers of all skill levels on the rivers, lakes and coastal waters of the northeastern United States. We paddle safely, seek adventure and fellowship. We meet monthly, have many trips, and many learning and training opportunities. Paddle our site at www.get-the-NACK.org.

Once you have decided that you are going to paddle a kayak, whether on the ocean, a lake, or a river, you might as well resign yourself during the early learning stages, a few capsizes are to be expected. When you get better and more experienced, you become more adventurous and more willing to paddle in rough conditions, so there is always a chance of inadvertently becoming a swimmer. The best remedy for a capsize is undoubtedly the Eskimo roll. Not everyone can or wants to Eskimo roll, however, and some kayaks are almost impossible to roll due to excessive beam or an inhibiting deck design. To overcome these problems, various methods have been developed over the years for emptying capsized kayaks and then putting the owners safely back into them. The water does not have to be very deep to merit this type of emergency procedure; in fact, water up to the eyeballs is just about right for a deep-water rescue.

Expedition Kayaking. Derek Hutchinson
(p. 52, 5th Edition) A Falcon Guide

2007

"A week of competent instruction is worth a year of just paddling around."

— Doug Alderson



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www.Get-The-NACK.org
 P.O. Box 124
 Wantagh, NY 11793
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Executive Board

John W..... President. bluek[at]weickert.com. 917-681-0749
 Steve M..... Treasurer. mcdonald[at]optonline.net
 Bob H..... Vice-President. hawkmac[at]optonline.net
 Dara F..... Secretary. Dara4Dogs[at]optonline.net

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 Debbie H..... Director. Hikerdebb[at]aol.com. 516-449-5521
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 Buddy F..... Director. bfc[at]hotmail.com

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Summer 2014 - 3rd Quarter

- ☞ **July 5th Paddle (S)(L2)**
 - ➔ New Suffolk to cedar Beach
 - ➔ Contact Debbie H. Hikerdebb@aol.com
- ☞ **July 7th Monday Peer Practice Timber Point (S)(NR)**
 - ➔ Towing Clinic contact Roy B. rbaillar@optonline.net
- ☞ **July 11th Full Moon Paddle (S)(L2)**
 - ➔ Carmen's River contact Dara F. dara4dogs@optonline.net
- ☞ **July 12 Saturday Paddle (S)(L2)**
 - ➔ Oak Beach to Fire Island Light House
 - ➔ Contact Steve M. mcdonald@optonline.net
- ☞ **July 13th Outreach (S)(NR)**
 - ➔ Shinnecock Shores talk and Demo
 - ➔ contact John W. Bluek@weickert.com
- ☞ **July 14th Monday Peer Practice Timber Point (S)(NR)**
 - ➔ Rescue clinic especially re-enter and roll
 - ➔ contact John w. Bluek@weickert.com
- ☞ **July 15th Tuesday Paddle (S)(L1)**
 - ➔ Geogica Pond
 - ➔ Contact Lynne B. lebasileo@aol.com
- ☞ **July 19th Saturday Paddle (S)(L2)**
 - ➔ Robbins Island
 - ➔ 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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Summer 2014 - 3rd Quarter

- ☛ **July 21st Peer Practice (S)(NR)**
 - ➔ Jones Beach
 - ➔ Contact John W. bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☛ **July 22nd Paddle (S)(L2)**
 - ➔ Oakdale to Sunken Forest
 - ➔ Contact Steve M. mcdonald@optonline.net
- ☛ **July 27th Training L-3 (S)(NR)**
 - ➔ Contact Ann K. akaiser@optonline.net
- ☛ **July 28th Peer Practice (S)(NR)**
 - ➔ Heckscher Park
 - ➔ Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☛ **August 4th Peer Practice (S)(NR)**
 - ➔ Timber Point
 - ➔ Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☛ **August 5th Tuesday Paddle (S)(L2)**
 - ➔ Mattituck Creek
 - ➔ Contact Dara F. dara4dogs@optonline.net
- ☛ **August 9th Saturday Paddle (S)(L2)**
 - ➔ Setauket Harbor to Flax Point
 - ➔ Contact Alan M. amayors@gmail.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

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Summer 2014 - 3rd Quarter

- ☞ **August 10th Sunday Paddle (S)(L2)**
 - Full moon paddle
 - Contact Buddy F. bfc@hotmail.com
- ☞ **August 11th Peer Practice (S)(NR)**
 - Jones Beach
 - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☞ **August 18th Peer Practice (S)(NR)**
 - Heckscher
 - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☞ **August 23rd Saturday (S)(NR)**
 - Level 3 assessments
 - Contact Ann K. akaiser@optonline.net
- ☞ **August 25th Peer Practice (S)(NR)**
 - Timber Point
 - This is the last practice of the season
 - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net
- ☞ **September 6th Saturday (S)(NR)**
 - BBQ rain Date Sunday September 7th
 - 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

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- ☛ **September 8th Monday Paddle (S)(L2)**
 - ➔ Full moon paddle
 - ➔ Timber Point
 - ➔ Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- ☛ **September 20th -21st Outreach (S)(NR)**
 - ➔ Captree Fall Festival
 - ➔ Demonstrations
 - ➔ Contact John W. Bluek@weickert.com

- ☛ **September 27th Saturday Paddle (S)(L2)**
 - ➔ Shelter Island Circumnavigation
 - ➔ Contact Dara F. dara4dogs@optonline.net

(S) ACA Sanctioned Activity
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 (FW) Flat-water (ACA L1)
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PRESIDENTS MESSAGE

Wow it is already the second week of summer, but do not think like that. There is plenty of warm weather ahead. It stays light later into the evening which makes an afternoon/evening paddle very rewarding. Also it allows for a longer peer practice, which I hope you are all taking advantage of.

At the July 7th peer practice Roy B. will be running a towing clinic. There is more to towing a paddler besides a long rope. Towing technique is critical as well as knowing how to take care of the paddler being towed.

Our pizza paddle was a success again this year, we gained a new member, Maria N. so let's all welcome her. It is imperative for the survival of our club that we all actively recruit new members. Any member who brings in a new member will receive service hours towards NACK bucks.

Ann has volunteered to be our new training coordinator. Please contact her for any training or assessment requests. A level-3 course is scheduled for July 27th, with a level-3 assessment on August 23rd.

Debbie is our new trip coordinator, her responsibility is to help you organize a trip including help in securing a trip leader. When you plan a trip please email Debbie and myself so I can get it on the calendar with the ACA. I need 48 hours notice to get this accomplished so I need to know by Thursday morning of any trips for the weekend. All trips are planned by you the member. It is not Debbie's responsibility to plan club trips. We are a very diverse group of paddlers ranging from Queens to the east end and each of us have favorite places to paddle which we can share with the club. Paddles do not have to be on Long Island, there are many places that also have water that we can paddle on.

As always I am proud of our club and what we stand for. I look forward to spending time with all of you at our events and paddles.

See you on the water,

John Weickert, Jr.

John Weickert, Jr.
 President/ Board Chair

Orient Point Paddle- Sunday, October 25, 2008

By Deborah H

Saturday night the wind was gusting and the rain was whipping against the windows. It didn't seem like the time to be contemplating a paddle. But by Sunday morning the sun was shining, the temperature was mild and the wind had calmed down. Perfect conditions for a fall paddle! And so **Gordon, Elizabeth, Ann and I** met at the Orient Point State Park Sunday morning as scheduled. It was a pleasant ride out on Sound Avenue, passing all the farm stands with their harvest decorations minus all the summer traffic. We launched from the north side of the park into Hallock Bay which is named after George Hallock who revolutionized farm practices in the 1800's. This is a very quiet, serene body of water surrounded by mostly pristine shoreline lined with trees blanketed in subtle fall hues. We headed east for a short distance to the entrance into Little Bay then crossed over to the north shore and headed back west past Barnfield Point. This whole area was called Poquatuck by the Indians and Oyster Ponds by the early English settlers. It is easy to imagine what it looked like back then as the area is still mostly unspoiled, bordered on the south by the

four miles of barrier beach that comprises Orient Beach State Park. The Osprey nests dot the shoreline and Arctic Loons announced their presence with their distinctive calls. It was a pretty mild paddle until we passed through the narrow entrance into Orient Harbor. Here the waves and current were a little more challenging coming from different directions. We continued west along the shore of the Park to the end of the beach. Bug Lighthouse is positioned right off the west point of the Park and Shelter Island is clearly visible just to the west. Here the conditions stepped up a notch as the wind becomes stronger coming off Gardiners Bay as well as the eddy created by the lighthouse. The current was pretty strong and the waves were coming from three directions as a result of all the different land masses. Elizabeth was

our trip photographer and was able to get some great pictures in front of the lighthouse, despite the challenging conditions.

As we headed back, we decided to utilize the waves and current to our advantage and we zigzagged across Orient Bay riding the waves back through the inlet to Hallock Bay. Luckily, we had the advantage of

the current all the way back to our launch site.

It was a great paddle and one that I will remember often over the long winter months. Great weather, location and companions. ***Life is good!***



Wind and Waves

New Member Profile

As a new member of NACK here's a little introduction to me and my interests, and how I got the paddling bug. I grew up in Sayville so I naturally spent lots of time in and on the water. Since around age 8, my father always had a boat or two. He enrolled us in a Power Squadron safe boating course at an early age, and soon we were members. Atlantique Beach was where Squadron members gathered to party all summer long, and we kids had a great time too.

I recall many summers fishing and clamming in the Great South Bay, and body surfing in the ocean off Fire Island. It was the start of a busy, outdoor-loving lifestyle, and a glorious way to grow up.

I also recall winters scraping, sanding, and varnishing Dad's boats...always wood boats...high maintenance wood! Where are the child-labor regulations when you need them!

Soon my brother and I got our own little 16ft. outboard runabout. I remember riding my bike down to the marina to take out the boat because I was still too young to drive. I find it odd that our parents let us take our boats over to Fire Island ourselves at 14 yrs old. Our friends did too. Do parents still let kids do that today???

Fast forward to 1985 when I moved to Florida and was captivated by the beautiful turquoise waters. It wasn't long before I was enrolled in scuba diving classes. I thought I died and went to heaven on the reefs of the Palm Beach coast. Diving quickly became my passion and I eventually landed a weekend gig as a charter boat dive master. Some years later I earned my Captain license and was running the boats.

People in Florida paddle kayaks, of course, I even tried it a couple of times, but didn't get seriously involved. I now regret not spending more time paddling the gorgeous mangrove forests and estuaries, but there were so many reefs to dive and so little time.

I also spent several years involved in dog training clubs. I had a good run for a while competing in obedience with my Akita dog. Folks were always a little shocked to just see an Akita in the obedience ring, never mind winning...but no one was more surprised than me! She went on to earn several titles and accolades, then soon got bored with it all and retired.

Jump ahead to 2009 when I moved back to Long Island and my diving career is all but kaput! What now? Well, why

not do more backpacking? I had done a few trips including a four day jaunt on the Appalachian Trail, and that lazy dog loved it too! I accepted an invitation to join an "A/T" trip in Virginia. When the other hikers all went home after 8 days, I kinda just kept walking...for five weeks, covering 300 miles. What an adventure!

Backpacking quickly replaced diving as my pastime of choice. I joined the Appalachian Mountain Club and made some wonderful friends. With their influence, I learned to love winter backpacking and snowshoeing. No crowds, no bugs, and a layer of frost on the inside of the tent. There's nothing like going to the bathroom outside at 3 degrees F. I often wonder what's wrong with me!

By now you're wondering, "Is this all going somewhere?". It was an AMC trip leader that introduced me to paddle-camping down the Delaware Water Gap. I had a great time drifting the river and camping on little islands. I was hooked...DAMN HIM!!

All the time perusing the outdoor shops, I frequently thought "these kayaks are nice, I should get one". After all, although the closets, garage, under-bed, and basement were jammed with gear of all kinds, there was still a little space behind the shed, right? So I bought just a little 14 footer. It was the longest boat in the store, surely I wouldn't want anything bigger than that, right? I found the perfect boat! It needs no fuel, oil, belts or hoses. It requires no sanding or varnishing, and it wasn't very much money at all!

I quickly suffered sticker shock for PFD, paddle, float, spray skirt, and "HOW MUCH for the #@%*\$ roof rack!?! That's more than the boat! Well, at least I already had wet suits.

So, I guess if I'm doin' this kayak thing, I better learn how to do it responsibly. I read a book or two, watched a few on-line videos, and sought out a club. That's how you fine people got stuck with me. Good grief!

Please don't be misled by the descriptions of these exploits. I want to be clear in stating that I'm really not very good at all this stuff. It's just the curse of a life enjoyed outdoors from an early age.

I look forward to seeing you all on the water.

Troy S



Troy at NACK Peer Practice at Alhambra Beach May 2014 — Photo by Alan

Peer Practice in Full Sweep

Peer Practice started in early May 2014.

Don't miss out. There are six or seven left in July and August. For paddlers new to NACK, **Peer Practices** are weekly sessions for NACK members to get together to paddle. No pressure and no formal instruction. These sessions, usually every Monday starting at about 6:00 PM are great to learn a little or a lot about paddling and improve your skills.

There are more experienced NACK members, nearby to "keep an eye on you." Don't wander. Use some sessions to prepare for ACA Skill and Level Assessments. Peer Practices are times to just paddle around and have fun. You can be a beginner or an expert paddler. NACK Founder Elizabeth O'Connor-Dayton said, "**If you never paddle with those better than you, you never improve.**" When you go to a **Peer Practice** it's like going on a mini-vacation.

When you go to work the next day you feel refreshed, happy and ready for anything. You feel great because you have been paddling and not just reading about it on a couch.

There are many skill levels of paddling. There is no cost for **Peer Practice** or the one (1) annual assessment (if you want it) by ACA instructors. L-3 assessment is presently scheduled for Saturday August 23. If you want special ACA Training at a **Peer Practice**, it is offered to members at a substantial discount from what is commercially available.

The Summer 2014 - 3rd Quarter Schedule should be in this newsletter on page 3. . If you have any questions about **Peer**

Practice contact bluek@weickert.com and/or mcdonald@optonline.net



NACK Peer Practice — Photo by Steve M



You'll get the NACK at Peer Practice

More on Peer Practice

At Peer Practice on July 7th at Timber Point Roy B held a mini clinic on "towing." This was a good opportunity to acquire or increase knowledge in helping other kayakers when they need an assist. There must have been 15 or more kayakers including some potentially new NACK members. Everyone had a great time and Roy gave a great clinic with Debbie as back-up.

Roy has set up our new NACK Facebook Page. If you use Facebook check it out.

This is one more way that we can connect with others interested in Kayaking and Paddling. Please contact Roy to add items. All members who help out with the page can get service hours.

John, Jr. will send out a notice to all Friends of NACK about the page after everyone gets a chance to look at it and comment.

Facebook is a very public medium so do not post anyone's personal information (such as emails etc.).

NACK & Facebook

Here is a link to our Facebook page. Not everyone has or uses Facebook but for anyone who does, please look it over and give Roy your comments. It has began with a few of our events, mostly peer practice and will include future events as they are planned as well as photo's afterwards. If anyone has suggestions on content please let me (Roy B) know.

See you on the water,

<https://www.facebook.com/pages/North-Atlantic-Canoe-and-Kayak/500584333333692>

Navigation

Some of the web sites that were mentioned during the navigation discussion and talk last March.

TIDES

[NOAA Tides Tables, NY](#)

NOAA Charts and more

www.nauticalcharts.noaa.gov

Deep Zoom Charts and more

deepzoom.com

<http://www.maptech.com>

www.navionics.com/en/marine-lakes-charts

marine.geogarage.com

<https://www.google.com/search?client=safari&rls=en&q=google+earth&ie=UTF-8&oe=UTF-8>

NACK Training & Trips

Ann K is NACK's new Training Coordinator, NACK will have L-3 training on Sunday July 27 and L-3 assessments on Saturday August 23. More information will be sent out by Ann. Please contact her with any questions @ akaiser12@icloud.com

Debbie H is our new Trip Coordinator. Debbie's responsibility is to help you organize a trip including help in securing a trip leader. When you plan a trip please email Debbie and myself (John, Jr.) so I can get it on the calendar with the ACA. I need 48 hours notice to get this accomplished so I need to know by Thursday morning of any trips for the weekend. After the paddle please let me (John, Jr.) know how many members attended. Please contact Debbie with any questions @ hikerdebb@aol.com.

Instructors

With the SUMMER issue, NACK is profiling **ACA Instructor Colin Mullen**. The instructors that you see profiled have been certified by the American Canoe Association (ACA) after rigorous training, testing, re-assessment and paddling over many years. Some of our NACK members are ACA instructors. There are ACA instructors at all skill levels. When you take instruction from a certified ACA instructor your skill level goes up exponentially, you gain confidence and you feel at home on the water when paddling. You can find instruction (free or at reasonable cost) almost anywhere. For example: NACK meetings, paddling clinics, NACK winter pool and Peer Practices. Call or email a NACK member or see NACK instructors' names in the 2013 fall newsletter on the page with the winter pool information. Ask about instruction. Even the best paddlers occasionally get instruction either formally or informally. NACK and its members thank our many instructors who give so much time and energy to the sport of paddling. You will hear more about them in coming issues of the NACK Newsletter and Journal.

Where do you want to paddle?

How about Greenland?

Where do you want to paddle in 2014? **NACK wants your paddles!** Not the ones you hold in your hands. NACK is always requesting that members submit trips. **Debbie H.** will help you work out the details and let you know what you can do. You can let her know by e-mail at: hikerdebb@aol.com. He will get back to you. 2013 was a great paddling year for NACK. Let's make 2014 even better. Go to the **Vimeo** site below and see a seven minute video called "Greenland Bound Project."

<http://vimeo.com/93586917>

If you can't get up to Greenland this summer, try NACK Peer Practices and/or one of the many NACK Paddles in and around Long Island. The water is cool this summer and you will be too.



I'm so sick of his "Boys are better in boats" baloney! Wait 'till he finds out I put Crazy Glue on his kayak seat!

NACK's New Logo

NACK is in the process of up-dating its logo. Pages 17 & 18 in the last Spring Newsletter include the basic logo (work in progress) along with directions of how to place an order at Lands' End on NACK's new e-store account.

The original NACK logo served us well for many years. However, with all the changes that NACK has undergone over the past few seasons board member's felt it appropriate to upgrade the original logo to reflect NACK's new personality. The upgraded NACK logo retains most of the other features of the old logo. The major change from the old logo to the updated logo is the color, and replacing the lighthouse on the old logo with the Montauk Point lighthouse.

It was felt that a more vibrant color reflected NACK's new lively personality. Additionally replacing the original logo's fictional lighthouse with the **Montauk Point lighthouse** solidifies NACK as being based on Long Island. The **Montauk Lighthouse** is an iconic, historical landmark of Long Island. It was the first lighthouse built in New York State, authorized by the Second U.S. Congress under President George Washington in April 1792. For NACK being one of the first if not the first kayak club on Long Island there cannot be a more fitting symbol to represent NACK then the **Montauk Point Lighthouse**. The purpose for the lighthouses construction was to protect mariners sailing along the coast of Long Island, another fitting reason to include the Montauk lighthouse as part of our logo, as a symbol of protection for our members. — Colin M

Interesting Web Links

Sea Kayaking Skills and Adventures, Ltd.
2014 Instruction Schedule on Long Island @
www.sksa-ltd.com

Empire Kayaks
@ EmpireKayaks.com

Captain Kayak
@ CaptainKayak.com

University of Sea Kayaking
www.useakayak.org

Paulo Quellet
<http://comfortpaddling.net>

ACA
<http://www.americancanoe.org>

Heel Hook by Gordon Brown
<http://www.youtube.com/watch?v=j-zpJQeiaNc>

Kayak Towing Tips by Gordon Brown
<http://www.rapidmedia.com/kayaking/categories/skills/item/3275-video-towing-tips>.

HARBOR SEAL
http://www.paddling.net/articles/feature.html?show=58&utm_source=FBfeed&utm_medium=socialfeeds

Journal of Paddlesports Education - June
<http://www.americancanoe.org/link.asp?e=halmcl@mac.com&job=1352883&ymlink=2327121&finalurl=http%3A%2F%2Fissuu%2Ecom%2F%5Faca%2Fdocs%2Fjpe%5F06%2E14>

3 Steps to Official NACK Paddles

There are a number of requirements that need to be met for a kayak trip to be an official NACK paddle.

1. An e-mail notification must be sent to all our members giving everyone who is rated for the paddle an opportunity to participate.

The e-mail notification can be done by:

- a. Sending me, the trip information and I will forward it to the members.
- b. The member planning the trip can send out the notification and cc me the details of the trip. (This method is most important when I am away and unavailable to forward the information.)

2. The paddle needs to be lead by an ACA certified instructor and or trip leader rated for the paddle.

This is done by: <http://www.clubkayak.com/fska/upload/clipart/oalogoT.gif>

- a. If I receive the trip notification, I will send the information to NACK's Instructors and Trip Leaders and request that one of them leads the trip.
- b. If the member submitting the trip is an Instructor or Trip Leader, they will be leading it.
- c. The individual planning the trip can contact a specific Instructor or Trip Leader to have them lead the trip.

3. For insurance purposes, the paddle has to be registered with the ACA prior to the paddle.

This is accomplished By:

- a. The ACA requires that they receive the information by the close of business the day prior to the paddle for the paddle to be covered by the ACA's insurance.
- b. John needs 24-hour notice prior to the paddle so he can send the information to the

ACA to meet their close of business requirement.

- c. For paddles on weekends, the ACA requires they receive the information by the close of business on Friday so John needs to be notified of the paddle no later than Friday morning.

- d. The same weekend time period is required for holiday paddles.

Colin M

Veterans

On Thursday's from 3:00 PM to 4:00 PM, the Northport VA hospital runs a veteran's kayak program.

The VA is looking for paddlers to assist in teaching veterans the basics of kayaking. Paddlers are **NOT** required to be instructors to assist with the VA's kayaking program, all level of kayakers are welcome.

Any NACK member who volunteers at the Northport VA hospital's kayaking program is entitled to submit their time as NACK work credit hours.

It would be nice if we could get three or four NACK members to volunteer to assist the VA each Thursday. Roy, Oscar, Matt and I have been volunteering for this program and we could use other member's assistance.

Colin M





Heartsaver First Aid CPR AED April 9



Cold Water Paddling Mount Sini Harbor — *Photos by Lynne*

BAY DAY at OYSTER DAY



NACK's Ann K on Oyster Bay — Photo by Lynne



Outreach Tent — Photo by Lynne



Outreach Booth — Photo by Lynne



Think You Can Do It? — Photo by Lynne



Maryann — Photo by Lynne

North Atlantic Canoe and Kayak members were on hand for a NACK outreach Bay Day in Oyster Bay last June 1. John, Jr. and Buddy also gave L-3 training out in the Bay. Steve sent out the following link for NACK members to explain the difference between the stern rudder and stern pry.

<http://www.canoekayak.com/skills/virtualcoach-episode-3-the-stern-rudder/>

It was a great day for all. Come to NACK events and don't miss out on life.

Photos By Alan





John, Jr.



Buddy



Hal in His Blue Time Machine



Water Rising



Duck



Shinnecock Bay



Alex



Ron



Ron, Hal, Alex, Peter and John with Lynne Taking Photo in the Lock



Heading Back



Our Photographer Lynne



Happy As A Duck After A Perfect Day



Photos by Lynne



These guidelines (12/12/11) are to be used when rating NACK trips.

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

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

Level 1 - Flat Water

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

Level 2 - Advanced Flat Water

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

Level 3 - Intercostal

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

Level 4 - Open Water

1. Paddle location: All previous waters listed and in addition open sounds and coastal waters including surf zones.
2. Possess the ability to paddle both in daylight and at night.

3. Possess superior navigational skills with the ability to navigate during day and night.
4. Be comfortable paddling in wave conditions up to 4 feet.
5. Currents should not exceed the paddler's ability to make headway.
6. Paddle in winds up to force 4 on the Beaufort scale (11 to 16 knots) or (12.5 to 18.5 mph).
7. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

L 5 - Advanced Open Water

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

NACK ACA INSTRUCTOR



Colin Mullen

How long have you been in paddles ports? I started rowing, rowboats and canoeing as a child so it would be safe to say well over 45 years.

How did you get into paddle sports? I grew up in Oakdale canoeing the cannels, saltwater marshes and the Great South Bay. In 1977 after completing my military service, I returned home to find all my childhood canoeing partners had married and moved so I purchased my first kayak, a 13-foot P&H Sprit. I still have that kayak but it is now enjoying retirement, I just cannot part with it. A few years after I started kayaking most of my prior canoeing partners were getting divorced so; I stopped kayaking and returned to canoeing. I did not return to kayaking until approximately 2004, Dara and I were at the beach one day and she said she would like to try kayaking, so we purchased kayaks on our way home.

What is your favorite boat (different occasions/conditions)? I have five kayaks and I use different kayaks for different venues. As an example, I use my Tahe Marine Greenland-T at Greenland events because of its more traditional Greenland kayak design. It is an easy kayak to roll because it is a long sleek, narrow, low volume kayak. However, its low volume makes it useless for kayak camping. Additionally it is not a comfortable kayak to paddle for long distances. My P&H Delphin 150 with its large rocker is a highly maneuverable kayak, combine that with its strong durable plastic makeup and it is a great kayak in the surf zone. However, that same pronounced rocker combined with its short length makes it difficult to paddle in a straight line. My Eddyline Raven is a good comfortable kayak for long distance paddling and it has sufficient volume for a week or more's worth of camping gear. Therefore, to answer the question I really do not have one favorite kayak.

Tell us a little about one of your favorite places to paddle. A few years ago Dara and I traveled to Washington State's San Juan Islands where we spent a week paddling and camping from one island to the next island. It was all open water paddling at times barely within sight of land. I was so impressed with Washington State. Unlike Long Island, I did not see one piece of litter on land or in the water in Washington State. We did not paddle one day without seeing bald eagles, sea otters or seals among other wildlife. One day from shore, we saw a pod of orca whales swimming off in the distance. Long Island has some beautiful places to paddle but Washington State being so pristine without litter and its different species of wildlife were such a contrast to paddling on Long Island.

Who has influenced you most in paddling? Without question John Weickert Jr. and Steve McDonald, I have nothing but the utmost respect for the two of them. A few years ago, NACK appeared on the verge of dissolving, but through their guidance, they brought a renewed vigor and life to NACK.

What drew you to become an ACA Instructor? The sole reason I became an instructor was out of a sense of obligation and devotion to NACK and its members.

What do you consider your hometown paddle? Dara and I reside in Hampton Bays. We can drive north and be on Flanders Bay or one of the Peconic Bays or if we chose, we can drive south and reach the Shinnecock Bay or the Atlantic Ocean, all within minutes. It takes me longer to load our equipment and tie our kayaks on a vehicle then it does to reach a lunch site in either direction. One of the most picturesque places to paddle on the east end is only a few minutes drive from our home and that is Bullhead Bay up West Cove Creek into Scallop Pond. It is only a level one or two paddle but while paddling up West Cove Creek into Scallop Pond a paddler can forget, they are paddling on Long Island. There is no urban noise and only two or three houses are visible when paddling on Scallop Pond. While paddling on West Cove Creek and Scallop Pond it is not uncommon to see white tail deer along their banks or wild turkeys flying from one small island to another. Yes, wild turkeys can fly. If there were, a disadvantage for me paddling on Scallop Pond it would be there are no longer any surprises around the next bend. I have paddle this location so often I know the location of every nesting pair of osprey's and I even started naming them.

Where is one place you still aspire to paddle? That would be the 740-mile The Northern Forest Canoe Trail. It consists of paddling on rivers, lakes and includes 55 miles of portages. The Northern Forest Canoe Trail starts in Old Forge New York travels through Vermont, Quebec, New Hampshire finally ending in Fort Kent Maine. Unfortunately, I have not been able to find anyone who can tolerate my company for such a long undertaking, not even Dara. She said she would only paddle one section of the trails thirteen sections at a time with me. I am considering paddling the trail with my cocker spaniel, Finley. He is the only one who could tolerate me for such a long undertaking, he never gets tired of being





Colin and Captain Finley

Photograph by Dara

On Sunday, June 8, Finley and I launched the row boat we started building last fall and completed over the winter. Like all safe mariners Finley is wearing his PFD.

2014/03/09 12:57:14



This is actually a photo of Hal that was taken by Alan last March in the SCCC pool in Brentwood, LI. This was during a NACK winter pool session. You can clearly see that Hal has the "fatal diving paddle affliction." This affliction affects many paddlers trying to roll and can be contagious without proper training (see front page). His paddle should be skimming along or very close to the surface in this attempted Palawata Roll. It's clearly not and is diving like a nuclear submarine to the bottom of the pool. Hal is demonstrating what not to do. This looks like the deep end of the pool so Hal must have done a wet exit and gone to the trouble of getting the water out and getting back into his kayak. If he had good "hang time" possibly someone gave him their bow and he did a bow recovery. He doesn't remember. He does remember that Wayne Horodowich of the University of Sea Kayaking did an excellent article on the Palawata Roll that NACK published in the 2014 winter newsletter (Vol. 7, Issue 1). Don't do what Hal did. Hal promised he would go back and read Wayne's article. Here is the link to NACK's web site www.get-the-NACK.org. In the site go to newsletters and then to "winter 2014."

A QUICK GUIDE TO THE WORK CREDIT/NACK BUCK SYSTEM

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 a 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 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 any member of the executive committee or the board. Their addresses are on page 2.

For every 10 hours over the 10 donated hours a "NACK Buck" is deposited to your work account. Each NACK Buck currently has a credit value of \$25 towards NACK approved training. To get work credits and earn NACK Bucks YOU MUST REPORT YOUR WORK HOURS.

To report your work hours send an e-mail to the work committee chair Tom @: tstraub@optonline.net stating the activity, the date and the number of hours. The email needs 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.

NACK approved and sponsored training:

To redeem your NACK bucks print out a copy of the NACK Buck Redemption form from the Docs & Forms section of the website. Mail or scan a copy of the completed form to the treasurer, who will get the approval from the work chair.

For non-sponsored training:

It is required to fill out this form well before the proposed training session as the required approvals may take two weeks or more, as you must get the additional signatures as outlined in the work policy. The signatures can be by email notes and attached to the form.

You must show proof that you completed the course to the treasurer to receive your NACK Bucks

Your membership must be current, your work commitment must be up to date, and there must be sufficient coverage in the Training Fund as outlined in the work policy.

To streamline the approval process, all NACK training will have the maximum number of

allowable NACK bucks that can be used listed with the training. The amount of allowable NACK bucks must be approved by the board prior to the posting of the training. After the member completes the course the only approval that will be needed is by the work chairperson and the treasurer following the current work guidelines.



NACK Meetings & Paddles

Please see our basic schedule (pages 3 to 6) for meetings, assessments, training, peer practices, and various events and/or contact any director, officer or committee member listed on page 2. If you would like to come and see what NACK is about, attend a meeting, peer practice, or event just give someone a call or email. Bring the family. You don't need a kayak to get started. More details and directions are contained on our **web site** at www.getthenack.org. Get on our mailing list. Get the **NACK**. Check our most recent newsletter (quarterly) & website for some locations, dates and paddles. During warmer weather, we sometimes hold our monthly meetings on the water. Our **e-mail** is info@get-the-NACK.org. **Updates to the schedule for paddles, trips, etc. are sent by email (our mailing list — get on it).** **Our schedule changes as members add paddles, trips and events. Info on paddles and trips is sent out to members by email.** Hope to see you at a meeting, paddle, etc. and on the water.

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I shall be telling this with a sigh
somewhere ages and ages hence;
Two roads diverged in a wood, and I –
I took the one less traveled by,
And that made all the difference.

ROBERT FROST

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

Hal at halmcl@mac.com

Life is either a daring adventure or nothing at all.
-HELEN KELLER



Bob and Julie on West Meadow Creek, April 2014— Photo by Lynne

North Atlantic Canoe and Kayak, Inc. with the recognition that Long Island and the Northeast USA have amazing natural resources for paddling and a wide range of interests and skills among the population. NACK brings the fundamentals and expertise of paddling safety to the community at large as well as providing for a program of continuous improvement in skills for paddlers at all levels. In the-spring of 2005 the founding directors of NACK began a NYS not-for-profit paddling organization and club dedicated to

training, safety, adventure and fellowship. In the NYS Charter 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."*

Regardless of your interest or skill level, you will find others to share your paddling experiences. Come and paddle with us.

We Are serious about fun!

- www.get-the-NACK.org
- Association with the best
- Free assessment of your paddling skills
- Discounted training by ACA Instructors
- Paddling opportunities and trips
- NYS not-for-profit corporation
- Service & Community Outreach
- Books and DVDs available
- Modern web presence & message board
- Peer Practice and training
- NACK Quarterly Newsletter & Journal
- *Adventure Kayak* magazine from the ACA
- Increase your confidence and knowledge
- Resource & voice for paddlers
- Discounts at some retailers
- Learn and grow in a lifetime sport
- Individuals, families, clubs and businesses

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

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

Adventure & Fellowship

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

Elizabeth O'Connor-Dayton