

## NORTH ATLANTIC CANOE &amp; KAYAK, INC



# NACK



## QUARTERLY NEWSLETTER &amp; JOURNAL

Executive Board, Board of Directors & Committee Chairs Page 2  <b>President's Message</b> Page 3  <b>NACK Winter Pool</b> Page 4	<b>Cold Weather</b> Page 5  <b>SHINNECOCK CANAL</b> Page 6  <b>Advanced Paddling</b> Pages 7 & 8  Great Peconic Race Page 9	<b>Oak Beach to West &amp; East Fire Islands</b> Pages 10 thru 16  <b>Maine Island Trail</b> Pages 17 & 18  BBQ & Biyakathon Page 19	<b>WHY PADDLE?</b> Page 20  <b>WIND &amp; WAVES ARTICLES</b> Pages 21 thru 29	<b>NACK ACA Instructor Profile</b> Pages 30 & 31  <b>DRYSUITS</b> Pages 32 & 33	<b>NACK Bucks &amp; Meetings</b> Page 34  <b>KLASSIFIEDS</b> Page 35  <b>NACK's Mission &amp; Purpose</b> Back Page
---	---	---	---	---	--

**North Atlantic Canoe & Kayak, Inc.** is a Long Island, New York based Paddling Club and an American Canoe Association (ACA) Paddle America Club, and a NYS not-for-profit organization serving Long Island and Northeast America. 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 and seek adventure and fellowship. We meet monthly, (see page 34) have many paddles, learning and training opportunities. Paddle (click) our web site at: [www.get-the-NACK.org](http://www.get-the-NACK.org) and get the **NACK**.

**We Are Serious About Fun!**

What is sea kayaking? A sport, a specialist activity — it is much more than that . . . originating in the Arctic as a means of travel and as a way of hunting for food, things have moved on a bit from then. For a complete view we must transport ourselves back in time. It is twilight at midday in the early Arctic autumn, never completely dark due to the reflections off the snow and ice; you haven't seen the sun for some days now and it will not show its head above the southern horizon for many months. Your family is unsure if the catch from the summer will see you through the winter. \* \* \*

Your kayak was custom-built for you by the kayak builder in the village, his skills handed down from his father and grandfather. Three times your arm span for the length, your hips when seated plus two fingers on each side for the beam, the deck profile to suit the prevailing conditions and the purpose for which the kayak was to be used. Generally a low, low flat deck contour was selected for hunting and also for traveling especially when there were big seas to contend with. — Brown, Gordon. (2006), *Sea Kayak*. Great Britain: Pesda Press



**NACK** - North Atlantic Canoe & Kayak, Inc.

An ACA Paddle America Club & NYS Non-Profit Corporation

[www.NACK.club](http://www.NACK.club)

P.O. Box 124

Wantagh, NY 11793

[info@get-the-NACK.org](mailto:info@get-the-NACK.org)



## Executive Board

John W.....	President.....	<a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a> .....	917-681-0749
Steve M.....	Treasurer.....	<a href="mailto:mcdonald[at]optonline.net">mcdonald[at]optonline.net</a>	
Bob H.....	Vice-President.....	<a href="mailto:hawkmac[at]optonline.net">hawkmac[at]optonline.net</a>	
Alan M.....	Secretary.....	<a href="mailto:Amayors[at]gmail.com">Amayors[at]gmail.com</a>	

## Board of Directors

Elizabeth O.....	Founding Director...	<a href="mailto:changingtidespc[at]gmail.com">changingtidespc[at]gmail.com</a> ...	203-903-5705
Gordon D.....	Founding Director...	<a href="mailto:gdayton2[at]gmail.com">gdayton2[at]gmail.com</a>	
John W.....	Board Chairman...	<a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a> .....	917-681-0749
Steven M.....	Director.....	<a href="mailto:mcdonald[at]optonline.net">mcdonald[at]optonline.net</a>	
Roy B.....	Director.....	<a href="mailto:rbaillar[at]optonline.net">rbaillar[at]optonline.net</a>	
Ann K.....	Director.....	<a href="mailto:akaiser[at]optonline.net">akaiser[at]optonline.net</a> .....	516-445-5504
Debbie H.....	Director.....	<a href="mailto:Hikerdebb[at]aol.com">Hikerdebb[at]aol.com</a> .....	516-449-5521
Matt F... ..	Director-at-Large...	<a href="mailto:Mattyferrizz[at]hotmail.com">Mattyferrizz[at]hotmail.com</a>	
Buddy F.....	Director.....	<a href="mailto:bfic[at]hotmail.com">bfic[at]hotmail.com</a>	

## Committee Chairpersons

Steve M.....	Awards.....	<a href="mailto:mcdonald[at]optonline.net">mcdonald[at]optonline.net</a>	
Ann K.....	Training Coordinator.	<a href="mailto:akaiser[at]optonline.net">akaiser[at]optonline.net</a> .....	516-445-5504
Debbie H.....	Trip Coordinator...	<a href="mailto:Hikerdebb[at]aol.com">Hikerdebb[at]aol.com</a> .....	516-449-5521
Steve M.....	Webmaster.....	<a href="mailto:mcdonald[at]optonline.net">mcdonald[at]optonline.net</a>	
VACANT...	Asst Webmaster...		
Bob H.....	Membership.....	<a href="mailto:hawkmac51[at]optonline.net">hawkmac51[at]optonline.net</a>	
Ann K.....	Corresponding Sec...	<a href="mailto:akaiser[at]optonline.net">akaiser[at]optonline.net</a> .....	516-445-5504
Matt F.....	Library/Greeter...	<a href="mailto:mattyferrizz[at]optonline.net">mattyferrizz[at]optonline.net</a>	
Harold M.....	Newsletter.....	<a href="mailto:halmcl[at]mac.com">halmcl[at]mac.com</a>	
Julie H.....	Work.....	<a href="mailto:hawkmac[at]optonline.net">hawkmac[at]optonline.net</a>	
Mary Anne.....	Social.....	<a href="mailto:mar13004[at]aol.com">mar13004[at]aol.com</a> .....	631-942-3098
John W.....	ACA Liaison.....	<a href="mailto:bluek[at]weickert.com">bluek[at]weickert.com</a> .....	917-681-0749
Gordon D.....	Advisor / Historian..	<a href="mailto:gdayton2[at]gmail.com">gdayton2[at]gmail.com</a>	
Paul V.....	Outreach/Show.....	<a href="mailto:villano[at]optonline.net">villano[at]optonline.net</a>	
Roy B.....	Facebook.....	<a href="mailto:rbaillar[at]optonline.net">rbaillar[at]optonline.net</a>	



**NACK** - North Atlantic Canoe & Kayak, Inc.  
 An ACA Paddle America Club & NYS Non-Profit Corporation  
[www.Get-The-NACK.org](http://www.Get-The-NACK.org)  
 P.O. Box 124  
 Wantagh, NY 11793  
[info@get-the-NACK.org](mailto:info@get-the-NACK.org)



## Presidents Message

Fall has arrived so it is time to invest in GOLD. The gold I am talking about are the golden days of fall, warm days & water with beautiful golden colors along the shore. We have a few paddles planned and there is always room for more. Remember that even though the water is still on the warm side it can change over night, so please monitor your paddling clothing and be ready to add layers as needed. I am writing this as I sit home recuperating from a knee replacement, sadden that I am not able to paddle during this golden time but looking forward to the pool sessions starting in January.

Last month we helped launch Babylon's first "Kayak for a Cause", Steve was interviewed by FiOS 1 News, sharing his knowledge of the local waters and urging safety for all on the water. We also had, Debbie, Steve, Bob, & Buddy on the water showing a few rescue techniques while I was on land explaining what they were doing and again urging that everyone wear a pfd and take a basic kayak instructional class.

Our first club meeting is on Wednesday October 14 at the Connetquot library where Bob will lead the business meeting and Steve will lead a discussion on cold water paddling. Our November meeting will be in Lindenhurst Library where we will have a presentation from Going Coastal and the South Shore Blueway.

Saturday October 24, will be the "2015 Great Jack-o'-Lantern Spectacular Sail" at Bethpage State Park. It is a great day for the kids and I love hearing them scream as we tow their pumpkins around the lake. To make this work we need paddlers to tow the pumpkins. In the past we have towed about 10 floats each which is extremely difficult. We need many more volunteers for this event. I expect to be there but will not be able to paddle. Please watch for more information and a sign up sheet.

See you on the water,

***John Weickert, Jr.***

John Weickert, Jr.  
 President/ Board Chair

[Bluek@weickert.com](mailto:Bluek@weickert.com) b.718-706-0707 c.917-681-0749

# North Atlantic Canoe & Kayak, Inc.

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

[www.GetTheNACK.org](http://www.GetTheNACK.org)

P.O.Box 124

Wantagh, Ny 11793

## NACK Winter Pool

**NACK winter pool practice sessions** -- Take a vacation, improve your skills and get ready for the 2016 paddling season. NACK does not yet have a final contract with **Suffolk County Community College** in Brentwood.

NACK needs a minimum of twelve (12) six week subscriptions to cover the cost of the pool. Members can also share a subscription or purchase individual sessions. Work it out among yourselves and then let **Ann K** know. Members & friends may access the pool on the below dates for practice sessions or lessons.

**Dates: EVERY OTHER Saturday** from 1:30 PM to 3:30 PM on the following provisional dates:

**January 9, January 23, February 6, February 20, March 5, and March 19**

**Participation Rates:** Pool sessions have become expensive and the Suffolk Pool is no exception. We will work hard to keep costs favorable and to let as many paddlers participate as possible. We don't have a price list at this time (fall newsletter). When we get a commitment from the college everyone will be notified with the price list. You can go on the NACK website [www.get-the-NACK.org](http://www.get-the-NACK.org) to see past fall newsletters and what the fees were in past years. We are sending this basic info out now in this fall newsletter because the winter newsletter comes out in early January 2016. So think about coming to the winter pool now and find out what you have to do to get the NACK and get into the winter pool. If you are a new member contact Ann K for more info.

**Reservations:** Space is limited. The 6 session subscription will be on a first come first served basis. We will make every effort to accommodate all those interested. However in the interest of safety we must place restrictions on the maximum number of boats of various types based on their size and the available space in each session. Please register early to reserve space for your desired craft if you are doing a single session. For the **6 session reservation** or for a **single session**, or any questions email Ann at [akaizer@optonline.net](mailto:akaizer@optonline.net).

You may use 1 NACK buck towards a 6 session subscription (see page 32 of this newsletter).

Your ACA Membership must be up to date and on file with the membership chairperson Bob H at [hawkmac@optonline.net](mailto:hawkmac@optonline.net).

ACA Instruction Available (pay directly to instructor): All Instructors must be ACA Certified.

Instructor Contact information can be found on the Members Only page.

### Pool Practice Rules:

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

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

**Directions:** at LIE exit 53, take Wicks Road south a quarter to a half mile. The SCCC entrance is on the right. Go in and make a left at the stop sign and make the first right, the main building will be to your left. Continue straight to the back of the building, we are allowed to use the rear entrance to unload kayaks, etc. Parking is in the paved lot in the front of the school or on the side (dirt surface) lot. There will be members there to help you.

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.



## SUMMER SECOND ANNUAL SHINNECOCK CANAL PADDLE



Photography by Lynne



**On August 15, Alan, Alex, Bob, Debbie, Lynne, Mike, Paul and Tom enjoyed a full**



**day of learning to paddle in the surf at Democrat Point, located just outside of the Fire Island Inlet. In addition, participants learned rough water paddling in a variety of situations as well as self rescues in tideraces. The class was taught by Matt Kane along with**



**his assistant Brian Grahn. A great and exhausting day was had by all! — Lynne**





Photography by Lynne



## 9/20/15, GREAT PECONIC RACE AROUND SHELTER ISLAND 19.5 miles

1st Place Women's 50+ Sea Kayak (5:10:13.30), 2nd Place overall Women's Sea Kayak

Great day! Lots of wind and waves on the east side of Shelter Island (Gardiner's Bay/Atlantic Ocean).

Lynne Basileo



## Oak Beach to West & East Fire Islands

6-24-15

Everything about the kayak trip was perfect:

The weather was spectacular, and although we all know that, you should dress for the water temperature, not the air temperature. Yesterday the water was mostly near 80°, the air temperature about 85°, with a mild southwesterly wind topping out at about 10 MPH.

Lynne, Paul, Troy and Bob completed a 13-mile round trip from Oak Beach parking lot, to the island of East Fire Island, and back.

Lynne's maiden voyage as an ACA Level 3 Trip Leader showed she was ready for the task. Along the way, she was announcing the island names and markers from her chart as we were passing or approaching, and kept an eye on the weather, conditions and her paddlers.

Paul, who was the Trip Leading Back-up in Training, was assigned to be the navigator, as we were paddling in his "Stomping-Grounds," and it showed. He also was the historian.

We stopped along the way at Sexton Island for a quick snack, and then continued around the north and east sides of West Fire Island, stopping along the southwest side of East Fire Island for lunch. There, Paul found laying in the sand an old friend named "Wilson" (remember the volleyball that Tom Hanks had befriended in the movie *Cast Away*)? "Wilson" made the voyage back to Oak Beach on the deck of Lynne's boat.

On the way back, Paul showed us the location of some of the oyster beds and fish trapping areas, both along a section of the bay called Wing Inlet.

Troy, a Licensed Master Boat Captain, who operates a water taxi in the summer right in the area where we were paddling, also offered lots of local knowledge, and made "SECURITE" calls on his VHS radio, advising powerboats to be aware of four kayakers crossing the busy channel and asking them to minimize their wakes.

Bob added some amusement to the end of the trip when we were loading our kayaks back on the car. Bob had his end of the kayak in one hand, and the beautiful "snail-shell" he just plucked from the bay, in his other hand. Well on the way to the car, Bob had the escargot scared out of him, when the critter, acting like a fish out of water, was slithering out of its shell onto Bob's hand. The animal was returned to the water immediately. Bob never knew he was supposed to be wary of shells.

Photographs by Lynne, trip planning and navigation by Paul, Map and narrative by Bob.

## Oak Beach to West & East Fire Islands





















## MAINE ISLAND TRAIL

As you may recall from a previous newsletter, one of my goals for this paddling season was to do a portion of the Maine Island Trail. After spending a good part of the summer meeting the requirements to become a Level 3 Instructor I finally headed up to Stonington Maine on August 17<sup>th</sup>. Unable to find anyone to share this adventure with, I set out solo and had one of the most amazing trips.

I stayed at the Old Quarry Campground in Stonington which is owned and operated by two Level 3 ACA paddlers. It is located right on the water of beautiful Web Cove. My campsite was right on the shore overlooking one of the multiple kayak launch sites and had a beautiful view looking out at the many islands in East Penobscot Bay. The scenery is just spectacular and the weather was perfect on Tuesday for my solo expedition. I purchased a chart from the very well stocked store right at the campground and gleaned as much information as I could from the staff about the area and what I could expect. They were extremely helpful and knowledgeable and even encouraged me to file a float plan which I found reassuring. I spent some time practicing my navigation skills by plotting the headings for each segment of my paddle as I went from one island to the next. The conditions were extremely calm and the temperature was around 80 degrees. The water was cold but not frigid and I was comfortable wearing my usual paddling attire of a silk top with hydroskin pants. I explored about 10 different islands and was surprised by how accessible most of them were. The islands are so close together that it is never really necessary to do an open crossing if you don't want to. You never feel totally isolated as you can always hear the sound of the diesel engines from the many lobster boats and the waterways are a sea of lobster buoys. On occasion you can see a few campers on the islands that have approved campsites but mostly the islands are pristine and absolutely beautiful.

Although, I didn't camp on the islands I wanted to practice camping as though I were as my goal is to return next year and paddle out to Isle Au Haut which is part of Acadia National Park.

Although it is nice having running water and flush toilets it is peaceful to just get by with the basics. I used my backpacking stove and tried some of the freeze dried entrees that are available from REI which weren't too bad.

The second day the weather was not so cooperative and we were completely covered with a very dense fog. I decided to play it safe and did a paddle around Whitmore Neck which was also very scenic but allowed me to stay insight of land. I did meet a few kayakers coming back from camping on the islands and they seemed to have no problem navigating in the fog, although a good foghorn is recommended due to the many lobster boats in the area. The fog did not lift until about 2 PM when it was time for me to pack up head out.





I can truly say this is a kayakers paradise. Besides Stonington, there are beautiful places all along the coast and Deer Island to kayak.

I am extremely grateful to have had this experience and look forward to returning next year.

Debbie H

We did things a little different for this year end BBQ by adding a bike relay and kayak race in addition to the usual paddle.

Alan and I were the first 2 bikers out, followed by Bob and Julie and Steve, while Maryann and Deb were the anchors.



The race wound up being a tie so all the winners decided to have lunch.

After chips and dip; hotdogs and hamburgers, beer and soda; cake and cookies we were all ready for a nap.

A special thanks to my wife Goldene who used her iPhone to capture all the photos and had us pose for one last group picture before we headed off to Field 7 for the Broken Paddle Kayak Race.

The fun began at the second buoy which required us to paddle back to shore with a boat full of water with just one half of the paddle.

Deb was the clear winner with Alan second and myself dead last.

We topped the day off with a short paddle down the shore line to the marina and back.

A great time was had by all.

Paul V

## Why Paddle?

- **You'll be happier**

Spending time in nature makes us feel more alive—and that's a good thing. Numerous studies have linked exposure to nature with increased energy and a heightened sense of wellbeing. "Nature is fuel for the soul," reports University of Rochester psychology professor, Richard Ryan. "Often when we feel depleted we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature."

- **You'll reconnect**

Sometimes paradise is just a paddle stroke away. Literally and figuratively, pull away from the shore and feel lighter, breathe easier. You don't need to go on an epic expedition to forget your troubles (though it helps)—on the water, deadlines don't seem so pressing and day-to-day concerns don't seem so heavy. A kayak on the water has a way of putting things into their proper perspective.

- **You'll work as a team**

Kayakers who paddle together help one another. Fellow paddlers bring out the best in you and in the group. "Spotting" while you try to roll is just one example. Practicing skills with another paddler is another. Going on a group paddle is a third.

- **You'll be healthier**

That's just common sense. All that movement from taking the cover off, to car topping to actually getting on the water, etc., is good for your body and mind. People who paddle tend to do other kinds of exercise over the year to keep in shape so they can paddle when the opportunity presents.

- **You'll push your limits**

There will be heat, and there will be cold, there will be rain and wind—there will be miles, and maybe sore muscles. Equipment may break down and require ingenuity to fix. Conditions could deteriorate and force you to draw on years of experience to manage. Boundaries will be pushed, and comfort zones expanded. It's in these places that we learn most about ourselves and grow.

- **You'll make do with less**

When you have to carry your possessions with you, you're forced to bring only what you really need. It's freeing to discover how little you need to survive and what can be achieved with the bare minimum. Leave digital distractions, consumerism and vanity at home—a PFD, kayak and paddle is the price of admission to adventure. You'll discover the things that really matter—and I'll bet it's not watching HBO on a big screen.

- **You'll persevere**

Wet exits are easy; rolling is doable, and everything else is possible. It's worth it.

- **You'll learn acceptance**

Sometimes, that storm will continue unabated for days—and there's not a damn thing you can do about it. Get used to it. Aches or pains (getting older) will try to persuade you to stay at home. Use finesse, elegance and skill when paddling and less brute force.

- **You'll be doing art and something human**

For thousands of years humans have been transporting themselves and families by canoe and kayak. It's kinetic art from boat design to the turn you carve.

- **You'll learn new skills and disciplines**

From wet exits to different rolls to surviving.

**Why do you like paddling? Send in your thoughts and ideas to [halmcl@mac.com](mailto:halmcl@mac.com)**



**A happy reconnected NACK member**



## WIND & WAVES

### New Member — Welcome

I bought my first kayak around 20 years ago before I got married. It was a Cobra sit-on-top tandem. I had visions of exploring the waters

around Long Island with my then girlfriend. The girlfriend is now my wife but the boat is long gone. She never shared my enthusiasm for getting on the water.

Over the years I ended up with the wrong boat time and again.

I have been kayaking for nearly 20 years,

or more to the point I have owned a kayak for the better part of 20 years. I would average 2 or 3 outings per year if I was lucky. In 2014 I checked out Craigslist one day when I was bored and discovered someone looking to trade a 12 foot Perception Acadia for a tandem kayak. I happened to have another tandem that I was more than happy to part with.

On my first outing with my new yak I met a group of people from of all things, a ski club. I guess they were looking for some activity to tide them over until the snow came again.

Anyway, they mentioned checking out some groups and clubs online. I came across a meetup group and started going on some of their trips. I have learned a lot and have had a great time.

Then I heard about NACK. I have not been



able to make as many activities as I would have liked, but the few peer practices I have made have given me much greater confidence and knowledge. Having moved up to a true sea kayak this summer (a Current Designs Solstice GTS) I needed the extra practice and pointers.

My hope is that in 2016 I will make the jump to the next level and that life will grant me the time to dedicate myself to exploring the waters of Long Island and beyond in my kayak.

Mike Grace

## ACA Membership

Please make sure that you renew your membership in the ACA. If you have questions, ask NACK membership chair Bob H at [hawkmac@optonline.net](mailto:hawkmac@optonline.net)

## 2016 Winter Pool

NACK's Winter Pool will be starting in January 2016. Happy New Year! Look for info in this news letter about upcoming Winter Pool (see page 4). Any questions please check with Ann Kaiser @ [akaiser@optonline.net](mailto:akaiser@optonline.net). Ann will send out more info and a fee schedule as soon as available. Winter Pool is a great place to practice kayaking skills from wet exits, to rescues and rolls. That's what it's for.

Whenever you get the opportunity to kayak in a pool, take it. Ask someone to "spot" you while you try a self rescue. Ask someone to "spot" you as you try a roll. It's so much easier to reach up to the bow of a friendly kayak when your roll fails then to wet exit and get back into your kayak (although that can be what you want to do). If you are rolling bring goggles or mask to see your paddle underwater. Make sure your kayak is clean of leaves, sand, etc. There are lockers and showers. You drop off your kayak and equipment close to the school door and then park your car and come back. NACK members help one another carry their kayaks and gear from the school door to the pool door (about 100 feet). Some members use rolling carts. You can pay for all six sessions or buy individual sessions. Some members who buy six don't use all of them. Space is limited.

Try not to bump into anyone in the pool.

## Expeditions Anyone?

You might want to do all or part of the MITA (pages 17 & 18) or all or part of the Twin Forks Inner Bays Paddling Challenge (spring newsletters - 2014 & 2015). Or you might want

to go to Winter Pool. An expedition can be as simple and easy as going to Winter Pool.

## NACK & Facebook

Roy B has set up a **NACK's Facebook Page**. It's a year old. You'll be amazed. Copy the link below to your computers. Drag it onto your desktop. It's inspiring and informative. Roy up-dates it often with articles and how-to videos. The articles go back about a year. You can see and read about the Standard Greenland Roll or wet-reenter and paddle float roll. You can learn navigation. There are photographs from last January's Awards Dinner and a HOW (Heroes on the Water) photo with comments from those who looked and links to HOW.

This is a way that North Atlantic Canoe & Kayak, Inc a/k/a NACK connects with other paddlers out there in water world.

Please contact Roy to add items and info. Most people use Facebook. The more people interested in paddling and with instruction, the more good paddlers on the water. All members who help out with the page can get service hours.

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

Below is a link to the NACK Community on Facebook. Double click on it. Please look it over and give Roy your comments. If anyone has suggestions on content please let Roy B know @ [rbailar@optiline.com](mailto:rbailar@optiline.com).

Link to NACK's Facebook page:

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

## TIPS

Steve said that when you put your kayak down on the beach before launching that it's best to put your stern down close to or in the water to avoid getting soft sand in your skeg slot. Steve also brings a gallon jug of tap water with him in the back of his vehicle to wash sand, etc. off his booties, etc when he has finished kayaking and is changing.

On Saturday May 9, 2015 at a general meeting at the Sports Fishing Education Center at Ceder Beach, Steve demonstrated Geowake. Goggle Geowake. You can get nautical charts overlaid onto goggle maps, weather, tides and much more. Play around with it before your next paddle. Research the area you are going to paddle in. It will even give you routes. Have fun.

Hal says don't let go of your kayak (not even for a second) when you are out of it and in the water next to it. Use the deck lines and cockpit coaming. Keep a leg in when it's upside down. Hal was going to practice a wet re-entry with a paddle-float at the last peer practice this past August. The wind at water level was about 10 knots or less. He hopped out of his kayak on the windward (1st mistake) side and let go for a second. His kayak promptly blew out of reach. Thanks Bob for retrieving it and saving Hal from an embarrassing swim.

Bob says that even the best kayaks get water in the hatches. Keep a sponge in each hatch to collect up the drops of water. Rather than the water wetting your gear or food, the sponge instead absorbs it. Just ring them out, put them in your bucket to wash at home and hang out to dry.

Bob says that if you stow your inflatable paddle float behind your kayak seat, keep a little air in it, so it cannot slip out during maneuvers when your spray skirt isn't secured to the cockpit coaming.

Bob says that when he first saw John's trip map, he immediately realized that this was the way to go. John's map was laminated & thereby waterproof. On one side, he had a photocopy of the actual chart showing the overall area of interest. The other side contained a close up of the paddle route. For trips that Bob leads, he now prepares a laminated two-sided chart just like John did, and he makes one for the back-up trip leader too.

Hal says that most cars have valet keys that are not electronic. If you have one you can lock your electronic key in your car and keep the valet key in a zippered PFD pocket or fastened to your-self so you can't lose it. A PFD pocket with a clip inside is best.

Bob says that after bringing the kayak to the water's edge, you need to change into your paddling clothes. He has not stood on the muddy ground while changing since he saw Jack standing on a floor mat, and he got one too. An old bathroom mat will do.

**PLEASE SEND YOUR TIPS, PHOTOS,  
ARTICLES, ETC. TO THE NEWSLETTER @  
[halmcl@mac.com](mailto:halmcl@mac.com)**



## Training & Trips Generally

### **Ann K is NACK's Training Coordinator,**

Information will be sent out by **Ann K** about future training opportunities. Ask Ann @ [akaizer@optonline.net](mailto:akaizer@optonline.net).

**Debbie H is NACK's Trip Coordinator.** Debbie's responsibility is to help you organize a trip including help in securing a trip leader. Help Debbie to help you plan a trip for 2016. When you plan a trip please email Debbie and John. so the trip can be placed on the calendar with the ACA. John needs 48 hours notice to get the trip registered with the ACA so, for example for upcoming weekend trips he needs to know by Thursday morning. After a paddle please let John at [BlueK@weickert.com](mailto:BlueK@weickert.com) know how many members attended, etc.. Please contact Debbie with any questions @ [hikerdebb@aol.com](mailto:hikerdebb@aol.com),

### **Please join Paul V to paddle Oak Beach to East Fire Island Sunday, October 11**

This is a Level 2 Paddle. Launch is 9:30 AM sharp so please get there early.

Slack tide is 10:20 AM at Oak Beach and high tide at West Fire Island is at 9:30 AM.

We will be going against a slight current on the change for the last 3/4 of a mile to East Fire Island landing site.

On the return trip we will have a good outgoing current with us.

This is a 11 to 13 mile round trip. Route may vary to avoid wind.

If you paddled this trip with me this summer, we will be taking a different route.

We will be heading through the marsh of Captree Island, stopping to stretch our legs on the sandy beach of the island with the big tree.

Making our way to West Fire Island and we will stop for lunch on East fire Island on "Wilson's Beach."

On the way back we will stop on Saxton Island beach to stretch our legs before heading back to Oak Beach.

### **Please join Paul V and paddle Babylon Blueway Trail Sunday, October 18.**

This is a Level I paddle.

NACK has been working with the Town of Babylon to obtain a special pass for non-residents to use this launch site in season.

Until then we have between October 13 to Memorial Day to paddle free of charge.

This is a paddle following the Blueway trail which launches from the new Babylon Town Kayak Launch ramp located behind the Fishing Educational Station within the Cedar Beach Marina. Total distance is 5.5 miles. We will follow the trail markers around the marsh.

Bring snacks and water we will stop on one of the andy beaches to stretch our legs.

Tide taken from nearby Gilgo Heading, NY Station ID: 8515764 High Tide at 11 AM Sunday, October 18.

LAUNCH TIME: 11 AM behind the Fishing Learning Center at Oak Beach Marina.

THERE IS NO FEE FOR PARKING at the MARINA after October 13.

### **Please join Paul V and paddle on Sunday, October 25 at Tanner Park Boat Ramp at 9 AM - Level 2**

Estimated 5-7 mile round trip lasting about 4 hours. High Tide at Gilgo Heading is 8 AM

Directions: <http://www.yelp.com/map/tanner-park-copiague> Montauk Highway to the end of Baylawn Ave.

Boat ramp and marina is just off to the left of the main entrance.

Do not go straight. It is a quick left and a quick right into boat ramp. After dropping off your kayak and gear there is plenty of parking in lot around marina. Boat ramp may be slippery so please be careful.

We will explore the flats directly across the bay and make our way over to Gilgo Marina where we can stop for lunch.

Water temp should be significantly colder so dress accordingly.

### Assessments (free)

As a member you can have one free assessment each year for the level you want. Just email and ask Ann if you would like to be assessed. Assessment is always a good idea. It gives you another reason (and goal) to paddle. Also it's another day on the water, which is good. NACK usually has group assessments for levels 1 through 3 (free) each year with training sessions (small cost) preceding the assessments. Look for them.

### Paddling Trips

Many paddling trips took place in 2015. Many will take place in 2016. You don't have to be a member to go on a paddling trip. You do have to let **Debbie H** know that you would like to go. Many paddling trips are on "short notice" so be sure that you are on NACK's email list. If you are not a member and want to paddle with us you do have to sign a waiver and pay a small fee (\$5.00) for insurance coverage. NACK wants your paddles! **Debbie H.** will help you work out the details and let you know what you can do to organize a trip. If you are new to paddling or very experienced (either way) you can organize a trip. You can let Debbie know by e-mail at [hikerdebb@aol.com](mailto:hikerdebb@aol.com) that you are interested. Send Debbie an e-mail with your ideas or thoughts for a trip.



Birth of NACK

After surf practice (above) in 2005, five of the six **NACK Founders** flagged down a beach comber to aid with a group photo. They had just finished kayaking in the surf. In this photo founding members of NACK include, from left to right: Gordon, Elizabeth, Tim, Pam and Stu. Doug got there just in time to welcome the group back and help them with their kayaks. Doug was highlighted in last spring's newsletter as an ACA instructor. To see the history of NACK go to "Library" in our web site @ [www.get-the-NACK.org](http://www.get-the-NACK.org).





**NACK's Logo**

The new (about a year) NACK logo retains most



of the features of the old logo. The major changes are the color, and replacement of the old lighthouse with the Montauk Point lighthouse. Also, if you wish, you can buy clothing with the logo at Lands End. Click on: [ces.landsend.com/NACK](http://ces.landsend.com/NACK)

**Interesting Web Links**

Link to NACK's Facebook page: <https://www.facebook.com/pages/North-Atlantic-Canoe-and-Kayak/500584333333692>

**Empire Kayaks**  
[EmpireKayaks.com](http://EmpireKayaks.com)

**Sea Kayaking Skills and Adventures, Ltd**  
[www.sksa-ltd.com](http://www.sksa-ltd.com)

**Captain Kayak**  
[CaptainKayak.com](http://CaptainKayak.com)

**Dinghy Shop**  
[www.dinghyshop.com](http://www.dinghyshop.com)

**University of Sea Kayaking**  
[www.useakayak.org](http://www.useakayak.org)

**Changing Tides Paddlecraft**  
[www.ctpaddlecraft.com](http://www.ctpaddlecraft.com)

**Yonkers Paddling & Rowing Club**  
[www.yprc.org](http://www.yprc.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>.

**Nigel Foster**  
**Kayak Foot Brace Positioning & Edging**

**Shawna Franklin and Leon Somme Stern Rudders -**  
<http://www.canoekayak.com/skills/virtualcoach-episode-3-the-stern-rudder/>

**QAJAQ ROLLS**  
[www.QajaqRolls.com](http://www.QajaqRolls.com)

**[PaddlingLight.com](http://PaddlingLight.com)**

**MARINE VHF RADIO ESSENTIALS**  
<http://www.rapidmedia.com/kayaking/categories/skills/3304-video-marine-vhf-radio-essentials.html>

**Kayakways..**  
<http://www.kayakways.net/>

<http://www.nationalparkstraveler.com/>

<http://www.paddling.net/guidelines/>

**Video: How To Re-Enter and Roll**  
**and**

**Gordon Brown Re-enter & roll video:**  
[https://www.youtube.com/watch?v=b\\_kvMCmoZw0](https://www.youtube.com/watch?v=b_kvMCmoZw0)

**Kayak Sculling Brace**  
<http://www.paddling.net/guidelines/showArticle.html?show=814>

**More Interesting Web Links from**  
**[paddling.net](http://paddling.net)**

## **Kayaking: Capsize Recoveries**

- [Effective Communication While Kayaking](#)
- [Balance in Sea Kayaking](#)
- [Capsize Recovery Theory](#)
- [TX-Recovery](#)
- [Cleopatra's Needle & the Curl Recovery](#)
- [Side Scramble Recovery](#)
- [Scramble \(Cowboy\) Recovery](#)
- [Wet Entry](#)
- [The Dump Technique](#) (Video)
- [The Scramble Self-Rescue](#) (Video)
- [Classic T-Rescue with Variations](#)
- [Solo Paddle Float Recovery](#)
- [Kayak Re-Enter & Roll Self-Rescue](#) (Video)
- [Kayak Paddle Float Self Rescue](#) (Video)
- [The Kayak Paddle Float Rescue](#) (Video)
- [Paddle-Float Rescues and Assists](#)
- [Paddle Float Re-enter & Roll Kayak Rescue](#) (Video)
- [Paddle Float Stirrup Recovery](#)
- [Tandem Kayak Paddle Float Re-Enter and Roll](#)
- [Double Kayak Paddle Float Recovery](#)
- [Leg Hook Re-entry After A Capsize](#)
- [Kayak Heel-Hook Assisted Rescue](#) (Video)
- [Heel-hook Kayak Assisted-Rescue](#) (Video)
- [The Hand of God Rescue](#) (Video)
- [Hand Of God Rescue/Recovery](#)
- [Sit-On-Top Recovery](#)
- [Tandem Re-enter and Pump Recovery](#)
- [Capsize & T-Recovery Combo](#)
- [Advanced Rescue - Tethered Rescue](#)
- [Self-Rescue: Swimming](#)
- [Sit-On-Top Scramble Recovery](#)
- [Double Kayak Scoop Rescue/Recovery](#)
- [Stirrup Recoveries \(assisted\)](#)
- [Between the Kayaks Re-entry](#)
- [Eskimo Bow Recovery](#)
- [Eskimo Paddle Recovery](#)
- [Dual Wet Re-Entries And Eskimo Recoveries](#)
- [All In Recovery \(traditional\)](#)
- [Utilizing The Group During Capsize Recoveries](#)
- [Group Rescue: Aided Re-entry](#)
- [Scoop Rescue](#)
- [T-Recovery](#)
- [Floatation Devices for Capsize Recoveries](#)
- [Wet Re-entry and Roll with a Paddle Float](#)
- [H-I Recovery](#)
- [Wet Re-entry With An Eskimo Bow Assist](#)
- [Re-enter and Pump Assisted Recovery](#)
- [Back Deck Re-entry After A Capsize](#)

## Guidelines for 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 a 1/2 knot.
6. Winds should not exceed force 1 on the Beaufort Scale, (1 to 3 knots) or (1 to 3.5 MPH)
7. Trip length should be under 5 miles or a distance that the individual paddle can accomplish without becoming fatigued.

8. All conditions should not exceed the individual kayaker experience or ability to safely paddle in or upon.

### 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 waters 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.
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.

### **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.



## NACK ACA INSTRUCTOR



**Roy Baillard**

One of my coworkers used to tell me how relaxing it was to paddle his kayak in the Long Island Sound before or after work as well as days off. So, in the early spring of 1995 I purchased my first kayak, a Perception Vizcaya. As I paddled the Long Island Sound I found paddling to be exercise as well as relaxing, the beauty and tranquility of the water changed daily as I explored different beaches from Shoreham east to Riverhead.

I knew there was more to kayaking than just paddling the Long Island Sound so in 2005 I joined NACK and found that I really didn't know how to paddle a kayak. Over the years I took many hours of instruction, mainly from Elizabeth O'Connor. Ultimately, I became an ACA Level 3 kayaker and Level 2 instructor with endorsements for kayak camping and adaptive paddling.

The ACA endorsement for Adaptive Paddling led me in a new direction. With adaptive paddling we adapt kayaks for people who are disabled for different reasons. Initially I worked with people who had disabilities from car accidents where they were missing a limb, to military veterans with brain injuries, paraplegics and multiple amputees.

Today, I am the coordinator for the Long Island/NYC chapter of Heroes On The Water. Heroes On The Water is a national organization that takes military veterans as well as first responders on fishing trips in fishing kayaks owned by each chapter. There are thousands of stories around the country of how Heroes On The Water (HOW) has changed a person's life from that of despair and thoughts of suicide to healthy men and women who now help other veteran's with their issues. Our motto is: Paddle. Fish. Heal. I want to share just one story of a young woman who returned home from the middle east and went fishing with us. She really wasn't interested in fishing. She said, "I just want to learn how to paddle that kayak". So I taught her to paddle and about one hour later someone stuck a fishing pole in her hands and showed her how to jig for fluke. She caught two legal size fluke which she brought home to her family. I think she is still smiling today.

I'm always looking for volunteers for Heroes On The Water weather you want to paddle with us to act as a safety boat for the people fishing, help with setting up food for our Heroes and their families who share lunch with us after we finish fishing or other necessary jobs. You can contact me through NACK or via Facebook where I maintain the page for both NACK as well as the Long Island/NYC chapter of Heroes On The water.

**NACK:** <https://www.facebook.com/North-Atlantic-Canoe-and-Kayak-50058433333692/timeline/?ref=hl>

**Heroes On The Water:** <https://www.facebook.com/Heroes-On-The-Water-NYCLong-Island-553367294686073/timeline/?ref=hl>





# Drysuit Know How — from the NRS web site —

Why has the waterproof-breathable drysuit become the go-to garment for those who want to keep boating when the water gets cold? The reason is right there in the name. It's a suit that covers most of your body, and it keeps the insulating layers you wear under it dry. Dry = warm. Warm = safe. And, warm = comfortable.

Water sucks heat away from your body 25 times more quickly than air. You can run around naked in 60°F air for a while and be a little bit uncomfortable. You can swim around in 60°F water, wearing a t-shirt and shorts, and be more than a little bit dead.

## The Drysuit

- **Material:** Obviously you want it to be waterproof. You also want it to be breathable; to pass your sweat out through the material, so your layers stay dry. Manufacturers achieve this one of two ways. They laminate a waterproof-breathable membrane to the face fabric, or they apply a coating to the inside of the fabric. The membrane, or coating, repels liquid water, while allowing water vapor to pass out through it. Stay away from a suit with non-breathable material; it will trap all your moisture inside the suit, soak your inner layers and take away their insulating value.
- **Gaskets:** To prevent water entry at the neck, wrists, and ankles, some type of snug-fitting gasket is needed. Latex is the most common material; it's stretchy, with a smooth surface that creates a good seal. Some folks have a latex allergy or, especially at the neck, find latex too confining. Neoprene gaskets are an alternative; however, they usually aren't quite as watertight as latex.
- **Zippers:** To get into the suit you need a zippered opening, and the zipper needs to be watertight. There are two types of watertight zippers: ones with metal "teeth" and ones with plastic teeth. Both can provide a good seal.
- **Relief zipper:** This feature adds to the price of a suit, but most find the extra expense well worth it. Getting in and out of the suit is time consuming, so being able to pee without peeling it off is a real plus. A front relief zipper is used by men, and also by women, with a feminine urinary device like the Whiz Freedom. An alternative for women is the rear drop-seat zipper.
- **Socks or no socks:** Most boaters prefer waterproof socks on their suits, as opposed to ankle gaskets. They're easier on and off, and allow you to wear synthetic or wool socks inside to adjust your foot warmth.

## Inner Layers

By itself, the drysuit doesn't provide much warmth; you get that by adding garments inside the suit to adjust your comfort level.

- **Base layer:** Wear a good wicking layer, like NRS H2Core Silkweight or Rashguard, next to your skin. This material moves sweat away from your body, out to other layers and out through the suit's material. If temperatures are mild enough, this may be all you need for insulation. Do not wear cotton under your suit; it absorbs moisture and doesn't wick efficiently.
- **Insulating layers:** Thicker materials like H2Core Lightweight and Expedition Weight garments trap more warmth, allowing you to stay comfortable, even in frigid waters. A one-piece union suit eliminates any gap between a top and bottom. A neoprene top isn't recommended because it doesn't breathe, trapping moisture against your skin. However, some folks wear HydroSkin Pants under their suits; a boater doesn't sweat as much in the lower body.

The drysuits is your most versatile cold-water boating garment. Yes, they are expensive but a quality suit will last you for years. It's a cheap insurance policy.

Find more information on this and other boating topics in our (NRS) [Learn pages](#).  
div class="libraryContainer learnPage"

### RELATED ARTICLES YOU MIGHT ENJOY:

- [Dry Wear Care and Storage](#)
- [How to Put on a Drysuit](#)
- [Cold Water Protection and Hypothermia](#)
- [Dry Wear Latex Gasket Emergency Field Repair](#)

### RELATED ARTICLES YOU MIGHT ENJOY:

- [Drysuit Zipper Care and Maintenance](#)
- [Drysuits Don't Make You Bulletproof](#)
- [Drysuit and Drytop Cleaning/Storage Instructions](#)
- [Taking Care of Drywear Zippers](#)

## 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](http://www.getthenack.org) click on Docs and Forms, scroll to the button that says NACK Work Policy and click on it. If you're unsure who to contact to volunteer for a position call or e-mail any member of the executive committee or the board. 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 Julie M @: [hawkmac@optonline.net](mailto:hawkmac@optonline.net) stating the activity, the date and the number of hours.

The email should 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. Hour for the Board, Directors and Committee Chair Persons will be added to the database automatically.

### 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

Our meetings are held at different locations and sometimes on the water (warm weather). Be informed. Information for meetings, paddles, training, and various events is sent to those on our email listing. Go to our web site to get on our mailing list or send us an email. If you would like to come and see what paddling and NACK are about, attend a meeting or event. Our next general meeting will be at the Connetquot Library starting at 6 - 7 PM on Wednesday October 14. **Cold water and weather paddling will be discussed.** Bring the family. You don't need a boat to get started. Come to the next meeting. Our **web site** is [www.getthenack.org](http://www.getthenack.org). Make sure that you are on our list. It doesn't cost anything. Our **e-mail** is [info@get-the-NACK.org](mailto:info@get-the-NACK.org). Don't forget Winter Pool starting in January. We have paddles all year long starting usually on New Year's Day. **Our schedule changes as members add paddles, trips and events so it's important to be on our mailing list.** Hope to see you on or off the water soon.



## Sea Kayaking Skills and Adventures, Ltd.



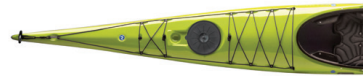
[www.sksa-ltd.com](http://www.sksa-ltd.com)

*Skills + Knowledge = Adventure*

## Dinghy Shop

334 S. Bayview Ave  
Amityville, NY 11701  
[www.dinghyshop.com](http://www.dinghyshop.com)

KAYAKS PADDLES PARTS GEAR



Contact us Here  
[info@dinghyshop.com](mailto:info@dinghyshop.com)  
(631)264-0005



Michael Fehling  
Gabrielle Fehling

Sales • Rentals  
Tours • Instruction

## EMPIRE KAYAKS

"COME PADDLE WITH US"

[WWW.EMPIREKAYAKS.COM](http://WWW.EMPIREKAYAKS.COM)

4 Empire Boulevard  
Island Park, NY 11558  
CLOSED TUESDAYS

Tel: 516-889-8300  
Fax: 516-897-9366  
email: [Empirekyks@aol.com](mailto:Empirekyks@aol.com)

NACK MEMBER DISCOUNT

## OS Systems Dry Suits / Dry Tops

SALES AND REPAIRS

FRANK COPREN

CELL: 631-379-7332

[FCOPREN58@AOL.COM](mailto:FCOPREN58@AOL.COM)



## CaptainKayak.com

KAYAKS - KAYAK FISHING - ROWING SHELLS  
RENTALS-SALES-TOURS-INSTRUCTIONS

23 River Rd. Sayville, NY

94 Dune Rd. E. Quogue, NY

631.750.3587

631.484.0806

Capt. Jerry & Suzanne Collins



Please send your articles, stories, tips,  
photographs, etc., to Hal at [halmcl@mac.com](mailto:halmcl@mac.com)

*Set a goal for this year's skill development: greater edge control, learning to scull for support, or developing your "offside" high brace.*

— Doug Alderson



WINTER POOL — January 2015 - Training, Safety, Adventure and Fellowship — Photo Courtesy of Ann K

**North Atlantic Canoe and Kayak (NACK)** a NYS not-for-profit was formed 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 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."*

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

### Training

*Most successful rescues are simple and efficient. — John Lull*

### Safety

*Letting go of your kayak in a strong wind is just about the worst mistake you can make. — John Lull*

### Adventure and Fellowship

*If you never paddle with those better than you, you never improve. — Elizabeth O'Connor-Dayton*