

NACK



NORTH ATLANTIC CANOE AND KAYAK
Quarterly Newsletter & Journal



QAJAQ

The Inuit invented the kayak, a one person boat used for hunting and transportation, and propelled by a double-bladed paddle. ... Qajaq means “hunter’s boat” and it is perfect for hunting on the water...or for just having fun.

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Cover Photo: Alan heading out on Day Two of the Assateague Surf Trip in November 2020. The trip was attended by Chris K, Shannon and Shannon’s Mom, Troy, Alan and Felix, and Joey Schott and his wife Lesley. Photo by Shannon K.



NACK - North Atlantic Canoe & Kayak, Inc.
An ACA Paddle America Club & NYS Non-Profit Corporation
www.NACK.club
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Presidents Message Winter 2021

I pray that everyone stayed safe for the holidays this year. It has been a tough year socializing with all our friends and family and doing it in a safe way. As paddlers we are always practicing being safe on the water, however practicing safety has a whole new meaning this year.

We are starting our NACK new year in many ways. Hal has edited our newsletter for over 12 years and because of his hard work, our newsletter is a great work of literature, worthy of a Pulitzer Prize. During these years Hal has become a trusted friend, it is always a pleasure paddling with him and sharing our experiences afterwards. At our annual awards dinner it is a pleasure talking with his wife and touting all of Hals accomplishments. Hal is a great asset to our club; he has always promoted it, especially at many outreach events over the years. I will miss Hal's newsletter, but I am grateful that Paul has stepped up to put his own spin on the newsletter and make it his. I know every member will support Paul with articles and pictures.

We are a paddling club and with that we have many members who love cold water and are always on it. Check our website to see how our members rolled in the New Year. I want to thank Chris for his article on seal watching, Paul's article on launch sites in the off-season, and Debbie's article on the Muscungus Bay.

The board had a zoom meeting to discuss the upcoming year. We have decided to schedule a Zoom club meeting on January 20, at 7 PM, you will receive and email with the details. NACK will continue as a premier paddling club on Long Island NY. To that end please attend the zoom meeting to help in planning for our upcoming paddling season.

Please stay safe and we will all be back together again soon, at least 6 feet together.

See you on the water,

John Weickert, Jr.

John Weickert, Jr.

President/ Board Chair





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Hal McLaughlin

In His Own Words



I have been doing the NACK (North Atlantic Canoe & Kayak) newsletter for some time. Now I'm passing the torch to Paul Conlon who volunteered to become the NACK Newsletter Editor. He asked me to say a few words about myself for this first issue of 2021.

I have 4 children and 7 grandchildren and am married to Pat 61 years. When I retired I wanted to take up golf but my son Peter told me to take up kayaking. I joined NACK back in about 2005. I remember it was wintertime and that I took my big red Necky (17' 10") out to a winter pool session at SCCC in Brentwood. I had bought this kayak and a lot of gear to go with it a year or two before. I didn't know much about kayaking but I had the kayak and gear to prove that I was a kayaker. When I got into the pool back then, everyone seemed to be having a great time of it and I wanted to join. NACK was a new club that had recently formed.



Most of my life I had been messing about in boats and I knew a bow from a stern. I had graduated from the USMMA (Kings Point) in 1959, married Pat the next day and served in the Navy on the USS Intrepid (now a museum ship on the Hudson). After the Navy I took up sailing and owned a number of boats until about 2005. My crew and I on *Eagles Wings* won our division of the ALIR (Around LI Regatta) every year we entered except once (tide turned and no wind). I taught sailing on weekends out of Manhasset as a volunteer for the AMC.



I used to go out on Long Island to NACK monthly meetings at a library. The meetings were from 7 to 9 PM and one of the discussions was about getting new members. I raised my hand, stood up and said, "We need a newsletter." Those running the meeting immediately said, "Good, can you do it?" I guess I volunteered. What could I say?



I then had to learn how to do a newsletter. Thankfully most of the work was done by NACK members who sent me articles, photographs and all kinds of "stuff" about kayaking. I have to say that I got much more out of doing the newsletter than I put into it. I learned about Native Americans, clothing, kayaks, canoes, paddles, weather, tides, center of gravity, center of buoyancy, leaning, edging, rescues, recoveries, rolling, safety and much more. All of this is because I joined NACK back in about 2005. I have paddled bays and rivers around long Island, and Lake Champlain and the Hudson with my son Peter. I have



taken lots of courses with NACK instructors over the years and with Elizabeth O'Connor to improve my skills and I almost attained level 3 status.

Paddlers who inspired me most were paddlers that I met. The names are too many to list but the first that come to mind are John Weickert, Elizabeth O'Connor, Steve McDonald and Wayne Horodowich of the University of Sea Kayaking. Also, intrepid Bob Horchler (deceased). We rolled together and helped one another at Peer Practices at Jones Beach.



I am turning 84 in February. My blue Current Designs Infinity (17"9') is in the driveway waiting for spring. Every time I go out to the garage I look at it and sometimes touch it, and dream.

A Happy and Healthy New Year to all from Pat and Hal McLaughlin.



Thank You Hal

Hal created the NACK Newsletter in 2008. His first issue was in Autumn of that year and he has put out four issues a year ever since.

The Newsletters have been filled with articles, photographs and advice, with safety tips and fun facts, for the past twelve years. They have had human interest stories, and descriptions of rescues, and links to paddling websites from all over the world. The Newsletters helped the new organization of NACK grow and become the club that it is today. There were guidelines for trips and work credits and pool sessions and highlights on NACK ACA instructors. They have been fun to read and worthwhile to save.

On behalf of all members of NACK, past and present, we'd like to say thank you Hal. We wish you and Pat and your family good health and peace and happiness in the New Year. And we hope to see you out on the water in the Spring. -PC

AUTUMN 2008 VOL 10

North Atlantic Canoe and Kayak, Inc.

NACK

An ACA Paddle America Club

<p>President's Last Message Gordon Dwyer gives a parting "state of the club" message after stepping down as NACK President Pages 2 & 3</p>	<p>Field Notes . . . By Sandy Hayes Napeague Harbor near Montauk, NY - April 24, 2008 Elizabeth O'Connor honored by the ACA Page 4</p>	<p>A QUICK GUIDE TO THE WORK CREDIT/ NACK BUCK SYSTEM NACK POOL SESSIONS ACA Stroke of Achievement Award 2006 Page 5</p>	<p>Orient Point Paddle - Sunday, October 23, 2008 By Deborah Howe CLASSIFIEDS Page 6</p>	<p>Meetings, Fall Paddles, Some Activities, Pool Info & Concept for NACK Pages 7 & 8</p>
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North Atlantic Canoe & Kayak, Inc. (NACK) is a club serving all aspects of paddle sports and an American Canoe Association Paddle America Club. It's a NYS Not-For Profit Corporation serving Long Island and Northeastern USA.

Based on Long Island, New York, NACK serves paddling interests throughout the Northeastern United States. We believe that a strong commitment to training and assessment fosters personal growth. We encourage all members to safely explore the limits of their capabilities in order to best enjoy their chosen aspect of paddling. Together we seek adventure in paddling.

Please check out our web www.GetTheNACK.org for History, Schedules, Training, Navigation & Planning Resources, Membership, Gallery, Library & Photos, Sea Market, Docs & Forms, Links, Members Only and Contact **NACK**.

Everything is new under the sun.

CZESLAW MILDSZ

This Newsletter is a new endeavor by NACK and an attempt to reach more paddlers. We would like to receive your photos (with description) and articles. Please send by e-mail to halncl@nac.com

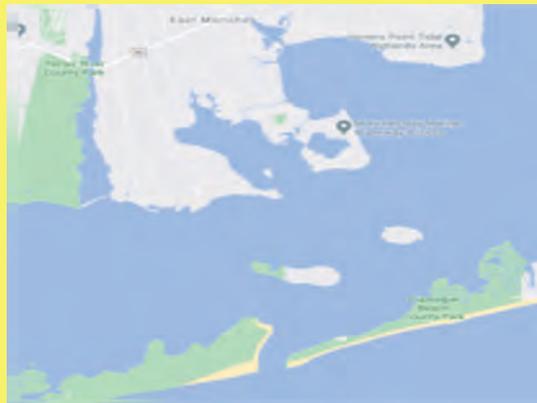
NACK - NORTH ATLANTIC CANOE & KAYAK

Seal Watch Season Opener

The first seal paddle of the fall 2020 season took place on Saturday, November 14th. Alan wisely moved it forward a day as a severe storm was expected for Sunday. Seven NACK members came out for the event – Troy, Alan, Karen, Paul C. Debbie, Emory and Chris F. (There was also a non-member in attendance – but he doesn't get mentioned until he joins the club.) The air temperature was in the mid-50's, with the water temperature a few degrees warmer. A few of us donned wetsuits, but for most of us, drysuit season had begun.

As the fall weather brought cooler temperatures, Covid 19 had started to roar back on Long Island. As expected, NACK members took the recommended precautions seriously. Masks were worn as we helped each other unload our boats and we did our best to maintain a distance – which wasn't easy. The feeling of comradery among club members is strong.

The put in spot is popular plenty of parking and available. Plus, there's a feet from where you sun shone brightly, but the north at about 10-15 cross Moriches Bay and Moriches Inlet. We go ashore based on the



with kayakers – there is there is a porto-potty nice sandy beach a few unload the boats. The there was a breeze out of MPH. The plan was to work our way towards would decide where to seal activity.

Map of Moriches Bay

The Coastal Research & Education Society of Long Island (CRESLI), had started their scheduled seal walks along Cupsogue Beach the same weekend we were paddling, so we were hoping there would be plenty to look at. The walks take place between November and May and are a great way to learn about the local mammal population. Long Island's seal population has dramatically risen over the last dozen or so years. Harbor seals are by far the most abundant seals to visit our local waters, making up nearly 95% of the seals that come to Long Island.

CRESLI (www.cresli.org) has identified at least 30 haul-out sites on the island. Seals haul out for several reasons such as thermoregulation, breeding, mating and resting. Cupsogue beach, just east of the Moriches Inlet, is considered on of the best haul-out spots to watch seal behavior.



Troy and Debbie

We paddled across the bay with the wind and waves pushing us along. Thankfully, boat traffic was minimal as it always is between November and April.

No seals were evident as we made our way towards the inlet. We pulled up on the inland side of Cupsogue Beach and got out of our boats to survey the area. No seals were evident as we scanned to surrounding sand bars. Maybe we were too early. We briefly crossed over the dunes towards the ocean side of the beach and spent a few minutes watching some surfers getting crushed by the crashing waves.

We walked back to the boats and nervously looked at the quickly receding tide. Low tide was at 11:30 but it was clear that the flow wasn't switching or slowing down any time soon. We knew we couldn't paddle out into the ocean or even get any closer to the inlet. We discussed our options and decided there was no reason to hang around.

We got back in our kayaks, put our heads down and paddled directly into the wind, waves and current. Karen and Debbie spotted a seal, but the rest of us remained shut out. It was a slog, but thankfully we were all still in pretty good paddling shape from the summer and we eventually made it back across the bay.

Next, we had to find a lunch spot. Alan took the lead and headed further north looking for a spot somewhat sheltered from the wind. Lucky for us he came upon a spit on land – we dubbed it Alan's Island. Social distancing on the island wasn't easy – at least one of us had to stand in the water to make it possible. And no soup was served.



Alan Island

We started to get chilled and decided to do just a little more paddling before calling an end to the day. We headed still further north into a shallow cove. Two jet skiers followed us in and one promptly got stuck in the muck. Paul and Chris felt sorry for the hapless boater and hauled him out into the open water. Not even a thank you – about what you'd expect from a motor boater!

Seals or no seals, it was a good day.



Article and photo's by Chris Fleming.

Chris has been a member of NACK since 2016 and has contributed several articles to the NACK Newsletter

North Atlantic Canoe & Kayak, Inc. is a Long Island, New York based Paddling Club, an American Canoe Association (ACA) Paddle America Club, and a NYS not-for-profit organization serving Long Island and the northeast United States. **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 Northeast. We seek adventure and meet often, have opportunities, and We also have a and a really good website. Click to get the knack of paddling @ **NACK.club**



of all skill levels on the coastal waters of the paddle safely and fellowship. We Peer Practices May many learning winter pool sessions. quarterly newsletter

Paddling in the Lee

When an offshore breeze is blowing, the land slows the wind and lifts it over the water. In the lee of the land, the air can be still and the water deceptively calm, even glassy smooth. There is little to indicate the true strength of the wind. Farther out, the wind touches down on the water and begins to generate waves. From shore you may see only the smooth, dark backs of the waves. Because you can't see the white, breaking faces of the waves, the water may appear much less rough than it really is.

You can paddle safely in the shelter of the lee, as long as you take care to stay in the corridor of calm air along shore. Many accidents are the result of paddling or drifting out of the lee and into the wind. At the downwind edge of the lee, the wind can hit hard and fast, even though you may still be on fairly smooth water. By the time you feel the wind's full force, you may find it difficult to get the kayak turned back towards land. During the time you are trying to turn around, the wind will push you farther offshore into stronger wind and more powerful waves.

In an offshore wind, the width of the lee is determined by the height of the land along shore. Beware of breaks along the contour of the land - wherever the land ends or decreases in elevation, the wind is likely to increase in intensity. It is easy to get lulled into complacency paddling in the lee. Before paddling away from shore, across the mouth of a bay, or beyond a point of land, stop and make a thorough assessment of conditions. If you have any doubts about the severity of the conditions offshore, paddle back into the safety of the lee.

From: Sea Kayaker: Deep Trouble

By Matt Broze and George Gronset
Edited by Christopher Cunningham
Sidebar Page 151

OFF SEASON WESTERN SUFFOLK COUNTY KAYAK LAUNCH SITES

With limited access to launch sites on Long Island's South Shore it is very frustrating to find access to new waters. Every village and town along the south shore has a bay beach, but they all restrict access to residents only during the summer season.

The off-season is a great time to launch from and paddle to these restricted beaches along the bay. All are open to the general public after Labor Day when the season resident only passes expire. If you are tired of paddling the same old bay area's join me in exploring these new waters to paddle this Fall and Winter season.

Armed with google maps and hand written notes, with my wife as my copilot, we set out one Sunday to check out potential launch sites in western Suffolk just to the east and west of the Robert Moses Causeway.

Babylon Township

Tanner Park: Located in Copiague, it is easy to find located south of Montauk Highway. Directions can be found on the Babylon Town web site <http://secure.townofbabylon.com/parksportal/Ramps.html> With both boat ramp and sandy beach launches, it is open 7 days a week and part of the Babylon Blue Trail launch site. Park in front of beach hut for shortest portage to the beach.

Possible destinations from Tanner Park are Venetian Shores Beach to the east; Gilgo Marina and Tobay Marina across the bay; Alhambra Beach to the west.

Venetian Shores Beach: Located in Lindenhurst, it easy to find located south of Montauk Highway. Directions can be found on the Babylon Town web site. <http://secure.townofbabylon.com/parksportal/Ramps.html>

With both boat ramp and sandy beach launches, it is open 7 days a week and part of the Babylon Blue Trail launch site.

West Islip Township

West Islip Beach and Marina is located behind Good Samaritan Hospital just west of the Robert Moses Causeway Bridge on Beach Drive. Make a left past the closed gate keepers booth and drive across the parking lot to the beach hut parking lot.

Short portage to water.

Sandy beach launch only, it is open 7 days a week.
Possible destinations Venetian Shores Beach to the west, Snake Hill Channel and Captree Island across the bay and Gardiner Park and Walker Park in Bayshore to the east.



Village of Brightwaters

Walker Park: From the Robert Moses Causeway take Montauk Hwy east to Concourse west to West Shore Road.



Short portage to beach launch only.

Possible destinations Gardiner Park to the west and Islip Beach to the east.

Islip Township

Islip Beach from Montauk Hwy take South Bay Ave (Suffolk Environmental Center for GPS heading then keep going to the end of the road.



Short portage to water.

Sandy beach launch only, it is open 7 days a week.

Possible destinations Walker Park in Bayshore to the west and Heckscher to the east.

Islip Town Beach from Montauk Hwy take Bayview Ave south to the end. (use Bayside Clam Bar and Grill for GPS)



Nice outdoor restaurant for food and drinks.

Short portage to water.

Sandy beach launch only, it is open 7 days a week.

Possible destinations Islip Beach to the west and Heckscher and Timber Point to the east.

In our travels we found a little gem of a park in Islip called the South Shore Nature Center with a little less than 2 miles of nature trails on over 200 acres. <https://www.alltrails.com/trail/us/new-york/south-shore-nature-center>

If you are more adventurous (bring a machete) check out the Suffolk Environmental Center the ground is rough and there is just a suggestion of a trail. You will however see lots of deer and birds.

The Suffolk County Environmental Center at the Scully Estate.

550 South Bay Avenue
Islip, New York 11751



Article and photo's by Paul Villano.

Paul has been a member of NACK since 2012 and is a frequent contributor to the NACK Newsletter

The NACK Logo



The NACK Logo retains most of the features of the “old” NACK Logo. The major changes are the color, and the replacement of the old lighthouse with the Montauk Point Lighthouse. The Montauk Point Lighthouse, the first built in New York State, stands on a historic and spectacular site. It was here, high above the ocean, that the Montaukett Tribe built watch fires to guide their canoes safely home. After the American Revolution and to safe guard ships and to promote international trade, the building of the lighthouse was authorized in 1792 by the Second Congress under President George Washington.

In February of 1987 the U. S. Coast Guard automated the Lighthouse. In May of that year the Montauk Historical Society leased the property and opened the Lighthouse Museum. The Coast Guard continues to maintain the Lighthouse optic and the foghorn as Active Aids to Navigation.

From: **National Center for Cold Water Safety**

A Minefield of Misinformation

Misinformation on cold water safety spreads like a virus and can be found in books, magazine articles, news stories, videos, instruction manuals, courses, and on the web. The best and most effective antidote is to shine a spotlight on the problem and counter it with accurate information. That's the reason you no longer hear bad advice like "remove your clothes if you fall into cold water", "treat frostbite by rubbing snow on it", and "don't ever let a hypothermia victim fall asleep; slap them if you have to". The website coldwatersafety.org has more information.

Air + Water Temperature Formulas

What PFDs Can and Can't Do

50-50-50 Rules

How Long Will it Take Until I'm Rescued

Air + Water Temp Formulas

Misleading Message:

These formulas advise you to add air temperature + water temperature to determine whether you should wear thermal protection. In other words, they mistakenly say that if the air temperature is high enough, you can safely paddle on cold water without the protection of a wetsuit or drysuit.

A Common Example

If the combined air and water temperatures are below 120 degrees Fahrenheit, a wetsuit is a must and a drysuit is highly recommended.

Using this formula, a paddler could mistakenly conclude that if the air temperature was 72F (22C), no protection would be needed in 53F (12C) water – because the total is above 120. (72F + 53F = 125) That's simply incorrect.

The Cold Facts

There is absolutely no scientific information to support these formulas. Someone just made them up.

1. Air temperature has nothing to do with cold water safety.
2. The only thing that matters when you're in the water is the water temperature. The air temperature can be 80 or 90F (27C or 32C), but if the water is cold, you'd better be dressed for immersion in either a wetsuit or drysuit.

What PFDs Can and Can't Do In Cold Water

Note: This information on PFDs refers to the USCG Type III recreational style used by the vast majority of paddlers.

Recreational PFDs(USCG Type III)

- Are not** designed to float you in a face-up position if you become incapacitated or unconscious.
- Are not** designed for rough water or situations where rescue may be slow in coming.

Misleading Messages about PFD Use and Cold Water Safety

- The best way to stay safe on the water, any water, is to simply wear your life jacket.
- The difference between becoming a statistic and a survivor – is wearing a life jacket.
- With a life jacket, you can survive for over an hour before hypothermia sets in. That's right. 50 precious minutes or more of extra time to have help arrive.
- You could survive an hour, or more, in ice water, if you have a lifejacket on and can protect your airway.

PFDs Can Do This:

- Greatly reduce the chance that you will immediately drown due to cold shock and swimming failure.
- Enable you to rest and float in calm water without swimming movements.
- Keep you floating on the surface if you become exhausted or incapacitated by cold.
- Provide some insulation if they are worn snugly enough to prevent water from circulating between the PFD and your body.
- Greatly aid in body recovery by preventing a cold water drowning victim from sinking.

PFDs Can't Do This:

- Keep you safe in cold water.
- Reduce the life-threatening danger of an unprotected cold water immersion.
- Prevent cold shock, physical incapacitation, or hypothermia.
- Prevent you from inhaling water and drowning, particularly in rough water.

50-50-50 Rules

The interesting thing about the 50-50-50 "rules" is that someone just made them up out of thin air. There's absolutely no research to support any of them. - Moulton Avery

Four Popular Versions:

- A paddler has 5 minutes to swim 50 yards in 50 degree water and has 50/50 chance of surviving the attempt.
- You have a 50-50 chance to swim 50 yards in water at 50 degrees.
- A 50 year old person has a 50-50 chance of surviving 50 minutes in 50 degree water.
- If someone is in 50 °F (10 °C) water for 50 minutes, he/she has a 50 percent better chance of survival if wearing a life jacket.

Probable Origin

Golden & Tipton suggest that 50-50-50 rules got their start when someone misinterpreted the 50% "marginal zone" survival curve published by Barnett in 1962.

[The 50% Survival Curve] has been mistakenly taken to represent the time at which an individual would have a 50-50 chance of survival rather than the survival time of 50% of individuals. Furthermore, people often forget that this time theoretically exceeds the survival time of 50% of the individuals. --Golden & Tipton - Essentials of Sea Survival

How Long Will It Take For Me To Be Rescued?

Rescue depends on a lot of different variables, all of which take time – sometimes a lot of time. If you're exceptionally fortunate and someone just happens to stumble across you while you're floating around out there on the water, great, but don't count on it.

Common Sources of Delay

- ¥ Someone must realize that you need help. If you told a friend or relative to expect you back by 4 pm and you capsize and lose your boat at 2 pm, how long will it be before they contact the authorities?
- ¥ Once the alarm is sounded, a Search and Rescue (SAR) operation must be launched by the Coast Guard. Potential civilian rescuers must be contacted, and assets like boats, planes and helicopters must be dispatched. It takes time to get the birds in the air.
- ¥ Travel time for rescue helicopter / aircraft / boats to reach your location. Depending on where you are, this can take twenty minutes, a couple of hours, or even longer – particularly if conditions are bad and/or your location is remote.
- ¥ Once rescuers arrive in the general area, they have to *find* you. They have to actually *spot you* in the water. That can take hours, even if you were able to stay with your boat.
- ¥ If night falls and you have no way to signal - for example by using a rescue strobe light, you are very unlikely to be found until after sunrise the following morning.

Low Visibility

It's very difficult to spot a small object like a person or a kayak from the air. It can also be very difficult to spot them from a boat – particularly if conditions are poor. Keep in mind that a person wearing a PFD has only their head and upper shoulders exposed. That's not an easy target, even when the light is favorable and the water is flat calm.

Be Realistic

Cold water immersion is *always* a race against the clock. You have to survive *long enough* to be rescued. To do that, you need enough thermal protection to keep you alive – for however long it takes help to arrive. Even if you have a cell phone, VHF radio, or an automatic signaling device like a Personal Locator Beacon (PLB), rescue is going to take time.

Muscungus Bay

Well, 2020 was like no other year and besides all the other havoc and sadness it brought it also caused a change in paddling plans. There would be no planned trip across the border to Canada and the Bruce Peninsula so another trip to the Maine coast was the next best option.



Karen Farrell and I headed up to Muscungus Bay at the end of July for two nights on the trail. Our first destination was Thief Island. We launched from Round Pond and paddled around Louds

Island, rounded the exposed southern tip, headed back north and then out to Thief. Thief is a beautiful island as you will see from the pictures and the campsite is very popular with its



western view of magnificent sunsets and the added luxury (not often found on the islands) of a picnic table and firepit. Its only negative was the incessant flies which required constant bug spray application. As popular as this island usually is, we were lucky to be the only people on the island, possibly one of the positive outcomes of the pandemic however, we shared it with a pair of noisy osprey.

Our next night was on Hog Island, only a few miles paddle away from Thief. This campsite is maintained by the

Audubon Society as part of a camp they normally run on the island and has picnic tables and tent platforms, but no fires allowed. Again, another positive of the pandemic, they were not running the camp and the site is available for public use anytime they are not using it. Another benefit was there were a few nesting eagles on the island which we were able to observe on our paddle around the island.



We spent the day paddling around Bremen Long Island and enjoying the beautiful weather. As we were paddling, Karen and I heard this very loud grunting noise coming from the distance and at first, we were wondering what the heck it was and then Karen spotted this large group of seals hauled out on a small island in the distance. We paddled closer and they got louder and louder. We didn't want to disturb them, so we didn't get too close, but they were the loudest seals I've ever heard and sounded like they had the worst case of indigestion.

We returned to our campsite to find company had arrived while we were gone, the two-legged kind. A local outfitter was there with a group of five adult paddlers. We were a little concerned with the need for social distancing, but the site is plenty big, and they were very respectful. It was interesting to hear some local knowledge and legends that the guide had to share as well as see an ancient midden (massive pile of buried oyster shells left by Native Americans) he pointed out. There are many of these along the coast and tidal rivers which may soon all be covered due to rising sea level.



Our last day, we returned to Round Pond, loaded up the cars and headed over to Tennents Harbor, on the southwest shoreline of Penobscot Bay. This is another beautiful harbor on the



Maine coast and offers some of the impressive rock cliffs that are the signature landscape of the Maine coast as you head north. We explored Long Cove and wove our way back through the islands that separate Long Cove from Penobscot Bay.

We ended the day appropriately with a steaming bowl of fish “chowda” and lobster rolls on the dock overlooking the bay. Perfect!

This was a wonderful trip and a great way to introduce someone to island camping and the Maine Island Trail. This area offers many choices depending on skill level and weather conditions and does not require extensive travel time. I would highly recommend anyone looking for an experience on the Maine coast but not quite ready for very challenging conditions and wilderness to consider this area.



Article and photos
by Debbie H

Debbie Horne has been a member of NACK since 2007 and is a frequent contributor to the NACK Newsletter.

General 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 a 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 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 1/2 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 capable of navigating open ocean out sight of days.

3. Possess the ability with challenging ocean 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.



navigational skills
day or night on the
land for multiple

and capability to deal
wave and current

Boot dryers work well as glove dryers too. Let the gloves air dry overnight then put them on the boot dryer to have warm, dry gloves for your next paddle ...Troy S



When paddling during the winter use sun block on your face, even if it's cloudy. It will offer some protection against the cold and the wind... Tom A

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 H (RIP)
**NACK Newsletter
Summer 2015**

TIPS & TRICKS



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

*Elizabeth O'Connor-Dayton
NACK Newsletter
Fall 2020*

When the wind picks up and you need to turn downwind to get home, but the kayak wants to go upwind, paddle backwards. Let the bow act as the stern. Let the wind push the bow downwind, and back home...Steve M



Please send articles, pictures, suggestions, recommendations, stories, rescues, jokes, tall tales, tips and tricks to:
pconlon4@aol.com

"I hear and I forget. I see and I remember. I do and I understand." ...Confucius

Some Interesting & Good Web Links

ACA

<http://www.americancanoe.org>

Read the ACA's eMagazine at:
www.americancanoe.org/Paddle

Link to NACK's Facebook page:
<https://www.facebook.com/pages/North-Atlantic-Canoe-and-Kayak/50058433333692>

Empire Kayaks
EmpireKayaks.com

Sea Kayaking Skills and Adventures, Ltd
SKSA has a new URL:
SKSAItd.com

Captain Kayak
CaptainKayak.com

Dinghy Shop
www.dinghyshop.com

University of Sea Kayaking
www.useakayak.org

Changing Tides Paddlecraft
www.ctpaddlecraft.com

Yonkers Paddling & Rowing
www.yprc.org

kayakhipster.com
QAJAQ ROLLS
www.QajaqRolls.com

To be watched with falling snow
<https://youtu.be/ao0w-LCe4Gg>

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

PaddlingLight.com
Kayakways.. <http://www.kayakways.net/>

Paulo Quellet
<http://comfortpaddling.net>

Gordon Brown Re-enter & roll video:
https://www.youtube.com/watch?v=b_kvMCmoZw0

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

Kayak Sweep Strokes
<http://paddling.us3.list-manage.com/track/click?u=783950cb0b5631ae167c815a6&id=9b2d6e1032&e=5cedb4ede6>

Long Island - Sound - NJ/Hudson Boating World
<https://www.liboatingworld.com/single-post/2018/08/23/Seamanship---Life-Jackets-Save-Lives---Yours>

North Atlantic Canoe & Kayak on Facebook
Stern Rudders
<http://www.canoekayak.com/skills/virtualcoach-episode-3-the-stern-rudder/>

Cape Falcon Kayaks
www.capefalconkayaks.com



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



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.

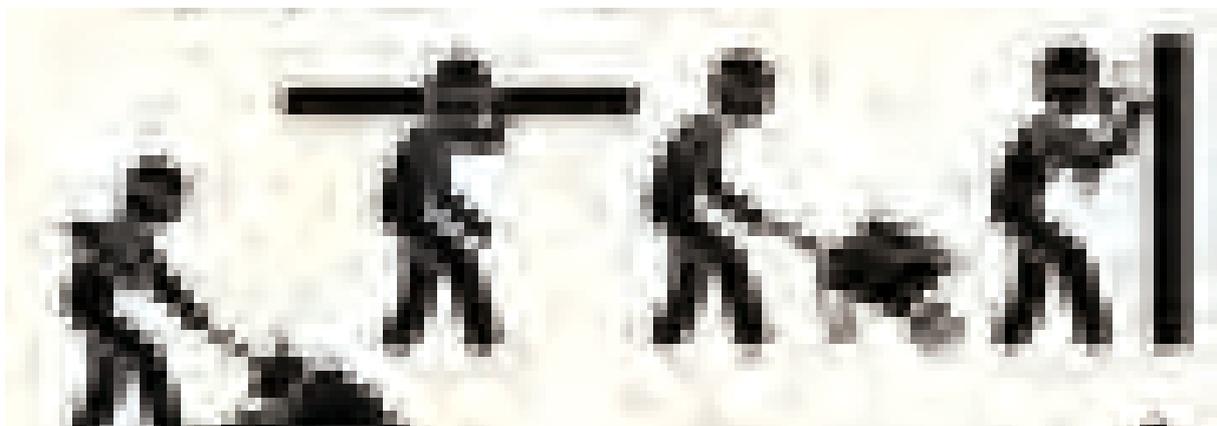
See the full Work Policy on the web site for detailed job descriptions and work credit given. Go to **NACK.club**. click on Docs and Forms, scroll to the button that says NACK Work Policy and click on it. If you're unsure who to contact to volunteer for a position call or e-mail any member of the executive committee or the board. Addresses are on page 4.

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 **Mike Matty @ mike.matty@verizon.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.



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 paddling experiences.



NACK.club

- Association with the best paddlers
- Free assessment of you're paddling skills
- Discounted training by ACA Instructors
- Paddling opportunities and trips
- Winter Pool
- NYS not-for-profit corporation
- Community Outreach & Service
- Free Books and DVDs available
- Modern web presence & message board
- Peer Practice and training
- 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

Come and paddle with us.

We Are Serious About Fun!





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www.NACK.club

P.O. Box 124 Wantagh, NY 11793

info@get-the-NACK.org



The Last Page

Birthday Paddle



Paul V



Alan M



Chris F



On Monday December 7th we launched from Venetian Shores for a 6.6 mile paddle to celebrate the 66th birthday of Paul Villano.



Troy S

We pulled up on an island in the Great South Bay where Alan had set up a tape deck playing the Beatles' "Birthday." Back at the launch Paul's wife Goldene met us on shore with a moveable feast; hot coffee and tea, cookies and donuts and cake. Happy Birthday Paul!!!



Tom A



Valdas S



Paul C

Please see the video produced by Alan M:

<https://streamable.com/ur94wn>