



CANOESPORT

Guest Policy Clarification

We would like to make clear that your guests are required to pay a daily fee to visit camp.

Each guest must pay

\$20 per day (\$10 for a child).

or \$40 per family

Your guest may have a free day in camp

only if they purchase ACA membership on that visit.

Keep the Gates Locked !

Any time you drive in or out of camp, you must lock both gates. If you're taking a walk, check the gate is locked.



Volunteer Opportunity: Officer of the Day

Assist the Camp Director on busy weekends by working 1 or more hours.

This will count towards your work requirement for your club or personal facility.

The Officer of the Day should:

Check that the inner gate is locked, several times a day;

Assist with finding parking spaces for visitors;

Direct visitors to the Camp Director if they would like to join, pay fees or ask questions.

Please contact camp director Beth at acacampcommittee@gmail.com

Do You Want a Bumper Sticker?

We will now have a new color of bumper sticker for each year - which you can display to show you're a loyal member of our camp!

If you show this sticker - either on your bumper or simply placed on your dashboard - you can help the camp director identify vehicles that belong in camp.

Come get your sticker from Beth, and thank you!



Diversity, Equity and Inclusion

The ACA Camp at Lake Sebago is committed to a welcoming and inclusive environment. To this end, we are forming a working group to focus on enhancing Diversity, Equity and Inclusion at the camp. Members interested in participating in the working group should email GerardGrilloaca@aol.com with their contact information by May 28th.

Best Practices for Managing Aquatic Invasive Species (AIS) in Lake Sebago Strategy Session follow up meeting

Thursday, May 27, 9:30-11 am

Zoom

Hosted by Loren Edelson of the ACA Conservation Committee with
Mark Zakutansky of AMC and Ira Stahl of ADK

Agenda items

1. The formation of a lake-wide friends' group or association
2. Next steps for the prevention and management of AIS in Lake Sebago, including the implementation of a boat decontamination/washing station
3. Update on the renovation of the former Baker Camp by AMC

AIS Best Practices is a working sub-group of the Conservation Committee. All ACA members are welcome to join, but please be sure to have watched the Strategy Session from April 12 available [here](#) beforehand.

https://us02web.zoom.us/rec/share/Urk9zshxe4QXgLdmsjUpn648W4F5Hh-VWbTXNNC-wo4tPONCf0eGL57VUdu4iB9l.5lv5576mH1fB_bjz

For the Zoom link, please email Loren at loren.edelson@gmail.com



Join the Conservation Committee - First meeting June 2nd

Take action on conservation issues at the ACA camp at Lake Sebago and throughout the Atlantic Division. Please email Erin Thelen at thelene@gmail.com if you're interested in joining. The first meeting will be over Zoom on Wednesday, June 2nd at 7 pm. I'll send out the meeting link to anyone interested. Even if you can't attend the meeting, please let me know if you'd like to take part in conservation efforts. There will be plenty of ways to be involved.



Full Moon Yoga

9 pm on the swim dock

June 24,
July 23,
August 23
September 20

Experience the power of full moon

Youth Regatta Has Been Cancelled

We regret to announce that the annual Youth Regatta has been cancelled again for this year. We hope this event will be restored next year. We'll send an announcement early next season. It's usually scheduled for the first week in August, so keep that in mind.

The organizers always require volunteers to work on land and on water. And our ACA camp puts together a team of canoeists of all ages. Keep paddling!



Essentials of Kayak Touring

This is an 8-hour ACA-accredited kayak class that introduces beginning kayakers the strokes and skills they need to enjoy kayaking safely on calm water and slow-moving rivers.

It will take place at the ACA Camp on Lake Sebago from 9am to 5pm with a break for lunch on Sunday July 11th and Sunday July 18th, 2021.

- The cost of this class is \$75.00 and will cover all camp fees.
- You **MUST** be an ACA member to take this class.
- **YOU MUST REGISTER IN ADVANCE** and pay in advance if I do not know you.

Some boats are available for students use. Please let me know if you need a boat when you register.

- **CLASS IS LIMITED** to 15 participants max.

Some of the things we will cover are:

Equipment:

- Lifejackets (PFDs): types, fit
- Kayaks: types, materials, parts (including safety features such as flotation)
- Paddles: types, materials, parts, length, blade size, shape and offset, hand position
- Care of equipment
- Personal equipment: water, food, shoes, hat, sunscreen, insect repellent, sun glasses, eyeglass straps, protective clothing for heat or cold, sponge, bailer/pump, whistle (or other approved sounding device), knife, light
- Optional equipment and outfitting for improved control

Safety and Rescue:

- Exercising judgment, safety as a mind-set, etc.
- Cold water shock / hypothermia: HELP / huddle, clothing
- Dehydration/ hyperthermia: hydration, clothing

- Hazards: wind, waves, weather, current, rocks, bridges, piers, dams, strainers, traffic
- Paddling as a group
- Signaling
- Interactions/ sharing water with non-powered and powered traffic
- Emergency procedures

Rescue

- Rescue priorities: people, boats, gear
- Demonstrate/participate: T-rescue
- Deep-water re-entries, assisted and solo, with sling, including scoop and paddle float rescues
- Boat assisted rescue, assisting a tired swimmer (pushing or pulling to shore)
- Towing or bulldozing a capsized boat

Maneuvers:

- Paddling in a reasonably straight line
- Spins
- Stopping
- Moving abeam (sideways)

Strokes:

- Forward
- Back (stopping)
- Draw
- Sculling draw
- Sweep (including stern draw)
- Reverse sweep

ANY QUESTIONS, or to register: Phil Giller phil.giller@gmail.com



Invasive Species Removal Event

Saturday, June 12th 9 am to 1 pm

Join the NYNJ Trail Conference Invasive Species Strike Force and our neighbors at the ADK camp to remove the invasive barberry bushes along the road into our camp and into ADK's camp. The time you spend on this project will count towards any work requirement you have for your club or individual facility.

Meet at the fork between the ADK and ACA Camps at 8:45 am. Bring plenty of water and wear closed-toe shoes and long sleeves and long pants (barberry is a very thorny plant). Bring work gloves if you've got them. We will provide some.

Please email acacampcommittee@gmail.com to RSVP.

Sent by elenaambo@gmail.com in collaboration
with



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