

Long Island PaddleSport Symposium

Sponsored by:

*Sea Kayaking Skills
and Adventures Ltd.*

March 11, 2007

12:00 pm - 6:30 pm



Schedule of Events:

- 12:00 pm Doors Open
- 12:30 - 12:45 Welcome
- 1:00 - 1:20 PFD Demo
- 1:30 - 2:15 Session 1
- 2:30 - 3:15 Session 2
- 3:30 - 4:15 Session 3
- 4:30 - 5:30 Session 4
- 6:30 Closing and Happy Paddling.



PFD In Water Demonstration

Time: 1:00 - 1:20

Presented by: **US Coast Guard Auxiliary**

Your personal floatation device is your most important piece of safety equipment. Come learn more about them including types and proper fit.

Pool

Session 1	Session 2	Session 3	Session 4
<p><u>Kayak Rescues Demonstration</u> Presented by: NACK How do you get out of your kayak in the event of a capsize? How do you get back in? How do you help someone else get back in? This and more will be covered at this demonstration.</p>	<p><u>Canoe Rescues Demonstration</u> Presented H. Stermer & S. Ferder of AMC How do you get back into your canoe in the event of a capsize? How do you help someone else get back into your boat? This and more will be covered at this demonstration.</p>	<p><u>Ask the Experts</u> Presented by USCG, NYSRHP, SKSA, ACA Have a question? This is your chance to ask the people who can most likely answer it.</p>	<p><u>Kayak and Canoe Bracing / Rolling Demonstration</u> Kayaks by NACK and SCC Canoes by AMC How do you prevent a capsize, and what do you do if it does happen? There is more than one way to roll, the ultimate self rescue. Come watch and learn about the magical roll. (<i>It's not really magic at all</i>)</p>

Room A

Session 1	Session 2	Session 3	Session 4
<p><u>Communication from your Boat</u> Presented by: US Coast Guard Cell Phone, VHF's radios, flares and other signing devices. What works best? How to use them and who do you call? What can you do to enhance visibility on the water? How do you handle an emergency situation. These guys know their stuff! You will</p>	<p><u>Basic Navigation- Chart and compass use</u> Presented by Chris Raab from Tuktu Paddles Learn how to use your compass and take a bearing. Look at a variety of compass options for use on the water and their pros and cons. Examine basic chart reading what and how to interpret the information you can use. Then relate your compass reading to the chart and learn to pre-navigate and also pilot for the cockpit. This seminar is intended for those whom are new to chart and compass use.</p>	<p><u>The Greenland Qajaq</u> Presented by Chris Raab from Tuktu Paddles Examine the history of the kayak and look at the tools and skills associated with traditional sea kayaking. We will look at the evolution of the paddles, hunting tools, and the kayak. We will have a variety of paddles boats and gear on hand to illustrate their construction and uses</p>	<p><u>Communication from your Boat</u> Presented by: US Coast Guard Cell Phone, VHF's radios, flares and other signing devices. What works best? How to use them and who do you call? What can you do to enhance visibility on the water? How do you handle an emergency situation. These guys know their stuff! You will</p>

Those in the Know



Wear it when they go!

Programs are subject to change



Room B

Session 1	Session 2	Session 3	Session 4
<p><u>Kayak Safety Equipment & Outfitting</u> Presented by Tim Williams of NACK A lot of safety equipment exists for the sea kayaker. From laser flares to dry suits to inflatable kayak supports...but what do you need when adventuring on the water? This lecture and demonstration will acquaint you with the required equipment, the optional equipment, and some equipment that might be better left on shore (or in the store). Bring your own equipment for evaluation and discussion!</p>	<p><u>Choosing the right Boat</u> Present by Elizabeth O'Connor of SKSA & NACK There are so many boats out there, which one is right for you? What type of water is the boat meant to go on? What conditions can it handle? What skill level is it meant for? What type of materials are they made out of and why is that important? These and other questions will be addressed.</p>	<p><u>What to Know Before You Go!</u> Presented by Gordon Dayton of SKSA & NACK Where can you launch your boat? What do you need to know about the area before launching. How do you know if this is a launch that is right for you. Come find out the answer to these and other questions.</p>	<p><u>An Introduction To Group Paddling</u> Presented by Frank Chillemi of LIP Paddling in a group, when done right, is extra special. You will go to more places, see more things, and have more fun than you will by yourself. There are a few simple things you can do to make your group paddles as safe as they are enjoyable. This fast-paced, entertaining discussion will give you all the information you need to ensure the success of your group trips.</p>

Room C

Session 1	Session 2	Session 3	Session 4
<p><u>Choosing the right Paddle</u> Present by Bonnie K. Aldinger of Sebago Canoe Club One Paddle, Two Paddle, Three Paddle...Which One Do I Buy?: Asking the right questions can help you get the right paddle (or two or three) for you!</p>	<p><u>OFF-Season Boating. Cold Shock and Hypothermia</u> Presented by Charles Sutherland PH.D. The immediate effects of cold water immersion will be discussed. Without a PFD and dressed only in street clothes, victims often drown long before hypothermia sets in. On cold water, dress to swim and always wear a PFD! Be prepared to do your own rescues!</p>	<p><u>Why a Dry Suit?</u> Presented by Frank Copren of OS Systems Dry suits provide the ultimate in cold water protection, when they are kept in good condition and, you layer correctly under them. Find out how the pros do it.</p>	<p><u>Hypothermia</u> Presented by John Nicolellis of Suffolk County American Red Cross What do you need to know? How do you recognize the signs? What do you do? How to prevent it!</p>

Room D

Session 1	Session 2	Session 3	Session 4
<p><u>Nature Observations From Canoe and Kayak</u> Presented by Mike Bottini Canoes and kayaks are excellent modes of travel for observing wildlife and exploring waterfront nature preserves. This slide show presents some interesting aspects of commonly encountered flora and fauna found on Long Island's waterways Mike teaches <u>The Nature of New York</u> at CUNY and is author of <u>Exploring East End Waters: A Natural History and Paddling Guide</u>.</p>	<p><u>On Water Photography:</u> by Sandy Noyes of NACK What you need to know to get good quality images from your boat. Use the kayak as your shooting platform. Waterproofing the camera. Film or digital? Compose on screen or viewfinder? The right aperture and shutter speed combination. Shooting with one hand. Low vantage point. Image stabilizers. Working in rough conditions; rain. Problems in seascape; techniques with wildlife. Portraiture. Opalescent light. Dawn and dusk shots. The decisive moment</p>	<p><u>Kayak Fishing Is It for You?</u> Presented by RiverBay Flyfishing Outfitters How do I rig the boat, where do I go, salt or fresh water, what kind of rod, what will I catch and how? Come learn the answers to these and many more Question from the fishing guys from RiverBay Flyfishing Outfitters</p>	

Paddle Safe!!
Paddle Smart!!

Programs are subject to change

Who Are the Speakers

(Subject to change)

A special thanks to your speakers who volunteer their time and expertise to the very important event. Some of them have traveled from out of state to join us.

Without their help this event could not have taken place.

Bonnie K. Aldinger has been paddling since before she can remember, but got serious about it in after her first kayak lesson in June of 1998. She was a partner at Manhattan Kayak Company from early 1999 until early 2002; during that time she became an ACA-certified Open Water Coastal Kayaking Instructor and began taking BCU classes (she currently holds her 4-star paddler rating). Since leaving Manhattan Kayak Company, she continued to teach at various events in the Tri-State Area

Mike Bottini teaches The Nature of New York at CUNY and is author of Exploring East End Waters: A Natural History and Paddling Guide.

Frank Chillemi is a photographer and educator who heads up the Photo & Art Department for one of Long Island's largest companies. His book of photography, Windjammers, Lighthouses and other Treasures of the Maine Coast, contains many photographs made from kayaks. Frank is a warm and engaging speaker

Gordon Dayton: A paddler since the late 90's, Gordon has delved into many aspects of the sport from sea kayak touring to flat-water and down-river racing. He is an ACA Instructor in Basic Coastal Kayak and also holds Essentials Certifications in Canoe and Kayak for Touring and River. He also holds instructor certifications from American Red Cross and British Canoe Union. Gordon is President of a local Kayak Club, North Atlantic Canoe and Kayak – NACK, is the Coastal Chair for the Atlantic Division of the ACA, and also serves as Clubs Liaison to the ACA Safety, Education and Instruction Council. When not paddling he masquerades as Engineering Manager for a local electronics components company. Gordon is interested in fostering paddling as a life sport and improving the ability of paddlers in our region

Steve Ferder and **Herb Stermer** are canoe enthusiasts, enjoying both flatwater and whitewater. They are both active paddlers and trip leaders with the Appalachian Mountain Club.

United States Coast Guard Auxiliary Division 01:

Janice Heitz is a Coast Guard Auxiliary Boat Crew Coxswain, She is AUXOP qualified meaning she has completed all C.G. Aux. specialty courses. She is a past Flotilla Commander and is currently a Flotilla Public Education Officer as well serving on the Division 01 staff.

Bob Hargraves: is a qualified Auxiliary Boat Crewman, a past Flotilla Vice Commander and currently serves in Computer Services on both the Division and Flotilla levels.

John Nicolellis is a long time paddler. as well as an ARC instructor, instructor trainer and active with the local Boy Scout of America

Elizabeth O'Connor: grew up around the waters of the Great South Bay and has been teaching Kayaking for the past 10 years. She taught environmental educator for 15 years until founding Sea Kayaking Skills and Adventures. Ltd. in 2000. She is an ACA Open Water Coastal instructor and is also Safety Education and Instruction chairperson and Divisional Instructional Facilitator for the ACA Atlantic division. She is also an instructor trainer for American Red Cross and holds certifications from British Canoe Union. As a marathon kayak racer she is a 5x National Sea Kayak Champion. & ICF Master Women Champion, and represented the United States as a member of National Kayaking Team at the 2003 ICF Marathon World Championships.

Chuck Sutherland has been a kayaker for 30 years, started the ACA Sea Kayaking Instruction program, has studied and written about cold water kayaking accidents for 20 years and participated in cold water paddling workshops for more than 15 years. He has interests in skin boats, rolling, and arctic paddles.

Sandy Noyes has led photography workshops since 1978, including International Center of Photography, NYC; Center for Photography at Woodstock; Delaware Water Gap Nat'l Recr. Area, NJ; SUNY New Paltz; and Montauk, NY. His work is represented in the collections of The Metropolitan Museum of Art, NYC, George Eastman House, Rochester, NY, Bibliotheque Nationale, Paris, and others. Sandy is a member of NACK, American Canoe Association, Hudson River Watertrails Association, and ConnYak. He was brought up enjoying water sports on Long Island's north shore.

Chris Raab: Chris started paddling in grade school and over the years progressed through solo and tandem white water canoeing on into canoe expeditioning across the United States and Canada. In 1992 he began sea kayaking and quickly settled into the sea and surf as his primary interest. Chris is an ACA open water coastal kayak instructor trainer and BCU 4 paddler. In 2000 he picked up a Greenland paddle and soon became a traditional Greenland skills instructor and founded Tuktu Paddles. Chris has been an instructor and guide with outdoor discovers schools of Maine, has appeared at symposiums around the country and, worked with many area clubs and organization to promote paddle sports

United States Coast Guard Group Moriches: A group of hard working dedicated individuals. A special thank you goes out to the men and women who serve the guard and help make our water ways safer.

Timothy Williams: is an ACA Coastal Kayaking Instructor, with an Open-water rating. He has been rated as a BCU sea kayaking coach, (level 3), and is one of the first five ACA-certified Traditional Skills (Greenland) kayaking instructors in the organization. A professional educator, Tim's instruction stresses student involvement and practical learning experiences. He most enjoys paddling in the surf and in rough water.



Long Island PaddleSport Symposium is brought to you through the efforts of volunteers
 A Special Thanks goes out to the people that make it all possible.

Al Johnson - Commander (OSR) First Coast Guard District He was the driving force that got it all started.
Brian Kempf and Rose Anne Woodard from NY State Parks their financial support gets us the facility to run this event and they provide support in many other ways.

Sea Kayaking Skills and Adventures (SKSA) Elizabeth O'Connor Event Organizer provides countless hours getting it all pulled together.

Pool Demonstration

North Atlantic Canoe and Kayak (NACK)

Roy Balliard
 Linda Buffa
 Ivan Chase
 Gordon Dayton - SKSA
 Ray Smith
 Dan Troup - SKSA
 John Weickert
 Tim Williams - Liquid Affair

United States Coast Guard Auxiliary Division 01:

Harvey Miller -PRCO First District-Southern Region
 Janice Heitz.
 Bob Hargraves

Sebago Canoe Club

Steve McAllister
 Bonnie K. Aldinge

Appalachian Mountain Club. (AMC)

Steve Ferder
 Herb Stermer

Additional Sponsors Thank you for your donations



Displays BY

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 Sea Kayaking Skills
 and Adventures Ltd.
 New York State Parks
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North Atlantic Canoe and Kayak
 American Red Cross
 RiverBay Flyfishing Outfitters
 Os Systems
 Sea Grant
 Fire Island National Sea Shore
 South Shore Estuary Reserve
 Metropolitan Area of Sea Kayakers
 Sebago Canoe Club

Those in the Know



Wear it when they go!

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