



# Blazing Paddles

## Newsletter of the LI Paddlers

Volume 2022, Issue 2

Spring Edition

April 2022

### Message from the President



Hello Long Island Paddlers.

Spring is here and it looks like our season is underway. Despite challenges that we all have faced we are off to a great start. It has been difficult with our website being down but nonetheless we have managed to get over that hurdle. Our website committee has worked very hard to get us to our new web location Meetup. Our website committee is still working and making great progress and is helping members to navigate on Meetup. So I urge members to get your kayaks and equip ready for a wonderful season. I look forward to seeing everyone at the spring Picnic.

Thank you, Edwin Mangual

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## Executive Committee 2022


The Executive Council consists of seven members who are voted into office every November and are listed below:

President:	Ed Mangual
Vice President:	Emilio Sosa
Treasurer:	Lise Poulos
Secretary:	Bob Hansen
Members at Large	JoAnne Paolino Don Gorycki
Past President:	Fred Hosage

## Did You Know?

### Attending Executive Council Meetings

Any club member can attend Executive Council meetings and witness the council's activities but only as silent observers as stated in the Club's By-Laws (Section III.A.3, Board Operations/Meetings) as follows:

"All Executive Council meetings must be held in a public place and be open to all club members. While club members may attend Board meetings, they are not permitted to participate in Board meetings." 

### Members-at-Large

How does anyone bring subject matters to the Executive Council's attention? That's where the Members-at-Large come into play. They are the liaison between the General Membership and the Executive Council.

So, if you have a concern, new idea, a suggested improvement, or anything that affects the Club, just track down any of the two current Members-At-Large and they will ensure the matter gets on the Executive Council's agenda:

JoAnne Paolino [joannepaolino@gmail.com](mailto:joannepaolino@gmail.com)  
Don Gorycki [dgorycki6@gmail.com](mailto:dgorycki6@gmail.com) 

## Committee Coordinators 2022

Membership	Debbie Gallucci
Programs	Diana Price
Trips	Chiara Nuzzo
Training & Safety	Mike Matty
Public Relations	Dan and Donna DiGiovanni
Newsletter	Don Gorycki
Website	Website Committee
Special Events	Michelle Posillico and Pat Tauber
Librarian	Debbie Gallucci
Conservation	Liz Marcellus
Big Buddy Program	Bob Hansen
Hospitality	Irene Weiner
Merchandise	Tony Pellot
Photography	Alina Wilczynski

## Facebook Page

Did you know you can find Long Island Paddlers on Facebook? Just go to <https://www.facebook.com/groups/LongIslandPaddlers> and click the "Join" button. You will then be asked to provide information to confirm your identity and to agree to the group rules. Your request will then be reviewed by a group Administrator and, if you are an active member of the club, your request will be approved.

The club's Facebook group is a wonderful place to share photos of club trips and club gatherings. Members also like to share interesting (and sometimes entertaining) articles about the sport that we all enjoy. Please note, official club trips should still be posted on the club's website and not through the Facebook group. If you have any questions, please send an email to Christine Pan at [duckfoot70@gmail.com](mailto:duckfoot70@gmail.com) or Michael Pan at [m.pandemonium@gmail.com](mailto:m.pandemonium@gmail.com) 

## LIP Announcements

### Training & Safety

No pool sessions this year but planning for Practice sessions on outside waters (i.e., bays, rivers etc.)

### Hospitality

Babylon American Legion does not allow outside food but snacks are permitted. Instead of using their coffee pot Hospitality is providing our own coffee.

### Special

Spring picnic, Centerport June 4, 2022

### Trips

Paddle Battle, Riverhead, July 30, 2022

### Website

Our club website is down and members of our Website Committee are actively addressing this situation. It has been decided to use the Meetup service which provides many of the functions of our old website. Please see article on page 35 for more information.

Members of the Website committee:

Emilio Sosa  
 Fred Hosage  
 Alina Wilczynski  
 Mike Matty  
 Edwin Mangual

## Hudson Shoreline Resiliency Project Protects Against Extreme Storms and Flooding

Submitted by Patricia Tauber

State Parks is collaborating with the State Department of Environmental Conservation on a \$1.85 million Hudson River shoreline resiliency project in the Village of Cold Spring in Putnam County.

Work is now underway at 26-acre Dockside Park that includes removing existing riprap, concrete slabs, and wrack from the shoreline; grading the shoreline and installing bank stabilization features including boulder revetments, ice breaker boulders, and native vegetation. In addition, a boat ramp for non-motorized, car-top boats and other recreational amenities will be installed at the north end of the park. The work is mean to protect Dockside, owned by State Parks as part of nearby Hudson Highlands State Park, from erosion, flooding and ice damage.

Managed by the village of Cold Spring, the park is used for a variety of community events, including fireworks, concerts, movies, and children's activities. The facility has been damaged previously by flooding, including Hurricane Sandy in 2012. ➡



Kayaking is the answer. Who cares what the question is.



## Long Island Paddlers Volunteer Points Program

The Long Island Paddlers Kayak Club supports many different activities above and beyond formal paddling trips. These activities are accomplished by volunteers who give their time and effort to make these activities successful. As a way of rewarding those who volunteer a system of 'Volunteer Points' have been established in the past and has been recently updated by the Club's executive Council under the guidance of Mike Matty. Here are the latest guidelines for this program.

**The following describes the volunteer program for the Long Island Paddlers. To promote volunteerism, volunteer points will be awarded in the following**

1. Leading a trip - **5 Points** (submittal of trip report required).
2. Leading a clean-up – **5 points**
3. Leading or helping out at a skill session – **5 points**
4. Submitting an article for the newsletter – **2 points**
5. Organizing / helping a club event (i.e. picnic, party etc.). – **5 points**
6. Giving a club presentation – **5 points**
7. Volunteering / participating at an outreach program or community event representing the Long Island Paddlers. *Must be present for a minimum of 3 hours* – **5 points**
8. Active participation in the Big Buddy Program - 5 points for the first face to face mentoring session for each mentee.
9. Serving on a committee - 20 points per year awarded at the beginning of each year

**The Volunteer Points program will work as follows:**

1. There will be a Volunteer Points Coordinator and a Backup Volunteer Points Coordinator.
2. Volunteer points will be maintained with Google Sheets on a dedicated Google Drive
3. The Volunteer Points Coordinator and a Backup Volunteer Points Coordinator will have Read/Write access to the spreadsheet
4. When a person volunteers and earns points, they shall send an email to either or both Volunteer Points Coordinator and the Backup Volunteer Points Coordinator to update the spreadsheet.
5. When a person uses volunteer points, the organizer of the event (party organizer, store coordinator) shall send an email to either or both Volunteer Points Coordinator and the Backup Volunteer Points Coordinator to update the spreadsheet.
6. One volunteer point is equal to \$1.
7. Volunteer Points may be redeemed at the Long Island Paddlers Store, any Long Island Paddlers event (i.e. picnic, party).
8. The maximum amount of points that can be redeemed by any member is **50 points** annually.
9. Points are carried over from year to year.
10. Points are not transferable.

Chris Scalisi and Mike Matty are the Volunteer Points Coordinators. Our emails are:

[Mike.matty@verizon.net](mailto:Mike.matty@verizon.net)

[kayakchris@optimum.net](mailto:kayakchris@optimum.net)

All enquires for points should be made to both of us. 

Submitted by Mike Matty

## Our new meeting place

Long Island Paddlers now meet in person at our new Babylon location at the American Legion Hall, 22 Grove Place Babylon, 11702.



**New meeting place - front view**



**Executive Council in action**



**Our merchandise ready for sale – thanks Tony P.**



**Our librarian - Debbi Galluci ready to help**



← **Have you contributed to the newsletter lately?**

More photos to come as available.

## Our new meeting place (Cont'd)



Refreshments - thanks Irene Weiner



New membership table - thanks Debbi Gallucci

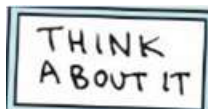
### New Club Member Recruiting

The Long Island Paddlers Club is always looking for ways to attract new members. Word-of-mouth, Internet access, and business-type cards are just a few.

Another way of advertising is using a flyer. Attached at the end of this newsletter is a flyer that you can print out and distribute.

So, if you would like to help spread the word, just print out the flyer and post it (with appropriate permission) where people can see it.

With your help we can spread the word about the pleasures and excitement of paddling. 🌊



- ☺ Smooth water does not make a skillful kayaker.
- ☺ Happiness is found when you stop comparing yourself to other kayakers.
- ☺ A day spent on the water is never a waste of time.
- ☺ If it's not on you, you don't have it
- ☺ It's better to have it and not need it than to need it and not have it.
- ☺ Open water is a highway to adventure, best traveled by canoe or kayak.
- ☺ Around every bend there's a great surprise... you just have to look for it.
- ☺ Personal Flotation Devices only work if you wear them.

## LIP Monthly Meeting Guest Speakers

One of the main duties of the Programs Committee Coordinator is to research, contact, coordinate and schedule for each month (except December...Holiday Party) a guest speaker. These guest speakers present a wealth of diverse and interesting topics.

February 2022

### Save the Mattituck Inlet.

Guest speakers: Stephen Boscola and Anne Sherwood Pundit.  
Co- chairpersons of save Mattituck Inlet.



Stephen Boscola and Anne Sherwood Pundyk are co-chairpersons of *Save Mattituck Inlet in Mattituck, NY*. *Save Mattituck Inlet* is a grass-root, all volunteer organization formed in December 2020 to raise awareness in their local community and throughout the North Fork about a large development project proposed for Mattituck Inlet.

Please see the additional article on page 32.

March 2022



### Save Plum Island

Louise Harrison was our March guest speaker and presented plans to preserve Plum Island. Louise is working with filmmaker Thomas Halaczinsky and is making a video for a possible documentary about Plum Island. The film will observe the transformation of the island from being home of a secluded laboratory to a new, still-unknown future. It shows the effort of environmentalists, conservation organizations and local communities to protect the island and turn it into a nature preserve at the East End of Long Island.

## Bute Inlet 2021

By Deborah Horne

After experiencing the beauty of Cape Bretton, Nova Scotia a few years ago it only seemed natural to check out the other coast of Canada and British Columbia is known for its natural beauty and whale sightings. So that was enough for me.

I began by researching various outfitters online and found several that looked interesting; however Coast Mountain Expeditions really impressed me with a selection of trips that included multiday, self-supported excursions. They offer very detailed itineraries which include a mix of challenging paddling and relaxing exploration. Their guides are well trained in kayaking, primitive camping, safety, and group management and very knowledgeable about the natural environment. Education and preservation are their focus. All the reviews were excellent and after speaking to Albert, one of the owners, I knew that Coast Mountain would be a good choice.

The main obstacle was the border crossing between the U.S. and Canada. It had been closed for about a year when I started my planning in February. Albert was willing to hold a spot for me unless he could fill the spot with a Canadian. Canada was on a provincial lockdown as well, so luckily, they were not able to fill it due to their travel restrictions. In July, just when time was running out, they announced the border would be opening on August 9<sup>th</sup>. I immediately started looking for flights which were hard to come by. Flights from Vancouver to Campbell River, which is located on the eastern shore of Vancouver Island, only had limited flights a few days a week. After much searching, I was able to secure flights and would arrive in Campbell River on the evening of the 10<sup>th</sup>. The trip began on August 12<sup>th</sup> so that gave me an extra day to explore the town of Campbell River and time to recover from the long day of traveling. I took advantage of the time to visit the museum in Campbell River which has excellent exhibits of the First Nations, the origins of the salmon and timber industries, all of which have had a major impact on the Bute Inlet. This gave me a good background and history of the area.

The outfitter supplies all the gear, including kayak, paddle, PFD, spray skirt, safety equipment, tents, and dry bags. I opted to rent a sleeping bag, eliminating the need to check my luggage. You are responsible for all your own personal items. They give you a detailed list to follow. The coast is impacted by air currents that make it very moist but temperate and it does not get very hot or cold which has contributed to the growth of the large old growth trees. All their equipment is top notch and well cared for. Most of us paddled single kayaks, but there were two tandem kayaks that the guides and a few other paddlers took turns paddling. The tandems were necessary for the larger storage capacity for the cooking equipment. Those of us in the single kayaks had the rear hatch for our personal equipment and the front hatches were reserved for the group supplies.

Getting off the plane in Campbell River I knew I was in a special place. Campbell River is a fairly large fishing port and the departing point for the ferry over to Quadra Island which runs parallel to Vancouver Island. The trip officially begins on the other side of Quadra Island, a place called

(Continued on the next page)



## Bute Inlet 2021 (Continued)

Heriot Bay where the original owner, Ralph, picked us up for the ride to their lodge on Read Island. On the ride over Ralph introduced us to the local whales and gave us a thorough history lesson on the whales and the formation of the land masses going back thousands of years. He is very knowledgeable and eager to share it. The ride also gave us an opportunity to meet the other members of the group which consisted of ten paddlers in total, nine women and one man, who was the spouse of one of the nine women. Their daughter was also on the trip. It was an awesome group of people and over the next six days we became great friends. A few of the woman had been on another trip with Coast Mountain a few years ago and assured me that I had made a good choice of outfitters. They could not say enough good things about them.



Arriving at Read Island we immediately were greeted by our guides and the rest of the crew. We were shown our respective accommodations and the location of all the buildings and then it was back to the dock to select kayaks, PFD's, and spray skirts and go over procedures for packing and carrying the kayaks. We then launched and did a short paddle to give the guides, Liam and Anthony an opportunity to see our skills. We all did a wet exit and some of us practiced an assisted rescue, but it was not required. The water was cold but not frigid and we all wore shorts. Before dinner we were treated to a soak in the hot tub, compliments of Ralphs' ingenuity and then a delicious dinner of local salmon. You might expect that this would be our last really good meal for the remainder of the trip, but that was not the case. Let me tell you, the food is top notch. It was all vegetarian except for local clams, but absolutely satisfying and delicious. Every day we had homemade bread and cookies, a different variety every day! Their hospitality was everything you could ask for and more.

(Continued on the next page)

**Bute Inlet 2021 (Continued)**

On our first day we launched with beautiful sunshine and mild temperatures. Along the way were many seals, eagles galore and we headed north towards the mountains and the Bute Inlet in the distance. In this area there are a few houses but almost no boat traffic. We got into the pattern we would follow for the next five days. Paddle a few hours, raft up for a cookie break, paddle a few hours then land on a cobble beach for lunch which was prepared with great care and skill by the guides. This day lunch consisted of homemade egg salad on homemade bread with fresh sliced tomatoes and homemade pickles and sliced apples. Back in the kayaks, paddle for another three hours or so and then make camp for the night on another cobble beach. All the beaches are covered with fallen timbers as a result of the logging industry and present a challenge to getting the kayaks and gear above the high tide mark. The protocol was for four people to always carry each kayak to prevent injury to us and the kayaks. The forests are very dense and finding enough room to set up all the tents can be challenging. The first night a few of us set up our tents a way down the beach so we got a quick lesson on bear encounters and the use of bear spray. Luckily, we didn't need it, but the bears use the beaches like a highway to bypass the thick forests, so it is not unusual to see them.

Each day we followed the same basic pattern as we made our way up the inlet and into more remote territory. The mountains got higher and steeper, and the water become less salty and a

(Continued on the next page)

**Bute Inlet 2021 (Continued)**

beautiful aqua green color from all the freshwater creeks running down the mountains. The scenery became more spectacular each day.

The weather was almost ideal, very little wind, mild and only one day of rain. We were fortunate that it arrived after we had packed the kayaks and got on the water, so our gear was dry. It poured most of the day and the temperature dropped significantly. When we stopped for lunch, we were thankful there was a cabin that is left open for public use that we could huddle in to get warm and change into warmer layers. As usual, the guides did a great job of taking care of us. They whipped up a big pot of hot tea for us and another delicious lunch despite the challenging weather.



The third and fourth night we spent at the same

campsite, which gave us a break from hauling the kayaks up and down the beach and packing and unpacking. Another delicious dinner and clearing skies made for a lovely evening. It was only interrupted by a big old grizzly bear lumbering down the beach toward us. Thankfully the guides were alert and scared it off into the woods before it got to where we were hanging out. We were all a little nervous that night, but we never saw the bear again.

The next day we paddled to a beautiful waterfall and hiked up to the top. It was a fun day, lots of great pictures and another outstanding lunch.

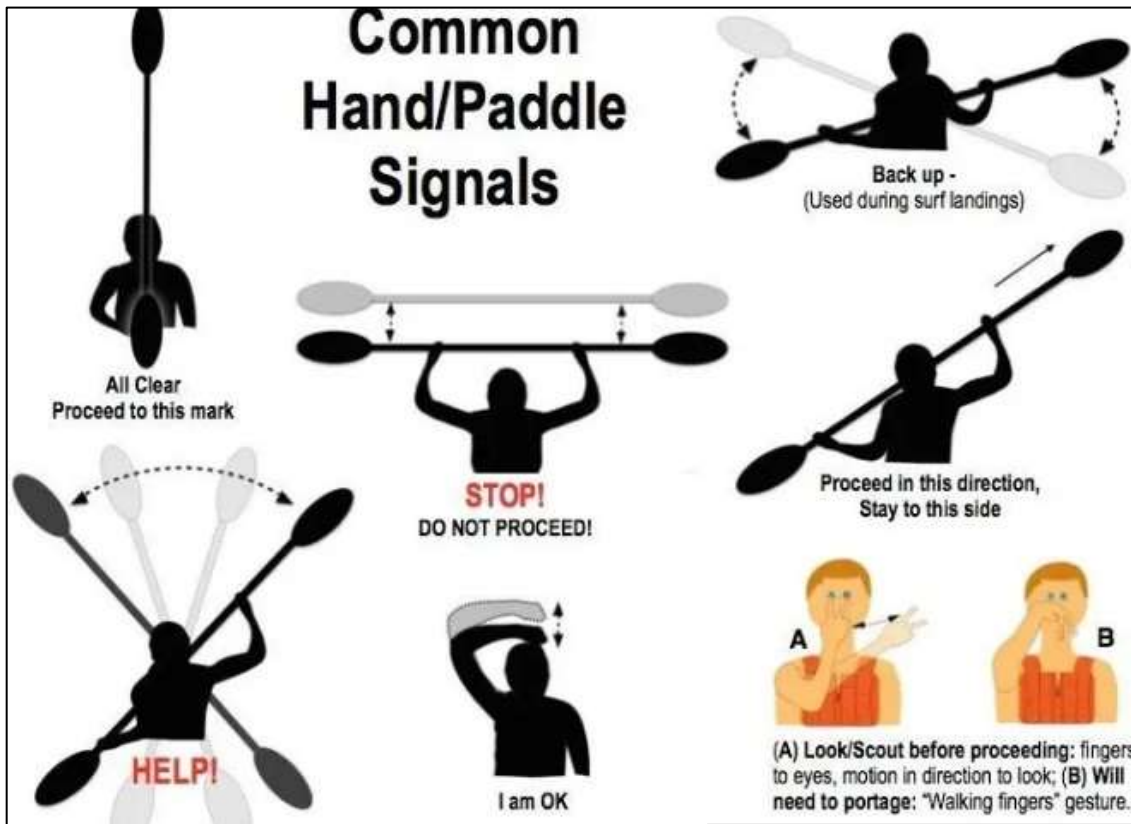
The last day we took some group pictures on the beach before departing and I think we were all a little sad that it was coming to an end. We had really bonded as a group and enjoyed the uniqueness that we each brought to the group. We paddled across the inlet which was about two miles then headed down the opposite shore where we would rendezvous with Albert to be picked up and brought back to Read Island.

We had another outstanding dinner that night at the lodge of homemade pizza and Ralph's home brewed beer. A lot of stories and memories were shared as we all recounted how we had begun the adventure as strangers but had become a tight group with memories for a lifetime.

The next morning, we hiked a short distance to see one of the few remaining old growth cedars  
(Continued on the next page)

### Bute Inlet 2021 (Continued)

on the island and it is truly magnificent. We then loaded all our gear on the boat for our return trip to Quadra Island and said goodbye to the folks at Coast Mountain. Once back in Campbell River we enjoyed one last meal together at the local fish and chips restaurant and then each went their separate way. I spent one more day in Campbell River waiting for a flight back to Vancouver. It was well worth all the waiting and travel to see such a beautiful area and get to experience it from a kayak with a wonderful group of fellow kayakers. As I reflect, that is one of the advantages of kayaking, the great people I have met while doing this sport. It seems to attract a certain type of person who appreciates the simpler things in life and respects the beauty of nature. I would love to return to Vancouver Island in the future and explore the west coast of the island.



Borrowed from paddling.com

## Cow Yard Beach – A Photo Journey

Text and photos by Don Gorycki

As avid members of LI Paddlers, I'm sure that we all have our favorite paddling destinations. These are the trips that we take over and over again but never seem to get bored. There are new adventures even as we paddle the same routes; every day is different and every trip is different.

One of my favorite paddling location is Flanders Bay with its many destinations and options. There are many rest stops one can choose; Iron Point, Goose Creek Point, Indian Island, Simmons Point, Miamogue Point, Red Cedar Point and Cow Yard Beach, which is the focus of this article.

There are several launch sites one can take to get there: Peconic Park, Birch Creek Road, Indian Island, Simmons Point just to name a few.


A typical scenario when I paddle solo into Flanders Bay is to paddle for a while, stop at one of the many landings/beaches, rest, snack/lunch, and explore before continuing paddling for the rest of the day.

Cow Yard Beach is a popular rest-stop for LIP paddle trips. I remember one summer on one of my "Flanders Bay Grand Tour" trips, after enjoying the scenery of Hubbard Creek, before crossing over to the north side at Simmons Point, we stopped at Cow Yard Beach for a delightful swim to cool off (it was a hot day!).

From this stretch of beach, looking south, is the tranquil and peaceful panorama of Hubbard Creek.

As one gazes north, the vista of Flanders Bay, with puffy white clouds mesmerizes the mind.

There have been many other LIP trips by other trip leaders that have either passed here or stopped here.

The photo journey presented here begins with launching from Birch Creek Road, paddling east along the south shore of Flanders Bay and ending at Cow Yard Beach. 



**Bird's-eye view**



**View of launch point - Birch Creek Road**

**Cow Yard Beach – A Photo Journey (Continued)**



**Birch Creek Put-in from the water**



**Approaching Goose Creek Point**



**Beach between Mill Creek and Hubbard Creek**



**Entrance to Hubbard Creek**



**Another view Hubbard Creek**



**Hubbard Creek looking south**

## Cow Yard Beach – A Photo Journey (Continued)



Approaching Cow Yard Beach



Cow Yard Beach looking east



Another view of Cow Yard Beach looking east



Terrain view of Cow Yard Beach and vicinity

## LIP Photo Gallery

### Winter at Smith Point Marina

By Don Gorycki

Back in February of this year, during one of the milder days that Mother Nature teases us with, I decided to 'check out' the put-in at Smith Point Marina, one of my favorite launch sites. The day was warm which melted a lot of the snow that had previously blanketed the Island. A large part of the parking lot was under water and a gully was carved into one of the main put-ins. 🌊



Photo upper and upper-right:  
The parking lot became a huge pond,  
great for skating, not so great for  
parking.



**This path used to be flat and easy going**





## Kayak Word Puzzle

This edition's puzzle is a find-a-word that was created by Charles Lohr. The word 'KAYAK' appears once. Can you find the word 'KAYAK' ?

A A Y K A K A Y K A Y Y K K A A K A Y A A A Y K Y K Y A Y K  
 K Y Y A K Y A A A Y K A A K K Y A K K K A A A K A A Y K A A  
 K K K Y A K A K A Y K K Y K K Y K K A K Y A A A A K A A K K  
 Y K A A K Y A A K K K K K A Y A Y Y Y Y A A K A A K K K K  
 K K A Y Y A A K K Y Y A Y A A K A A K K A A Y K A K K A A K  
 K K A A A K A A A K K A K K K Y A A A Y K Y A Y A K Y K A A  
 K K Y K A A A A A A A A A A K K A A A K Y Y A K A K A K K Y  
 K K K K K A K Y Y K Y Y K K A A Y A K A A A K Y A K K A A  
 K A K K A K A Y K A A Y A K Y Y K K A Y K K K A A A A K A  
 K K A K A K A K A A A K A Y A Y K A K A Y Y A Y K K A K Y Y  
 A A A Y A K K K A K K A K Y K A Y K K A K K Y K A A K K Y Y  
 Y K K K Y K K Y A A A K K K K A K A Y K K K K K A A K K K Y  
 K K A K A Y K A A K A K K Y Y A K A Y A A K Y A A A A A A  
 A A A A K K Y A A K K A A Y K K A A A Y A Y A K Y A K A Y K  
 A K K A K K A Y K A A Y K Y K A K Y A A K K Y K K K K K A  
 K Y K A A K K Y A Y K A K K K Y K A K A Y A Y K Y A A A K K  
 K A Y Y K K A K Y K A Y A A K A Y A A Y Y Y A K K Y K Y K K  
 K K K K A K A Y A A A K K A Y A Y K K Y A K A A A A Y K A Y  
 A Y K A K K K A A K A K A Y A A A K K Y K K A Y K A Y A Y Y  
 K Y A Y K A Y A K A K Y Y K Y K A K A A Y K Y K K A Y K A K  
 A K A K K A K K A K K K K A A A K Y Y Y Y K A K A A A A K  
 K A K Y Y K A K K Y K Y A K Y A A A A A K A K A Y A A K K A  
 K K A A A K K A K A K K A A K A Y A A Y A A A K K A A Y Y A  
 K A K K Y Y K K A Y A Y K K A K K Y Y K Y K Y K K A A A K A

Words to find:  
**KAYAK**

**Clue:** Look for the letter 'Y' as it appears less frequently.

Puzzle borrowed from <https://ifunny.co>

Give up? Answer on page 23.

## More LIP Photo Gallery


By Alan Mindlin

Mason Neck State park - the eagles breed in January and the shad head up the creek in February.



With paper towels and a few essential oils, you'll have a DIY solution that will help you keep annoying mosquitoes at bay.

When you're having a backyard barbecue, relaxing on your patio, or working in your garden during the warmer months, the last thing you want to do is constantly swat away at mosquitoes. Fortunately, there are plenty of ways to prevent these annoying biting insects from ruining your outdoor time (including several options that can double as stylish decor).

One of the most effective options to avoid bites is to use a store-bought repellent on your skin, but these can be sticky and smelly. Instead, you can use your own mosquito repellent wipes, made with natural ingredients that won't leave you smelling like chemicals. Go to URL = <https://www.pinterest.com/pin/201606520808188545/> for complete instructions. 

Article borrowed from Pinterest.com

## Calling All Trip Leaders - Class of 2022!



By Chiara Nuzzo,  
Trips Coordinator

It is spring, winter is passed, and it will soon again be time to get out on our beautiful Long Island waters for warm-season paddling.

Is this the year you become a trip leader?

I hope so!

We have a new procedure this year for training. It will still involve attending a workshop, demonstrating an assisted rescue, and leading a trip under the guidance of an experienced trip leader. **But the first step in the process will be to contact me, trips coordinator, to let me know of your intention to train ([ChiaraNuzzo@hotmail.com](mailto:ChiaraNuzzo@hotmail.com)).** I will pair you with an experienced trip leader who will help you get clear on where and when you'd like to lead your first paddle. You will then be invited to the workshop and the rescues session.

Remember, as a trip leader you earn points for your contribution to the Club (get you some cool merchandise or a free event), can participate in leader-only events, and earn bragging rights for eternity.

So, "Just Do It!" and remember "Yes, you can!" 🌊

### Do You Recognize This?



Answer is on page 28



← Hey!  
Did anyone see  
my kayak?



## From the Pen of Jim Dreeben

Part One – Swim and Paddle the Hudson River

By Jim Dreeben

For a dozen years I escorted swimmers across the Hudson River. It was a charity event and race to raise money for research and for treating MS and Leukemia. Every year over \$100,000.00 was donated by the swimmers and their friends and relatives. There were between 200 and 300 swimmers.

The swimmers were bussed across the Tappan Zee Bridge to Piermont (formerly Tappan Landing) in Rockland County. The kayakers paddled to Piermont to escort the swimmers back to Tarrytown in Westchester County. The distance as the crow flies is 2.6 miles but the paddling/swimming distance is over 3 miles. Paddle/swim due east for 1 mile then tack 45 degrees up or downstream depending on which way the water is flowing. If you swam due east all the way you would miss out on the delicious lunch that awaited us because you would end up 2 miles north or south of Tarrytown.

Before the swim, we were offered bagels, donuts, coffee, apples, bananas and water. A complete lunch was served after all the swimmers and kayakers returned. Awards were given out after lunch.

As a swimmer escort, I rescued more kayakers than swimmers. Occasionally a swimmer would hang onto my kayak to take a break or to be towed to a support boat or to shore. I did a T-rescue of one kayaker who dumped. I held onto his kayak for him to get back in. He knew the method but he never practiced it; he couldn't pull himself up. I waved my paddle for a police boat to come by and help us.

Now I carry a rope sling with me to aid paddlers to get into their kayaks in deep water. They can step on the rope and pull themselves up by the cockpit coaming. It's not too difficult for most people. The easiest kayaks to rescue are sit-ins that have two bulkheads and all sit-on-tops. Many small ones tipped.

Steve, in a Romany, was missing his VCP Hatch Covers. He said "it doesn't matter; I never tip". I'm surprised the safety coordinator let him paddle with us. I worried about him, in case his kayak filled with water. I kept an eye on him. Eventually, he came to my shop and bought three VCP Hatch Covers.

VCP Hatch Covers, in my opinion, are among the best. They are a little difficult to put on but they never leak. They will last many years if you treat them with 303 Protectorate. Use a safety line from the cover to your deck. Other hatch covers will last longer also if you treat the seals with 303 Protectorate.

The Eskimo Rescue is not hard to master. It's easier to learn than the Eskimo Roll, but it must be practiced. Always stay 20' to 30' away from your paddling partner. If one of you flips the other one does a 90 degree turn and paddles toward the center of his/her partner's kayak. The flipped paddler reaches up and holds the bow with both hands to pull him or herself up. It is a very cool rescue method.

(Continued on the next page)



## From the Pen of Jim Dreeben

### Part One - Swim and Paddle the Hudson River (Continued)

**More rescues.** During a New Year's Day paddle a few years ago, Dan Byrne flipped his kayak on the Peconic River just east of Riverhead Town Dock. Some brackish water at that point froze but the blocks of ice were hardly visible. The bow of Dan's kayak went up onto an ice flow causing instability.

I did a T-rescue of Dan's kayak while Dan held onto Rich Black's kayak. Then, Rich and I helped him get back into his kayak as quickly as possible to get him warmed up and start drying.

Dan was wearing a wet suit, neoprene booties and a skull cap but he was still very cold. To get him back to shore, I tied my tow rope to his bow (with a bowline knot) and to a deck cleat behind my seat (with a Prusik Knot) and we both paddled. Rich paddled alongside Dan, just in case. Dan got into his car, which I had started, and turned the heater up full blast. Then we had pizza and beer at my shop.

Another New Year's Day paddle, a friend, Bob, flipped his kayak near Town Dock. I did a T-rescue of his kayak and leaned across to hold it steady for re-entry. Bob was wearing a wool hat/scarf and a dry suit. The suit filled with air. He looked like the Michelin Man: too big to climb onto and into his kayak.

First we had to get his wool hat/scarf off him. No easy feat when wet. Then I asked Bob's wife to paddle behind him, lean her kayak a little and hug him while I pulled the dry suit collar away from his neck to burp the suit. Then he got into his kayak and borrowed my spare paddle to finish the trip.

We determined that he flipped because he was using a wing racing paddle for the first time. Wings are great for racing and touring, but you must get used to them. Wing blades are curved differently from other paddles. There is no flat surface to slap the water for bracing.

\* \* \* \* \*

Before I knew what surf skis were, a sales rep brought me one to borrow to familiarize myself with them, and maybe sell some. I took it to the ocean on a rough day, heck, they are made for surf, right? Hence the name: **surf ski**. I don't remember how many times I got knocked off by waves, and I almost got killed by a flying surf ski. Now, I'm better at it but they are tippy. Most are only 17" to 19" wide.

I visited my friend, Russ, in North Carolina near the end of the 1900s when most paddlers were using feathered paddles. After paddling a surf ski for 1 hour, I couldn't paddle anymore. My shoulder hurt. Russ paddled home and came back with his car. After that, most of my paddle sales were unfeathered.

A surf ski that measures 17" wide by 21' long is unbelievably fast. It feels like 100 MPH in your car. It has no initial stability and hardly any secondary stability. The rudder must be used for turning and correcting; it's too tippy to lean and carve turns. If you stop, you must do a sculling brace, or swim.



## From the Pen of Jim Dreeben

### Part One - Swim and Paddle the Hudson River (Continued)

**A very cool paddle rack:** Use 2 U-bolts to secure an old pitch fork blade under a shelf in your garage, or to a stud. Slip vinyl tubing over the tines so you don't scratch the paddle throat. It holds 6 paddles. In my car, I carry a 36" long piece of the same tubing to siphon water in case my cockpit cover fails in rain. (An old rake or cultivating tool blade works as a paddle rack also but pitch fork blades work best.)

To make sure your **retractable skeg always works smoothly**, drop the skeg, turn your kayak over and spray WD-40 or silicon spray into the cable hole periodically. Spray the control cable on the deck also. 🌀

Please see previous articles on taking apart a stuck paddle with a car (or truck), 2 tow straps and a tree. You can call me if you need help. 631-834-2525 or [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com).



## From the Pen of Jim Dreeben

### Part Two - Prone Paddling

Prone paddling is not for everyone. It's tiring, it's uncomfortable, and you get wet and stay wet. But, it gives you the best upper-body workout I have ever heard of and you go unbelievably, excitedly fast. 12' long prone boards are most popular. I use a 14' one; it's a little faster. A 17' board is in my future.

At first it is difficult to hold your head up for more than a few minutes. You will take some strokes then take a 10 second nap. Or, you can use a chin block, but that's not cool. Best is to build up your stomach muscles by "swimming" a 25" diameter exercise ball. To get the most out of the ball, lie on it as far forward as you can, just short of doing a nose dive. Swim 100 breast or crawl strokes one or 2X daily.

The first time you get on a prone board it might feel tippy, especially if you swim the crawl. Start out with breast strokes. When you get your balance you can alternate between breast and crawl strokes. When you get better and more confident you can kneel and do lunge strokes. Reach forward with both arms, pull hard on the water and come back up. When you're down, your face will almost touch the board.



## From the Pen of Jim Dreeben

Part Two - Prone Paddling

(Continued)

For more speed or for a more serious workout, you can use neoprene web gloves or hand paddles. I wouldn't use them too often; they can stress your shoulders. Always use a leash and don't let it drag.

My favorite workout: 100 breast strokes, 100 crawl, 50 breast, 50 crawl. I like to include some interval paddling: Every 20 or 30 strokes, I do 10 hard strokes. I'll keep this up for ½ hour, or an hour, or more.

Interval paddling works with SUPs and kayaks as well to make you stronger and faster. Paddle at a moderate speed for 20 minutes, then sprint hard 15 or 20 strokes. Do it again for up to one hour. 🌊



## From the Pen of Jim Dreeben

Part Three - Train like Charles or Arnold

To become a better, stronger and **faster paddler**, an **arm bike** does the trick. Arm bikes build up chest muscles better than most other exercises, but they are expensive and they take up space. Paddling more often does the trick also but not everyone wants to paddle all year. Push ups are good also, but difficult.

My CrossFit trainer and I have been experimenting with **resistance bands** of different lengths and different pound pulls. They are compact and relatively inexpensive. We mount them on a rack or a tree or we hook them into eye bolts at different heights to mimic paddling positions and body rotation. Then I will "paddle" 10 strokes on the left and 10 strokes on the right. I keep going until I get tired. Next, I'll move onto another exercise like Bodyblade, deep knee bends or sit ups, and then go back to the band.

**Bodyblades** strengthen shoulder muscles in a subtle manner. The 4' model is perfect for paddlers. Keep it moving in different positions for a half hour. A 5' one is heavier, more serious, and you get stronger.

**For product information:** Click on [Bodyblade](#), [battle ropes](#) and [resistance bands](#), or call me.

The most important thing I teach paddling students is **upper body rotation** using chest muscles which are much bigger than arm muscles. It works for everyone, once you figure it out, and you don't pull the paddle with your arms anymore. To teach yourself, try paddling keeping your arms straight and rotating your body. Once you get the hang of it you can relax and bend your arms a little but keep rotating.

**Paddling backwards:** rotate your body and plant a blade into the water behind your butt. Rotate back slowly and powerfully. Please don't splash water. You will back up faster this way than if you splash.

For a full body workout, I whip a 50' battle rope 100 to 200 times or until I'm really winded. My rope is  
(Continued on the next page)



# From the Pen of Jim Dreeben

Part Three - Train Like Charles or Arnold (Continued)

wet from rain or the sprinkler, it becomes a few pounds heavier, but it gives me a better workout. Also, when the temperature drops to 32, the wet rope freezes solid and it can't be whipped. Then I row or push up.

Push ups are good for strength training but they are not easy for many people. The plank is easier either in forearm position or push up position. Do the plank as long as you can increasing 10 seconds a week. I also use a Concept II Rowing Machine to get my heart rate up and I do a fast walk one or 2 miles.

It started with Charles Atlas, a skinny kid who got sand kicked in his face by bullies at the beach. He started bulking up with isometrics. Charles took down the bullies the next time they picked on him. Mario, a big kid, the barber's son, would offer a handshake to smaller kids and squeeze our hands until we went to our knees and cried "uncle". I started working out with isometrics, hand grips and a rubber stretch band. The next time, I put Mario on his butt crying "uncle". He never squeezed hands after that.

Arnold, we know who he is. I did a 2 minute plank at Muscle Beach, where Arnold used to lift weights, while on an 8 hour lay-over on the way to a snorkeling trip in Fiji. I bought a T-shirt on the boardwalk.

In the 1950s we had to train like Rocky in Russia. Concept, Peloton, Teeter and Universal did not exist yet. We hung from rafters in the garage, split logs with a 12 lb. maul, cut grass with a push, reel mower and shoveled snow. Blowers had not yet been invented. Weights were expensive so we made our own: Two V8 Juice #10 cans, a bag of cement and a 3 foot pipe pilfered from a new house around the corner. I think I found the exercise that works out the most muscles at one time: **Bear Crawl**. You crawl around on all four for as long as you can. Do it on the beach, on your lawn or on a carpet. In the beginning it is

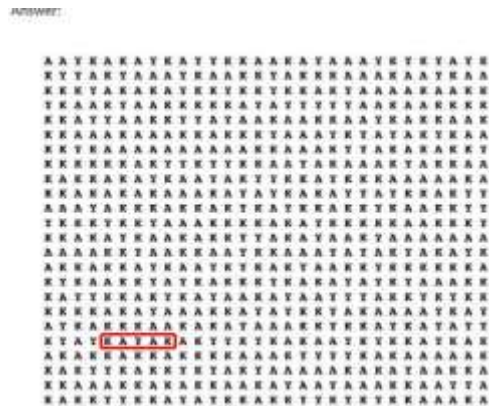
(Continued on page 28)

## Club Programs Committee

This committee is tasked with finding and scheduling guest speakers on a variety of topics of interest to our club.

Diana Price is our current committee coordinator and is asking for topics that you would like to hear. Also, if you know of a person or organization that would like to make a presentation, please contact Diana so arrangements can be made.

## Answer to Kayak Word Puzzle





## No-Bake Cookies



Nothing beats these classic No Bake Cookies for a quick and tasty chocolate peanut butter treat! With just a few staple ingredients and no flour or eggs, these easy peanut butter no bake cookies are ready to enjoy in 30 minutes!

Prep Time: 5 minutes; Cook Time: 10 minutes; Servings: 24 cookies; Calories: 180

### Ingredients

- 1/2 cup unsalted butter
- 1/3 cup cocoa powder
- 1/2 cup milk
- 1 1/2 cups granulated sugar
- 1/3 cup brown sugar light or dark
- 3 cups quick oats
- 2/3 cup creamy peanut butter
- 2 tsp vanilla extract
- 1/2 tsp salt

### Instructions

1. Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
2. Place granulated sugar, brown sugar, butter, milk and cocoa powder in a 3 quart saucepan.
3. Bring to a boil over medium heat, stirring occasionally.
4. Once the mixture is boiling (in the middle and around the edges of the saucepan) set a timer and boil for exactly one minute.

5. Remove from heat and stir in 2 cups of the quick oats just until coated. Add in peanut butter, vanilla extract, salt, and remaining quick oats. Stir just until combined.
6. Immediately begin scooping out mixture using a medium cookie scoop or two spoons.
7. Drop the mixture onto the prepared baking sheets and let sit at room temperature for about 20 to 30 minutes or until the cookies are set up and firm to the touch.
8. Cookies should be stored in an airtight container at room temperature for up to 1 week. They can also be stored in the fridge.

Recipe borrowed from:

<https://www.momontimeout.com/no-bake-cookies> 



←  
Sunrise  
Or  
Sunset?

## Equipment Review

### Aqua Bound Stingray Hybrid Two-Piece Posi-lok Straight Shaft Paddle

By Charles Bauer

Looking for a light-weight and durable paddle that will allow you to paddle for hours without getting fatigued? Try the Aqua Bound Stingray Hybrid Two-Piece Posi-lok Straight Shaft Paddle or the Aqua Bound Tango Posi-lok Straight Shaft Paddle; it might be just what the doctor ordered.


Whether you are kayaking or paddle boarding it is so important to use a quality paddle. The performance of a quality paddle is far more reliable which means you will enjoy your time on the water longer and feel less sore by the end of your journey.

Aqua Bound offers some of the lightest paddles on the market at a variety of price points with a two year warranty against manufacturing defects.

I own both the Stingray Hybrid Two-Piece Posi-lok Straight Shaft Kayak Paddle and the Tango Four-Piece Posi-lok Straight Shaft Kayak Paddle. (The Four-Piece is convenient for travel.) The Posi-lok feature provides the kayaker with the ability to adjust the paddle for a variety of angles. I personally keep my left paddle neutral and my right paddle at 30 degrees for the most efficient paddling experience. The Sting Ray weighs in at 30.5oz and the Tango weighs in at 28oz. Both have a carbon shaft and fiberglass low-angle blades. [Remember there is a difference between low angle and high angle blades. Low angle blades are great for longer trips and for those who paddle at a low angle. High angle blades are typically used for whitewater kayaking and for those who paddle at a higher angle. I have found that I can paddle for much longer periods of time with these paddles because of their lighter weight due to the carbon shaft, as opposed to an aluminum shafted paddle.

To get the most out of your experience on the water, invest in a quality, light-weight paddle. Check out these paddles at [aquabound.com](http://aquabound.com)

Explore the possibilities!

All the best, Charlie Bauer 

## Honorable Mention...Chris Scalisi

Submitted by Pat Tauber

Pat Tauber's reflections on a Club Paddle trip to Bannerman's Castle that has been led by Edwin Mangual and Chris Scalisi out of Cold Spring, NY.

(Continued on the next page)

**Honorable Mention**

(Continued)

The first time I did this paddle it was a beautiful day, calm waters and sunny skies prevailed. The second time was a doozy, and I was very thankful to have been paddling with two experienced leaders that day.

The second paddle was totally different from the start. Bad weather had been forecasted for later in the day, but it was apparent when we arrived in the Cold Spring railroad parking lot where we put in. Many who had signed up pulled out, and wisely so. Unfortunately, I cannot remember all who did paddle. I think we were about 6 in total.

The winds were stronger than anticipated at put-in time. Edwin and Chris determined we would set out and decide as we went along if we should turn back. I was enjoying trying to ride the waves, which were pushing us northward, not thinking about what the return trip would bring. Thankfully, very shortly after we started, Chris and Edwin decided to change the original float plan. They determined our best bet was to paddle straight to Bannerman's Castle, take a rest on the leeward side, and then head back to the put-in.

It's funny how different a wave can appear when it's coming from behind you as opposed to when you're heading into it. Maybe funny isn't the right word. The wind had ramped up a bit since our start and the waves were really moving. Luckily, we pretty much headed straight into them as we paddled back. This was quite an experience for me. Waves were breaking over the bow of my boat - thank goodness for that spray skirt. I finally realized if I kind of rocked my weight back as the wave was coming, I would go over it as opposed to through it. Much more fun!

It was only last season that I began to paddle in more difficult conditions, and I want to thank every club member who has ever led a skills session, but I must give 'Honorable Mention' to Chris Scalisi for my being able to do more difficult paddles. He's given me invaluable instruction while on various paddles and skills sessions. Almost as importantly, Chris had more confidence in my ability than I did. When I was going to bow out of one of his early season paddles due to wind conditions I had never paddled in before, he told all of us: We'll head out. If ANYONE is having trouble or doesn't want to continue, we'll all turn around and go into Cold Spring Harbor instead. That wiped out the fear factor for me, knowing I had an out. Happily, I didn't need it. For newer members, I would suggest not being bashful about asking for advice before, during and after paddles. Sometimes someone will see what we're doing wrong but not want to offend us by offering advice. Once I asked someone if they would point out what I was doing wrong since I was paddling stroke-for-stroke with the people ahead of me but I kept falling farther behind. His response was: Really? I guess his advice was spurned by others in the past.

In closing I would again like to thank all club members who have shared their knowledge over the years.

Here's to another season of good times on the water with great people! 🌊

## Club Classifieds

Due to problems with our website, the classified section is not available at this time, pending resolution.

Every time you get into your kayak...



ALWAYS →

## Answer to “Do You Recognize This”

Huntington Harbor Lighthouse  
Halesite, NY



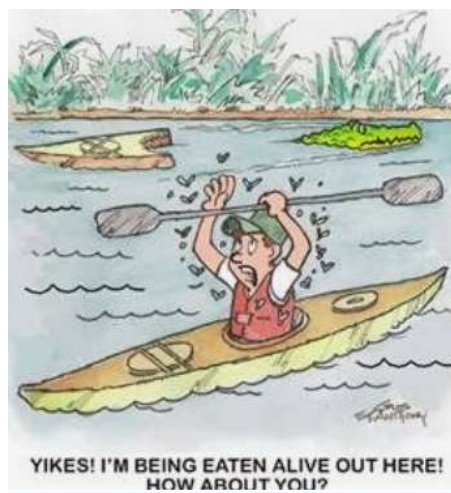
What do you call  
two monkeys who  
share an Amazon  
account?  
Prime mates.



☺ If you kayak with a cap on and the kayak capsizes, whether or not the cap falls off depends on the cap size.

☺ How do you make an octopus laugh? Give it ten tickles.

☺ Two silkworms had a race. They ended up in a tie.



## From the Pen of Jim Dreeben

Part Three - Train Like Charles or Arnold

(Continued)

tiring; to ease off a bit, drop to your knees for a couple of minutes, then back to all 4. I wear knee pads just in case. Do it for a few minutes at first. Try to build up to ½ hour or an hour.

Bird Dog is another good exercise. Get on your hands and knees. Point forward with your left arm and stretch your right leg back as far as you can. Bend your ankle up and down while stretching your leg. Switch sides every 15 seconds. Try for 2 minutes and work up to ten minutes. I use my phone timer.

While fast-walking a mile or 2, every few minutes, I'll hold my arms out to the sides for 30 seconds. At the guard rail by the beach, I stop and do 20 push-ups; 20 more on the planter in the children's park. 🕒

Jim Dreeben, Retired CPO of Peconic Paddler (53 years), SUPS, Prone Paddler, Paddling Instructor  
631-834-2525 (phone or text) or e-mail [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com).

## Seven Days on the Chipola River, Florida

By Chris Scalisi

Tony Pellet and I, Chris Scalisi just returned from our weeklong trip on the Chipola River in Florida. This was Tony's third and my fourth trip with Paddle Florida, an eco/tourism nonprofit on the Florida panhandle. Like last year we had no other takers from the club but once there we meet a few acquaintances from previous trips and the staff who have become new friends like fellow club members. Bill and Janis have made all the trips most pleasurable and accommodating.

This year we had a few surprises, first the cost of fuel to get there, 1200 miles each way, and I choose to do two motel nights each way. The cost of the week with paddle Florida was \$600 which includes meals, campsites, evening entertainment of a sort, transporting gear daily and shuttle. To get there and home was over \$800 split in two for gas and motel. Hopefully next year will be better.

We chose to shuttle at the start and parked at the end of the trip Dead Lakes Boat Ramp. We put our gear in the big U-Haul and they trailered our boats up to Florida Cavern's State Park. The trip started with a tornado watch for the first night. Dinner was served under the shelter, lightning was always about 7 seconds away, one was closer and we all jumped. The director of the parks for the panhandle gave a talk about ongoing projects including the opening rivers still unpassable from hurricane Michael 4 years ago and fires just two weeks ago.



Last year Tony made a blunder on the trip which the staff still well remembers, this year I was the dummy. I left my personal item bag in the car. I went for the first time ever 4 days with no toothbrush and no shaver. There were others with no shower, but I really felt dirty. I was so happy two days later when the trip coordinator Bill asked for all the car keys because they had to move all the cars left at Dead Lakes. I got my bag and felt so much better.

(Continued on the next page)

## Seven Days on the Chipola River, Florida (Cont'd)

Next morning breakfast at 7:30, eat, break camp, load gear on the U Haul and ready to paddle by 9am. Clear skies, wet tents but paddling was fine. We paddled 4.5 miles to lunch at Hinson Conservation Area then 10 miles to our campsite, at Magnolia Bridge. After less than one hour of paddling I see our first branches in the water making a tight squeeze and one new kayaker getting a little hung up but got through but then another experienced kayaker hit a large obstruction and flipped. I managed to get close to help but she insisted on trying to get back in using the tree and flipped again. Then she swam to shore and I just helped push her boat and she still insisted on doing it herself, so I let her. This I think was the only swim the whole week.

At Bear Paw Campsite, we set up our tents, dinner at 6:30. We then went over the program for the week. After the talk we broke into little groups, some knew each other from past trips. Wine and other prohibited items were consumed. Before you know it, it was bedtime. Although it is Florida, nights were still cold at least to me in the low 40s. I only have a summer sleeping bag; thank goodness I did bring a wool blanket.



Next morning was the same routine: on the water by 9, Johnny Boy access for lunch 16 miles then to Lamb Eddy County Park 5 more miles. Even though it was 21 miles we camped by 2 pm, at least I did; being up front. Tonight, after dinner we formed a big circle, and we introduced our selves to each other and then I pulled out the guitar for a sing along like we do on the ADK trip. I guess I was the entertainment for the evening.

Next day we did a late start, only a 7-mile paddle to the next bridge, and camped at the route 20 bridge, yes you hear the traffic all night, but you do get used to the sound.

Next stop was Scott's Ferry. Here there was for the first-time hot showers and an actual lodge that we used for serving dinner. Weather report was not the best and we had the option to set up

(Continued on the next page)

## Seven Days on the Chipola River, Florida (Cont'd)



tents or sleep on the floor of the lodge. Most chose to sleep indoors as the weather was for thunderstorms again. Only about 5 tents were set up (me being one of them). I heard the thunder but only a very small amount of rain and by morning the tent was dry. Weather was calling for more thunderstorms, so we stayed in camp and did not paddle. People played games, cards, a few paddled up stream exploring, I played my guitar in the lobby for a few hours.

Next day we paddled to Cypress Creek boat ramp. The last two paddles were the best days on the river. Winding through the Cypress and Tupelo trees, even our guides got a little disorientated at times, although never truly lost.

So, we lost one day of paddling due to the weather and ended one stop early, we did not do the last section, the Dead Lakes, so now we had to do a shuttle to get out cars from the end point ten miles downriver.

(Continued on page 34)

## PLEASE HELP US SAVE MATTITUCK INLET

By: Anne Sherwood Pundyk, Jeff Pundyk, Stephen Boscola, Members: Save Mattituck Inlet

Thank you for hosting us last month and allowing us to share an update on a project that is threatening the delicate ecosystems of Mattituck Inlet. We are an all-volunteer community grass-roots organization called *Save Mattituck Inlet* formed in 2020. Together, we find a larger purpose in ensuring that the community's voice is active in the oversight of development of and around the Inlet by advocating for transparent and responsible development. As you know from your excursions on Mattituck Inlet, the waterway is the physical and emotional center of the community.



Mattituck Inlet Overhead photo of Strong's Marina Development site – photo by Stephen Borghardt

As we discussed in our presentation, the project, a massive expansion of Strong's Marina, threatens coastal fish and wildlife as well as a 33-acre wooded lot on the Inlet adjacent to a 25-acre public woodlands. All in order to build two yacht-storage buildings that will each be 45-foot tall and the size of two football fields; they will be 100,000 square feet combined.

The Southold Town Planning Board is currently undertaking an environmental review of the proposed project. This multi-step process started in August 2020 and is still underway. Input from the community and anyone concerned about the project is welcome by the Planning Board at different points in this process. An important milestone where comments from the community on the quality of the developers Draft Environmental Impact Statement is coming up soon. The Planning Board will determine as early as this week whether the developer's Draft Environmental

Statement is adequate for review.

When this determination is made, it will be time for the community to comment on the substance of the DEIS. We hope you will join us in voicing your objections, both in writing and through a paddle out to see for yourselves. We are organizing an event to host your group for a day on Mattituck Inlet and will get back to you with the details shortly.



Your life is an indication, not an end

[www.SaveMattituckinlet.com](http://www.SaveMattituckinlet.com)

(Continued on the next page)

**Proposed development site**



**PLEASE HELP US SAVE MATTITUCK INLET (Cont'd)**

**How can you help now?**

In the meantime, you can show your support by joining the over 2,500 others who have signed our petition on our website at <http://savemattituckinlet.com> and by signing up for our regular updates which will include instructions on how to submit your responses to the Southold Town Planning Board. Just send an email to [savemattituckinlet@gmail.com](mailto:savemattituckinlet@gmail.com). You can also follow us on Instagram and Facebook (links are on our website.)

As paddlers, you know first-hand how the Inlet supports so much natural beauty. Please help us preserve it.

If you didn't get a chance to see our presentation in person, here is a link to see our presentation to the North Fork Environmental Council this month: <https://youtu.be/nduMTOUsFLo>

As further background on the proposed project let me give you more details on the many irreversible potential negative impacts caused by this project including the loss of over 600 trees, the excavation of an entire hillside of sand, damage to the ecology of the publicly owned Mill Road Preserve adjacent to the site, impacts to water and air quality, and the creation of dangerous traffic conditions and fire hazards, among many others.

**STRONG'S MARINA IS PROPOSING:**

Building two over-sized boat storage buildings, 52,500 sq ft and 49,000 sq ft, that will each be 45 ' tall (set on a 10 ' elevation) standing 18 ' higher than any other building on the Strong's Yacht Center property.

The project as planned will impact a 33-acre wooded lot on Mattituck Inlet adjacent to Mill Road Preserve, a 25-acre public woodlands.

As planned, the Strong's Marine project will:

- Cut down over **630** mature trees
- Haul away a hill of sand (**134,000 cubic yards**) over narrow local roads, exacerbating an already unsafe residential traffic issue
- Replace nearly four acres of a native forest with warehouses for yacht storage
- Remove a natural feature that protects against the effects of climate change
- Impact a significant coastal fish and wildlife habitat.
- Surface water pollution



- Potential impacts of strip-mining the hillside and destroying the forest areas
- Disruption of ground water, flooding, run-off, erosion
- Destruction of plant and animal ecosystems
- Diminishment of the aesthetic character of the community
- Pedestrian safety during the months long excavation and construction
- Destruction of local roads by many oversized trucks 🚛



### Calling All Paddlers!

There's plenty of room in our next Newsletter for your paddling adventure stories. No need to be bashful, we're all interested in your photos, stories, anecdotes and anything you have to share. There are literally dozens of topics to choose from.

From personal stories (how you got involved in kayaking or what brought you to the Club) to reviews to recipes. How about a paragraph on a committee that you're serving on?

Have you been on a recent paddling trip? Have a favorite trip? Have any latest info on put-ins? Why not share some photos? Don't forget Member-Matchup and Spotlight-On.

Plus - you can gain 2 Volunteer Points for each article published.

It's so easy; just send an email to [dgorycki6@gmail.com](mailto:dgorycki6@gmail.com). A thank-you email is returned as a receipt acknowledgement. 🌐

## Club Sponsors



## Seven Days on the Chipola River, Florida (Cont'd)

We had a final lunch after the cars and boats were loaded and said our goodbyes till, I hope next year. Hopefully next year we will do the Perdido River which is the border of Florida and Alabama. As I said last year this is a great trip as an ice breaker for those who do not do winter paddling. Now in about four weeks I will be posting trips here at home in Huntington Bay, and before you know it will be full kayak season. 🌐

# Meetup


## Meet the Meetup

By Mike Matty (Training & Safety Coordinator)



As most of you know by now Long Island Paddlers will be using the Meetup website to schedule events, such as paddles, meetings, picnics, parties etc. There is also a mobile app that can be downloaded for free for use on your mobile phone or tablet. So, if you haven't done so already, go to <https://www.meetup.com/> and create an account with a username and password. Once you have an account copy and paste <https://www.meetup.com/meetup-group-lvwrzpd/> into your browser. This will bring you to the Long Island Paddlers homepage. Once you are at the homepage and hit the "Request to Join" button. All 2022 members will be granted access to the to the Meetup. If your membership is not current, you an download the forms here <https://lipaddlers.org/wp-content/uploads/2022/04/LIPaddlersNewMemberForms041822.pdf>

Features of the Meetup include:

- Instant email notification of scheduled events , such as paddles, meetings, picnics, parties etc.
- You can RSVP (attend / not attend) right from your mobile device or computer
- RSVP confirmation that "You're Going"
- You can see who signed up for the event and who declined
- There is a waiting list that is generated for events that are full. The waiting list queue is on a first come first served basis. As attendees cancel, the next person on the waiting list is automatically accepted.
- Events can be forwarded to your calendar
- Email reminders that you are signed up for an event
- Driving directions via Google Maps to the put-in location
- The trip leader can email the attendees as a group or an individual
- You can message any individual in the group, and they can message you back
- There is a message board that will allow you to message the entire group
- There are forums (topics not currently setup)
- You can customize your notifications and emails under Profile > Settings 

## Photo Committee Happenings

By Alina Wilczynski – Photo Committee Coordinator

Photo Kayak Trip #1 — Saturday, July 2 — Mt Sinai Harbor (stay tuned for Meetup trip posting)  
 Photo Kayak Trip #2 — Late Summer/Early Fall — Either Shelter Island Harbor or Stony Brook Harbor (stay tuned for Meetup trip posting)

Photography Committee Zoom Meeting — Wednesday, April 27 @ 7pm  
 (email [alina@moonkissedmedia.com](mailto:alina@moonkissedmedia.com) to receive Zoom invite) We will discuss ideas for the committee to work on for the 2022 season.

Photo Committee Corner — Deadline for newsletter summer edition is first week in July.  
 Photo Question — Send a photography-related question to [alina@moonkissedmedia.com](mailto:alina@moonkissedmedia.com) for possible inclusion in the Summer Newsletter, where I will provide the answer or advice)

Featured Photograph — Send a photograph for possible inclusion in the Photo Committee Corner in the Summer Newsletter to [alina@moonkissedmedia.com](mailto:alina@moonkissedmedia.com). Themes can include kayaking of course, wildlife, sunsets, coastal scenery, etc. 🌊

Next Long Island Paddlers Publication Date:

**July 15, 2022**

Deadlines for submission are several days prior to publication date (to be announced). Members are encouraged to submit articles, pictures, letters to the editor, newsworthy notes, recipes, put-in information, trip reports or future trip information etc. to the editor. Editor reserves the right to editorial privileges. Unless otherwise stated, the views expressed are those of the authors and do not represent official position statements of Long Island Paddlers Club, Inc. Please submit all newsletter articles, pictures, letters and advertising by deadline, to the Newsletter Editor at: [DGorycki6@gmail.com](mailto:DGorycki6@gmail.com). 🌊

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### DISCLAIMER:

The views expressed in this newsletter are strictly those of their respective authors. Information offered on any topic should not be assumed to be authoritative or complete.

Editor's Note:

The Editor wishes to thank all who contributed to this edition of the newsletter, for it is your articles and photographs that keep our newsletter afloat. 🌊

*You're invited to join*  
**Long Island's Largest Volunteer-Run  
 Kayaking Club**



Photo Credits: Top Row (Left to Right): Alina Wilczynski, Alan Mayors, Christine & Michael Pan. Bottom Row (Left): George Golab.

We are a supportive community of  
**Kayaking & Outdoor Adventure Enthusiasts**  
 Experiencing the best of Long Island fresh water & sea kayaking

- Weekly Small-Group Day Trips Guided by Experienced Club Members
- Organized Excursions to the Adirondacks and Neighboring States
- Social Kayak Picnics & Annual Holiday Gathering
- Monthly Presentations with Guest Speakers
- Skill-Building & Safety Clinics, Buddy Program for Beginners
- Online Resource Library, Member Forum, Classifieds & much more...

*Making memories & friendships for a lifetime!*



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

