



# Blazing Paddles

## Newsletter of the LI Paddlers

Volume 2022, Issue 1

Winter Edition

January 2022

### Message from the President



I would like to start by wishing every member a Happy New Year and hope that everyone is doing fine. Winter is definitely here and I commend those members who paddle in the cold. For those who are waiting for good days to paddle have no worries - before

you know it, it will be spring. Our Holiday dinner had a great turn out and it was nice to party with you.

It brought me pleasure to see members having a great time and sharing a great moment. I hope that 2022 is a good year for everyone and that the battle against Covid becomes a win for all. I urge members to keep practicing safe measures at all times. Once again I am very pleased to be your club president and very pleased with all the members that make the Long Island Paddlers. Members - stay safe and I shall see you in the 2022 season.

Thank you, Edwin Mangual

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### Committee Coordinators 2021

Membership	Debbie Gallucci
Programs	<b>Position open</b>
Trips	Chiara Nuzzo
Training & Safety	Mike Matty
Public Relations	Dan and Donna DiGiovanni
Newsletter	Don Gorycki
Website	<b>Position open</b>
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

### Executive Committee 2021

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?

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.”

### Did You Know?

#### 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)

### Upcoming Events

Mike Matty, the Training and Safety coordinator is planning more training and safety classes. Supporting him in this effort is Chiara Nuzzo, the Trip coordinator. More information will follow in the upcoming weeks.

## 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



## We're back!

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!**



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



**Have you contributed to the newsletter?**

More photos to come as available.

### 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.



Emily Hall

October’s guest speaker was Emily Hall presenting Euryhaline fish. Euryhaline fish is the type of fish that can live in both freshwater and saltwater.



November’s guest speaker was John Turner, also from the Seatuck Environmental Association, presenting the Diamondback Terrapins Turtles.



Here we have our VP Emilio helping to fix the projection system for our guest speakers. Helping is President Ed with Trip Coordinator Chiara N. (Librarian Debbi G. hoping Emilio doesn’t fall).



## Captree Island - the Long Way

By Chris Fleming

On November 21st, trip leader Emilio Sosa led a group of Long Island Paddler's on a circumnavigation in and around Captree Island.

For those not familiar with the area, Captree Island is a large island just north of the channel separating it from Captree State Park. It is flat and featureless, consisting mostly of marsh grasses bisected by tidal pools and streams. The Robert Moses Causeway runs through and over it.



We met at around 8:30 a.m. on a chilly and gray, fall morning. We unloaded our boats under the Captree drawbridge and helped each other down the 50-foot path to the launch site. There's a small beach just under the drawbridge which drops you right into the state boat channel. We then parked about 30 yards away at a parking area - there's only capacity for about 10 vehicles so you might have to get there early on a nice summer day. We were in our boats and on the water

by 9:00 A.M. Currents along this stretch can be quite swift so timing your trip correctly to take advantage of the incoming and outgoing tides is critical.

For many of us, this was the first cold water paddle of the season. We estimated the water temperature to be about 50 degrees. Most of us wore dry suits although one or two paddlers still chose to go with a wetsuit. We were a very experienced group of seven, so if anyone were to capsize, it would have only been a few short minutes before we would have had them back safely in their boat.

We headed west from the launch, catching the last of the incoming tide. This part of Captree Island is populated with about 30 or so homes, ranging in size from modest beach bungalows up to fancy shorefront villas. We paddled for a mile before we reached the last house on the island, then turned north and began zig zagging through the island's myriad pathways. We had been advised that shorter boats were preferable on this trip because



of all the tight turns. Nonetheless, most of us struggled along with our full-length sea kayaks. The grass was high enough so that you could barely see the paddlers

(Continued on the next page)

## Captree Island - the Long Way (Continued)

in front of you. Edging was the order of the day as there was barely a section of more than 20 yards that didn't require a turn. We were amazed at Emilio's ability to find his way through the dense marsh grasses. He'd obviously been through here a few times before.

Captree Island was once attached to Jones Beach Island before the dredging of the state boat channel in 1935. Apart from the residential area, the island consists of a tidal/salt marsh. Salt marshes are among the most productive ecosystems. They act as nursing grounds for microscopic plant and animal life, which in turn, supports birds, fish, and other animal species.



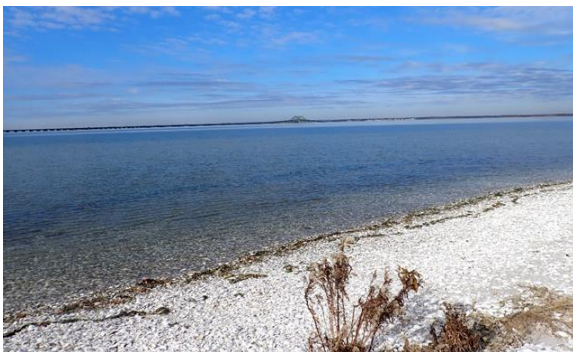
Captree Island supports a large number of wading birds during the breeding season, including an assortment of egrets, herons, terns, piping plovers, oystercatchers and gulls. One of the reasons why it was so annoying was when a group of jet skiers passed us on one of the water paths. I'm not sure of the regulations in this part of Long Island, but motorized craft are banned from the marshes of Town of Hempstead. In my humble opinion, jet skis and electric bikes are the two worst recent additions to modern outdoor life.



After about 5 miles of trail meandering, we passed under the Robert Moses Causeway and crossed to the eastside of Captree Island. The first trestle of the causeway was completed in 1951, with one lane of traffic in each direction. It wasn't long before heavy beach traffic overwhelmed the bridge and in 1967 a new 3 lane span was built adjacent to the existing bridge.

We were ready for lunch and Emilio directed us to a nice-sheltered beach. It was good to finally get out of the boats and stretch our legs. The sandy beach was covered with thousands of sun-bleached clam shells. Fifty years ago, the Great South Bay supplied nearly half of all the hard clams eaten in the US. Today, you can barely spot a clamming boat in the bay.

(Continued on the next page)



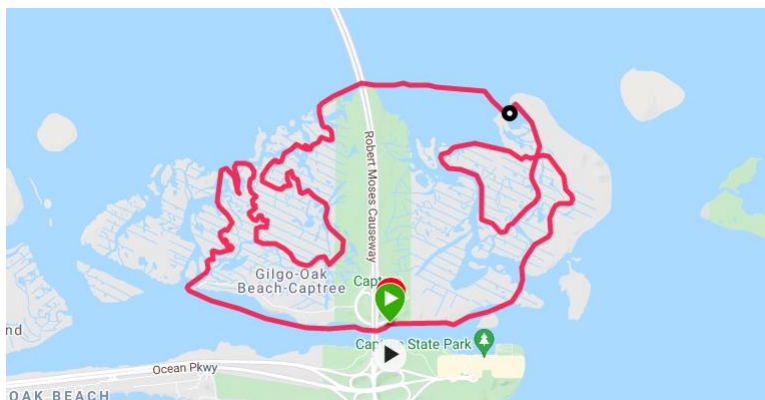


## Captree Island - the Long Way (Continued)

We spread out towels and opened our dry bags to get our lunch. Troy Siegel brought a special treat - cheddar/broccoli soup. And he brought enough soup, bowls and spoons for all seven of us. The soup sharing gave the trip that nice pre-covid feeling, when you could share food without worrying about it being a life-threatening experience. Mary Schafer followed up with cookies for the group.



The sun had finally broken through the clouds and warmed us up as we got back in our kayaks for the final leg of the trip. With full bellies we continued through the pools and water trails. The water trail through this section was a bit wider and straighter than the western section. We each settled into our own paddling rhythms and quietly paddled on. As we made our way back into the boat channel, we faced an outgoing tide. But we hugged the shore taking advantage of the eddy flow. Before long we were back at the launch site. We got our cars, loaded our boats and thanked Emilio for a great day on the water.



As you can see, we paddled Captree Island the long way. 🌊





## From the Pen of Jim Dreeben

### Part One - Kayaking on Lake Powell (September 27 to 30, 2021)

I had the opportunity to escort swimmers in canyons on Lake Powell. Starting from Antelope Point Marina in Page, Arizona, a motorboat took us to the dead ends of some canyons. 6 swimmers and 2 kayakers swam and paddled out of the canyons. The water was warm and clear. The scenery was breathtaking: mountains, canyons, cliffs and rocks. We did Labyrinth Canyon, Ice Cream Canyon and West Canyon.

The kayakers were safety guys. If a swimmer got tired, she could hold on to a kayak for a rest. One woman, having trouble keeping up with the others, hitched a ride behind my kayak. I towed her for almost an hour. Occasionally, she kicked and took some strain off me. Often, a swimmer, backstroking, went off- course and almost head- butted a stone mountain, but I sprinted over to warn her in time.

The boat captain fed us well. He stopped by small beaches; we climbed up onto the rocks; he served us salad, pasta, sausage, strawberries, tea and water. We had great photo ops while up high eating lunch. After dessert, we continued swimming and paddling. We had energy snacks: almonds and blueberries.

For a panorama view of beautiful rock formations, many people climbed onto high rocks and set their cameras on video for a 360 degree picture. I spun my kayak forward on the left, backward on the right.

Lake Powell is mostly in Arizona but it crosses into Utah. It's a boater's paradise just like Long Island. The lake is 186 miles long with over 1,960 miles of shoreline. There are 100s of houseboats, water skis, jet skis, SUPs and kayaks on the water. Families beach their houseboats along the lake front and fool around in or on the smaller watercraft. (Water level in Lake Powell has dropped 50 feet in one year.)

An extra treat: Martin Strel, the captain's father, came on the boat with us. He is a famous swimmer having swum the Amazon River, the Mississippi River and other notable bodies of water. He told us fascinating stories about his swims. I sent for his books and a DVD. I can't wait to read/watch them.

I am now reading "**The Man Who Swam the Amazon**". I can't put it down. It is well written and easy to read. The authors are Martin Strel and Matthew Mohlke, who signed on as a kayaker to help navigate Martin down the Amazon River. They also write about villages and people they met along the river. Martin Strel is listed in the Guinness Book of World Records.

While out west we visited Bryce Canyon, Zion National Park and Escalante National Monument, all in Utah. I'm sorry we missed Arches National Monument by the Colorado River near Moab; it was highly recommended by locals. We'll go there next time. Every place we went exceeded our expectations and was more beautiful than what I have seen on the nature channel or in National Geographic Magazine.




## From the Pen of Jim Dreeben

Part One - Kayaking on Lake Powell

(Continued)

Restaurants in Utah and Arizona serve generous portions of good food, drink and local beer. I enjoyed Wasatch Brewery "**Poligamy Porter**". A statement on the can said, "This beer is so good you will take some home to your wives". There are many Mexican and barbeque restaurants in both states.

P.S. **A Spec on the Sea** is a book about small craft that have been paddled long distances on big water. Most notable is Ed Gillet's kayak trip from California to Hawaii in a Necky Kayak. I have met Ed. 



## From the Pen of Jim Dreeben

Part Two - Manhattan Skyline

I try to paddle a little every day see beautiful scenery, to try new watercraft, to keep fit, and I love to paddle. Yesterday was no exception: From 9 to 11 AM I escorted swimmers on an open water swim, paddling back and forth from one swimmer to another keeping them on course.

Then from 6:30 PM, Saturday to 6:30 AM today, 9/17, we paddled all night around Manhattan. We put in at Long Island City Community Boathouse and paddled north up the East River, under the Queensboro Bridge and past Roosevelt Island. We stayed left at the southern end of Randall's Island where the East River merges into the Harlem River. At that point, the East River goes east into Hell Gate. (The first person to navigate Hell Gate was Adriaen Block in 1614.)

We paddled under these bridges: Roosevelt Island, Robert F. Kennedy, Willis Ave., Third Ave., Madison Ave., 145th Street, Macombs Dam Bridge, High Bridge, Alexander Hamilton and Washington Bridges, University Heights and Broadway Bridges, after which the Harlem River becomes Spuyten Duyvel Creek. We went under the Henry Hudson Bridge, through Spuyten Duyvel and into the mighty Hudson River. Paddling under the bridges is a magnificent experience. They are all over 100 years old. High Bridge is the oldest. Built in 1848, High Bridge was part of the Croton Aqueduct that carried water from Westchester County to New York City.

A police boat sped past us creating a large wake which gave us a bouncy ride; when the wake hit the bulkheads, it bounced off and came back at us two more times; it really rocked our kayaks the second time. The police boat came by again. The captain had the railroad bridge opened for us to go from  
(Continued on the next page)



## From the Pen of Jim Dreeben

Part Two - Manhattan Skyline (Continued)

Spuyten Duyvil Creek into the Hudson at Spuyten Duyvil in the Bronx.

Paddling down the Hudson (11:30 PM), we were in the middle with beautiful midnight views of the Manhattan and the New Jersey skylines. We stopped at a beach by La Marina, a restaurant and nightclub near Dyckman Street, to use the bathrooms. The bouncers were nice guys; they let us in dressed in sandals, wet bathing suits or wet suits, tank tops, PFDs and headlamps while their patrons were dressed to the nines. The Inwood Canoe Club is just south of La Marina.

We paddled down the Hudson River. It was very flat from Dyckman Street to 57<sup>th</sup> Street, except when a barge, being pushed by a tug boat, passed us. We were in radio contact with tug boat and ferry captains so we knew when to move a safe distance away. The wakes from these big boats gave us wild rides that lasted several minutes. (Don't those captains ever sleep?)

It became brutally bouncy for a few miles. Then we turned west toward Hoboken, New Jersey because we heard that a boat yard in Hoboken had clean rest rooms and we could use them at 3 in the morning. They were clean. Next, we paddled back to Manhattan, all the while looking at the beautiful nighttime skyline. Those were the best views of Manhattan I have ever seen.

A long paddle that seemed to never end was from 42<sup>nd</sup> Street past Battery Park by the southern tip of Manhattan. It looked like the tip was in sight but as you got nearer there were more blocks to paddle. We finally passed the tip and paddled over to the Brooklyn side to take a water break under the Brooklyn Bridge at 4 AM. We rested for an hour until the tide changed. You could see water in the East River moving swiftly to the north. It would be an easy paddle.

We paddled north under the Manhattan Bridge, under the Williamsburg Bridge and over the Queens Midtown Tunnel. We were almost to the 59<sup>th</sup> Street Bridge when we arrived at our starting point, totally wet, a little tired but feeling good at 6:30 AM. (I was ready to do it again.)

**Synopsis:** The most magnificent views of Manhattan, and New York City and Brooklyn, are seen from a kayak in the middle of the mighty Hudson River in the middle of the night. If you enjoy paddling, circumnavigate Manhattan at night. Bring lots of water, apples and nuts, and your own toilet paper. Don't forget dry clothes and towels; you will get wet, but that's kayaking.

### Trip specifications:

Distance paddled: 32 ½ miles. Time on the water: 12 hours. Actual paddling time: 8 hours. Average speed: 4.1 miles per hour. Approximate number of paddle strokes: 25,600 or 3,200 per hour (53 per minute). Time wet: 12 hours.





## From the Pen of Jim Dreeben

Part Two - Manhattan Skyline (Continued)

We had excellent, capable tour guides: Agnes, the leader and Michael, David and Brandon.

Equipment:

- 16' Zest Two EXP SOT kayak with deluxe seat backs.
- Two 8" X 29" dry bags.
- 205 cm, 1 piece, unfeathered, lightweight, carbon, Corryvreckan Paddle with 7 ¾" wide blade.
- 205 cm bent shaft paddle, unfeathered.
- Carbon shaft with laminated wood blades, very light.
- Attractive and comfortable high-buoyancy PFDs, 1 small/1 large.

Time on the water: 12 hours. 6:30 PM until 6:30 AM. (9/16 to 9/17/2017).

Water/food/rest breaks/waiting for tide to change: 4 hours. Time totally wet: 12 hours.

Amount of exercise: Most ever. Fun level: 100%. Would I do it again? Yes, but not his year.

Jim Dreeben, Retired CPO of Peconic Paddler (53 years), C&KS, Paddling Instructor, Prone Paddler, SUPS, SSS. 631-834-2525 or [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com) 


### Honorable Mention...Frank Chillemi

From time to time the LI Paddlers newsletter recognizes the contributions of a club member as submitted by another member. This edition highlights the efforts of a long-term member - Frank Chillemi.

Frank, a professional photographer, has been an active member of our club leading trips and giving presentations on a variety of topics.

Recently Frank has just about taught himself to sound TAPS on a trumpet. As soon as he will have this song "performance ready", he will be volunteering to perform this at local funerals for Long Island veterans. Apparently, the Veterans Administration has cut way back on their commitment to provide this vital service.

Sounding TAPS through a Boom Box at a veteran's funeral is simply intolerable to him and he is doing something about it.

It is commendable that Frank is volunteering for such a noble and worthwhile cause. 



## From the Vault

This article was borrowed from the winter 2011 edition of the newsletter for your nostalgic enjoyment.

### Water Safety: Drown proofing

Drown proofing is a water survival technique that does not require a lot of strength or training or even knowing how to swim.

It is unlikely that you will need to practice this skill if you consistently wear your PFD, but this technique goes along way to increasing your survival should you find yourself in the water and away from shore.

The technique takes advantage of the fact that most people have a small amount of positive buoyancy; not enough to keep their head above water, but enough to float. By floating in a vertical position with the head submerged, a person can coordinate their movements to lift the head to clear the mouth and nose from the water, take a breath and return to a head submerged, body floating vertical position. Performed with minimal energy loss it is possible to sustain this position indefinitely.

#### How to practice

First, its important to have a comfort level in water. If you feel threatened, you will do whatever it takes to reduce your stress. Often this will come about with much stress and wasted energy. Indeed, when fellow kayakers come to rescue someone, this is one of the major concerns. Can the person being rescued listen and follow instructions? Or will they grab wildly and the rescuer also ends up in the water.

Second, practice taking deeper breaths than usual and hold for longer periods of time. This will enable you to reduce the frequency of taking breaths and save energy further.

#### How it's done

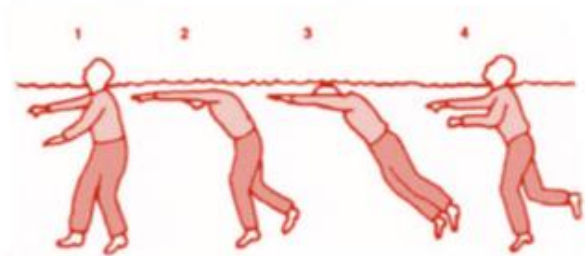
With a deep breath float vertically in the water with the back of your head just near the surface. Let your arms drift out in front of you until they approach shoulder height. Minimize movement and let the water support you.

When the time comes to take your breath press down with your arms, or scissor kick with your legs, (or some combination of the two) and as

your mouth comes to the surface exhale and when above water tilt the head back and take a deep inhale.

The technique is maximized with gentle movements. If you rise too high, you will sink lower. With practice you can quickly establish the minimum force necessary to reliably clear the surface and this will yield the most efficiency. The deeper your breaths, the more buoyancy you establish.

#### Four steps



(Continued on the next page.)

### Do You Recognize This?



Answer is on page15

### From the Vault (Cont'd)

1. Relax and take a deep breath
2. Let your head sink below the surface and let your arms float toward shoulder level.
3. Maintain position longer with deeper breaths.
4. Push arms down, scissor kick legs, or both to bring head above water, exhale on way up, take big breath and return to submerged position.

### Frank's Column

By Frank Chillemi

## Help Wanted

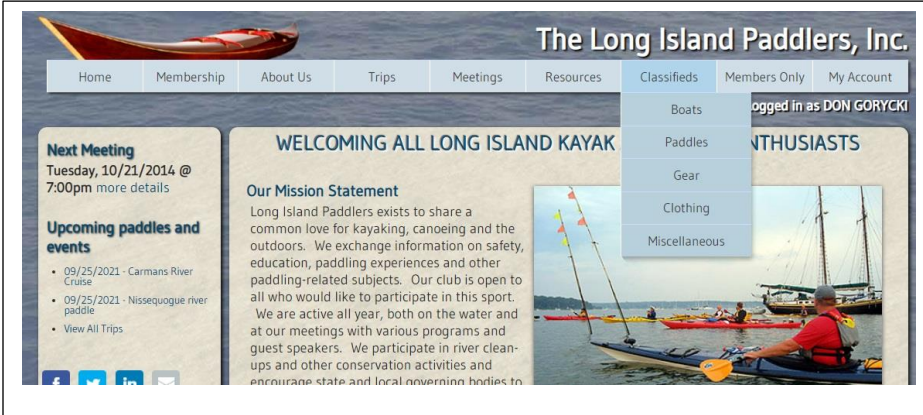


## Inquire Within

I made this originally for a friend of mine who works in a Human Resources office who is constantly going nuts trying to fit the right candidate to the right job opening. 🌊



### Club Classifieds



Do you have a boat or other equipment that you want to sell? Looking for a boat or other equipment to buy? The club website classified section can help. Contact our president who will make the arrangements. eddiemangual@verizon.net



Winter paddling Is wonderful – minimal boat traffic, clear water and air, no insects and just the trill of the adventure.



BUT →

### Answer to “Do You Recognize This”

#### Gold Coast Mansion

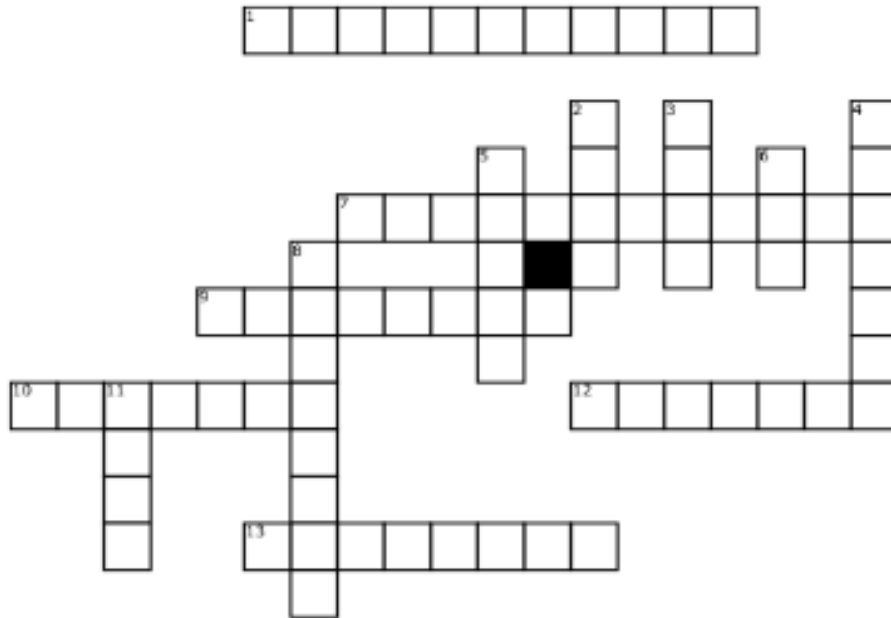
A trip on the North Shore is not complete without a glimpse of a Gold Coast Mansion. Coindre Hall owned by Suffolk County sits in Huntington on the outskirts of Lloyd Harbor overlooking Huntington Harbor.

Historical Fact: Coindre Hall Park is a 33 acre park and 80,000 square foot mansion overlooking Huntington Harbor. Built for pharmaceutical giant George McKesson Brown in 1912, this mansion represents the height of the Gold Coast era with its medieval turrets and sweeping views of the harbor.

### Kayak Crossword Puzzle

For all those who like crossword puzzles – try this nautical one

# Sailing Terminology



**Across**

- 1. The boats direction relative to the wind
- 7. Measure of distance in the sea
- 9. Facing Forward I am the right side of the boat
- 10. Who is the commander of the ship
- 12. An alternate way of changing the direction, not tacking

- 13. Side of the boat closet to the wind

**Down**

- 2. Change direction of the boat through facing the stern into the wind
- 3. Where you steer the boat
- 4. Term used when the boat sticks down into the water
- 5. Front of the Boat

- 6. The next most common sail on any boat, found forward of the mast
- 8. The big triangular sail just aft of the sailboat's mast
- 11. Facing Forward, I am the left side of the boat



## Photo Gallery

### Long Island Paddler's 2021 Holiday Party

The Long Island Paddlers Holiday Party was held on December 12, 2021 at Butterfields. It was great finally getting back together after a pause due to the Covid pandemic.

Great food, great music, dancing and great people – what could be better?

After an initial period of socializing, LIP President Ed Mangual thanked everyone for attending this event then proceeded to recognize the members of the Executive Council as well as the committee coordinators. After more socializing and dancing the delicious buffet was served followed by awards and raffle winners as stated below:

#### Raffle winners

Micky Hollis	\$100 REI gift card, gift basket, 50/50 raffle
Ken Doxey	Brunton compass, tie-down strap, dry bag, bilge pump
Judy Stokes	Brunton compass, sponge
Tony Pellot	paddle leash, inflatable dry bag
Lise Poulos	set of 4 drip rings
Tom Stirnweis	dry bag
Frank Posillico	DVD (rescue procedures)
Nancy Mercep	small dry storage bag
Marian Plummer	bilge pump

#### Awards:

Alan Mindlin Award	Emilio Sosa
Ken Fink Award	Dan and Donna DiGiovanni
Ray Smith Award	Don Gorycki



**DJ got the dance floor jumping**



**The buffet food was 'delish'**





**Abundance of raffles to win!**



**Dance time!**



**Can't stop dancing!**



**More dancing**



**The following photos show the happy party people**





## More About Rudders

By Jim Dreeben

Racing kayaks and most surf skis need rudders for turning and tracking. They have low secondary stability or they are too tippy to lean and carve. They don't have much primary stability either but once you get used to them, you can probably stay upright and use the rudder for tracking and turning.

Most other kayaks work well with or without a rudder. Without one, you just have to paddle harder in current and wind. There are some exceptions. For example: Mike Neckar designed rocker into the hull of his **Necky Looksha** series of kayaks. His reason: a rudder causes less drag than a straight keel line.

Epic 16' and 18' Sea Kayaks have a rudder/skeg combination built into the hull. Those rudders are designed to be used all the time, but, you can lock them straight and still paddle and make turns.

My first composite kayak was a 17'10" **Nordkapp HM** from Valley Canoe Products. A rudder was not available. It had a sharp keel line; the last 2' of the hull were tapered to look like a knife edge making it difficult to turn. It had poor initial stability but good secondary stability. You could lean it quite far to carve a turn. Eventually, VCP made a Nordkapp HS with an upswept stern and a drop-down skeg.

(In "Nordkapp", HM is a modified hull. HS is a hull with a skeg. Nordkapp accelerates like a jackrabbit.)

The Nordkapp is such a good (great) kayak that Aquaterra designed the 17'2" Sea Lion (1987) after it, but in rotomolded plastic. Many outfitters bought Sea Lions to take clients touring on big (ocean) water. I paddled a Sea Lion in The Bahamas, Honduras, Belize and many places in Florida, and on Long Island. The first Sea Lions did not have rudders but rudders became available after a few years.

Occasionally, I would order a new kayak for myself and sell last year's model. I ordered them mostly without rudders, which manufacturers did not like to do, but they relented. Current Designs built me 2 Solstice GTs and 3 Nomads without rudders. Some were made of Kevlar and some were carbon.

Wenonah built me an **18' Kevlar, 35 lb. Seal** that was designed by Pacific Water Sports. It had a red deck and a clear Kevlar hull. The Seal had no rocker. It was long, sleek and narrow; it fit paddlers with skinny hips only. It was a great kayak for race training: lightweight, fast, no frills, no rudder.

Wilderness Systems made me a 25 pound, carbon, 18' Arctic Hawk without bulkheads. Rudders: not available. They also made me a shorter version called Sparrow Hawk. They were beautiful kayaks.

Two more rudderless 18' kayaks that I really like: British Greenlander and Current Designs Caribou. Eventually, skegs became options on both models. The Greenlander has a small, round cockpit.



## More About Rudders (Cont'd)

I still have an 18' Kevlar Surge. In its heyday, Surge made 30 kayaks a year. The company retired many years ago. Surge never had rudders. The seat is simple and comfortable. It has generic foot rests. VCP Hatch Covers are standard. **The Surge** is fast, cruises easily and is more stable than most of my kayaks.

**Rudders vs skegs.** Rudders are for turning, correcting and to make paddling easier. Older models, you could not brace your legs; the tracks moved. Newer models have rigid sliders and fixed foot rests. A rudder on a long tandem is helpful. It's usually controlled by the stern paddler, sometimes bow paddler.

**Skegs** are for tracking. They can be adjusted up or down depending on how rough the water is. All skeg kayaks have rigid foot rests. To maintain the skeg cable, spray WD40 or silicon into the cable hole.

It needs work. It would be a great winter project. I'm retired now, but this is what I would do: spend about \$200.00 to fix it up, and then keep it and use it, or sell it for \$800.00. Remember, it's free. If you are interested in this kayak, call me or e-mail. This kayak is in Hampton Bays. Pick it up anytime.

Two events involving long tandem kayaks: Danny and Elizabeth, both excellent paddlers, demonstrated fast cruising in a Kirton, a British tandem kayak. They were going so fast on the Peconic, it looked like the kayak was levitating. Greg Barton and his partner winning the Olympics: They were in second place until the last ¼ mile. Then they sprinted ahead to win. I guess they had paced themselves.

Paddle length is always up for discussion. I'm not an expert but once you try a 205 cm, unfeathered, one-piece paddle in a solo kayak, you will not believe how well it works. 205 cm. is a high-angle paddle. If you are a serious low-angle paddler go for the 220 cm. or call me to discuss paddles.

Paddling season will be here soon. March 21 is the first day of spring...happy paddling.

**Thirst - quenching challenge.** Riverhead is the beer capital of Long Island. There are 7 breweries. I will buy you two beers at your choice of breweries if you paddle from Orient Point to Riverhead. If you plan tides and current correctly, it should take from 8 to 10 hours. I can help you with the shuttle.

To complete my bucket list I paddled from Orient Point to Riverhead in 8 ½ hours in daylight and I paddled around Manhattan at night, with a bathroom break in New Jersey, in 12 hours. Night paddling: Wear a head lamp but turn it on only to read a map or if boats are approaching. Activate green glow sticks and hang them on both ends of your kayak. They will have to be replaced after the green glow dims. Please stay bright for safety. 🌞

Jim Dreeben, Retired CPO of Peconic Paddler – 53 years paddling instructor, SUPS, Prone Paddler  
631- 834-2525 or [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com)



### 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 (winter) 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. 🔄

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### New Club Member Recruiting

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

Another way of advertising is using a flyer. Attached on the next page 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. 🔄

*You're invited to join*  
**Long Island's Largest Volunteer-Run  
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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 Trained Trip Leaders
- Organized Excursions to the Adirondacks and Neighboring States
- Social Kayak Picnics & Annual Holiday Gathering
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Next Long Island Paddlers Publication Date:

**April 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). 📧

Editor's Note:

The Long Island Paddler's newsletter staff wishes the best of health, happiness and safety for this upcoming paddling season, filled with many unforgettable paddling trips. 🚣

Mailing Address:

**Long Island Paddlers, Inc.  
P.O. Box 115  
West Sayville, NY 11796**



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. 🚣

**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.